

DIVINE TRUTH
Laws of Rapport &
Spirit Communication
and
The ‘Sleep’ State

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

Preface and Compilation by Pat Stewart
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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 called the *Laws of Rapport & Spirit Communication* delivered by Jesus on the 8th of February 2009 in Eudlo, Queensland, Australia, and a seminar called *The Sleep State* delivered by Jesus and Mary on the 6th of November 2011 in Murgon, Queensland, Australia, both seminars are a part of the Spirit Relationships and Spirit Life series.

In the *Laws of Rapport & Spirit Communication* seminar, Jesus describes how spirit communication and healing work, the different types of spirit communication, what creates attractions between people on Earth and in the spirit world, and the common problems with spirit communication on Earth.

In *The Sleep State* seminar, Jesus describes how we continue to live our lives in the spirit world when we go to sleep, the meaning of our dreams, how our emotional condition dictates the experiences that we have in the sleep state, and Mary gives an example of her own personal experiences.

The seminars used for this compilation are:

- Laws of Rapport & Spirit Communication P1 – [Feb 8, 2009](#)
- Laws of Rapport & Spirit Communication P2 – [Feb 8, 2009](#)
- The ‘Sleep’ State S1P1– [Nov 6, 2011](#)
- The ‘Sleep’ State S1P2– [Nov 6, 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.

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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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Contents

Preface	3
The Law of Rapport and Spirit Communication: Part 1	10
1. Introduction	10
1.1. The benefits of developing spirit communication skills on Earth	11
1.2. Current problems with mediumship on Earth	13
1.3. Spirit influence on mediums	14
2. Soul condition and mediumship	15
2.1. An example of rapport between spirits and a medium with murderous rage	16
2.2. The soul is the key factor in spirit communication	17
3. The hierarchy of truths	18
3.1. Physical or scientific truths	18
3.2. Spiritual or metaphysical truths	20
3.3. Moral truths	22
3.4. The laws of natural love	25
3.5. The laws of Divine Love	25
3.6. Implications of the hierarchy of truths for spirit communication	26
4. The importance of feeling spirits’ emotional condition during spirit communication	27
4.1. An example of a medium falsely believing she was channelling Apostle Peter and Archangel Gabriel	28
4.2. Differences in behaviour and motivations of spirits in different conditions of love	29
4.3. Feeling spirit’s conditions during healing	30
5. How spirit communication and healing works	30
5.1. The soul basis of rapport	31
6. Audience questions	33
6.1. Discovering the truth about reincarnation	33
6.2. Progressing from the sixth sphere for natural love spirits	34

6.3. We maintain our identity as we progress towards God	35
6.4. Progressing from the sixth sphere for natural love spirits (continued)	36
6.5. Interactions between natural love and Divine Love spirits within the spirit world.....	41
6.6. Progressing from the sixth sphere for natural love spirits (continued)	42
6.7. Understanding God as an entity	45
6.8. Channellings from the spirit Ramtha through JZ Knight	46
6.9. Dealing with emotions on the Divine Love Path	48
7. How spirit communication works	49
7.1. The same spirit may feel different to a medium if the spirit progresses	49
7.2. Drawing spirits to Earth for channellings	50
7.3. Honesty during communication with lower-level spirits.....	51
8. Audience questions	52
8.1. Teachings from the spirit Anastasia.....	52
8.2. Receiving guidance from Celestial spirits	54
The Law of Rapport and Spirit Communication: Part 2.....	56
9. Major emotional and spiritual problems for mediums and healers.....	56
9.1. Humility	56
9.2. Modesty	60
9.3. An example of a medium lacking humility	62
9.4. Belief systems	63
9.5. The importance of the emotional condition of mediums	66
9.6. The Law of Attraction determines which spirits are attracted during mediumship	67
9.7. The importance of the emotional condition of mediums (continued)	69
9.8. Relationship with God.....	69

9.9. The importance of the emotional condition of mediums and healers	70
10. How spirit communication works (continued)	71
10.1. How different types of mediumship work	71
11. Audience questions	75
11.1. Examples of channelled material on Earth	75
11.2. Developing mediumship abilities with soul progression	76
11.3. Dealing with having mediumship abilities	76
11.4. Developing mediumship abilities with soul progression (continued)	77
11.5. Dealing with having mediumship abilities (continued)	78
11.6. Performing mediumship with modesty, humility, honesty and a loving intention	79
12. How healing works	80
12.1. The importance of faith in healing	82
12.2. Determining who to heal in harmony with Divine Love	83
12.3. Accuracy of literature regarding emotional causes of physical ailments	88
12.4. Taking substances affects mediumship	88
13. Closing words	88
Appendix: Spirit Relationships - Laws of Rapport & Spirit Communication	
Seminar Outline	90
The Sleep State: Part 1	98
1. Introduction	98
2. What happens when we fall asleep	98
2.1. The soul and spirit body leave the physical body	99
2.2. Where the spirit body goes in the sleep state is dependent upon the soul’s condition	100
2.3. Where we go in the sleep state depends on emotions we are experiencing at the time	102
2.4. We sleep because our physical body needs rest	103

- 3. It is possible to over-cloak someone else on Earth during the sleep state** 105
 - 3.1. An example of a lady over-cloaking another person in her sleep state** 105
 - 3.2. We are fully conscious of our actions in our sleep state.....** 107
 - 3.3. Many people have heard AJ present Divine Truth in the sleep state** 110
- 4. It is common act out unhealed damaged emotions in the sleep state ...** 110
 - 4.1. An example of sexual promiscuity in the sleep state.....** 111
 - 4.2. In the sleep state people’s true condition can be easily seen** 111
 - 4.3. An example of a woman enraged with her father** 113
 - 4.4. An example of “alien” encounters.....** 113
 - 4.5. An example of celibacy and sexual desire.....** 114
 - 4.6. An example of a man fighting with his father in the sleep state** 115
 - 4.7. Emotions that we wake up with can result from our sleep state experiences.....** 115
 - 4.8. We can have benevolent, malevolent and mundane experiences in the sleep state** 117
 - 4.9. The Law of Attraction works the same in the awake and sleep states** 119
 - 4.10. We are capable of remembering everything in the sleep state, but choose not to** 120
 - 4.11. Interactions with children in the sleep state.....** 121
 - 4.12. The cause of sleep walking and sleep talking.....** 122
 - 4.13. Issues can be addressed very rapidly in the sleep state** 123
 - 4.14. We can have positive experiences in the sleep state.....** 123
 - 4.15. We can damage people more in our sleep state than our awake state** 124
- 5. The difference between the sleep state and dreaming** 125
 - 5.1. A lady in the audience expresses her doubts to AJ** 127
 - 5.2. Repetitive dreams are an indication of suppressed emotions** 129

- 5.3. Premonitions in dreams are messages from our sleep state 129
- 5.4. An example of a man dreaming about moving from location to location and being hunted 131
- 5.5. Dreams about interactions with AJ or Mary 133
- 5.6. An example of a lady having difficulty getting to sleep 135
- 5.7. Snoring is often due to the suppression of emotions 135
- 5.8. We can damage others in our sleep state but not in our dreams 136
- 6. Audience questions 137
 - 6.1. Prayers for assistance are only answered when they come from our heart..... 137
 - 6.2. An example of a lady who listens to AJ audios to fall asleep and avoid her emotions..... 139
 - 6.3. An example of a lady experiencing emotions in the sleep state 140
 - 6.4. An example of teaching a lady on her deathbed some Divine Truth 141
 - 6.5. An example of a lady waking up with a song in her mind 143
- 7. Closing Words 143
- The Sleep State: Part 2 145
- 8. Mary describes her experiences in the sleep state 145
 - 8.1. The reasons for Mary taking a break from teaching 145
 - 8.2. Background information about Mary and AJ’s relationship 147
 - 8.3. Mary’s discoveries about her sleep state at October-fest in Kentucky 148
 - 8.4. Background to Mary’s personal emotional condition..... 149
 - 8.5. Background information about Mary and AJ’s relationship continued 153
- 9. Audience questions 154
 - 9.1. Mary’s facade is an attempt to escape from her damage 154
 - 9.2. Mary has a stronger sense of real love because she is reincarnated 155
 - 9.3. Damage to the soul in the sleep state is the same as damage to the soul in the awake state 156
- 10. Mary describes her experiences in the sleep state continued..... 157

10.1. Rebelling against feelings of powerlessness, shame and loss	159
10.2. It is possible to work on our emotions in our sleep state and our awake state.....	162
10.3. How Mary gained the awareness of what was happening in her sleep state.....	162
10.4. Physical sensations associated with remembering and grieving sexual experiences	164
10.5. Working through sexual shame	165
10.6. Morality needs to be learnt at the soul level before we behave with integrity.....	166
10.7. Qualities we need in order to act with integrity in the sleep and awake states	167
10.8. Being a strongly independent woman is a form of anger and rebellion towards soulmates and God	169
11. Developing the soul qualities needed to break down the facade self ..	169
11.1. Learning to embrace our damage.....	171
11.2. The analogy of a foundation built on stone	172
12. Mary describes her experiences in the sleep state continued.....	174
12.1. AJ’s perspective on his relationship with Mary.....	174
12.2. Praying for assistance to be loving in the sleep state	177
12.3. Mary and AJ’s interactions in the sleep state.....	179
12.4. Setting our intention for truth is the fastest way to discover our facade.....	181
12.5. Coming to love but not judge our damaged emotions	182
12.6. Maintaining wilful ignorance	183
12.7. Being humble to feelings of injustice.....	185
12.8. Resistance to engaging in the Divine Love Path	186
13. Closing Words.....	188
Resources	192

The Law of Rapport and Spirit Communication: Part 1

1. Introduction

Today's discussion is about spirit communication, and before I begin the actual formal discussion I just want to say that there are lots and lots of very excited spirits here today. One of the reasons why they're very excited is they feel that because of the information that we'll be talking about today, many of you may finish up becoming mediums through this process, and being more open to talking with your spirit friends. So that brings them a lot of excitement because one of the big frustrations of a spirit, particularly if you're not yet at-one with God, is that you'd like to talk about your experiences with people on Earth a lot but nobody seems to want to listen to you. So that's something that many of the spirits who are here today are really looking forward to, knowing more about communication.

I'm going to do something a little different with the questions during the next hour or so. For the next couple of hours I only want a question asked if it actually came from a spirit. So those of you who are mediums here today if you hear a question from a spirit related to the material that we're discussing, if you could put up your hand. I'd certainly love to hear the question from the spirit and we'll talk about that.

The reason why I want to do that is that there are some of the lower sphere spirits here today who want to ask questions as well. They want to know what's going on in their area in the spirit world and how it relates to what's going on here on Earth. Of course the higher spirits, the ones especially in the Celestial spheres, they obviously know what's going on completely pretty much. There are however spirits in the sixth sphere also who have some questions that they would like to ask, and so I'm sure today throughout our discussion those of you who are already mediums can pop your hand up and ask those questions.

The second half of the discussion today will be the more informal part, and what I'm going to do is ask all of those who actually do communicate with spirits and are aware of the communication occurring, and also can obviously either hear words or sense things quite easily to sit around the front area. So we'll just have to reorganise the seating a little for this to occur. And if we can focus on the questions that you have in that session as well, because my goals for doing this session are actually many fold.

1.1. The benefits of developing spirit communication skills on Earth

One of the goals for doing this session is that I would like to actually eventually end up with quite a number of people who are very good mediums who are on the Divine Love Path, who can connect with Divine Love spirits, and then a lot of truths can come from the spirit world through those mediums to you, and we can start looking at even publishing those and printing those messages out as a book or a brief source of messages that can be used to help people through their emotional condition.

The other thing that we'd like to do in this process is if mediums have more clarity, what we can do is start teaching spirits. One of the biggest problems that faces a Celestial spirit is that it's very, very difficult for them to connect emotionally to a person in the first to sixth spheres due to lots and lots of emotions that exist in those persons in the first to sixth spheres. And so a Celestial spirit usually finds a lot more assistance if somebody on Earth can help those spirits, and then get at least a connection or a communication going between those spirits and Celestial spirits. So we could actually finish up helping large groups of spirits in the spirit world moving from the first sphere onward to other spheres in the spirit world.

Now that obviously has a flow-on effect onto the Earth. The flow-on effect on the Earth is that many spirits in the first sphere are heavily earthbound or very interested in what's going on on Earth and they highly influence what's happening on the Earth. And so if these spirits could actually move into newer conditions and more happy conditions they would be less frequently influencing people on Earth in a negative way. And that has a very, very powerful effect on the Earth.

So at some stages I've actually spoken to groups of 50,000 to 100,000 spirits at once, and of those 50 to 100,000 spirits, often 80 or 90% of them get on the Divine Path from that one discussion. So that's how effective it can be in the spirit world to actually help people get onto another path of progression and actually help them actually experience more bliss.

You see here on Earth the problem we have often is that we're not easily convinced, because we aren't in the spirit world we can't look down on the Earth and see all of these things or all of these truths. So the things that I've been teaching you the last year, many of you still have doubts about them and so forth, because you feel that many of these things can't be verified. Now that problem doesn't exist for a spirit. For a spirit, they can go and verify almost everything that I've actually said in these classes. And so that makes it very easy for them to investigate truth. It

also makes it very easy for them, if they are open-hearted and they have a humble spirit, to actually take on new truth and investigate that, and to investigate it with far less blockages to the process of investigation.
[00:06:20.19]

So all of you who are mediums already are actually capable of helping huge amounts of spirits. And if you can think of spirits as people in the spirit world, you can help huge amounts of people with very little effort. So it's a very, very effective way of assisting the changes that are going to occur here on Earth, and that's one of the reasons why I'm very interested in helping mediums develop their gift and also helping healers develop their gift, because both of those methodologies are actually relationships between spirit persons and ourselves.

In the end what is going to happen, and this will happen over the coming years, is that spirits will mingle with us here on Earth. Once we get into an emotional condition where that's able to be done without somebody wanting to cut them up and experiment on them, this will happen very, very frequently. And so we will actually have a discussion like this where five or ten Celestial spirits will come and have a chat with you. So that's the kind of thing that will happen in the future. Now that can't happen at the moment because of the general feelings and emotions that most people have towards it occurring and also the needy emotions that are also occurring here on Earth regarding getting help from the spirit world.

So does everyone understand what the motive is, I suppose you could say, of doing all this? Now some of you are actually interested in mediumship, or interested in healing, and may have even been told from a medium or a psychic that you have these healing abilities, and you're not aware of how to use them and you're not aware of what will make them stronger. So some of you who may not be fully in the space where you can communicate with spirits at this point would be very interested in developing that gift as well.

So what is going to be happening over the coming year is we are going to be having a session every month to help those people who want to develop mediumship skills and also healing skills. Now there is going to be a type of program, if you like, which we'll be doing down the track, which will help you work through the issues emotionally that prevent you from utilising these skills as much as you could possible use them. So that's one of the goals too, over the coming year - to actually help a large number of people. It's all dependent on your desire, so don't come along unless you have this passion and desire to do it. So these things are just being offered to you so that you can develop your own skills.
[00:09:32.29]

1.2. Current problems with mediumship on Earth

So that being said, what I'd like to do now is just talk about the Laws of Rapport, the actual spiritual laws that govern communication between the spirit world and between us here on Earth. Now this material hasn't been presented very much at all on the Earth. In fact a lot of the material I'll be presenting today hasn't actually been presented on Earth and the information hasn't been available. And the reason why this is, is because there is so much misinformation and that's the problem with this whole process. There is so much misinformation that many of us go along, and many of you may have gone along, to a psychic or a medium and felt like you didn't really get much out of it at all.

Who's felt like that at times when they've gone? So, half to three quarters of the audience. Then other times you go along to a psychic or medium and you come out feeling of, "Wow that was quite impressive. What happened there?" How many of you have had that experience where you've gone along to one? Alright, almost the same amount of people. So how does that work? How does that work that you can go along to many and not be very impressed at all and it doesn't seem like you're really getting much information, and then go along to others and get some really important information that's been really powerful for you?

The other thing that often happens too is that we have this thing going on when we go to a psychic or medium, where we feel almost glorifying of the psychic or medium because of the ability that they have. This happens very often. And so then we become very sensitive to anything that's said and we start feeling that everything that's said must be true. How many of you have felt that, going along to a psychic or medium? Quite a few of you.

So the question then becomes, well is it all true? Well of course over time, after we've gone and we come back and over the following months or years we see sometimes that something wasn't true, or we see that part of it was true and another part of it wasn't true. So, why is there this seeming inaccuracy? If the person was talking to a spirit surely it's just like a communication that we're having and if that's the case then I'm saying something to you and if that thing is repeated surely that's enough. That would be the truth of what that person is feeling. Why would I then assume that that communication is all the truth, for example, and why would I then assume that it's actually God's truth, for example? So there are lots of emotions that are involved in this process.

Now for that reason mediums have a lot of power and also, with all powerful gifts, a lot of responsibility. You see, there's a lot of responsibility in the sense that they can use their gift for good or they can use their gift

for evil. And in fact they can actually use their gift in a manner that they're not even aware they're using it - that it's actually harming people. And so it becomes very important for us to understand that the gift that we have is a gift that needs to be used wisely, just like any other gift that we would have, and that we could damage people with this gift or we can assist them with the gift. It all depends on firstly our motive, and our knowledge and our understanding. And you can damage someone without even knowing it, can't you? There's been many times in our own lives, in our day-to-day interaction, where we've said or done something that we didn't think would have such a powerful effect on somebody and yet they've gone away and acted upon it and felt damaged by it. So the problem with the mediumship gift is it can also be a conduit for spirits to actually damage people on Earth, and that's another problem that exists with it. So that all being said, it's very important to understand the gift. [00:13:38.16]

1.3. Spirit influence on mediums

Now you remember yesterday, during the first half of the discussion when we were talking about “God’s Laws - the Law of Attraction”, many of you were feeling really sleepy and tired and detuned. Many of you here were feeling those feelings. The reason why was there was a whole group of spirits when I begun the Law of Attraction discussion I was talking about all the powerful effects of the Law of Attraction on us, and the fact that their location in the spirit world was totally dependent upon their own soul condition and the Law of Attraction, and when I had that soul condition discussion yesterday with all of you, there were lots and lots of spirits who became very, very depressed.

The reason why they became so depressed is they came to a realisation that the reason why they were in a certain location in the spirit world was because of their soul condition. And then of course, where do you go with that? You want to know straight away how to get rid of this soul condition that created your attraction. But they were becoming very frustrated with me because sometimes I'm a little long-winded with my explanations. So it wasn't until about halfway through the discussion when we started talking about the emotions and how to release the emotions and how you can release and grow soul condition through that, that the feeling began to lighten for all of us.

Now can you see that that group of spirits actually heavily influenced all of us during that discussion? And very few of us were aware of why we were feeling like we were feeling. And the truth is that spirits are constantly influencing us. Every single one of us has more than one, and usually many spirits surrounding us that are constantly attracted to us and constantly influencing us.

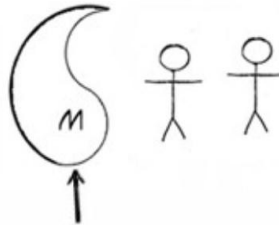
Now of course if you were a person who's known to be a person who can communicate with spirits, how many more spirits do you think are surrounding you? And this is why many people who have the gift of mediumship are hassled constantly by spirits, and so they feel under a lot of pressure. They can't even sleep many times because they're constantly hearing voices all through the night and it becomes very difficult. And it's important to understand why all of those things are happening.

So what happens for many people who are mediums in particular is they want to turn off the gift. So, many of you here have had that experience, where you've felt these impressions come and you've had people talking to you and then all you want to do is just get away from it because it hassles you constantly. So obviously the spirits that are connecting to you in those situations are not high level spirits because if they were they wouldn't be hassling you constantly and keeping you awake all night. They would actually be demonstrating love. And so what a person then does is go down the track of saying to themselves, “Why do I get hassled by these low-level spirits all the time, who are causing me all these sleepless nights and damaging relationships and all sorts of things in my life?” So it's important to understand what's going on in those situations.

[00:17:07.03]

2. Soul condition and mediumship

So, what we want to do firstly is just remind ourselves about the soul. There is the soul and the spirit body and physical body. What is the soul? It's your passions, desires, intentions, emotions, memories, experiences. It's got intelligence as well, so it's all of those things; that is your soul.



The soul (left) is the real us, and our spirit and material bodies (centre and right) are appendages of our soul

Now, yesterday when we had the discussion about the soul we described our soul condition, and soul condition is the sum total of all of those things wrapped up together in terms of how much love there is in every one of those. So, for instance, if I have a desire, any desire whatsoever,

how that determines my soul condition is that if that desire is harmonious with natural love, then my soul condition will be a bit higher than if that desire was disharmonious with love. And if that desire was harmonious with fear and hatred and all those other kinds of emotions, then obviously my soul condition is going to be quite low.

For instance let's look at one desire, the desire for sex; it is inbuilt within us. How we use that desire can be completely harmonious with Divine Love or it can be almost in complete disharmony with love. Can you see just that one desire, how our soul condition may range between that great variation of harmonious or at-one with God with that desire, or totally disharmonious and totally out of harmony with all of God's Laws with that desire?

Now that's the issue that we face when we're talking about mediumship as well, so we'll look at that issue. It's important to understand that the soul is the thing of importance. It's your soul condition; your soul condition governs all of your Law of Attraction. For a medium it's the soul condition of the medium that governs all of your Law of Attraction. For a healer, it's the soul condition of the healer that governs all of your Law of Attraction. So that means if you're a medium and your soul condition is very disharmonious with love, you are going to attract large groups of spirits who are also in disharmony with love and that is going to influence you greatly. [00:20:13.19]

2.1. An example of rapport between spirits and a medium with murderous rage

Participant: Does that mean then if I am repentant in my journey, recognising where I'm at in soul condition, that those spirits that are attracted to me that I'm very aware of, and there are hundreds of them, does that then help them to feel repentance because of my repentant state? With my communication and my desire to go to God, is that imparted to them as well?

Not automatically, because in the end a spirit has its own desire. It has its own free will. So many times what happens is we may be working through an emotion as a person on Earth, and a spirit may be connected with us just because of that one emotion. So let's say the emotion is one for yourself, rage. So there's a rageful emotion inside.

Participant: Well let's pick murder.

Let's pick murder.

Participant: Because there are lots here, all around me, because of that murderous tendency. There are hundreds of them.

That's right, so the emotion inside of you is one of feeling so rageful that you're almost willing to go and commit a murder. And that in itself will attract a group of spirits who have murderous tendencies. Now, they won't look at the rest of your condition. So unless they have a pure heart, they will not look at the rest of your condition. So in other words, they are often looking at your spirit form more than your material form, and what they'll see is this huge amount of anger and rage in you. They see it as a colour and they know that they can connect to and influence anyone with that colour. In the case of murderous tendencies, it's like a bright burgundy red but it is also shaped like arrows and everything coming out of it. And so the spirits will see that colour and shape and know that they may be able to influence a person in that condition on Earth to actually commit murder even, if that was their desire. [00:22:28.13]

Participant: So is it like a parasitic type of attraction.

Yes. It's like a parasitic attraction. So a person who's a medium is also subject to these attractions perhaps even more than the average person, because not only can the spirit see that emotion within the medium, but they also know, through their communication with the medium, that they can communicate thoughts and feelings to the medium that might enhance that emotion.

Participant: Yes they do.

And that's what happens with you quite a lot. So the key within yourself is to actually deal with the core emotion and we'll talk about that later in the session today.

2.2. The soul is the key factor in spirit communication

So everyone understands though that the soul is the key factor here? The soul is always the key factor with communication, no matter how good a medium I am. Many mediums are born with the ability because they don't have the injuries that prevent them from exercising that particular ability but all of you are capable of mediumship. All of you are capable of spirit communication, but some of you, just like an artist or a musician or some other kind of talent, have the talent from the time you were born. And others of you will develop that talent over time, just like a person who learns the piano develops that talent over time but a child prodigy knows how to play it by the time they're five.

So many of you who are mediums have been aware that you're mediums right from a young age. You can remember having communication with spirits who you thought were your friends. Some of them looked ugly and some of them you were afraid of and some of them you were so afraid of that you turned the whole thing off. So those kinds of things happened quite regularly. Others of you have become mediums because of your condition slowly increasing and your awareness perhaps through some New Age philosophies and so forth, your awareness has become more open so in the end you become more open to spirit communication. Whatever way that's occurring, understand that it's your soul condition that determines what spirits are going to be attracted to you.

[00:24:44.05]

Now of course if we have a very, very good soul condition it does not mean that we're only going to attract spirits in good soul condition. What it means though is that we have the ability to determine inside of ourselves whether a spirit is in good condition or not. And we have the ability to know whether we need to help that person or whether the information coming to us is actually going to help people on Earth, because obviously if the information coming from the spirit is higher than our own condition, then it's going to help me. If the information coming from the spirit is lower than my own condition, then it's going to harm me. So I'll be far better off trying to help the spirit in that situation rather than allowing that spirit to help myself. So after a while what happens is that through your own soul condition, you will start to be able to feel when a spirit is actually more harmonious with love or disharmonious with love, and that will be very, very important for your own progression.

3. The hierarchy of truths

How do we actually tell what's going on in terms of spirit connections? This gets to the subject of hierarchy of truths. I've listed a hierarchy of truths in the seminar outline.

3.1. Physical or scientific truths

The first set of truths that a spirit can communicate to you or help you with is what I would call the physical truth. You could also call it scientific truth. Now a spirit who's passed in any condition, can investigate scientific truth. So you can be in the depths of hells and have a scientific bent, just like you would have perhaps when you were on Earth, and you can investigate lots of physical and scientific truths.

Participant: How do you do it?

It's quite simple because you can go from place to place in the spirit world and experiment. What scientists here on Earth do is they create experiments trying to satisfy truths. They're looking for truths in the natural universe and in the process of doing that what they do is they create an experiment and they use that experiment to validate or support the evidence for that particular truth. That's a general scientific method that is carried forth and enhanced in the spirit world and a spirit in any condition can do it.

So if a medium is receiving truths about the physical Earth and scientific truths about the physical universe, then obviously the spirit doesn't have to be of high development. Yet sometimes we become so engrossed with the truth, the physical truth that we didn't know, that we think that spirit must know lots of things, and they do know lots of things you don't know intellectually but they might still be in the first sphere of the spirit world with some very, very core damaging emotions that they're not even looking at because all they want to do is investigate physical truths. So the lowest form of truth that you can receive as a medium is actually physical truths. [00:28:24.07]

Participant: So AJ that refers to events?

That refers to events as well as actions as well as future events, and you can just keep on adding to that list.

PHYSICAL
(SCIENTIFIC)
EVENTS
ACTION
FUTURE
⋮

So how many of you have gone along to a medium and Uncle Fred comes along in the mediumship and he tells you that in a few days time something's going to happen and you need to make this decision if it's going to work for you? Now sure enough in a few days time what he said would happen happened, and what did you think? "Wow that was amazing!" But it's really easy for him because he's in a state where he can look in the physical state; he's not governed by time so he can look forward and back. He can see more of the conditions of people around you and know what they're thinking and when they're deciding when they will do it and all those kind of things. He can come up with all those things and tell you the event in advance quite easily, particularly if it's only a few days away, and he can describe it to you.

Now how did that help you develop in love? That's the question I have. It didn't help at all. Did it help you develop your own free will? Probably not. In fact you became reliant on the spirit telling you so that's probably harmed your free will more than anything. And how did it help you with regard to getting to know God? Well, not at all. Did it help you become reliant on somebody or reliant on yourself? Reliant on him probably. Can you see what's happening? We become seduced by the fact that it was true, but it's really, really easy for him. It doesn't matter what condition he's in. It's really, really easy for him to present these facts to you. [00:30:17.03]

So, for that reason those truths and they are truths of the physical and scientific universe and they are truths of your life. But those kinds of truths are less valuable if you like, for your soul because they only have a physical effect, and many times have a damaging effect on your soul in terms of developing your free will or developing your love and so forth. So those are what I would call the lower truths, the lowest kind of truths in fact that you could actually receive.

3.2. Spiritual or metaphysical truths

Then we go on to the very fascinating area generally, when we progress as a medium, into what we call the metaphysical, or you could label it the spiritual universe. So it's the physical matter of the spiritual universe. Remember every sphere that I've mentioned is actually a universe in itself, it's a dimensional space; it has physical matter in it and that physical matter is able to be investigated, particularly when you are a spirit. So it's very, very easy again for any spirit in any location of the spirit world, from the first sphere upwards, to actually involve himself in metaphysical investigation and therefore transmit those truths through a medium to the Earth. This area becomes very fascinating for us on Earth because we start understanding a wide variety of things in the spirit world that are occurring but the problem is that it's only dependent upon the condition of the spirit who's presenting the information to you. So if that spirit exists in the first sphere and he's never ever existed in any other sphere of the spirit world, he will present a life to you that may even mirror, or very closely resemble, the life that you might experience here on Earth.

How many of you have read "Life in the World Unseen"? It's quite a good channelling. It's really worth reading but, again, channelled by a spirit who's existing in the first sphere. Many of you have read the one that I sent out recently by James Sherwood, "The Post-mortem Journal"? That is Lawrence of Arabia's experience in the spirit world on passing but when he gets right to the end and he's explaining about

reincarnation and he's explaining about all these spiritual concepts, he's actually explaining them from a first sphere perspective.

Now you wouldn't know that reading it initially. You'd think, "Wow, this is pretty good information and it feels resonant", because obviously there'd be spirits with you who feel resonant with it as well and you'll get little tingly things as you're reading. That's the little tingles from the spirit world, when they're telling you, "Yeah, I agree with this," and, "I agree with that", and you're thinking, "Yeah, this is sounding pretty good." But in reality the material is from the first and second sphere location in the spirit world and almost all channelling that exists on Earth today has come from those two locations, the first or second sphere. There is very little channelling that has come from spheres higher than those two locations and the reason why is that there are very few mediums on Earth who are developed enough to receive information of a higher degree of love than those locations. [00:34:04.26]

So the metaphysical, again, is a very fascinating area about which we can receive lots of information as a medium. However, it can again be highly distorted when it comes to truth because it's to do with a scientific investigation and a scientific investigation is usually one of experimentation; it's not one of knowing for sure.

You can see this on the Earth too. For example, years and years and years ago, right in the Dark Ages, they thought that the sun revolved around the Earth, and from the Earth's perspective that's exactly what it looked like. But then when they started investigating the planets and the relationship with the planets to the sun, then they started realising, with the help of the first telescopes, hang on a second, no, the actual Earth revolves around the sun. Now there was a huge outcry when that came out. The man who actually discovered this, Galileo, was put in prison by the Catholic Church because of his findings and he stayed in prison for many years as a result. So, why was that? Because man wouldn't accept what seemed to be the most logical thing.

Now if I had passed as a spirit, obviously I can investigate that far more thoroughly, and I can see whether that was a truth or not, and I can present that truth to the Earth through a medium who's versed in it. But how does it help people on Earth? It really only helps them understand science. It doesn't really help them understand anything about themselves, anything about love, anything about developing the soul, anything about growing infinitely, anything about the spirit world and their progression, the Law of Attraction, the Law of Compensation, the Law of Desire - any of those things. None of those things are even discussed in that entire process. So how important is this information really, in the end? For our soul it's not of very much importance. [00:36:10.06]

Participant: It could be a side track.

Yeah, most of the time it is a sidetrack, something that is side tracking our souls development.

3.3. Moral truths

Then we get another set of information and now we're starting to get to more deeper things. We start getting to moral truths. Now, moral truths are information that starts to affect the soul. So we've covered the physical truths and the spiritual truths and how they affect the physical, but the moral truths start affecting the soul.

What do I mean by moral truths? Well, here's a moral truth. If you murder you are out of harmony with love. That's a moral truth, and if you're even more developed you will receive this message about murder - if you even think of murdering, you are already a murderer. That's a moral truth too. And that's why, in the first century, I said that a man looking at a woman so as to have sex with her has already committed adultery in his heart. So these are moral truths.

Now obviously if I'm okay with adultery I'm not going to receive a moral truth from a spirit about adultery, am I? If I'm okay with murder, I'm not going to receive a moral truth about murder. There are many people on Earth as mediums who justify murder as the conflict between good and bad, the yin and yang concept. And so they go down the track of saying, "There's no bad and there's no good." In other words, "There are no morals," and those mediums can't receive information about morals as a result. And yet there are many, many spirits in the spirit world who want to transmit information about morals because their morality when they were on Earth has deeply affected their condition where they are now and what's happening to them right now and how much pain they're in right now. [00:38:25.01]

3.3.1. An example of a man experiencing pain from experimenting on animals while on Earth

Participant: Have you got an example of how their morality has...?

Yeah, certainly. There's a Padgett Message that's worth reading. It's about a man who when he was Earth in the 1800's, and I think I may have mentioned him before, he used to collect rabbits from the wild for scientific experiments. So he'd collect all of these rabbits, he'd get them alive, and he'd take them into scientists and they'd cut them up alive most of the time and experiment on them, looking at organs and looking at all

those kind of things for the progress of humanity if you can call it that. Some of those rabbits also got used in experiments with regard to things like perfumes and so forth.

Now when he passed, at the time before he passed, he felt that was fine; he felt there was nothing wrong with that. But when he passed, the law kicked in, where he became very, very conscious of the Law of Compensation, about the fact that he'd caused the destruction of many, many animals and caused a lot of pain in the process, both in the animals and in the people who were given the animals too. And so this moral law kicked in, the Law of Compensation exposed it to him, and he came to James Padgett wanting to know how to get out of it, how to progress, because he felt really bad. His conscience, which is the disparity between the truth and our own actions, kicked in, and when that kicks in it starts kicking us generally, and so that's what started to happen for him.

Now he was not aware of that moral law before he passed, but he also would have been very, very happy to let lots of people on Earth know to be aware of that moral law because it would prevent all of their pain when they passed and it would prevent a lot of pain happening on the Earth as well.

3.3.2. An example of a spirit who started the Mormon religion

Participant: This is a very strong influence I'm receiving from a spirit. His name is Mormon. He wrote his story down. He then interacted with Joseph Smith and started the Mormon Church and his grief is profound. Many hundreds of thousands of spirits are trapped between first and sixth sphere and can't move forward, and his sense of...

He has a huge amount of grief because of his teachings being responsible for their condition.

Participant: And there are still people on the Earth too, today...

Promoting that.

Participant: ... in that organisation, trapped and he comes to me begging for... He just has so much grief.

Yes, there's a lot of grief in him. What he wants is a medium who's able to channel what he now knows, the difference between what he channelled to Joseph Smith and what he now knows, and that's what he would like to do. And this is part of the problem. You see most of the teachings on Earth come from spirits. Joseph Smith is said to be the founder of the Mormon Church but in reality it's a spirit who's the founder of the Mormon Church,

who channelled this material to Joseph Smith. And so that spirit bears the primary responsibility for the creation of any falsehood that Joseph Smith channelled. [00:42:33.12]

Participant: Would Joseph Smith be aware that he was spirit influenced?

Certainly. Yes.

Participant: He was, absolutely.

Yeah, and he has the same grief because he now sees the things that he was doing on Earth as well. So it's very important for these spirits to start learning about the ways to progress in the spirit world. The focus of this discussion though is more about how we can assist them and what's going on with our own soul condition.

So I would like to have another discussion where we're really focussed on the spirits themselves, on helping those spirits. In fact some of the things we'll be doing in these sessions that we plan for the future is actually sitting down and actually helping these spirits through their emotions, so that they can work through their emotions about their condition. And so I know that that's a bit frustrating for both those spirits but if we can have this focus because what we need to do is get lots of mediums first on Earth who can help them, and once we've got that then obviously these spirits will get lots of help.

What happened with regard to many of these channelling that came through is that they've affected hundreds of thousands of people on Earth, if not millions, and therefore every single one of those people who pass, pass with a belief system that is either harmonious with love or disharmonious with love. Now many of the belief systems are mostly harmonious with natural love but very few are harmonious with Divine Love. So once these spirits learn about the Divine Love Path, which many of these spirits have, they still have huge amounts of grief to work through and they need to allow themselves to work through, about the actual process they were involved in influencing so much pain on the Earth.

What we need to bear in mind is that even from a moral perspective, teaching the truth has its benefits but teaching falsehood has huge repercussions, not just for the medium or the spirit but also for the people that are influenced by their teachings. Huge repercussions. Now, again, we can get out of any of these conditions and we can progress from any of these spaces. So all the spirits who are concerned about that need to realise that we can get out of these conditions and progress from

those spaces by just a willingness to experience the emotion of it all; just the same as here on Earth.

Does everyone understand how morals are a bit more important? It's a bit more important to start channelling the truth about morality because it has a huge effect, not just now but also in your life in the spirit world. Your morals will actually determine whether you arrive in the first sphere or in the second or third or fourth spheres in the spirit world. Just your morals will determine that.

So there's morality. That's the next highest level of truths. That is one type of truth that the Earth badly needs to hear and still has a lot of trouble with on the Earth.

3.4. The laws of natural love

Now the next highest level of truths, and morals come under this label, are the laws of natural love. So the next highest truths that you could actually receive and give to the Earth or communicate are these laws of natural love. Now the laws of natural love involve things like morality but they also are much wider than that. They involve things like the Law of Attraction that I was teaching you yesterday. That's a law. That's a natural love law and a Divine Love law, it incorporates both, but it's a law of natural love. It's one of the laws that God gave. The Law of Desire is another one. The Law of Rapport that we're going to speak about in a minute is a law of natural love as well. A lot of these laws can be communicated from spirits to people on Earth however the person on Earth has to be in the emotional space and the belief space and everything to be able to receive them. So if they are in a very good condition in natural love they'll start being able to receive those laws. So you could say those are the next highest.

3.5. The laws of Divine Love

The highest truths that you can receive are the laws of Divine Love. The reason why they are the highest truths, aside from it perhaps being quite obvious, is the fact that you're receiving Love from God to a point of atonement with God. So it would create huge amounts of bliss. The laws of Divine Love are the laws that are the highest in the hierarchy of the universe and those laws control every other law and in fact every other law is subservient to these laws. So when you learn these laws you automatically learn the other laws. You don't even have to learn the other laws; they come to you automatically by just learning these laws of Divine Love.

The Divine Love laws also have the benefit that they are everlasting. They will affect the progress of your soul eternally. So isn't it great learning something and know that you're going to use it for the rest of your life? How many of you felt that when you were learning something, that you might have learnt through your life, and you realise "Wow, I'm going to use that the rest of my life! This is so powerful"? And it's a lovely feeling that enters you when you have that feeling.

The laws of Divine Love are those laws. All those laws are the laws that will influence you for the rest of your existence, and that's why they are the most powerful laws. That's also why they are the most powerful laws to channel; they're the most powerful truths to channel. The problem is that to actually hear any of these laws the person who's receiving them needs to already have Divine Love in their soul. So it's going to be very, very important for the Earth to actually receive more of these laws, but to do that there's going to need to be mediums who are developing themselves on the Divine Path. And not what they think the Divine Path is, but rather what the Divine Path really is, because there is a lot of mediums that believe they're on the Divine Path and actually they're on the Natural Love Path. [00:49:17.16]

3.6. Implications of the hierarchy of truths for spirit communication

So, they're the highest possible laws. Can you see the hierarchy? And can you see how it would affect your communication with spirits? Now, if you're receiving constant barrage of just mundane things then you know straight away what kind of spirit is being connected to, don't you? If you're receiving more of a barrage of influence in you morally, then you know that maybe the spirit is a higher spirit. If you're not receiving a barrage at all then you know that's probably the higher spirit because a high spirit would never barrage you or be overt in their influence of you, trying to control you. So you'd know that would even be a higher spirit because one of the laws of Divine Love is the Law of Free Will, and a higher spirit would never want to influence your free will negatively or positively, they'll just want to tell you the choices you have and allow you to make the choice. So they're the higher spirits. So can you see how just by knowing the hierarchy of laws, you can straight away also determine what kind of spirit you're talking to?

However, from an intellectual perspective that all sounds fine, but do you know that a person in the first sphere can just start using all of the terminology of a seventh sphere spirit and if you can't feel their emotional condition you won't be able to tell the difference. It's like somebody who's a murderer reading up on Divine Love, learning all the terminology, and

coming here just for the point of view of wanting to knock off a few of you and actually using these to create connections with you. A spirit can do that. And a person on Earth could do it too. Of course I don't know why they'd want to do it but they could do it.

This is the problem for all of us. I can tell you all the hierarchical laws of the universe and how they all work and what kind of truths are the highest truths but, if you can't feel the emotional condition, if you can't feel the soul condition of the person connecting with you, you can receive all sorts of information from people masquerading as the people you think you're talking to.

Now right at the moment there are literally hundreds of thousands of mediums on Earth talking to Jesus, and the majority of them have no conversation with Jesus. They're actually talking to spirits who are masquerading as me. The reason why those spirits want to do that is because straight way many of them will listen and straight away a rapport can develop. And this happens with my mother, Mary; it happens with other spirits all the time. There are literally hundreds of thousands of mediums being deluded because they can't tell the soul condition of the spirit talking to them, and the spirit just uses the right terminology that connects.

So for many of these spirits all they've got to do is read the Bible, which by the way you can do in a few seconds in the spirit world, and you can remember everything, and then they can just re-use that terminology over and over again with whomever they are connected to. So if I'm a spirit I can go along to a person who's a really devoted Catholic who's a medium, for example, and I can present myself as Jesus. I can start talking to them using the terminology that I read in the Bible, and is that person going to be able to tell the difference? Well, if their soul condition isn't higher than the spirit's they will not be able to tell the difference. So can you see what's going on for many? [00:53:15.11]

4. The importance of feeling spirits' emotional condition during spirit communication

So, all the laws are great, knowing them intellectually is great but it's only when we start to feel them emotionally, it's only when you have the ability to feel the emotional and spiritual condition, the soul condition of the person communicating with you, that you'll be able to know the difference.



FEEL
EMOTIONS

That's a very important piece of information to know as a medium. In other words, if I refuse to open up myself emotionally as a medium, I will not ever be able to tell the difference of someone who's masquerading as the person or actually the person.

4.1. An example of a medium falsely believing she was channelling Apostle Peter and Archangel Gabriel

Now I've had many, many conversations in the last five years with mediums where they have not been able to tell who they're actually speaking to. I'll give you an example; I had a conversation with a lady in the USA and she had two spirits come to her. They called themselves Peter and Gabriel, the Apostle Peter and the Archangel Gabriel (and this is actually described in a book that I've written, called "Qualities of Truth, Reincarnation and Divine Love") and they presented themselves as Apostle Peter and Archangel Gabriel, because it meant that she would listen to them.

They presented a lot of very good material on the Natural Love Path. So they weren't malevolent spirits, they were actually, I felt they were in the second or third sphere of the spirit world, on the Natural Love Path, and the reason why they allowed her to continue in her belief that they were someone that they weren't was because they wanted the rapport with her to teach these truths. The way they looked on it was that their desire was pure to teach more moral truths on the Earth and so what they did was they allowed the medium to continue in her belief rather than telling her the truth.

Now when we had the discussion I said well actually they're not the Apostle Peter and the Archangel Gabriel, she actually confronted them about that and they admitted to her that they weren't. Now, if you've been channelling a spirit for five to ten years that have said to be one person and then you find out for that five to ten years they've been lying to you, well not so much lying to you but just not telling you the truth, how would you feel? She felt quite upset.

Now what I tried to do is encourage her to try some experiments, which she did try, and they did too, and eventually what happened is these spirits got onto the Divine Love Path. Now they were in a much better

condition but because she was so affected by the fact that they'd lied to her, she didn't want to talk to them anymore, and after lots and lots of encouragement I still am not sure whether she's talking to them or not. [00:56:23.21]

4.2. Differences in behaviour and motivations of spirits in different conditions of love

So is everyone with me so far about what's going on with the mediumship issue? So can you see how important it is to actually know the soul condition of the spirits you're communicating to? It's very, very important. If their soul condition is one of deceit, in other words they're totally interested in continuing to deceive you for malevolent reasons then obviously they must be in the hells of the first sphere. If their soul condition is one of deceit but they're willing to deceive you in order to teach "truths" on the Earth, then their soul condition will be anywhere between the first and the sixth spheres. But if they're on the Divine Love Path, they will never ever choose to deceive you.

The reason why is that on the Natural Love Path many people do feel that what's best for you, whether you know it or not, is what's best for you. In other words it's a bit like a mum or a dad saying to you, "I know what's best for you," and maybe they do, and you wanting to do something different, and they influence you through their influence because they're telling you, "I know what's best for you". Now that is not in harmony with the Law of Free Will. The Law of Free Will would enable you to do your own and make your own choices even if your choices were going to be negative for you. That's the way God operates with you and that's the way a spirit who's at-one with God will operate with you.

So a spirit at-one with God would actually allow you to go off on a path that's quite damaging to you and they'll wait until you've exhausted yourself on that path and you plead with them to have some information again to get you back on the right path; whereas a spirit on the Natural Love Path will often not do that. They will heavily influence you if they feel that you're off the path that's the feel is best for you, and for that reason there are a lot of people that we speak to about the Divine Love Path who don't want to follow the Divine Love Path only because the spirits with them are telling them not to do it, and a spirit influence is so great and powerful, and their own emotional condition is so doubtful, that they are easily influenced into not following a path that could be to their eternal benefit. And you will see this happen all the time in your own discussions with people around you as well. You will feel, particularly if you're a medium, the influence of the spirit who is with the person. So can you see the importance of what I'm saying here

about feeling the emotional condition, or feeling the soul condition, of the spirit? [00:59:04.08]

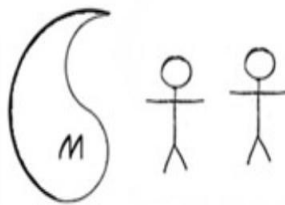
4.3. Feeling spirit's conditions during healing

This applies also to spirits who are healers. Many spirits in the first sphere are masquerading as healers, and you know what they actually do? They actually suck the emotional energy from the person that you're "healing", and the person actually walks out in more pain. Have any of you had that experience where you've actually gone to a "healer", and actually walked out in more physical pain than when you began? Well what was actually happening was a spirit was actually taking emotional and physical energy from you, not giving it to you, and that meant that the person who was doing the mediumship or the "healing" in this case, is actually in the same condition as that spirit wanting to take energy from you. So if I go to a healer who has that desire, I can actually walk out in a worse condition than what I walked in. So that's an important thing to bear in mind.

5. How spirit communication and healing works

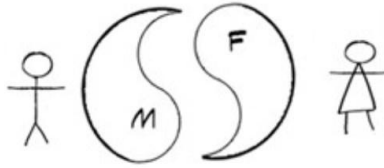
So, how does it actually work? How does this healing and communication actually work? We'll talk about the science of it first and then we'll talk about the emotions of it, because that's the important thing.

You are a half of a soul with a spirit form and a material form.



We are a soul with a spirit body and a material body

Spirits in the spirit world are a half of a soul with a spirit form. So if we're a female spirit - half of a soul connected to a female form.



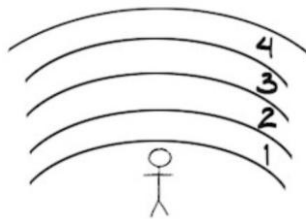
A male half of a soul connects to a male body, and a female half connects to a female body

So we are the soul and the bodies are just the tools that the soul uses to experience the different dimensional spaces of the universe. The soul with a spirit form can experience any dimensional space from the first sphere to what I'm calling the twenty-first sphere, depending upon their soul condition. So they could be in a very great variety of conditions. On Earth you can actually be in any of those conditions as a half of a soul. So you can actually be anywhere from a first sphere condition to what I'm calling that twenty-first sphere condition, on the Earth.

Now if you think about that for a moment, in the spirit world we've got the first, second, third and fourth spheres if you like. You are on Earth, connected with a spirit body and your soul, and it's the soul that we're talking about. Now your soul condition could be anywhere from the first sphere to the twenty-first sphere in that condition of a half of a soul. But let's say for the moment that your soul condition is just at the top of the first sphere. So in other words you're like in a Summerland type condition, where if you passed you'd pass into a very similar environment to the Earth, a little bit prettier, and you'd have quite pleasant experiences, not much darkness. You'd have some emotions to work through but not too much darkness.

5.1. The soul basis of rapport

Let's say that's your condition, so you're at a point just before the transition to the second sphere. [01:03:01.27]



An illustration of a man who is located on Earth, showing the spheres in the spirit world

Who is going to be the easiest spirit for you to connect with? A spirit who's actually in Summerland. Because their connection and your connection has the greatest, what I would call, rapport. In other words your two conditions are matching each other so well that you'll have the greatest rapport with them.

Now if they also have the same religious beliefs as you, and they also have the same scientific beliefs as you, and they also have very similar emotional condition to you, now we're talking a really, really, really strong attraction. And let's say that you're a woman on Earth and you've had a miscarriage or two, now a woman in the spirit world who's had a miscarriage or two will be even more attracted to you because there's common experience.

Now when on the Earth, let's say you're a woman and you had three husbands and the first two husbands were really damaging to you but the third one was loving, and a spirit had almost the same experience as that, imagine now how strong the bond would be between the two of you.

Can you see what's going on? The more commonalities there are in your soul condition will create the greater rapport. Now that also means that if you release those emotions, where the emotional baggage is not in you, so your grief about your miscarriages is gone, your grief about your first two husbands is gone and you connected with your father issues and you released all of that emotions and they're gone, and now your condition will be much higher than them. And let's say your condition would now be in the fourth sphere. Which one is going to have the greatest rapport now? It's the spirit on the fourth sphere. [01:05:04.15]

But let's say that you have heavy New Age beliefs. You are not interested in the Divine Path because you feel you already know the Divine Path, you think the Divine Path is the Natural Love Path and you feel that you are going to become a god, very similar to “Conversations with God” style; you feel that you have all these abilities within yourself, you don't really even believe in God but you feel that God is the universe. So that you don't believe in a personal God or an entity but rather you believe God is the universe.

Now what kind of spirit in the fourth sphere are you going to connect with? A natural love spirit who's probably had very similar feelings and conditions to yourself in the fourth sphere. You're going to connect to what you'd call a New Age spirit, who's going to be feeding that information? And he or she can believe in reincarnation and you can believe in reincarnation and still be in the fourth sphere. I can be in a very good condition of love and still believe in beliefs that are not true. I can be in the sixth sphere and believe in it. Buddha is one of those, in the sixth

sphere, who believes in it. That's why he believes it because he doesn't believe in God, a personal God.

6. Audience questions

6.1. Discovering the truth about reincarnation

Participant: In your own evolution when did you realise that reincarnation wasn't true?

I realised on Earth that reincarnation was not a truth. I had many discussions through John the Baptist. John the Baptist was my friend, he was my cousin obviously, and he was very mediumistic. He was a very powerful medium and still is a very powerful medium, and so he had the opportunity to talk to many spirits.

I could see that as John and myself raised our spiritual condition, we were talking to different spirits in different conditions, and so I started to realise that these spirits had progressed without coming back to Earth. So it was very easy to see that reincarnation was not something that was necessary for the progression of the soul. So all that occurred in the 1st century before I even passed.

The truth is all of you who are mediums have total ability to investigate the truth of reincarnation but you need to know which spirit you're connecting to and you need to ask them about their own progression. You see, many times Padgett had a sixth sphere spirit come to him who still believed in reincarnation and then Padgett said, "Well, hang on a sec, didn't you progress from the first sphere to the sixth sphere?" "Oh yeah." "Did you have to come to Earth for that?" "No." "So why do you still believe in reincarnation then?" "Oh, I don't know actually. I just think it might be true still." And the truth is it did finish up being true as a teaching but only when you get to the soul union state. So many of them still had a feeling that it might be a true teaching but they didn't know that the way they were teaching is was false.

Participant: So what's, when you were in the spirit world at what level were you aware that it was possible? In the 17, 18 sphere?

I felt it as a possibility from all of my existence in the sense of it might be some form. I never discount a belief unless it can be completely discounted emotionally. In other words if it's not harmonious with love I never discount a belief. So the way I saw it was that there are certain types of beliefs of reincarnation that would certainly be harmonious with love, so for that reason I never discounted those beliefs through my whole

existence. But I never believed they were possible because I hadn't personally experienced them yet and I couldn't see how that would come about and I didn't see how that would come about until I experienced the soul union state with my soulmate and that occurred in the spirit world around the 1940s of last century.

So there was a large difference between what I thought might be possible and an experiential truth that you finish up experiencing. So if you ask any of these spirits who are in the sixth sphere who still believe in reincarnation, “Have you personally experienced reincarnation?” every one of them if they were speaking the truth, and most of them by that stage would know they would have to speak the truth, would answer, “Well no, I have not.” So in fact any sixth sphere spirit would speak the truth on that matter and know that they have not personally experienced reincarnation. [01:10:18.10]

6.2. Progressing from the sixth sphere for natural love spirits

Participant: So there's an overwhelming feeling of gratitude and wanting to dive off from trapped beliefs.

In the spirit world, with the spirits you mean?

Participant: Between sixth and seventh.

Yeah. The sixth and seventh spheres are very difficult. The sixth sphere is in some ways very difficult for many spirits because they've become so engrossed in their day-to-day life living this awesome existence where they can create any universe they want basically, but they're still not experiencing God and they have this feeling start to develop in their soul that I'm still missing something. You know how when you have that nagging feeling sometimes even in the day? Have any of you had that feeling when you walk out the door in the day, I've left something on? [01:11:16.24]

Participant: Yeah.

It's that kind of a feeling, if you can imagine that. It's that kind of a feeling. They don't know what it is. So they don't know what they left on or what was off but they feel like they need to investigate. Just like sometimes you go back in the house, go through the whole place and realise you didn't leave anything on it was just something you felt. And they have this feeling so they investigate more, investigate more, and investigate more.

The problem is they're so used to intellectual investigation that they won't look at an emotional investigation. They don't understand in fact that the soul has a whole different way of experiencing truth than the intellect. The soul is completely different to the intellect in the way that truth is experienced and felt, and also the truth enters the soul. So many of us are so used to using the intellect to determine truth and what you need to do is get out of that and start using your feelings, emotions, passions, desires to experience truth.

When they make that shift for many of them their progress is very rapid because they don't have any moral issues to work through. They're all dealt with. They have hardly any emotions left because they've been there for thousands of years and they've forgotten all their emotions now about the Earth existence and the things that they did wrong then. And all of the Law of Compensation stuff has been worked through so they don't have any of those negative experiences. So once they make that switch they progress quite rapidly. But making that switch can be such a terrible experience because you're going from self-reliance to God-reliance. You're going from being totally in personal control of your life to total out of personal control of your life. That's a pretty big shift, isn't it? Even for us on Earth we realise that shift. That's like diving off the cliff, as I talked about a few weeks ago, and for the spirit it's the same experience. [01:13:19.11]

Participant: So how do they do it? Do they often have to go back?

They have to go back generally to the third sphere and they learn some truths in the third sphere about the soul that they neglected to learn. Then they progress on the soul truths through to the fifth sphere and then they learn more about the soul truths in the fifth sphere and then they can progress to the seventh sphere. And then they learn about actually losing the mind as the controlling factor and the soul becomes the dominant factor and that process of actually losing your mind completely and going into soul completely is the process of becoming born again. So they have to go through this process of unlearning the intellect and learning the soul.

6.3. We maintain our identity as we progress towards God

Participant: My question is something along the same lines. It's a question that came through - do you then lose identity when you shift from one to the other?

No, and this is something that is a very strong fear in many spirits. They believe that when you start connecting to God, and there's many teachings on Earth actually when you think about it, that teach you that when you

connect to God you lose yourself. And in fact many of the New Age teachings actually say that in a way, don't they? They say that we are all fragments of God in an entity point of view. In other words there's one entity, the universe, which we will call God, and then we are all just fragments of the universe. In other words we don't really have a personal entity. And then that gets heightened as they progress towards the sixth sphere, this idea that we don't have a personal identity.

Now that is very much the case of where Buddha is at the moment. He's in this place where he believes he has no personal identity and he calls that place nirvana but it's actually a very, very damaging place to live in because you cannot progress from that place without regaining your identity. So that's one of the things that Buddha will go through at some point in the future.

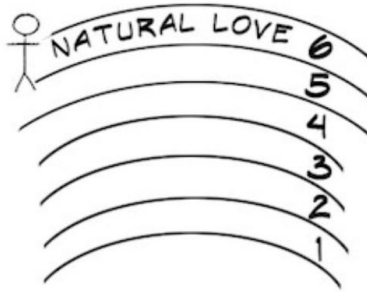
Now the issue then becomes what actually happens to identity? Well what happens to identity is you as an entity just continue to expand. As you receive more and more Divine Love, you continue to expand, not only in your capacity to experience emotion or your capacity to experience an infinite universe, but you also expand as a soul. Physically as a soul you expand in your capacity of communication, of experiencing love and all of these things just continue to expand. And your identity becomes even more firm than it has been before. And you realise the uniqueness of what God created in you. So you're still one of God's Children, still being nursed if you like by God, developing all the way through, but you have now got these expanded capacities that you never ever realised or even intellectually conceived were possible.

6.4. Progressing from the sixth sphere for natural love spirits (continued)

So the issue that faces many sixth sphere spirits, and I know this is a bit of a different question but it is something that these spirits want to know at the moment, so it is good to mention it. So we've got the spheres, one to six. The sixth sphere is the pinnacle of natural love, so it's the highest you can ever develop in natural love. You have many, many spheres above this, many dimensions above this, many dimensional existences even for a half of a soul, above that location. So you have the seventh, the eighth and so forth above that location.

To get to the sixth sphere you've had to develop primarily your intellect and your morals. You've had to work through moral issues and develop your intellect. You've also had to clear away emotions but the way you've probably done that is not by utilising an emotional process but rather using your intellect to work your way through emotional issues. So what

happens is you can progress in that way, and it's quite a slow progression. Some have progressed from the first sphere to the sixth sphere in natural love in fifty to a hundred years in the spirit world, but historically there are many that have taken many thousands or even tens of thousands of years to transverse those spheres or those dimensions. [01:18:07.05]



It is possible to develop in natural love to the sixth sphere using the intellect

Now when a spirit gets to the sixth sphere, he's obviously got a very, very highly developed intellect. He knows scientifically the physical and spiritual universe so well. You imagine living for 20,000 years, if you can conceive that, what you can investigate in that time. And as a spirit you can just flit from here to here to here to here to here. It's not like you are constrained by transportation or cost, so imagine that. There's a huge amount of knowledge you would have. So they have this huge amount of knowledge but the problem is the knowledge is in their spirit body's mind and it has influenced the soul but the soul has a part of it that has yet to even begun to be developed in many cases, and that is when the Divine Love enters the soul, the soul begins a transformation process.

So you can think of down in the first sphere we are the grub if you like. Up in the sixth sphere we're the best a grub could be. So we're a super-grub, right? (Laughter) But the transformation into the butterfly is a metamorphosis transformation, and it goes through this process where the soul begins receiving Divine Love and it starts changing. It changes from a human soul, and in fact the spirit body of a person who's receiving Divine Love to the point of the seventh sphere changes. It no longer has seven chakras for example. So all of this material on Earth that talks about having seven primary chakras where there's 192 meridians, or something like that I don't know exactly; all those things are only truths for a natural love spirit.

As soon as a spirit starts receiving Divine Love the soul itself goes through a transformation process and this transformation process happens to you

here on Earth as you're receiving Divine Love too. The soul actually goes through a transformation process that affects the spirit bodies and the spirit body starts having more chakras and some chakras actually start merging as well. You have more meridians as well crossing your spirit form, so as those changes occur, and it looks to another spirit like you're different; you're a different model if you like. “There's a natural love model and this one over here is a different model, I don't know this model, right? This model seems a bit different to me.”

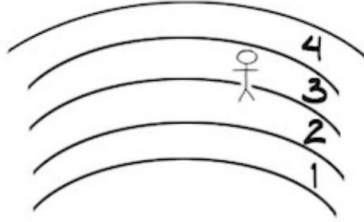
So there are many spirits in the sixth sphere who actually believe God created two types of entities who live on Earth, one type of entity that can only go to the sixth sphere and another type of entity that can transcend the sixth sphere into the higher spheres. Now that is not true and if you think about it from the point of view of love it makes sense that it's not true, doesn't it? Why would God have two people here on Earth side-by-side who He created differently? Is that partial or impartial? If it's partial then is it in harmony with love? Obviously not. But many of these spirits don't conceive that because intellectually they're just looking at the results. They're looking at that person has that spirit form, seven chakras all working really well, great. That person there - oh, they're pretty different. They have different chakras and everything, not all of them working great either, because there might be emotional injuries still in the person who's received Divine Love. So they see them a bit differently. [01:21:55.02]

And so that spirit often then has only its intellect to work its way through these issues. Now can you see that if you just use your intellect, you're going to be bound by quite a few constraints? You're going to come up with explanations for yourself that explain to yourself why there be these different forms. Some of those explanations might sound totally logical and you experiment with them using your scientific methods that are all to do with your mind and they'll sound totally logical to you. And this is the reason why much of the information coming to Earth from the sixth sphere is still out of harmony with Divine Truth because it's still not true, it's still just experimental.

So this sixth sphere spirit's in this experimental phase still. He's searching for this feeling. He can feel this feeling inside of him, “I've left something on inside the house, something's going on, I don't know what it is.” That's the feeling he's got inside of him but he doesn't know how to investigate it in many cases. And the only way to investigate it is for this soul part of him to switch in, the emotional part of him to switch in and become dominant. That's the only way to investigate it but he doesn't know that. He only thinks it's the intellectual way.

6.4.1. Returning to the third sphere to learn soul truths

So can you see he may stay in that state for many years, maybe even hundreds of years, before he eventually gets to the point where he decides he's going to experiment with this emotional thing and experiment with this soul thing. And when he does that the first thing he's told generally is to go back to the third sphere.



A sixth sphere spirit on the natural love path needs to return to the third sphere to learn truths about the soul

Now can you imagine that for a moment? You're in a dimensional space where you feel like you've got unlimited control of your external universe and you're now being told to go to a space three levels lower than you because you missed out on some truth that you didn't receive at that point. Now what quality are you going to need?

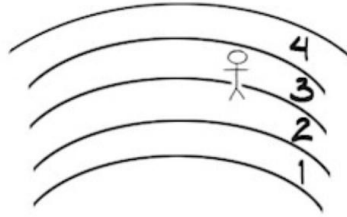
Participant: Humility.

Humility. You're going to need to feel one emotion that perhaps you didn't know everything. Because there are many spirits in this state who feel they know so much more than what you know here on Earth. They feel they know everything compared to what you know, and yet they don't know about this soul thing, this soul transformation. So many of them refuse to even make this investigation, and they'll search for another few hundred years about some alternatives to what it might be.

Many of these spirits have been responsible for channelling of material like the Urantia Book for example. You've heard of that? The Urantia Book has been channelled from that location because it's a sixth sphere spirit trying to understand the complexities of the universe that they can't understand until they receive Divine Love and understand that it's all very, very simple, and they're trying to understand it with their intellect.

So that is a major transition that many of the sixth sphere spirits who are listening to this discussion even now have not yet made. And once they make that transition from the sixth sphere to third sphere they then will

progress developing themselves emotionally at the soul level rather than spiritually at the metaphysical level. And then they will progress from the third sphere to the sixth sphere, and as they progress their identity will become even more solid than it ever was before. They will understand themselves even better and they will also start to understand conceptions of things from an experiential perspective. [01:25:45.26]



A sixth sphere spirit who's re-entered the third sphere can progress on the Divine Love Path

So it's very different talking about walking through that wall and actually walking through the wall, isn't it? Can you see that? One thing is just talking about it but you beat your head against it and it never happens; the other thing is actually you do it, and that's the difference between them in the third sphere and in the sixth sphere. In the sixth sphere they're talking about what they think they know but they haven't yet experienced it. It's only when they connect to the soul level connection that that starts growing in the third sphere and they start experiencing things they've never experienced before.

And one of the primary things of course is Divine Love entering the soul. And as the Divine Love enters the soul they start experiencing the effects of that Love transforming their soul and their spirit form and they start observing that it's real. And then they start seeing that in fact as a creature they are being transformed into this Divine thing that they thought was a different type of creature altogether.

In fact in one of the Padgett Messages one of the natural love spirits said, "I know there are these Divine Love spirits but they just flit through the spheres. I don't know, maybe God doesn't think they're very important and that's why they're allowed to go through these interstellar boundaries." The truth is that these spirits are developed in Love, in Divine Love, a different type of love than the other spirits are developed in, and that enables them to just transcend those boundaries.

6.5. Interactions between natural love and Divine Love spirits within the spirit world

Participant: So, is there somewhere that natural love spirits can talk to Divine Love spirits? They're obviously in the same spheres; they're seemingly with each other.

Natural love spirits can talk to Divine Love spirits in any sphere, right from the first sphere onwards. There are Divine Love spirits who are existing or helping spirits in any one of those locations. The way that it's activated is just by longing for it. So as soon as a spirit in the spirit world on the Natural Love Path has a longing to understand the Divine Path there are literally often hundreds of spirits surrounding them on the Divine Love Path, wanting to assist them. So all they have to do is have a longing for it, that's all.

That's the thing that's difficult for them because up until then what they had to do is manufacture everything intellectually. Now all they have to do is have a desire and they'll manifest the people who will teach them. But often what happens is they have that desire and somebody pops into their life. Imagine, and he's all bright and he's all happy. He's not very serious at all and he's quite joyful and he's enjoying himself and what do they think? “Oh,” (laughter) “this guy's a Jesus nut-case or something, because he's talking about Jesus and God and all those things as well, and he's talking about the Divine Truth.” So can you see how your emotional condition's going to affect your listening to that?

So quite often what happens is many of these spirits all the way through their progression have these longings occur and many times straight away a spirit appears that can assist them but what happens inside of them is emotionally they can't accept that assistance. [01:29:03.18]

Participant: So humility and a willingness to empty your cup, so to speak, is one of the most important things.

One of the most important things, and an ability to be able to accept anything coming to you as a method of you progressing, yeah.

Participant: I was just going to say there are natural love spirits also assisting.

Exactly. There's natural love spirits also rushing to people's assistance, don't forget. So you see this Jesus happy guy pop along, and you see this really stoic natural love spirit pop along, and you're a naturally stoic person who's very intellectual; whom are you going to listen to?

You'll listen to him again and again and again until he can't help you anymore.

6.6. Progressing from the sixth sphere for natural love spirits (continued)

Participant: So, as a sixth sphere spirit, what's the worst thing that could happen if you decide to investigate and go back to the third sphere?

Nothing, because you can always go back to the sixth sphere because you have the development in natural love to go back to that sphere as you want.

Participant: So what have they got to lose?

Nothing.

Participant: Why don't they do it?

Because there's also a feeling of lowering yourself in the process. You become so self-reliant that you believe you're God now. In many cases you believe you're a fragment of God so you call yourself God, and so you get to that point where you become so self-reliant that you can't conceive that there's something that you must have missed out. So, it's very important that spirits understand that process. Once they start understanding that process they can actually begin progressing on the Divine Path and when they progress on the Divine Path their progress is very rapid generally. So I've actually talked to spirits who have done this process and within a few seconds of our time they've gone from the sixth sphere to the third sphere to the fifth sphere to the Celestial spheres. [01:30:52.27]

Participant: Ramtha was one of those.

Yeah, Ramtha was one of those. So our time of course is not their constraint so they can assimilate huge amounts of information. They can actually work through huge amounts of emotion in a very short period if their desire is complete. So they can progress very, very rapidly.

6.6.1. Blockages for natural love spirits towards Jesus and Christianity

Participant: They must be curious then. Spirits in the sixth sphere must be curious because they're investigating things all the time, so if they can just be curious enough to try a different path.

Yeah, but that question is motivated by your emotion, Peter, because the reality is that many of them are not curious about the emotional side of things. They're very curious about the physical, the metaphysical, the spirit body, the spirit laws and all those things, very curious about all the things they know historically, but they are not curious about the soul stuff because it all sounds too much like, “honk if you love Jesus too much”. (Laughter) Do you get what I mean by that? (Laughter) Honestly, what is the biggest issue all of you are facing when it comes to coming to these sessions and telling your friends about it?

Participant: ... to do with Jesus.

The Jesus issue, isn't it, really? Well it's the same for all of these spirits too by the way. They all have the same issue and particularly if they're on the Natural Love Path following maybe Buddha or some other really wise teacher who was living on Earth. They're following that person and when they pass to the spirit world, they feel like they're still following that person and what has Christianity done to them on Earth? Most of the time murdered them. Historically what were the Crusades and all of those types of things? All of them were the murder of the so-called pagans. Now for many of them that's their concept of Christianity. [01:32:50.14]

So, the important thing to understand for them is that it's just very, very difficult for them to face a lot of those questions.

Participant: Won't a lot of sixth sphere natural love spirits wonder what happened to all those that disappeared and then came back?

Yeah, they all became “honk if you love Jesus” people. (Laughter) What do you feel on Earth when you feel a friend of yours becomes a born-again Christian? What do you feel? And it's the same feeling for them. Can you see that? It's the same feeling; you think they've gone nuts. And many times that's the feeling that these same spirits have - “They've gone nuts. Wow, look at them now, they're like jumping around all the time, laughing about everything. We're very serious, we like being serious.” So can you see straight away that there's a very different personality being shown and because of the feeling inside the spirit who's in the sixth sphere, there's a lot of judgement about that, and so they don't want to go on the path. [01:34:18.20]

6.6.2. Other blockages for natural love spirits towards the Divine Love Path

Participant: The control is like an addiction and from one perspective it's like a vicious cycle.

It is.

Participant: Yeah. You get so caught up in it you can't see how to let go of it.

That's it, yeah, and you're experiencing that process now of letting go emotionally and it's quite traumatic, isn't it? It's very hard emotionally to let go. It's a feeling Graham's been going through. Because when I first met Graham, what was it, eighteen months ago now or two years perhaps, you were very intellectual, and now you're getting into your soul so much but the letting go of the intellect; this is the feeling that a spirit has, exactly the same feeling.

Participant: I feel like there's sixth sphere stuff and they just don't know what to do.

They don't, yeah.

Participant: They can't see outside the control.

Exactly.

Participant: It's like they just can't see it at all.

Yeah. When you've become so self-reliant you are now controlling your entire existence. So if you imagine you're in the sixth sphere, you can control absolutely every single thing surrounding you through your law of Attraction. It's very powerful. You're very much in the natural love space, you're in this loving space and moral space, and you can control what you create so much. So you can make (and I think Lucinda described it in one of the channellings, which some of you may have heard) as a sideways shift. So you can experiment with this thing, experiment with that thing, experiment with this thing, that thing and this thing and that thing, thinking that you're progressing but in reality all you're doing is doing the same thing over again with a different subject.

Participant: So what do they do?

What they can do, what they need to do, is start talking to the Divine Love spirits from a soul connection perspective. So what they need to start doing is allowing themselves to realise that there are things that they've missed about themselves, and what they've missed is this whole area of themselves called the soul, not their mind. It's to do with their emotions, their passions and desires, and it's actually about connecting that with God and understanding that God is actually an entity. And I know for many sixth sphere spirits that blows their mind and if you think about it for yourselves when I talk about God being an entity many of you feel

like, “How does that work? How can this huge universe with all these different dimensions be created by one Being? How powerful is that Being? How immense? And you're telling me this Being can have a personal relationship with me? How crazy are you?”

Now for a spirit what they need to do is allow themselves to understand that one thing. In the sixth sphere they need to come to understand that God is a Being with whom they can have a personal soul-to-soul connection, not an intellectual connection anymore, a soul-to-soul connection. This means developing their soul, developing themselves emotionally with a passionate desire for God and all they need to do to experiment with it is to actually have the longing, to feel the longing in their soul and the Divine Love, because of their condition, will begin to flow into their soul. And in that process they will be drawn back to the third sphere to investigate all these soul truths that they missed out on because they weren't interested in them at the time. [01:38:07.25]

Participant: Just in admitting that you don't know, that longing in your heart, admitting that you thought you knew but that you don't know.

Yeah, it's a huge thing.

Participant: And then there's something here that will help them to go forward.

Yep, and as soon as they have that longing their Law of Attraction will attract a spirit, usually in the Divine Path, who is in a higher development who is very similar in their background to them, to help them go through that progression.

6.7. Understanding God as an entity

Participant: I hope this is on topic but when I was talking to somebody this morning who has a natural love way of thinking, he said to me, if God is a separate entity that is infinite then where do the rest of us all fit, and I didn't know how to answer that.

Yep. The truth is that there are many questions like that that no person who is just developing intellectually will ever be able to have an answer that will satisfy them. So you can give them an answer but really the answer is that I know, at a soul level, God is infinite and yet I know that I can connect to God and I know I'm a separate entity. Now, how that works I don't know, and in the end if you're in experiential mode, do you really need to know? So why does a person need to know that? There's only one emotion driving the need to know and that is the fear. The need to know

intellectually is driven by the fear and so he's afraid. He's afraid of letting go of a belief and actually taking on a new belief, and the new belief not satisfying him. He would rather hold onto the old belief and keep that because it feels more satisfying to his intellect. So my answer to those kind of questions are, until you open your soul you will not be able to understand any of those kind of answers to these questions that you're asking intellectually. [01:40:19.06]

And by the way, that applies to all the sixth sphere spirits who are listening here, too. Until they actually open their soul and actually experience it personally, they will not know the answer. And that's the beauty of the Divine Love Path, and that's why I said in the first century, if you seek first the Kingdom if you seek first God's Love, all these other things will be added to you. And when I said all these other things, I didn't mean physical things, I meant everything. I meant all the knowledge of the universe is added to you as you receive Divine Love, because there is so much knowledge in the universe that transcends the sixth sphere, that is much, much greater than the sixth sphere, and if you are constrained by your intellect trying to understand, you will never, ever understand that knowledge. It's only when what I've called traditionally the soul perceptions, which include your desires, your passions, your emotions, your intentions, all those things, and your free will, open up by the Divine Love entering you, then you're able to understand and begin to conceive what God is. Only then.

6.8. Channellings from the spirit Ramtha through JZ Knight

Participant: AJ, you mentioned once before in another session about Ramtha. I know some people who are on this journey and I'm trying to tell them about this but they've sort of said no. I mentioned that you had said once before that Ramtha's gone onto the Divine Love Path. Can you just expand on that for a minute? Why are they still thinking that nothing's changed and they've still got the same beliefs and still?

Well Ramtha's primary channel on Earth was JZ Knight, the lady who appeared in the "Down the Rabbit Hole" movie and she was in "The Secret". Now she was channelling Ramtha and Ramtha was on the natural love Path. Ramtha had been in the spirit world for tens of thousands of years. I think about 45,000 years. And so he was obviously on the natural love path for a long time, and he began focussing a lot of his attention on the Earth. He had a deep desire to help people on Earth so what he did was he searched for a channel that he could use, and what he did is he found a channel, JZ Knight, who he could use, and he over-

cloaked her in such a manner that you can see when he enters her and when he exits.

So she started channelling all this truth that Ramtha had from the sixth sphere, and as a process she obviously becomes very, very linked with the spirit who is guiding her. Very, very linked. So the two of them become very linked, and Ramtha is not like other sixth sphere spirits who have completely over-cloaked a person. So there are many Indian gurus for example, where a sixth sphere spirit has completely over-cloaked them. In their day-to-day life they are the sixth sphere spirit most of the time. But, what JZ would do was she would channel Ramtha and he would over-cloak her for periods of time and then she would channel and then he would exit. You would see the differences in her as these transformations occur. In those channelling places she's transmitted lots and lots of information from Ramtha, lots of what you would classify as high metaphysical spiritual-based information. Very intellectual and all of the followers of Ramtha are very, very focussed on the development of the metaphysical use, using the intellect rather than the emotion. Now that's been going on for many years. [01:44:28.07]

When I spoke with Ramtha and he investigated the Divine Love Path, he moved onto the Divine Love Path with his soulmate very, very rapidly. Now, the problem with that is his channel, JZ Knight, is still on the Natural Love Path, not receiving Divine Love, so can she now channel him as he is? Obviously, based on what I've been describing about the laws of rapport already, she can't.

So what happened is that Ramtha began trying to channel to her more emotional material over a period of nearly one year. JZ Knight became very emotional and quite sick during that process because she was very, very resistive to actually dealing with her emotions about it. And Ramtha then felt like he was just damaging her physically by doing that, and so he stepped back. Now in the process of stepping back, we've got a beautifully prepared medium who's used to transmitting lots and lots of metaphysical information and is there transmitting this metaphysical information and she's receiving it really well because she's really well developed in that regard. And so what happens now is another spirit who's in a similar state to what Ramtha was, has the ability to actually just step in; who has a similar character and nature to him of course, because otherwise she would feel the difference most probably. And so that's what actually happened.

Participant: How long was that for?

Over a year ago now. She went through a period of transition where she was feeling quite sick and ill and not understanding it. She actually

cancelled some events during this process and didn't understand why she needed to. She didn't understand for the first time in this whole process, and she was actually getting sick and she didn't understand that either. The reason why was because a Celestial spirit will no longer maintain your physical body for you. A Celestial spirit wants to teach you how to maintain your own body rather than use their energy to maintain your body. And so that causes a huge change in the person who's channelling.

Now, I'm very certain that JZ Knight understands this has happened to her and that something is up; she understands something is different, but she also has some people surrounding her; obviously there's an enterprise now, very, very much focussed on receiving messages from Ramtha. The problem with an enterprise is that it tends to gain its own momentum and unless the person, the channeller herself, is in a very, very strong condition and not worried about the money or the ostracism that may result and actually is willing to continue with the truth, she'll be very, very drawn into continuing it, convincing herself that she doesn't understand what just happened, and that's exactly what's going on at the moment. [01:47:58.01]

6.9. Dealing with emotions on the Divine Love Path

Participant: You said before that in order to grow on the Divine Love Path that we have to deal with or experience and work on our soul.

Yeah, that's from the emotions. It has to be an emotional thing. It can't be an intellectual. The problem is dealing with the emotions that block it. See, all of you who are having problems emotionally, all the problems and pain you're experiencing on this path are due to your resistance. We have huge resistances. All of my problems have been due to resistance. We have huge resistance on this Path. That's why it becomes a difficult thing sometimes.

The actual longing for Divine Love is very, very simple, but as the Divine Love enters you, you get into a new condition and then an emotion is triggered, such as unworthiness. Now I don't feel like I'm worthy to receive Divine Love so are my feelings now going to want Divine Love? Not anymore. You remember it intellectually but the feeling isn't there anymore because I feel unworthy, and I have to deal with the unworthy feeling first. When I deal with the unworthy feeling then I'll start receiving more Divine Love, but to deal with the unworthy feeling I've got to release it and experience it and that's where we have our resistance. That's where the pain is.

Participant: What about intellectually knowing that God loves us all, so the unwillingness isn't an issue then?

No, you can't do that. No. That's what a sixth sphere spirit would choose to do. They'll say yes, of course God loves you. Of course. And they'll tell you all these lovely things. But unless you personally feel it inside of you, you will not believe it. So I can tell you I love you but you won't believe it until you feel it inside of you, and you could have lots and lots of blocks to feeling that inside of you.

It's the release of the blockages that creates the pain and the suffering. It's the error going out that is painful, not the Love coming in. And that applies to these spirits on these paths, all of the spirits in the spirit world too. It's the error going out that's the painful operation. The Love coming in is a beautiful experience. The error going out is a very traumatic experience. That's why error is so damaging. If we could get rid of all the error we'd just have these beautiful experiences experiencing Divine Love. But that's what's going on for us here on Earth. [01:50:45.29]

7. How spirit communication works

Now getting back to our discussion then. Can you see what's happening for spirits who move from the sixth sphere to the third to progress on the Divine Love Path? Now we're talking about the Laws of Rapport and Communication. Can you see as this spirit changes its own soul condition and its own belief structure, can you see it's going to automatically feel attracted to different people on Earth, because of its changes in belief structure and soul condition and so forth?

7.1. The same spirit may feel different to a medium if the spirit progresses

So a spirit in the first sphere in beginning his progress, if he has an anger with women emotion, he's going to be attracted to two types of people most probably. He's going to be attracted to a man who's angry with women or he'll be attracted to a woman who he can be angry with, and he'll work through that emotion slowly if he's on the Natural Love Path; it might take him ten years, might take him a lot longer, and then he gets to a space where he's not angry with women anymore. “Oh, I just want to help this woman that I've been hassling for the last ten years.” So he would change in his attitude towards her and then he realises, oh, she's pretty angry with men actually. “I don't know if I want to hang around her now.” So he'll go off and find another person perhaps and then work through another emotion and eventually he'll come to the spirit world and

stay in the spirit world and work through emotions through interactions with other spirits there. And as he's doing that his soul condition is changing.

Now if I'm a medium I can talk to him this week and if his soul condition is changing very rapidly on the Divine Love Path he's going to feel like almost a totally different person next week when I talk to him. And can you see for JZ Knight how confusing that would be. You've been connecting with a spirit for thirty years, a certain type of person, a certain type of energy, a certain type of feeling, a certain type of projection; Ramtha is a very, very powerful spirit so lots of power being projected through her, and then all of a sudden he backs off with the power. You're going to think, "Whoa, this is a different person. Something's wrong here; I'm not connecting with Ramtha anymore." But it might be Ramtha but he's just progressed to a new level of Divine Love where he won't harm a person's free will and is much more gentle, and straight away you can feel that the person's got a different personality. [01:53:12.02]

So can you see how, if you're here on Earth speaking with spirits, how you need to be sensitive to the emotional condition and the emotional changes? The reason why is because they're so absorbed by their own life, that the Earth life feels like childhood or even nursery, and the sixth sphere feels like adult, so would you go back to your childhood? It's very rare for you to do it, but there is one thing that draws them to you and that is your desire.

7.2. Drawing spirits to Earth for channellings

So for instance you can have a feeling or a longing to speak with a certain spirit, that spirit will feel it. A sixth sphere spirit will get a message appear on their in-box if you like (laughter) and they'll know that you just sent them that message. They'll know where it came from and whether they respond to you or not will totally depend upon their desire.

Now a Divine Love spirit will often respond because a Divine Love spirit's very interested in actually talking to people on Earth and helping people on Earth progress. So for example, James [an audience member who is a medium] has had a longing for example for Gandhi to come, and the instant he had a longing for Gandhi to come, Gandhi popped in and he had a short discussion with Gandhi. And then Gandhi left. James has had a long term guide. You know St Francis of Assisi? That's James' guide. Now St Francis doesn't call himself St Francis anymore, he just calls himself Francis, and he doesn't even call himself that in the spirit world anymore but it's just for James' benefit. But Francis actually influenced James before he got onto the Divine Love Path to actually go to Italy and visit the locations, and

James had these feelings when he was in Assisi, which were conformational feelings from his guide. And this was before James actually went on the Divine Love Path. [01:55:13.09]

So these guides are often constantly influencing you and it's only when they're a guide generally if they're on the natural love and Divine Love Path, that they're surrounding you on Earth. Most of the spirits in the spirit world in the natural love Path in the sixth sphere never visit the Earth anymore. And in fact many spirits on the Divine Love Path in the Divine Love spheres never visit the Earth anymore. They visit other spheres where they have different feelings and they have different things that they're helping with, and different jobs that they do and so forth.

7.3. Honesty during communication with lower-level spirits

So not all of these spirits come to Earth but your longing draws them. So if you think about an old relative who's passed, it's highly likely if that relative is in a lower sphere that they'll pop in and say hello. Now if you're a medium you can start having a chat with them. “How're you doing, mate?” “Oh yeah, I'm going okay”, he'll say. And then say, “But how are you really doing?” “Oh well, to tell you the truth, you know...”

It's a bit like our conversations here on Earth. You say, “How are you going, mate?” “Oh, I'm great, I'm great, thanks, mate. Yeah, I'm great, and off you go,” and then you realise gee, am I really great? Probably not actually, when I think about it my relationship with my wife isn't doing that good, my son doesn't talk to me anymore. You start listing off these things but to the person who just asked you, you say you're great. And this continues often all the way through the spirit world.

So you've got these spirits coming to you saying they're great but in reality they're in quite a lot of emotional pain, but they don't tell you about that pain because they don't want to talk about their emotions because they learnt how to not do that on Earth, how to not talk about their emotions. And so many times when a spirit comes to you, if a spirit's in a degree of pain, they will not tell you the truth about their own emotional condition. So that's pretty interesting to bear in mind, isn't it?

So they come to you saying, “Oh by the way in two days time you're going to lose your keys and going to find them at such-and-such a place.” “Oh, no worries,” and in two days time you lose your keys and then you remember the conversation and you go and find them exactly where he said. Oh, wow, that's great. Thanks mate, but in the end he's still in pain. And in the end probably you are still in pain too and nothing has really

changed from that particular interaction with a spirit. And what we want to do is change that. We want to change it so that all these interactions with spirits cause changes. [00:00:26.12]

8. Audience questions

8.1. Teachings from the spirit Anastasia

Participant: I was just going to ask about Anastasia.

Yep. Anastasia is another who, when I spoke with her first she was in the fifth sphere of the spirit world on the Natural Love Path. She actually materialised. She decided the best way to teach people on Earth, and particularly in Russia, was to materialise a human form and interact with them, and then to present herself like an ideal human. She didn't present herself necessarily as a spirit but rather like an ideal human. And then she thought if she had interactions with another person who had the ability and funds and power to get this message out that there'd be huge changes on Earth. And to be honest with you she's dead right. There have been huge changes, particularly in Russia, from the material that she was channelling.

And so, when I say channel, she was the medium of herself by just creating a material form, which a spirit can do. But it takes a spirit usually in a higher power. It has to be a fourth or fifth or sixth sphere spirit or greater to do this on a consistent basis, and she also has a number of friends who are assisting her in this process. So in the books I think it is her uncle or great uncle or grandfather, they are actually spirits too and even her child is a spirit who is materialised in child form, just for the interaction of teaching.

Now what happened about a year and a bit ago is we had a conversation with Anastasia about it. She really interested me in terms of what was going on. The first part of the conversation involved her own emotional condition - what was driving her to do these things. Because I've been the first person that she knew of that realised that she wasn't a person on Earth but she was actually a spirit materialising. So that was unique. And because I was speaking about her with some other friends, that drew her to us and so one of the mediums there said, "Oh, she's here now if you want to talk to her," and I said yeah.

So we chatted about her feelings and we chatted about quite a number of things. One of the things was the soulmate issue because she actually believed that the man on Earth she was interacting with was her soulmate even though they were separated by over 170 years or so of space in terms

of living on Earth. And one of the things we talked about was that he wasn't her soulmate and in fact her soulmate was standing directly behind her while we were having the discussion. And she did not want to acknowledge her soulmate who was standing behind her. She could feel who it was and she'd had a very damaging interaction with him while they were on Earth and so she didn't want to acknowledge him. And he was on the Divine Love Path. So what happened firstly is she finished up over a period of three days she came back each day and we had conversations and eventually she caught up with her soulmate and they were together on the third day when they came back to talk. [00:03:44.13]

During this time she'd got onto the Divine Path and was in the seventh sphere of the spirit world. That was the last time I had a conversation with her, which was around about 18 months ago. So she's certainly on the Divine Love Path and most probably I would say now a Celestial spirit and progressing pretty well.

Now a few months ago I was led to one of the people who she feels I could connect with and we actually sent him some material about the Divine Love Path, which he hasn't responded to at this point. So we'll see what happens. I have a strong feeling he will respond when he allows himself to get through his emotions about what we said to him, and once that occurs then I'll be able to hook up with the people on Earth who are linked to that movement. But at the moment Anastasia is going through this process, well she was at the time that I discussed with her last, going through this process of what to do about this materialisation process because she wanted to continue teaching truth on Earth but she realised that this process wasn't harmonious with God's Desires at this point in time. So she worked through or was working through those issues the last time we conversed. [00:05:03.28]

Participant: So she wouldn't actually be on Earth now?

She was never on Earth really, she just materialised a form to interact with people whenever they appeared. So she was constantly in this transition between the fifth sphere and Earth, materialising a form to interact with people on Earth, as were the other spirits involved in the story. And this is why you haven't seen a book for some time from Vladimir Megre because there's no more information to give. And the problem that he's facing at the moment is whether to construct some of his own information or not in order to continue the series.

He's having deep arguments with the other man that we've met about that issue. And that's why when you were there at his presentation you could feel his doubts about the communication about Vladimir. So all that's happening there again is that people on Earth get hold of something, run

with it, and then if the source, the medium, if the spirit themselves changes their condition what does the person on Earth do? Well a lot of times they're very drawn into continuing constructing their own information in order to perpetuate the income stream and so forth. [00:06:34.19]

Participant: AJ, she's turned his life upside down though. I mean...

She has and that was a lot of her emotion she needed to work through, and she spent the three days that I was talking about crying most of the time. She spent a lot of time in grief about the effect she's had on his life and also a lot of time in grief about how he's still got a lot of anger within him. She felt that now she's in this new condition she didn't know how to assist him so she's very, very concerned about how to assist Vladimir.

This is a problem that all of these spirits on the Natural Love Path who interact with humans on Earth eventually experience because they've been teaching untruths on Earth, or let's call it a subset of the truth, on Earth. When they realise the real truth they then go through these emotions of realising they need to undo some of the teachings that they've taught and it becomes very difficult because the people on Earth have become so engrossed by them and so engrossed in actually perpetuating them, that it's very, very difficult for them to convince them to actually change. And so there's a lot of grief that those spirits experience and she was crying for three days about that one issue in Earth time, which is a long time by the way in the spirit world.

8.2. Receiving guidance from Celestial spirits

Participant: How many human beings can share the same spirit at the same time? For example St Francis is a guide to James and I've felt touched by St Francis at a time in my life. Is it possible that many people can be guided by that same spirit at once?

A Celestial spirit is capable of thousands of simultaneous transactions. Actually the higher they rise in the Celestial spheres, even hundreds of thousands, and when you get to a soul union condition, millions and millions of simultaneous emotional transactions with people. So bearing that in mind you are actually able to, as a Celestial spirit, remain in the Celestial spirit world enjoying your life and still guide a person on Earth.

You can think of it like a big computer, like a super computer, processes information at billions and billions and billions of bit pieces of information in a second. So if you can think of yourself as processing one piece of information a second and a Celestial spirit processing a million pieces of information in a second, can you see how the time they spend

with you doesn't have to be very long for you to feel like it's a permanent connection? And that's how it is for those spirits.

Participant: So we could also then feel that we've been visited by a spirit such as St Francis and then he will move on. He doesn't necessarily need to stay around us.

He doesn't necessarily need to stay around you. He will choose certain people to guide and once he chooses someone to guide, he will often spend a lot of time around those people but when you have a longing for him or a rapport with him he will often feel very drawn into that interaction, just like you would.

For example I might have a really close friendship with Brian but you come into my life and I really like you so we actually have an interaction for a period but then you decide you're interested in some other things so then the rapport between us will obviously stop. It hasn't stopped because we got angry with each other or upset with each other or any of those things, it just stopped because there are different desires now leading us in different directions, and that happens all the time in the spirit world.

The Law of Rapport and Spirit Communication: Part 2

Now what I'd like to do is actually focus on the limitations of the mediums and the healers, if you like, in terms of receiving messages. I know a lot of the spirits who are here have been helped a fair bit with the discussion we've had up to now and so what we want to do now is focus a bit more on the mediums and helping you.

What we're covering now is just really a summary, or an overview, of what we'll be covering in detail in these monthly “Mediumship and Healing” sessions that we'll be doing. So what I'd like to do for the next hour or so is talk more about the limitations that we have as mediums and as healers, and look at the emotional condition that we have. This is on the second page of the seminar outline that I've given you, and I'd like to focus a lot on this session.

9. Major emotional and spiritual problems for mediums and healers

Now, from our discussion yesterday and our discussion today, there's something that's been coming out over and over again. And what's that?

Participant: Soul condition.

Soul condition. Remember your soul condition determines your Law of Attraction and soul condition also determines your spirit attractions. So therefore if you're a medium, soul condition is going to very much determine the effectiveness of your mediumship and if you're a healer, soul condition is going to very much determine the effectiveness of your healing. So what we want to do now is focus on the soul condition firstly of mediums. [00:13:02.02]

9.1. Humility

Now one of the major problems that most mediums have, and most mediums and psychics that you visit will have this problem, is the problem with humility. It's a problem with humility. Now, what are the problems with humility? Well, most people who are psychics or mediums and who have developed their skills and are perhaps using their skills on a cash basis or maybe in a spiritualist church or something like that; the majority of them feel that they have the gift because of some special unique quality within themselves that is to do with their soul condition. And they are

right. It does have something to do with the soul condition. But they then make the second assumption, and that is the assumption that I must be in really, really good soul condition if I can do something that a lot of other people cannot. And that's when mediums come to grief. So all of you who are wanting to develop your mediumship, it's very, very important for you to develop this quality of humility. Now can you remember the definition I've given you of humility?

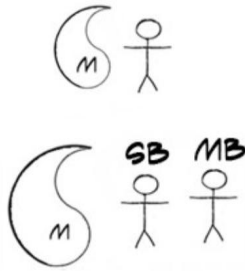
Participant: The willingness to feel your feelings.

Okay, yes, a strong desire to feel your emotions; a strong desire to feel and experience them. Now most mediums have been developed along New Age type of beliefs or, if we talk about mediums in the complete sense, there are many mediums that are called prophets in a born-again Christian sense. And they are still mediums. They're the same kind of person; they're channelling information from spirits through themselves to another. And the biggest problem that they face is this problem of humility.

Humility will govern the type of spirits you attract. Humility will also govern the type of information you can receive. The more humble you are the wider the variety of information you'll be able to receive. The more haughty you are or the more controlling you are or the more resistant to emotions you are, the less information you'll be able to receive.

Most mediums get into this state where they believe they have this special unique gift and they become so proud of that unique gift that they then start thinking that the information they're receiving is actually their own. Do you know what I mean by that? They actually start believing that all this wonderful information that's passing through them is because of them; that they just know all these things about everybody and they start feeling that they just know because it's coming from inside of them. And as soon as you start getting into that state as a medium you are going to be attracting spirits who are in very low and poor conditions. [00:16:38.10]

Now the reason why is, remember with spirit communication, this is really what is happening. I'm on the Earth with my soul, my spirit, and material bodies, and there's a spirit.



A medium on Earth, with a soul and spirit and material bodies (below), communicates with a spirit who has a soul and spirit body (above)

The spirit is actually communicating and it depends on what condition the spirit is in and what condition I'm in as to how it's communicated, but for most people this spirit is communicating through the spirit to material body connection, which is called the silver cord. It's communicating into this physical form.

So what's actually happening is all of the information that's coming out of your mouth, the majority of it, if not all of it, is actually not yours. It's actually the spirit who's with you. And in fact if you're a good medium, none of the information coming out of your mouth while you're doing your mediumship will be actually yours. And when I say a good medium, a medium that has cleared their emotional condition to the point of atonement with God is a good medium. And when you're at that state nothing coming out of your mouth will be yours. Nothing will be influenced by anything inside of you when you're doing the mediumship. Now that is a very powerful state to be in, in terms of transmitting information from the spirit world to the Earth. Until that point we're going to be in various degrees of interruption to the pureness of the message, depending on the condition of the spirit. [00:18:20.27]

So if the spirit is in the Celestial spheres and I'm in the second sphere then obviously I'm going to be modifying the information quite a lot. But if the spirit's in the second sphere and I'm in the second sphere then obviously there's going to be a lot more purity of information because our two conditions match a lot more.

But as soon as I as a medium start believing that it's all me that is the reason why all of this is occurring, now I'm setting up this constraint upon the spirit world that any spirit who's doing it for loving purposes is probably not going to be drawn as much to me. Can you see why? Because we're not respecting where the information's coming from.

So for example if I talk to Brian then Brian talked to Rayah, and Brian then claimed that the information I gave him was his own. Now am I going to keep talking to Brian or am I just going to wait until Rayah's ready and I'll just talk to her and bypass Brian altogether because his condition is that he's modifying my information. And he then is claiming it as his own. And that doesn't sound very good. Now let's add another factor into it, he's also charging her for it. (Laughter) And I'm giving it to him for free. (Laughter) Can you see what's going on now? Lots of different things are getting factored in.

Participant: There's a presumption of ownership of information when in reality the information comes from God.

Yep.

Participant: So, yeah, a presumption of ownership over the information gets in the way of the whole process.

That's right. And that's why none of the DVDs that you're getting, none of the CDs you're getting and none of these talks are copyrighted. You can copy, photocopy, do whatever you want and the reason why is because this is not mine. None of it's mine. And in the end you will come to see truth is not yours either, you don't own it. [00:20:43.05]

Now, if a spirit's connecting with a person who's charging all the time, then a lot of spirits, particularly Celestial spirits, get quite upset with this process. Can you see why? They're giving this information for free, that they have received freely, and then somebody is charging for it. Straight away that sets up a dynamic.

Now a lot of people then argue, and on the Natural Love Path you hear this argument a lot, you've got to have some kind of financial transaction in order for people to value the information. You hear that quite a lot, and it's totally false. If a person doesn't value the information or they only value the information based on money, then what does that tell you about them? They're only interested in the money in the end.

So I'm sure if we said a thousand dollars a weekend in the end these courses would be in high demand because everybody thinks, "A thousand dollars, it must be worth a lot." And this is a thing that's happened with JZ Knight charging \$5,000 for the week or whatever. That's a lot of money is it not? And then they start saying well if your attraction doesn't bring it in then obviously you've got problems with your life. And this is not a very honest thing to do because how does a person in Africa pay \$US 5,000 to learn truth? They're never going to see \$US 5,000 if they live twenty lifetimes in Africa, let alone one. So how can you then limit the

information to them? You see this is the problem that we have a lot of times.

Now the spirits that are attracted to that kind of processing are all going to be on the Natural Love Path. Divine Love Path spirits are not going to be attracted to that. Divine Love Path spirits are not going to be attracted to a person who's not humble. So one of the key things that we'll be developing in you over the next twelve months, if you want to come along, is your humility, which means we're going to be addressing this issue of your willingness to experience your own emotions. And we're going to be quite confronting with that because without that you don't have good mediumship, whether you believe you do or not, even if you've had it from a child. [00:23:07.19]

So humility's a major, major important emotion to develop. And you can see under the points of humility that I've listed in the seminar outline there that many, many mediums believe they are in a much, much better condition than their true condition from God's perspective. They believe that because they can see spirits and talk to spirits that they must have a far better condition than the average person around them. And many of them believe that, and going forward even further with that belief, if you try and correct their emotional condition they get very upset and angry with you.

Now if you are one of those persons you are not going to enjoy our sessions with mediumship that are coming up. Because the sessions are going to confront you on lots of levels and in particular they're going to confront you emotionally. A lot of these exercises we'll be doing in these mediumship sessions will be based around developing your humility, developing your resistance, getting rid of your resistance to experiencing emotion, and getting rid of your resistance to hearing new truth, and getting rid of your resistance which is called doubt, to hearing truths that are of much higher nature than the Earth's actually capable of receiving currently. We want to get groups of mediums in that condition where they can actually receive these higher truths. The only way that's going to happen is for your condition to get very, very close to a Celestial spirit's condition. That's the only way it's going to happen. And so what we want to do is focus on helping that occur. And humility is one of the other, one of the main qualities.

9.2. Modesty

Another quality is this quality of modesty. Does everyone understand the difference between modesty and humility? Modesty is recognising your own limitations. It's a bit different than humility, because humility you

will have and retain even when you have no limitations. In other words, when you become a Celestial spirit here on Earth yourself you will have very few limitations and you will still have humility. Modesty is understanding where you're currently at and what your limitations are of where you're currently at, whereas humility is something you'll retain as a quality all of your life.

Now the quality of modesty is so important as a medium because if you develop modesty what you're doing is you're knowing that, “Hang on a sec, I've still got this emotion of anger in me, with men. So anything that I channel for a man is going to be tainted with my emotion of anger towards men.” It's a modest point of view to see that. So if I've got “angry with men” inside of me and I'm attracting a spirit who has no anger with men at all, to talk to this person who happens to be a man, what's going to happen is their lovely message to this man will get modified through my anger with men and be delivered to this man. And if I don't understand that limitation I'm going to be drawn into saying that actually no, this spirit said that to you, this spirit said that to you, you've got to listen to that now, and I actually start dumping my men anger, my emotion that's unresolved within me, onto this man who I'm meant to be helping. It's not a loving prospect, is it?

Now let's flip it over. Let's say I'm actually doing some mediumship to help a spirit and a lot of spirits are surrounding me, and there happens to be quite a few male spirits surrounding me. So they come along to talk to me. What are they going to feel from me if I've got this anger with men? My anger with men is going to be dumping on them. It's going to be quite unpleasant for them to stay in my company even though I'm telling them Divine truth. It's going to be quite unpleasant for them to stay in my company while I've got that emotion. And so they'll want to maybe leave, or they'll only be able to stay a short time, or they'll listen to you and then realise, no, hang on a sec, she's saying a lot of that stuff because she's actually angry at men. It's got nothing to do with truth. They don't want to hear your personal truth. They're sick to death of hearing personal truth. [00:27:56.26]

Can you understand that? Imagine you've listened for hundreds and hundreds and hundreds and hundreds of years for people's truth, all sorts of truth. Imagine here on Earth that you investigated a hundred religions. Are you going to be very tempted to investigate the one hundred and first if the person doing the investigation with you is angry with you? Of course not, because you've already got all these emotions of being tired of hearing this personal crap come from everybody. And this is how a spirit would feel.

So even if I'm helping the spirit I need to have modesty. Just because you're helping a spirit it does not mean you are better than them. And just because you can channel to a person who can't channel it doesn't mean you're better than that person either. And if you believe you are, you've got a problem that needs to be resolved if you want to be at-one with God. And so it's very important these two qualities are developed in the medium.

9.3. An example of a medium lacking humility

Now the problem is on the Earth today is mediums get glorified many times. So imagine for the moment you have a problem with humility. You start channelling some really good information. Let's say you have progressed from the first sphere to the third sphere. Now you're starting to connect with some really good stuff, what's going to happen? People around you are going to be very impressed, are they not? And when they start getting impressed with you and you still have this problem with humility what are you going to start doing? Can you see that you might start getting to feel like, “I'm pretty good eh? This is going good. I'm feeling pretty good. Yeah, and I think I'll start charging now actually, come to think of it. This is pretty good. I'm in high demand. It's not going to be donation-based anymore, I'm going to charge say 5,000 bucks a pop now. I'll do it like one of these popular medium styles that are around today who are charging megabucks for their services.” [00:30:01.13]

Now, what's happening is your condition is worsening if that happens because you're getting into a haughty state and when you get into a haughty state there's no more humility. You're going to stop connecting with spirits who are willing to transmit that kind of information.

Can you see how a quality that you might have had at the beginning with your mediumship might change when you start getting the glory that comes your way? So one of the things you're going to have to work on quite a lot is how do you respond to glory? Do you want it? Because if you want it you are going to have some major issues down the track dealing with your mediumship. That's a very important factor to bear in mind.

So these two qualities of humility and modesty are a must to develop. They are a must to develop and they're the qualities that we are actually going to focus on more so than any other quality. They're the qualities we're going to focus on. We're going to push all of your buttons in those two areas if you're wanting to do mediumship. The reason why is you cannot help any person on Earth or any person in the spirit world with a pure heart if you lack those qualities. It's a really important factor; really important factors, those two qualities.

9.4. Belief systems

A less so much of a factor is your belief systems, but they are still very important. When I say it's less of a factor, if I have humility then I'm willing to listen to a person confronting my belief, but if I don't have humility then I won't let my beliefs be confronted. Now many mediums have belief systems that come from sixth sphere or from natural love spirits. That's just a by-product of the fact that there are far more spirits on the Natural Love Path than there are on the Divine Love Path, so there are going to be more spirits communicating those beliefs to Earth and because those beliefs are lower beliefs in terms of the truths, they are the ones with the most rapport with people on Earth. [00:32:27.25]

Remember rapport is created by soul conditions, so if my soul condition's second sphere I'm going to connect to second sphere soul condition spirits and what truths do they have compared to a Celestial spirit? They might have very little compared to a Celestial spirit. So I will start transmitting truths that are actually not true if I stay in that condition, and if I'm not aware of their condition and aware of what beliefs are actually a part of that condition then I will start transmitting belief systems to the Earth, and the Earth is full of false belief systems. And you know what? The spirit world is full of spirits in pain because of the false belief systems they picked up while they were on Earth. So we want to not do that anymore. We don't want to transmit these false belief systems to Earth.

What we want is we want the truth to be transmitted to Earth, which is going to mean that our belief systems, whatever they are, are going to be confronted. And if you're not willing to confront your belief systems then you're going to find development on the Divine Love Path very difficult because most belief systems are of the mind. They're of the intellect. A desire for you to know is what creates a belief system. On the Divine Love Path you are going to lose your desire to know. Instead what you are going to do is you are going to experience rather than know and then you will really know in your heart, in your soul. So any belief systems are of the mind so therefore what's going to happen is your mind will get in the way of everything you do.

BELIEFS
MIND

9.4.1. An example of trance mediumship

Now there are a couple of different types of channelling that I'll mention later, but when you're channelling, you might be doing trance channelling.

A trance channelling is when the spirit form and the soul of the person steps back from the physical body and a spirit actually connects and over-cloaks the physical body. And the voice might even change and the mannerisms will change of the person and everything. That's called trance mediumship.

Now there is a common misconception on Earth that when you're doing trance mediumship you're the most accurate, but what have I said? All transmission is dependent upon soul condition. So why would your accuracy be different? You see it's the soul condition that determines your accuracy. Not whether you're doing trance mediumship or not. Now a lot of spirits enjoy trance mediumship because they don't have to wait for you to relay everything.

In other words, let's say I'm a spirit, Brian's the medium, Rayah's the person he's talking to. I say to Brian, “Hello, Brian it's lovely to see you,” and then I've got to wait for Brian to say to Rayah, “Hello Rayah, it's lovely to see you.” And then I say, “Rayah, please look at your emotion about such-and-such,” and Brian is saying, “Please look at your emotion, Rayah, about such-and-such.” And I'm waiting all this time. Now it'll be far better if I could just over-cloak Brian and just say all of these things straight to Rayah. Obviously the communication's far more effective from my point of view because I can say all of these things quite rapidly rather than waiting for this transmission, acknowledgment, and then I've got to go again, and it's a stop and start process. So obviously trance mediumship has its benefits for me as a spirit, so a lot of the spirits love doing it, but don't you believe as a medium that it means you're more accurate, because the accuracy of the information is still dependent upon your soul condition. [00:36:43.27]

Participant: AJ, where's free will in that process of trance mediumship?

I'm allowed to step back from my spirit form. That's just me going out-of-body like I do every night when I go to sleep. Every night that you go to sleep, you go out-of-body. Your soul and your spirit body are in the spirit world, you're doing things up there, setting up events, having a chat with some friends, doing all those kind of things. You're doing much more by the way, but I won't mention all those other things that you're doing, but what actually happens is you are out-of-body at that point. Your body is in a state where another spirit could use it if you chose to do so. Now as a medium you can choose to go out-of-body at any time and your body can be used by a spirit directly. And this happens all the time by the way for many people who do trance mediumship and you will develop in your mediumship to the point where you will feel comfortable with doing that.

Participant: AJ, is that dangerous? Like could you just stay there and not get out of body...

(Laughing) Their connecting with your body is totally dependent upon your will. So ones like Sai Baba and some like that on Earth, it has become dangerous for them because Sai Baba's free will is saying, “I'm going to be permanently connected to this sixth sphere spirit,” so the majority of the time he isn't himself anymore, he's the sixth sphere spirit using his body. And that can be quite a dangerous thing to do, not from a physical point of view but more from a developmental point of view, because what we start doing is we start assuming because I can do all these wonderful things and I can levitate and I can do this and I can do that, that it's me that's doing it. And remember what I said about humility, it isn't you doing it; it's the spirit doing it. And if we start thinking it's me we stop developing ourselves, and if you stop developing yourself what happens then? You get stuck. Sai Baba is one of those people who is stuck in a certain condition on Earth, a first sphere condition on Earth, but who has a very, very good connection with a spirit who keeps him in a sixth sphere state for a majority of the time. That's definitely possible for you too but I don't recommend it.

9.4.2. An example of a participant not being able to sleep

Participant: If I'm not sleeping, and after yesterday I didn't sleep practically at all, but I want to know when I'm lying there going, “I wish I was sleeping, I'd like to be sleeping,” and I thought I tried just about every trick in the book last night, when I woke up extremely tired this morning, does my spirit body still leave even if I'm not in a sleep state?

No, that's why you wake up tired, because your body doesn't feel refreshed, and your spirit form doesn't feel refreshed. Yeah. So look at the emotional reasons why you couldn't allow yourself to sleep because there are emotions reasons and it's to do with the emotions you were facing yesterday as you know. You can't turn off so go into it emotionally.

Many of you will wake up at 3 o'clock in the morning, and this is an aside, feeling quite distressed from a dream, wanting to go back to sleep. My suggestion is don't do that. You wake up at 3 in the morning processing an emotion, process the emotion. You know, cry for 2 hours then you'll feel like sleeping for sure. Let yourself do that. But just allow yourself to do it when it comes is for the emotional stuff. [00:40:18.05]

9.5. The importance of the emotional condition of mediums

But getting back to the spirit. So with mediumship we need to make sure that whatever type of mediumship we're doing, whether it be automatic writing, whether it be direct mediumship (and when I say direct mediumship I mean whether it be relayed type of a mediumship), whether it be trance mediumship or whether it be soul-to-soul mediumship, which is where you'll develop to, any form of mediumship, my soul modifies the contents of the message.

So can you see why getting rid of a lot of your emotional baggage is so important? Because the problem with me being a medium is that people will look to you for accurate information. And you love your mediumship; it's an enjoyable gift to you guys because you want to help people. But if your soul is modifying the information going to that person then obviously now you have culpability as a teacher for what that person is receiving. Now that has its own Law of Compensation issues associated with it. If your intention is to retain your emotions in a first sphere condition and do that then there'll be Law of Compensation issues associated with that. The key is to not be afraid of the Law of Compensation issues because they are all based around your intention.

If your intention is to deal with your emotions and your intention is to be modest, then what will happen is you'll say to yourself, “This guy's come along to do some mediumship with me and I could do a channelling and I can feel the spirit there that wants to talk to him, but I must make a proviso at the start, or let's call it a disclaimer, and that is I'm sorry my friend but I am actually very angry with men so some of this mediumship that I'm going to do for you may come across quite angry with men and if you feel that just discount that because that's probably me, that's not this spirit.” [00:42:26.25]

However if you're channelling his mother who is still angry with men it might be awesome to give him that message (laughter) because in terms of accuracy as a medium, if his mother's angry with men, you're angry at men, then you're a great medium to give him “what for” a message (laughter), and you can transmit the message as mum is transmitting it. So can you see you need to know what your condition is and also understand the condition of the person.

9.6. The Law of Attraction determines which spirits are attracted during mediumship

Participant: Wouldn't you be channelling or attracting spirits that are similar to your soul condition anyway?

Not always because remember, in the section that I haven't gone through yet, I've actually said the Law of Attraction is working to actually draw who is going to communicate with each person. So let's say I'm the person who's visiting the medium, Brian's the medium and let's say Tristan's the spirit. All of us are being attracted together because of our soul conditions. So that being said, my condition, not just the medium's condition, is determining which spirit is talking to me.

Because of that, it's the amalgamation of my condition, the medium's condition and the spirit's condition that will determine the content of the message. So it's not all just about the medium's condition. My focus is on the medium in terms of developing their condition, but the condition of the person coming to the medium and the condition of the spirit coming to the medium will determine the contents of the message. [00:44:07.19]

Now if you're a clear medium you'll be able to say, “Wow, your mum's here and she is so angry. She's really angry with men,” and you'll be able to say all these things because you're feeling that from her and you'll be able to accurately describe her condition to the person you're helping. Then you'll be able to say the message and then you can put a proviso on the end of - “I don't know if I'd be listening too much to her at the moment because she's really angry with men, and she needs to deal with that anger,” and you'll be actually able to talk to the spirit about her anger even and help her if she wanted help. And you then are really effective as a medium.

Can you see the interaction and how it's occurring? It's the Law of Attraction. So let's say there was a medium in front of all of you right now, transmitting information to you. Well, what determines the contents of that information are all of your amalgamated Law of Attraction based on your soul condition, the spirits who are wanting to connect to you, whoever they are, and their soul condition, and the soul condition of the medium, will determine what information comes across to you.

So, let's say we had a whole room full of angry people. What kind of spirits are we generally going to attract? A whole group of angry spirits. And let's say the medium is in a similar state. So we're going to have a pretty interesting time with that, aren't we?

Let's say, and this is what often happens with mediumship, everyone who gathers in a group is sort of inquisitive but in a very physical and, what would you say, making fun of way. So let's say that's the general spirit of the audience. What kind of spirits are going to be attracted? Spirits who feel much the same way, who want to make fun of you. And if the medium's in a good condition they'll be able to transmit that through you and you'll get a very interesting interaction.

9.6.1. Spirits are able to see the condition of people on Earth

Now this is all described in all sorts of mediumistic types of literature where these kinds of events are occurring, but the big issue is for most we don't see the Law of Attraction in the spirit world whereas the spirits do. So when we're sitting here we don't see our collective condition but our spirit friends can see every single emotional injury in every single one of you. And the collective emotional condition of every single one of us adds together to create a general soul condition for this group. And that soul condition for this group attracts a group of spirits who want to either manipulate that condition or feel similar to that condition. There will be other spirits who are very interested in that condition and there will be all sorts of spirits attracted. The issue for you is you can't see them. For most of us we can't see them but they see you. So it's very much easier for a spirit to describe to you what's going on at the soul level than it is for you to describe what's going on at the soul level here.

Participant: So the spirits can see them and the soul condition of everybody. Is that dependent on where the spirits are in their development or can they just see that by their very nature?

If they're a Celestial spirit they see your actual soul condition. If they're a spirit on the Natural Love Path, and particularly a first sphere spirit, what they see is the colours in your body and they know that that colour represents that emotion. Or the way they look at it more is, that's a colour I can use to my benefit or that's not a colour I can use to my benefit. That's how they see it. So they don't even really see your soul condition. All they see is the injury and how they can manipulate it.

9.6.2. An example of a person who likes to get drunk

So let's say you're a quite developed person spiritually, you're quite developed in love, however you've got a problem with alcohol. Every time you go out to drink you have a tendency to want to just get blotto, and that's driven by a sad emotion in you that you haven't released yet. Let's say that's the case. So a spirit won't see all of your lovely qualities, and all the nice things - a first sphere spirit won't see all that. A Celestial

spirit will but a first sphere spirit won't. What they will see is - “Ah, he likes getting drunk; I like getting drunk too, let's get together.” And so what he'll do is influence you into places that will actually cause you to drink more and then over-cloak you so that he can have a drink as well and feel the same emotions. So I can be very mediumistic and actually be there getting drunk at the pub for the sake of the spirit who's with me. And that's why many people go totally unconscious and yet they're still standing up to drink, because it's no longer the person connected to their body anymore, mostly it's the spirit connected to the body just forcing more down.

Participant: And being out-of-character too.

And being out-of-character too because it's actually the spirit's character that's being expressed. So that's what's happening a lot of times with those kinds of things.

9.7. The importance of the emotional condition of mediums (continued)

So a person can be very mediumistic and that mediumistic ability can be used by spirits to get what they want if I've got a certain soul condition. So it all gets back to soul condition. So the key is, if you want to develop your mediumship, is to develop your soul condition. That's the key, and it's quite simple when you understand that. All I've got to do is develop my soul condition. If I'm attracting some angry spirits, okay, I must be feeling some rage in here that I'm not recognising, so what I need to do is start releasing this and getting connected with it and releasing it. Once I release that do you think I'm going to attract those same spirits? Nowhere near as much. They might still be attracted because they want to have a chat with me to ask me how I did it but they won't be connected to me trying to make me angry anymore because it's impossible. They can't make me angry anymore. [00:50:42.17]

9.8. Relationship with God

Now the most important thing, even more important than humility, modesty and beliefs, is God's Love in your development. And when I say God's Love, I'm not just talking about receiving Divine Love, I'm talking about also reflecting Divine Love in your life and having a desire to connect to a personal relationship with God. That is the most important thing that is going to affect your ability to communicate accurately.

Now remember I said earlier in the discussion that it's the Divine Love laws that are the highest of all laws, and remember I also said that if the

soul isn't developed in Divine Love, then you can't receive information about Divine Love laws at the soul level. So can you see that if you haven't received Divine Love, you're going to be automatically limited to natural love or moral teachings or messages that are lesser than that in terms of your communication? But if you're developed in God's Love and you're receiving Divine Love and you're working through that emotionally, what's going to happen is you're going to attract all sorts of spirits in all sorts of areas but they will feel your love, God's Love being reflected through you. It becomes your love, they will feel your love being transmitted and they'll be very much attracted to you for getting assistance. So those of you mediums who would love to help spirits, it's very, very important that you develop yourself in love. Because it's an act of love to help someone.

9.9. The importance of the emotional condition of mediums and healers

Now by the way these points apply to both healers and to mediums. But the other main factor, which is connected to humility, is your emotional condition.

Now the problem with most mediums on Earth is they have very heavy judgments about emotional condition. And the reason why they have very heavy judgment is almost every single spirit on the Natural Love Path has heavy judgments about emotions. So what's happening for most mediums is the spirit who's looking after them and nurturing their condition, their guide if you like, has huge judgments about you becoming emotional and that spirit now is impressing heavily on this medium, and the medium therefore often has heavy judgments about you being emotional.

[00:53:42.01]

Now, if that's the case, how are they going to help you with your emotions? Well what they're going to say to you is write down what you're feeling, roll it all up in a little thing and burn it and then you're done. (Laughter) Or things like that, of that nature. They're going to suggest to you that dealing with emotions is an intellectual process because for that natural love spirit it has been an intellectual process, but that is not the way for you to develop your mediumship.

The problem is that most mediums are so focused on not developing their emotional condition, from detuning from their emotional condition, and from staying in their intellect that that severely limits what kind of information can be transmitted to them. It also, if I'm a healer, severely limits my ability to heal. Because again, if I have certain emotions of judgment in me, let's say I have judgment of a single mother, a mother

who has a baby but she's not married. That's my judgment, and I'm a healer, and this mother who's not married comes along wanting to be healed. What's the main thing she's going to get?

Participant: Judgment.

My judgment. And if I can't actually recognise my own emotional condition and my judgment and actually say to her in modesty, “I don't know if I'm ready to treat you yet because I have this condition inside of me that prevents me from treating you.” If I'm not willing to say that in modesty then I'll probably try to treat her but it's not going to be of much benefit to her receiving all this judgment at the same time. So can you see how your emotional condition will have a huge effect upon the effectiveness of what you're doing whether you're a healer or a medium?
[00:55:36.05]

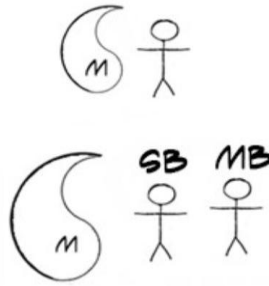
Now there are many other things I've mentioned in the list in the seminar outline, so you can have a look at those in your own time, in terms of sub-points to each of these things. What we're going to be doing in the developmental by-passes is we are going to be focusing on those things with your development. We're going to be focusing on your judgments that you have, the feelings that you have, the beliefs you have, how much modesty you have, how much humility you have, and I'm going to trigger those buttons quite a lot. And if I'm not around James is going to do it. So that's what we want to do over the twelve months for those of you who want to be more involved with mediumship.

10. How spirit communication works (continued)

Now, rather than go through the different types of mediumship and the different types of healing that are possible, I just want to explain perhaps how it generally works and then you'll understand what's going on in terms of the possibilities.

10.1. How different types of mediumship work

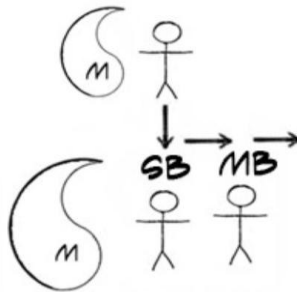
There's you, the medium, and you have a spirit body and a material body. And there's a spirit who's wanting to connect with you in their spirit form; they have their soul and their spirit form. Remember their soul condition controls what kind of information they can give to you, and your soul condition controls what kind of information you can receive from them.



Mediumship occurs between a spirit, who has a spirit body attached to their soul (above) and a medium on Earth, with a spirit body (SB) and material body (MB) (below)

10.1.1. Normal mediumship

Now, usually, most mediumship occurs by the person in the spirit world relaying a message into your mind or in some cases into your ear, which you may actually hear. Your mind, your spirit body's mind, controls your brain and you express that message to the world in some way, probably to a person that's sitting opposite you or something like that, or if it's automatic writing the spirit will actually control your spirit body's mind to control your brain to control your arm and you'll just start writing that way, if it's automatic writing. So you could call that type of mediumship just normal mediumship. [00:58:08.11]

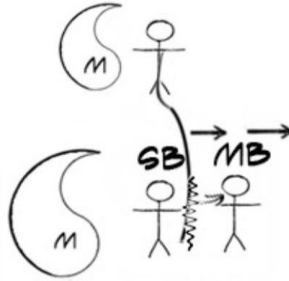


Normal mediumship occurs by the spirit relaying the message to the medium's mind in their spirit body, which they then express via their brain

10.1.2. Trance mediumship

Trance mediumship is when you step back from your material form, sorry. So, you step back from the silver cord connection between your

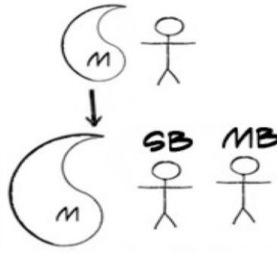
material body and spirit body. It's like you going into a sort of semi-sleep state or what people would call a trance state, and a spirit body they can then connect through this silver cord connection straight into your physical body. In other words, they can take over your physical body to an extent, take over your voice, take over your mind and away it goes. And sometimes you can observe it. So you can step back and observe the whole process, or you can actually be having a conversation with another person in the spirit world while it's actually going on.



During trance mediumship the medium steps back from their material body, and the spirit connects to the medium's material body through the medium's silver cord

10.1.3. Soul-to-soul mediumship

So that's another method that can be used. But the most powerful method of communication, which is not yet being done on Earth very much at all, is a soul-to-soul communication. And that's what we want to develop our Divine Love mediums into doing; soul-to-soul communication. What happens there, is huge packets of information flow from one soul to the other soul at super-light speeds. In other words, huge amounts of information occur over a period of just tiny little gaps in time. So a spirit can then burst you with this information that you spend the next 5 hours writing. And they've only spent let's say one second of our time transmitting it to you.



Soul-to-soul mediumship occurs by the spirit giving packets of information from their soul to the medium’s soul

That is a very effective form of communication. In fact, that's the type of communication you will have with everyone around you when you're a Celestial spirit. And you are a Celestial spirit on Earth when you become born again, when you make that transition between the seventh and the 8th sphere. This will become your ability to transmit to other people here on Earth using that method. [01:00:22.08]

Participant: And also back to a spirit?

And also back to a spirit, yes.

Participant: What I'm not clear on is the person who's receiving; wouldn't they have to be in a certain soul condition to receive that amount of information?

They don't have to be at the same soul condition as the transmitter but the closer the medium gets to an at-onement condition, the more information can be transmitted at once. And then when you get to the soul condition of where you're at-one, obviously now you can be in constant contact.

Participant: So it's not so much for communicating thinking as maybe writing books and things like that?

It's great, yeah. There's literally millions and millions of books in the spirit world, none of which are here on Earth because there's no medium that can transmit them. There's literally millions of books on scientific things that there's no scientist here on Earth even who's a good enough medium that can transmit them. There are literally millions of books on spiritual development on the natural love and Divine Love Paths, but nobody here on Earths in good enough condition to actually transmit them.

So many of you will finish up writing books that are not your books. They'll actually be books in the spirit world that have been transcribed

through you and that will help this gathering of information where the spirit world and the Earth world gets closer and closer until it's a seamless thing. [01:02:05.12]

So what's actually going to happen over the coming years is we'll get to the point where there'll be this soul-to-soul transmission. Once that starts occurring there will also be another thing occurring and that is you'll be actually sitting here on Earth having conversations with spirits who are also sitting with you on Earth. There's another thing that will occur as well and that is you'll be sitting here on Earth out-of-body as a group having conversation with spirits in the spirit world and you'll be totally conscious of what's going on. Those things are all possible and they will all become possible through the development of soul condition.

So it's really exciting, very exciting. There's huge amounts of really, really good information in all these different areas that you can think of - music, art, poetry - all these different areas that all can be transmitted to Earth if people are in the condition for doing it.

11. Audience questions

11.1. Examples of channelled material on Earth

Participant: I just wanted to ask you about Eckhart Tolle and books he is writing at the moment.

Almost every book that's written on Earth and almost every piece of music that's produced on Earth and almost every piece of poetry that's produced on Earth is inspired through collaboration, collaboration with a spirit connection. And this is a problem you get with copyright. How can you say it's yours, when there have been maybe one or two or five or even ten spirits involved in this process as well? [01:03:57.01]

Many musicians frequently admit that they all of a sudden had this inspiration, it all just flows to them and they write it all down, and they know that it came from somewhere outside of themselves. Many musicians admit it. Not many writers admit it but many musicians admit that, and many poets admit that, and some artists also admit that, and these are things that are all to do with collaboration through the Law of Attraction.

In the end we can all collaborate with all of these types of experiences and so Eckhart Tolle and others, like most others who have written books on Earth, have all done it through this process of inspiration, and they will admit that too. Many times they feel the inspiration pass through them. I think Wayne Dyer wrote something about it in one of his books, about the

power of intention and how things just come to him and just came to him; he doesn't know where they came from. And that was that spirit collaboration that's occurring constantly. [01:04:54.21]

11.2. Developing mediumship abilities with soul progression

Participant: As everyone here moves through our own development with our soul condition, will we all become more naturally mediumistic?

Yes. Everyone becomes more naturally mediumistic, more naturally musical, more naturally artistic, more naturally a poet, and so forth. These are all different parts of the soul that you'll find yourself developing as you progress on the Divine Love Path as well.

So, instead of your life being a life where everything's happening in the brain, you will find your life starting to be everything that's happening at the soul level, at the emotional experiential level, and that's a normal part of that process of growth on the Divine Path. So this is why I said in the first century that if you receive Divine Love everything else will be added to you. And when I said everything else we're talking everything else. All the information in the universe, all of these beautiful gifts, all of these artistic gifts and qualities, music and so forth, and art, and all these different things all will come to you as a part of developing that gift. And you'll feel them within you, happening.

11.3. Dealing with having mediumship abilities

Participant: I feel a sense of fear because I could see spirits since I was a little child and quite often I come out into my lounge room and see groups of spirits dancing around my lounge room. I can see them and hear them; I get woken up in the middle of the night with voices in my head. My question is do I have the right to put a protective barrier around myself or should I deal with the fear? (AJ nods)(Laughter) I can feel the fear and go back to God and feel it's a privilege?

It's a good question, yeah. Let's go back to yesterday's conversation. Yesterday's conversation was about the Law of Attraction. These spirits are dancing in your lounge room because of your Law of Attraction. So, what you need to do is...

Participant: It's nice when you say it like that, isn't it?

Yeah. So it's actually something you've attracted to yourself in order to deal with it. So they're great. They're actually helping you work through

your emotional condition. You've admitted that part of it is the fear, so there's a fear they're helping you to address. Whatever their condition is in. Your Law of Attraction is helping you to attract spirits which, remember I said yesterday, intensify your emotional condition.

So if my emotional condition is one of fear and I'm mediumistic, I'll be attracting a heap of spirits who will trigger my fear. So what I need to do then is allow the fear to be processed. Allow yourself to feel the fear, and allow it to actually be processed emotionally; which is going to mean you'll be shaking, you might have all sorts of physical responses. Keep breathing diaphragmatically, release this fear from you. [01:08:11.01]

Participant: So focus both my intention and my attention on my soul condition, on developing feeling my emotions, that then is my protection?

Exactly. Now of course you can pray to God for protection. So all of you have the ability to long for God for protection and you'll receive it. But you need to say to yourself, “Alright my Law of Attraction is I've brought this into my life, there's an emotion there.” So you can ask God for protection and you will receive that protection but you need to bear in mind in that entire process that you still have a Law of Attraction. And your Law of Attraction is there to expose the emotion, so you need to feel the emotion. It always gets back to that point.

11.4. Developing mediumship abilities with soul progression (continued)

Participant: Is there somewhere in this whole process a sure knowing that comes, that differentiates between you and spirits? I worry about whether I'm imagining things.

Yeah. When you make the transition between the seventh and the eighth sphere everything goes from faith into reality. So, you know what I mean by faith? Faith is thinking or feeling something is true but you don't really know it yet but you have this feeling it's true. It's like the Apostle Paul said when he was on Earth: it's the assured expectation of things hoped for. In other words you believe in your entire mind that what you're hoping for is a reality that it's fact, or it becomes reality in the transition between the seventh and the eighth sphere.

So what happens there is you have this transformation that occurs between those two locations where what you thought was real becomes real. It's like the difference between knowing you can walk through the wall and actually walking through the wall. Then you do it without

thinking. So that's the transition that occurs in the born again transition, this transition between the seventh and the eighth sphere. Until then you will go through doubts and you will go through issues with wondering whether it's true or not true and not really knowing and hoping that it's true and all sorts of things, and you will learn as you grow, to trust more and more and more and more what you're receiving. [01:10:35.14]

And the same applies as a medium. So all of you who are developing as mediums, one thing you need to bear in mind, and that is you're not going to be perfect at the start, right, and even for a long time you might not be perfect. And if you don't experiment and you expect yourself to be perfect right at the beginning it's going to be quite difficult. So you need to give away these expectations of being perfect, give away these expectations that you shouldn't be wrong. The truth is you're going to be wrong because your condition as yet isn't into an at-onement condition. And even then, if you're transmitting information from higher spirits, you don't know what their feelings are so you still might transmit something incorrectly because obviously it's very dependent upon the differential between their condition and your condition as to what you will accurately transmit. So get used to being wrong.

Participant: It's about being good-natured too, isn't it?

Totally, yeah. As our condition grows obviously our intention improves and it becomes more loving. And as that intention improves obviously that's going to attract a whole group of information and spirits that have also that same kind of intention, certainly.

11.5. Dealing with having mediumship abilities (continued)

Participant: Surely when you get to that level that Jen's said, where she's seen spirits, perhaps you have the right to ask them to just go away so you won't see them?

Why ask somebody to go away when your Law of Attraction brought them there? I don't think that's very fair myself.

Participant: Like one of the neighbours lives next door is downstairs having a party and want to party and you don't?

Yeah, well I feel the same about that, too. Why would you? Firstly, address your Law of Attraction, then go and tell them. But ironically what will happen, even with the neighbours, if you deal with your Law of Attraction, they'll leave anyway. So you know how many of you are having neighbours partying until three o'clock in the morning? That's your Law of Attraction.

So if you deal with the emotion they're triggering in you they'll stop doing that. How many of you go out and yell at them? That's a good method but it doesn't work very well because they keep doing the same thing the next day because your Law of Attraction is the same.

It's the same with the spirits. So the spirits that are being attracted to me, they're just there to intensify my emotion, just like anyone else. Sure you can ask them to leave. Many of them won't listen to you. Well, would you? Like let's say you feel, “This is a cool place. There's some drugs in the corner and any person that comes along and has some marijuana in the corner there I can connect to them, that's great. There's a heap of booze in the other corner and when they have a big party I can connect to them, that's great too.” So then you come in and you look at all this going on and say, “Get out! Get out! Get out!” They're going to laugh at you, aren't they? Half of them will laugh at you. Some of them who are afraid of you might get out but the other half will just say, “What are you saying, 'Get out'? We're enjoying ourselves!” And it's our Law of Attraction; it's our Law of Attraction that's attracting that, so deal with the emotion. What's the emotion going on?

11.6. Performing mediumship with modesty, humility, honesty and a loving intention

Participant: So if you start off and you channel something wrong and it's like there'll be an untruth and then it affects somebody and you keep doing that, is that the Law of Compensation coming in there?

What's my intention and what's my modesty going to do? If I'm channelling something and I know my condition is still not at-one then I have to say to every person I'm channelling to, “Look, I can't guarantee that this information is exactly what the spirit is saying to me.” That's a proviso isn't it, that begins in every message until I'm at-one, surely?

INTENTION MODESTY

However, if I'm connecting to a second sphere spirit and I know I'm in a second sphere condition I know the channelling is going to be pretty accurate because we're in the same condition, and we have the greatest rapport.

Look at also the intention. What's my intention? Is my intention to harm the person or is it my intention to give them most accurate information that it's possible for me, in my current condition, to give?
[01:15:45.14]

And you could say that to the people who come. You could say, “Look, my intention here is to give you the most accurate possible information that I could possibly give you given my current condition.” And then, when you give them the information, whose responsibility is it now? It's now their responsibility. And by the way it's also their Law of Attraction. So if there is some error in it, actually part of it that created that error is their own Law of Attraction, which they would need to allow themselves to feel through.

So the key is to not be afraid of saying the truth. If the truth is, I know that I've got a certain emotion in me, or certain emotions in me that are going to affect it, just say, “I know I'm not yet at this point where I'm totally clear but I think you will be impressed with the information that we can transmit. But bear in mind that there might be things in it that are due to my emotional condition.” You can say these things. Don't be afraid of saying it. In fact, humility will dictate that you say it, wouldn't it? And then you don't have to have any fear about whether you're wrong or not, because you've already told them that there is a potential you're going to be wrong. And then it rests on the hearer as to what they're going to do.

So I've told you over and over in these groups, I am not yet at-one again with God. So for all of the things I'm saying to you, there is the potential for me having to change them sometime down the track. And all of you need to bear that in mind. However I'm very close to the condition, and I know I am, but you don't have to believe me. You will feel it if you trust your soul. You will feel what I'm saying is truth, or you'll feel the resonance going on, and anyway it's your Law of Attraction. So look at that. See what I say? It's the same principles with any interaction that you have with anyone.

12. How healing works

I'd just like to talk about healing. Let's say I'm the healer on Earth, I have a spirit with me. All healing occurs through a spirit by the way, unless you connect directly to God and then it is through the Divine Love connection. Now obviously that is not going to work purely until you are at-one with God. Until that point you will be assisted by spirits. Now the spirits who want to heal the material body are going to be spirits who are not on the Divine Path, and the spirits who want to heal the spirit body are going to be spirits who are not on the Divine Path because what does a spirit on the Divine Path want to do?

Participant: Heal the soul.

He wants to heal the soul. Now that spirit on the Divine Path is very happy to heal the material body and heal the spirit body as long as the soul condition is being addressed. But if the person being healed refuses to address the soul condition, the ethical question I have to ask myself as the healer is, “do I want to be involved in healing this person?” The reason why I need to ask that question is because if I am trying to heal a person who doesn't want to address their soul condition, straight away I'm in disharmony with Divine Love. So I'm now only harmonious with natural love.

Secondly, a spirit who's going to heal the person will be a natural love spirit. Thirdly, I'm going to heal their spirit body or their material body, their soul is not going to be healed, and what's going to be recreated? The same illness most probably. So in fact it's not a very wise use of my own time. However, if I'm charging money for it, I might be tempted. Can you see how money mixed into the deal causes some conflict inside of us? [01:19:50.20]

Participant: What I experience is, I don't get words and things like that. My communication comes through as feelings and putting it into words seems like having to chop out the tree, you know?

Exactly.

Participant: And so I've been trying to understand how I can pass it on in some way that doesn't involve words and when you're talking about healing there I'm just thinking well, that's just soul-to-soul mediumship which is then taken into the soul of the person you're healing.

Exactly.

Participant: So in that sense, healing is just another form of mediumship.

Exactly. That is correct. Healing is another form of mediumship, and you may be more attracted to healing than mediumship once you know that. Because what's actually happening when you start healing at a soul level is you will be able to trigger certain emotions in the person just by putting your hands over certain areas and having this soul intention with Divine Love flowing through you. This is why a lot of people find that when they come up to speak to me they weren't crying before they came to speak to me, but they come and speak to me and they're crying. (Laughter) What happened? There's this soul thing going on that straight away is just opening their own soul. And you're healing the person straight away.

So you'll get to a stage where there's no longer having to lay them down, do a little ritual, get everything sorted out, do a bit of this and that.

(Laughter) None of that will happen once you become a healer at-one with God. Everything will happen instantly and it will be based on soul-to-soul transactions. That's why in the first century there's no record of me ever having to lay somebody down in front of me to actually heal them or anything like that. Most of the time they just touched me and I could feel their intention. The soul feels the intention straight away. Their emotion is cleared. Divine Love enters them. They are healed from that particular ailment.

12.1. The importance of faith in healing

One thing I'd like to point out is that their faith raised their soul condition to a point where that was able to occur. That's why it's often called “faith healing”; because what happens when you have faith is your soul condition actually rises beyond its current point for a temporary period of time. Remember what faith was; faith was the assured expectation of things hoped for. So, in other words, you believe with all your heart that you're going to get healed of this particular ailment. That raises your condition to a new level and straight away that allows more Divine Love to flow through you and flow through the person who's healing you. So that's why faith works. That's why no faith doesn't work because it keeps you in your current condition so there's more effort required then to heal you. [01:22:55.13]

So faith is a very powerful conduit. It's actually a physical conduit for love. It's very much like the Holy Spirit in that regard. The Holy Spirit I've described as a physical connection that occurs between you and God that allows Love to flow through you. The Holy Spirit is dependent upon truth, that's why it's called the Spirit of truth. Well faith has a very similar quality in nature, in that it's a physical conduit that's established that allows love to flow.

So, getting back to what we were saying earlier, you will probably find, and many will find, that mediumship becomes less important to them and this soul-to-soul interaction, which actually exposes the emotion immediately and gets the person in a causal emotion at that instant, is actually far more effective. Mediumship becomes effective when you're actually transmitting to groups of people information or transmitting to groups of spirits information. It becomes very effective. But healing is very effective on a one-to-one thing, trying to help a person experience emotionally, and that's something that's very important.

12.2. Determining who to heal in harmony with Divine Love

Participant: AJ, you say be selective about who we're working on. Isn't that your Law of Attraction as well as to who comes to listen?

Certainly, but if a person came to me and said, "I want to be healed," my first question would be, "Do you want to deal with your emotions?" Now, if they said, "Oh, well I'm hoping you'll heal me and I won't have to deal with my emotions," I would have to say to them, "Well actually your problem is caused by your emotions. Do you realise that?" And I'd have that discussion with them and look at their willingness to actually address that issue. If they can't address that issue then I would not heal them. Now the reason why is if I choose to I'm out of harmony with Divine Love and I don't want to be out of harmony with Divine Love. [01:25:13.14]

And this is where in the future many people are going to become confused with the healings that are performed by the fourteen who have returned, because all of their healings will be based in harmony with all the laws of Divine Love and at times we will refuse to heal people. And in the first century there are records in the Bible that I actually refused to heal people and I did that for that reason. They were totally unwilling to deal with the emotional condition that's creating the problem and usually had a demanding nature where they were demanding my healing to them. Some of you have had personal conversations with me where you've demanded things from me and not found me very receptive to that. And that is because it's an unloving thing for you to demand something of someone else and I don't want to help you be unloving by actually giving you what you demand. And this will happen a lot in your own interactions when you're healing.

So yes, your Law of Attraction brings this person to you. However your Law of Attraction might have brought them to you to test one thing inside of you, and that is whether you're going to compromise truth for the sake of money, for example. So it might not be the person coming to you for healing that is your Law of Attraction. It might actually be that there is a certain quality inside of you that needs to be refined, that this person, through your interaction with them, will refine.

Participant: Isn't it a case of judgement on that person? Like I've worked with body and emotion work issues and many times people come for a body problem and I haven't continued to treat them. The first time I've worked on them and we found some emotions with the intention in the situation of asking for the highest help that I can get from God with no attachment to what the healing is. The healing might be that they go away thinking and they may never feel any better.

Yeah, but see when you know the Divine Laws you will know what the Divine Laws are actually saying to you at an emotional level. So at the moment you don't know them at an emotional level, so it's fine what you're doing, but when you know them at an emotional level you are going to be confronted with this ethical question, which is, - “am I going to get myself out of harmony with Divine Love in order for them to be healed? “

Now one of the things we talk about Lessons of Love in a fortnight's time is, if I'm loving you to the detriment of myself then that's not love anymore. I'm doing it for another reason, and it's also going to be not a very powerful place for you or I to be in. So that is a question that will face you ethically. I'm not saying you have to deal with that question right now but at the moment there's a feeling in you of, “If I can heal then that's fantastic.” But I don't feel that. I don't feel that because their Law of Attraction has caused their disease.

In fact, the way I see it is that God's Laws have caused their disease through their interaction with God's Laws. Their choices interacting with God's Laws have created the disease. And the question I'm asking myself is, “Is God healing them?” Now God loves every one of His children and if He's not healing you there's a question as to what I should be doing healing you. So I would rather address the emotional issues in you as to why God's not healing you and then God can heal you directly and you don't even need me at all. That would be a far more powerful place for the person than me actually healing them and that's the ethical dilemma that you'll face as a healer. You can see that interaction. [01:29:29.24]

So what's actually happening for us most of the time when we're dealing with these questions is we feel a compassion for that illness, we have a needy feeling inside of myself to heal that illness, but we're often not very much thinking or feeling about why God isn't already healing this illness because God has a lot more power than you do to heal. So the question then becomes why isn't God doing it? There must be a reason. Now if I do it without addressing those reasons then I'm going to be out of harmony with God's Will.

Participant: Only treating the symptoms.

I'm only treating the symptoms, the effects, and not the cause for a start, but also I'm out of harmony with God's Will for that person because the truth is our Law of Attraction's bringing us everything anyway. So when I'm healing, and this applies to my mediumship as well, if I'm focussing on what God would do in this situation, as well as best to my ability, what is God doing right now? Do you think if I needed to be healed right now and there wasn't something in me resisting that healing, don't you think God

would be healing me already? Does God Love me or not? Of course God does, so God would be healing me already.

So I'm not healed from my needing to wear glasses, so why aren't I healed from this? Because I have resistance. There's something in me that's resisting me getting healed from this. And let's say I go to a healer and say, "I want my eyesight healed." And let's say it's a Divine Love healer on the Divine Love Path who's at-one with God, what would they have to ask themselves? I'm on the Divine Path, they're on the Divine Path, I've got bung eyes that I can't see the back of the room and they've got clear sight. They're at-one with God; we're both on the Path, why isn't God healing me? Because I'm resisting. There's an emotion in me that I'm not willing to deal with that is causing this issue.

Participant: And it would be wrong for them to interfere in that process.

Not "interfere" in the process. They can tell me what the emotion is. That would be a very powerful thing to do. They could even help you, they could say, "Now are you willing to deal with this emotion?" And if I said yes, and I felt yes, they could say, "Alright let's go ahead and we'll deal with this emotion," and away I'd go and I'd be dealing with the emotion and it would get healed. That's a very powerful thing to do.

But if they said, "Are you willing to deal with the emotion?" And I said, "What emotion? I don't have any emotions left, I'm right," then I've got an issue haven't I? I'm not recognising my own Law of Attraction. So it then becomes very questionable for the person who's at-one with God to heal me. How can they stay at-one with God and heal me? They can't actually. And so they would have to actually at some point refuse unless I was willing to bring myself in the condition of harmonious with God's Love myself.

Can everyone see that, that interaction that's going on there? So the question you ask yourself is - God has this unlimited power, God has this unlimited love for you, so if you're not getting healed right now, why? It's because of something you're resisting inside of yourself. Now, if I know what that is I'm going to try to tell you what that is because that is an act of love for me. And if you know what it is for someone else it's an act of love for you to tell them what it is, for them too. But, if you try to heal them using this love that you have, this Divine Love, it won't be God's Love that you'll be doing, you'll be using your own energy to heal them. And because the soul condition has not changed they're most likely going to get the problem back anyway. [01:33:33.05]

Participant: I'm just confused as usual.

That's because you want to understand, and you need to give up the need to understand, and just feel. But go on with your question.
(Laughs)

Participant: So then for the people who want to help other people it means that for the other people with physical symptoms you can't help them because...

I'm not telling you what you should do with your healing. What you do with your healing is your choice. I'm only telling you what I would do with my healing and what you would do, if you were at-one with God, with your healing, because you would feel these emotions that I feel about that. Now at the moment you do not feel those emotions so you need to choose to do what you want to do, but I am saying to you that once you're at-one with God the first priority in your questions will be - why isn't God already doing it? That'll be your first priority.

12.2.1. An example of a person with a headache

Participant: So then supposing for example the person says, “I only want my headache taken away,” or whatever it is.

I would refuse to help a person who only wants their headache taken away. Why? What's creating their headache? It's a suppression usually of sadness, not wanting to cry, that's usually what creates their headache. They have deep sadness in them; they don't want to cry; they're fighting it; they're resisting it and shoving it back down again. And if they don't want to have that discussion, healing their headache is a waste of time. And I don't want to waste my time. I don't know about you but my time is precious. It's the only resource actually that I have and although I have eternity with it I want to use it in the best possible process just like God does in the most economical way.

So you'll get to a point where you realise, “Hang on a sec, me healing a physical illness when I know there's an emotional problem is not an effective use of my time.” And to be honest with you, you know what it's doing? It's taking away their Law of Attraction. Their Law of Attraction is that this headache is happening because they're suppressing their emotions, they're suppressing their sadness and they don't want to cry. It's their blockage of resistance, that's what's causing their headache. They've come to me to fix their headache. They've come to me to fix the effect. God does not ever fix effects. God always addresses causes. So if I want to fix an effect who am I going to be connected to? Not God. I'll be connecting to someone else.

Now it might sound great that I'm healing them. “I've healed their headache, isn't it wonderful? I'm such a wonderful healer.” But I've got to question, what's my motive? My motive isn't the same as God's that's for sure, because if it were the same as God's I'd be addressing the cause not the effect.

And this is where we need to start addressing ourselves as healers and looking at what God would do compared to what you would do. Can you see how challenging the next year's going to be for those of you who actually come to the sessions on healing and mediumship? Because everything is going to be based around our desire to do as God does. Now we might not yet be at-one with God but at least we can begin to have a desire to do as God does. We can start developing that within ourselves. [01:37:06.04]

If I have an emotion within me where I want to heal a person irrespective of God's Laws and how those laws are affecting that person, then I am actually now usurping God's Laws. I am trying to actually go above God's Laws, which in itself has an emotion attached to it of me wanting either glorification or wanting a feeling from that person that I'm addicted to. Most of the time that feeling might be a feeling of glory or a feeling of, “Oh, I've helped them, isn't that wonderful.” You know, the feeling you get when you've helped somebody, you may be addicted to and that is not love. To be addicted to any feeling is not love, particularly if it's a feeling from the other person. It is not love.

So I may be choosing to do or take those actions in disharmony with God's Laws because of emotions within me and if I'm a healer or a medium, I need to look really sincerely inside of myself as to why my motive would be to do something that I know is not harmonious with what God would do. Because the question is always, is God already doing it? If not then He doesn't want to. Why wouldn't He want to? He's always love. If God's always love and always wants to but doesn't do it then what's going on? There's something in the person preventing this action from occurring that's disharmonious with love. That's what I need to address and this is why it's so important to look at those issues. [01:38:35.04]

It's a really important issue to actually grasp.

Participant: AJ, I just wanted to ask, if your intention is to do healing work, and mine in particular has been with children. I eventually want to be able to do that, so I've got to wait until I become at-one with God to do that effectively?

No. To do it effectively the best possible way you will, but you don't have to wait 'till then. In fact I'm not suggesting you need to wait at all.

12.3. Accuracy of literature regarding emotional causes of physical ailments

Participant: Are you familiar with Louise Hay? Yeah. Can I use her reference about diseases in the body say it's the knee and it's actually a certain emotion. Is her information fairly accurate?

A lot of the information in her book and also the book "Barometer of the Soul" is accurate information. However, every single person is different and every single person has different emotional blockages in different areas and different events that have triggered those emotions, and different blockages preventing the experience of the emotion. Therefore the intensity of the illness, the intensity of the injury, is going to be dependent on lots of different factors besides what's mentioned in those books. But you can certainly use them as guides, certainly. In time what will happen is you'll be able to interact at a soul-to-soul level with a person and understand what the emotion is now, that they're ready to deal with right now, and actually trigger that emotion without any words really changing place between the two of you. [01:47:56.09]

12.4. Taking substances affects mediumship

Participant: Can I say that one of the first things that my guide Francis said to me was avoid caffeine, avoid alcohol, avoid heavy foods.

So if you're coming along to one of our Mediumship and Healing session, stay away from meat, anything meat or dairy if you can, and also avoid alcohol and coffee.

Participant: Tea?

Avoid anything with caffeine in it yep. The reason why is all of these things change the structure of your physical body and your spiritual perception and the reason why is because it is affected by your soul condition as to why you want to take those things that particular night. You follow me? So any addiction to caffeine, any addiction to food that's heavy, any meat products and so forth and animal products, your desire to have them is based on an emotional condition, which will prevent your mediumship from growing.

13. Closing words

I'm trying to give totally different information at every seminar. The reason why is I've still got probably thirty subjects to deliver to you at least, about all sorts of different things, and obviously if I deliver the same

things then it's going to take forever to get that across. The other thing is that this phase of delivery of information, once I become at-one myself with God, will actually change. So this is the preliminary information, if you like, that you'll be receiving, and there'll be a lot of other new information that I'll be in a condition to give to you after that point. So this phase that we're going through now, which may last still a few years yet, is about preparing you if you like. Preparing you in fact to be able become teachers and people who can help others on the path. So that's something to bear in mind.

Appendix: Spirit Relationships - Laws of Rapport & Spirit Communication Seminar Outline

Introduction

- *Many mediums, prophets and healers may become very upset with what I present today*
- Belief systems will be confronted, and personal emotions will be triggered
- Anger is a denial of an underlying emotion, if angry then allow the underlying emotions to surface
- *This information has never been presented before on earth*
- Mediumship/healing is generally a hit/miss affair
- Most mediums & healers do not understand the spiritual laws involved
- *Mediumship, Prophecy and Healing are very important gifts with great responsibilities*
- Both gifts can be used for great good or evil
- Both gifts can also be used to greatly assist or harm people’s spiritual progression
- Both gifts can greatly assist or harm the medium or healer’s own soul condition and soul progression

Reminders About The Soul

What is the soul? - It the real you, living, feeling, emotional, passionate, not physical body, nor spiritual body

The soul has a huge number of attributes and qualities, some of which are: Passion, Desire, Emotion, Feelings, Aspirations, Intentions, Free Will, Memory, Personality, Instinct, Natural Love, Energy

Reminders About The Hierarchy of Truths

- The lowest truths you can communicate or understand are those of the physical and material
- The next highest truths you can communicate or understand are those of the spiritual (or metaphysical)

- The next highest truths you can communicate are those of Natural Love (Human Soul based truths)
- The highest truths you can communicate or understand are those of Divine Love (God’s Soul based truths)
- Eg. Healing – Lowest truths just impact the physical body, the highest truths impact the soul at the Divine Level
- Eg. Communication – Lowest truths impact the material, highest truths impact the transformation of the soul

Understanding How Communication/Healing Works

The soul, the (spirit body’s) mind, and the (physical body’s) brain:

- The soul is the controlling force (the condition of which we call “soul condition”)
- The mind of the spirit body (called “spiritual condition”) is under the influence of the soul condition
- The brain of the material body is used by the mind of the spirit body to express itself
- To communicate - soul is the controlling force, spirit mind is the operator, & brain/body is operated on
- To heal - soul is the controlling force, spirit body is the conduit, & the physical is the material used
- It is the soul’s attributes, qualities, desires, passions, condition spiritually and emotionally, & the (spirit body) mind’s repository of information, that determine the effectiveness of your gifts (either mediumship or healing)

Laws Controlling Rapport With Spirit World

Law of Rapport & Communication

- Things of the material or scientific may be conveyed through a brain purely material or scientific
- Things moral may be conveyed through a brain that has been influenced by moral truths
- Things spiritual through a brain that has been influenced by the development of the soul in Love
- Things Divine can only pass through person who has begun their soul development in Divine Love
- The mediumistic qualities and susceptibilities of the human are controlled by their soul injury condition

Law of Attraction

The soul condition of the following persons will determine who is present, and what is accomplished:

- The Receiver(s) (or Person Being Healed) – this will attract the healer/medium used
- The Healer/Medium(s) – will attract the receiver, & the spirits who will be communicated with
- The Spirit Being(s) – will be attracted by the medium/healer, and the person receiving

Laws of Intention, Passion & Desire

The soul intentions, will and desires of the following persons will determine the final outcome:

- The Receiver – What is their desire for the healing/communication?
- The Healer/Medium – What is their belief, desire, intention and condition at the moment?
- The Spirit Being – What is their desire or intention for the medium/healer and the receiver?

Major Emotional & Spiritual Problems For Mediums & Healers

Humility

- Many are very resistive to any true emotional or spiritual development
- Many do not have a strong desire to experience and release all of their emotions
- Many are very resistive accepting counsel or help for their own development
- Many believe they must already be very developed in order to receive messages or be able to heal
- Many believe they must be more “developed” than the person who is coming to them

Modesty

- Most have a totally inaccurate perception of their own soul condition from God’s perspective

- Most hold onto a false perception of their own condition and resist because of fear and other emotions
- Many believe they know and understand much more than they truly do know or understand

Belief Systems

- Many mediums/healers hold onto false beliefs (“New Age” and other beliefs) that prevent truth flowing
- Emotional resistance to new “truth” causes disconnection with the Celestial spirit world
- Emotional resistance to new “truth” causes spirits in error (inhabiting spheres 1 to 6) to be attracted
- Erroneous belief systems are then taught to others, which results in its own Law of Compensation

Emotional Condition

Most mediums/healers: Neglect true soul development or even moral development for many reasons

- Judge emotional work as the poorer cousin to intellectual development
- Are heavily influenced by injury emotions they resist experiencing to release
- Refuse to experience Law of Compensation (Karma) emotions due to reincarnation beliefs
- Are heavily influenced by spirits in similar emotional/moral condition to themselves
- Intellectualize their own and other persons true emotional condition
- Lack of soul development causes exhaustion on the part of the medium/healer and the spirit

Neglect of Relationship With God

Most mediums/healers:

- View “personal truth” as supreme, and neglect God’s Divine Truth
- View Natural Love and Divine Love as the same substance
- Have very little personal contact with God due to belief systems
- Are very reliant on self, or upon spirits who are their guides and guardians

- Do not understand that if they connect with God, they will connect with every other being

Principles of Spirit Communication

“Psychic” Connection

- Basically a physical/emotional/spiritual connection to a person (spirit or mortal)
- Allows you to feel or sense what the other person is thinking and feeling (through own emotional filters)

Mediumship

- Automatic Writing – Spirits often feel most comfortable with this method for many reasons
- Normal mediumship – The relay of information from a spirit to a mortal, or vice versa
- Trance mediumship – The stepping aside of the medium, the spirit over-cloaking the person’s body/mind
- Prophecy – When a spirit through the medium reveals future events and situations
- Information from higher spirits is “relayed” due to the soul condition of the medium/prophet

Writing, Music, Poetry & Art

- Almost all writers, artists, poets and musicians are connected to spirits who channel to them
- Almost all the material on earth produced by writers, artists, poets and musicians came from collaboration
- We need to ethically question the principles of copyright of all mediumship and other material

Principles of Healing

Spirit Connection

- Most healing currently performed on earth is via a connection to a healing spirit person
- Very few people on earth really understand or give credit to the spirit healer

- Some healing on earth (related to born again “Christian” movements) is via a direct connection to God
- Healing is very dependent on the person being healed exercising “faith” in the healing
- Faith is required since faith raises the soul condition of the person being healed and increases the rapport

Physical Body Healing

- Usually the focus of spirits on the Natural Love path
- The ectoplasm of the material body of the healer is used to heal the patient
- Healing is usually temporary and needs to be repeated due to soul emotions not being healed
- Healing usually brings immediate temporary relief to the physical body
- Many physical ailments are caused by spirit connection (operating on Law of Attraction) this is poorly understood by most healers

Spiritual Body Healing

- Again usually the focus of spirits on the Natural Love path
- Where the spirit or the mortal healer heals the spirit body of the patient
- Attempting to address spirit body energy blockages believed to cause material body ailments and illness
- Healing usually brings immediate temporary relief to the spiritual body, and to the physical body
- Healing is usually temporary and needs to be repeated due to soul condition often remaining the same

Soul Healing

- This is the main focus of Celestial spirits on the Divine Path
- Concentration on the emotions, passions, desires, and free will expression of the person being healed
- Deals with the true causes (which are all soul based) of all ailments and sickness on earth
- Focus on receiving the Divine Love from God, and developing the relationship with God

- Addresses the Law of Attraction, and the Soul usage of Free Will creating ailments & sickness
- Requires direct Faith in God, and Longing for God on the part of the person being healed
- Healing is permanent, and healing automatically flows onto the spirit and material bodies
- A healing intermediary spirit is not necessary if the person on earth is at-one with God

Using Your Gifts With Love

Motivation of Using Gifts Important

- If motivation is popularity or recognition, then very low spirits are involved
- If motivation is selfish (materially, physically, emotionally or spiritually) then lower spirits involved
- If motivation is wealth then Celestial spirits will not be involved
- If motivation is helping humanity, then unlikely that low spirits will be involved

The Ethics of Charging For Services

- Most argue that unless there is a financial transaction, there is no value placed by the recipient
- Connection with God argues, “you received free, give freely”
- Fee for service, barter system are all yet to develop in Love
- Gift system is harmonious with Divine Love (but remember the Love of Self)

Motivated By Love

Examine whether you are motivated by:

- Love for God, and Love for God’s Truth
- Love for People, Love of Self

Mediumship & Healing In The Future

Communication Forms Available When Born Again

- Packet information – A burst of information (emotional, spiritual, intellectual) arriving in packets
- Spirit Discussions – Where the person is conscious in the spirit world and involved in discussions there
- Earth Discussions – Where the spirit materializes on the earth and is involved in discussions here

Healing Forms Available When Born Again

- All of the healing forms are available without an intermediary spirit & focuses on the soul
- All of the healing forms are available if the patient has Faith, and desires to address Causes
- Automatic triggering of soul emotions that causes disease
- Automatic healing of all animals and the direct physical environment of the person at-one with God
- All healing when the healer is born again will be the result of the soul free will of the patient
- All healing when the healer is born again recognizes the Law of Attraction of the patient
- Immediate healing of emotional, spiritual and physical ailments
- Immediate healing and replacement of body parts
- Direct manipulation, repair and cleansing of internal physical and spirit body organs

The Sleep State: Part 1

1. Introduction

Well Mary and I feel we've got a fairly interesting day for you today, if we can put it that way. The subject that we're going to speak of today is a part of our Spirit Life series of talks and this one is called, "The Sleep State".

On Earth not very much is known about the sleep state and in fact almost all people; including people who are spiritualists of some kind in the New Age movement or otherwise, do not really have much knowledge about what actually occurs when you're asleep. And in this discussion we are not talking about the dream state, we are talking about the rest of the time in your sleep state, because they are two separate things.

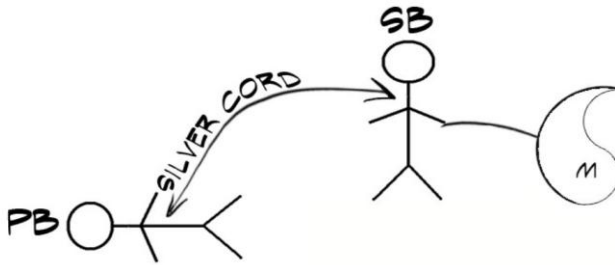
So firstly what we want to do is clarify to you what the sleep state is and how it begins and ends, and also clarify to you a little bit about the dream state and what that is in between, so that you get a bit of picture between the two. But then we want to talk about your sleep state, and the reason why we want to talk about it is, if you think about it, you have 24 hours in a day and how many of those hours, do you sleep? Let's go 5-10, shall we, on average? The average person is close to 8 hours in terms of that time.

24 HRS 5 - 10 8 HRS

So basically we're looking at a third of your entire life that is spent sleeping and the interesting thing is you're not actually sleeping. That's the interesting thing. We want to describe what's going on when you're asleep, but there's a big portion of your life that you're not sleeping that you actually spend in the spirit world, connected to your spirit body, and there is just a cord, a silver cord, which connects you back to your material body. So let's describe what happens with sleep. [00:03:07.29]

2. What happens when we fall asleep

So here's your physical body, here's your spirit body and here's your half of the soul.



We are comprised of a half soul, a spirit body (SB) and a physical body (PB), which is attached to the spirit body by the silver cord

Now when you're asleep generally, but not always, your physical body goes horizontal, and for some reason I've got this problem where if my physical body is kept vertical I stay awake, no matter what happens and no matter how tired I am. I've actually stayed awake at some points in my life for five days straight. As long as I stay vertical, I'll stay awake, but as soon as I lay down, for myself, I'm generally out pretty much instantly, or very close to instantly; within a few seconds. Now for most people, a lot of people can sleep while they're sitting up and things like that, and I feel jealous of you if that's the case! But it's still the same principle as to what actually occurs whether you're laying down or sitting up. It's just when you go to sleep this is what occurs.

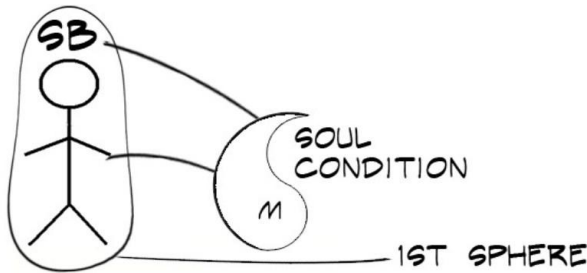
2.1. The soul and spirit body leave the physical body

So when you go to sleep your physical body is generally lying down and the spirit body, as you go to sleep, leaves through the connection. Normally the physical body and the spirit body are over the top of each other, but as you go to sleep there's a connection that happens and your spirit body leaves your material body but remains connected to it via a cord, which is called your silver cord. And you could think of your silver cord as like a wiring harness that connects the physical body robot to the spirit body, and therefore to the soul, because the spirit body is actually connected to the soul. So the soul still is capable of receiving input from the physical body, and this is why you might wake up in the middle of the night having to go to the toilet, because the soul is still capable of knowing what's going on with the physical body and the physical body's needs, but the primary area where it receives data from, if you could think of it like that, is now the spirit body. The spirit body is a robot, if you like, and the soul is the container, which is yourself, and the spirit and physical bodies are just the spiritual and physical ways for the soul to collect data; to collect information; to have its life experience.

So once the spirit body steps out of the physical body, which happens when you go to sleep, the spirit body becomes the main centre through which experiential input is received by the soul. Because that is the case, now the spirit body is capable of having experiences while you're asleep and when I say capable, for all of us it happens automatically. You'll all have many experiences while you're asleep.

2.2. Where the spirit body goes in the sleep state is dependent upon the soul's condition

Now where the spirit body can go in the spirit world is dependent upon the soul's condition. So if the soul is full of lots of very dark emotions and still has a lot of unhealed things to work its way through emotionally in regards to love, then the spirit body can only frequent the first sphere, and usually the lower regions of the first sphere. So in other words it can only frequent the hells.



If a person's soul is in a 1st sphere condition it will only go to the first sphere during the sleep state

But if the soul condition has started to grow in love and actually has got to the point where fear is not dominant anymore in the soul, and things like that, then there's a potential, and you've dealt with different moral issues, there's a potential of you being in the second sphere, and so the soul and the spirit body would frequent the second sphere if that is the case. Now for the majority of people on Earth that is not the case. For the majority of people on Earth we frequent the first sphere of the spirit world mostly.

Now in the first sphere we have literally thousands of planes, if you like, which go right down into the depths of darkness that are so black that you even can't see yourself. In fact you can only have your sensory apparatus by feelings because you can't actually see anybody in the darkest of the locations in the hells. But right up to the top of the first sphere, which is Summerland, you can have an experience that's very, very similar to Earth,

and the different things that you experience on Earth are very, very similar to the things you might experience in Summerland at some point.

That's the first sphere where most of us frequent in our sleep state.

[00:09:11.15]



The first sphere has many planes within in that vary in love

So we lay down, we go to sleep, our spirit body raises out of our physical body, and sometimes some of you experience that sensation of it happening before it actually happens and you come back to your physical body. Have you ever had that feeling? Where you're going to sleep and you go, "Oh!" in shock almost; where you're going to sleep and then you come back very rapidly. Well that is your spirit body leaving and then coming back very rapidly into your body, and there are reasons why that happens and we will talk about some of those reasons. But most of the time when we go to sleep that generally does not happen. We go to sleep and there is this seamless raising, if you like, of the spirit body out of the physical body and we now are attracted instantly to wherever our soul condition is attracted in the sleep state in the spirit world.

So if I go to sleep and I've got lots of fear in me I'm going to be attracted into a situation in the spirit world that is going to trigger that fear, as soon as I go to sleep. Can you see why some of you don't want to go to sleep? If I've got a soul that's full of anger and rage in my normal state, but I don't admit to myself that I've got that, then I'll be attracted to a place in the spirit world where that anger and rage gets acted out. If I've got a soul that's been suppressed sexually in some way and has different emotions of sexual powerlessness, or a desire for powerfulness sexually, then I'll be attracted to places in the spirit world where I can play that out. These are all in the first sphere; so these are all going to be in the hells somewhere in the first sphere. Can you see why many of us don't want to remember our sleep state? It's because most of us don't want to remember what we're doing in it, to be frank. [00:11:31.12]

Participant: AJ, yesterday when you mentioned what you're going to talk about today... I don't have any memories of my sleep state. Obviously

at a soul level I do and I went into fear and got very emotional and started crying but I have no knowledge of my sleep state. [00:11:46.17]

Yep. So the question then becomes why are you so emotional about it, doesn't it?

Participant: Yes.

And we'll answer some of those questions in the discussion today.

Participant: I just wanted to say about yesterday, just thank you so much. You're just an absolute inspiration and you walk the walk, you don't just talk about some stuff and do something else. You're like this ship that's just steadfast. [00:12:19.14]

Thanks, Alex.

Participant: And I just love you heaps.

Thanks.

2.3. Where we go in the sleep state depends on emotions we are experiencing at the time

Participant: Just about the sleep state, I feel like where I go depends on the emotions that I'm in at the time? [00:12:37.21]

Yes, definitely. Definitely, it's very dependent upon a lot of things, which we'll go through in a minute and it's very much related to discussion that I gave yesterday actually, “The Human Soul - The Facade Self”. Remember yesterday near the end of the day we listed all of the core fundamental characteristics or traits that we really need to get through our facade.

Remember we mentioned trust in God, faith in God, having personal integrity, courage; those kinds of qualities? Well these kinds of qualities are also essential for you to actually develop in your sleep state. This is why I've put the two discussions together, because I feel that what we learned yesterday is very much related to what we do in our sleep state. What we do in our facade on Earth and what we do in our sleep state are very different to each other because of the facade that we live in on Earth. We need to understand the relationship between our sleep state, what we are doing there, and why different things happen in our sleep state each night.

In the end we want to become fully conscious of everything we're doing. So in other words we can get to the point where you remember your entire sleep state, from the moment of leaving your body to the moment of coming back to it and you remember everything that you did. Now that would be pretty handy, don't you think? It would be handy in a lot of areas as you're going to find out today. So what we want to do is have a bit more openness to the understanding of what goes on when we are asleep. [00:14:22.09]

2.4. We sleep because our physical body needs rest

Participant: With the separation, going into the sleep state is it not so much an automatic thing where your body needs rest but more a desire to actually go into the spirit world?

No, it's a lot to do with the physical body needing rest. Your physical body, as a machine, needs rest. In particular one of the primary reasons why it needs rest is because of our emotional injuries. The less emotional injuries we have, the less rest our material body is going to need because the more you have emotional injuries, the more turmoil is going on in your body. Your body's systems are under complete stress emotionally, and they're also physically under stress, and the only time they get relief from that stress is when you go to sleep. This is also why when you get tired before you go to sleep you often get grumpy, or other types of emotions like that start coming up. That is because the more tired you become; the more difficult it is for you to maintain your facade. [00:15:32.25]

So what happens for the majority of us, we have a lot of difficulty maintaining our facade during our awake state and then of course we get tired, our body is getting depleted, and it is not able to revitalise itself. The spirit body's connection with our body also is incomplete in the sense that all of the energy that the spirit body has can't be passed to the material body to keep it functioning correctly, and so what happens eventually is we desire to go to sleep.

2.4.1. Sleep deprivation during manic depression results from spirit over-cloaking

Now there are certain spiritual things that can happen that interfere with that process. One of those things that can interfere with the process is called manic depression, but it's actually a spirit over-cloaking. In other words a spirit can connect to your body through the silver cord, through the unhealed emotions of your soul. They can connect to your physical body and give your body energy and therefore keep your body awake for

longer periods of time. So a person who has manic depression will often, in their manic phase, which is actually their spirit influenced phase, go through a high degree of spiritual activity where spirits are pumping their physical body full of energy because of the role that the spirits want. The spirits want to use the body as long as it can in that state, to do whatever it wants. Often what it wants is sexual things and other things.

Have you ever seen the TV show called, "United States of Tara"? It gives you a very good illustration of what happens with that sort of manic phase, and a person in that spirit influence phase will actually go into this place where they need very little sleep. The reason why they need very little sleep is because the spirits are pumping them with the energy that they need to stay awake. However there's a toll on the body, so after a while the spirits can no longer maintain the connection with the body doing this, and so what happens is the spirits lose the connection of supplying with body with energy and instantly the body is unable to perform the most menial of tasks because it's so exhausted; and that's what they call the depressive phase of the illness of manic depression. And that is all because of how the body is not being able to be replenished and revitalised during the process of sleep, because in a manic phase for a manic depressed person, sleep is usually only an hour or two a day, and so they're not getting the necessary sleep that their soul condition's emotions demand for their body to replenish. [00:18:24.15]

So our soul condition affects the bodies, in that the soul condition affects how the energy flows and how the revitalising energy flows within both bodies. Now if the soul condition is quite dark and being suppressed and limited, then what happens is the bodies become very tired and exhausted. But usually in our mind we're trying to deny that. But the tireder we get the more difficult it becomes to acknowledge how exhausted we are fighting our emotions. And that's why we can't fight our emotions as well and that's also why we have a tendency to get frustrated, irritated and angry when we get tired. Once you've dealt with those emotions you will not get frustrated, irritated or angry when you get tired, you'll just say, "I'm tired, I need to have a sleep," and away you go! That's the way it would be. [00:19:20.19]

Participant: Is that the same as chronic fatigue?

Chronic fatigue is a completely different medical condition and also completely different spirit influence to what I'm speaking of with manic depression. [00:19:43.01]

3. It is possible to over-cloak someone else on Earth during the sleep state

3.1. An example of a lady over-cloaking another person in her sleep state

Participant: When I was 17 I remember going to sleep and waking up and living a life. I went to a place, I had a home, I had a family, and I had friends. Then I'd go to sleep and I'd wake up, and I'd go to school, go to Uni, did art. I'd go to sleep and I'd wake up and it happened for a couple of weeks and then it got to a point where... [00:20:07.10]

Are you saying during the course of an evening you'd have many sleeps and wakes that you were actually feelings you were having, while you were asleep in your awake state? [00:20:16.10]

Participant: Yeah. So I, in my awake state, I'd go to school and...

In your awake state; so you're awake.

Participant: I'm alive. I'm here.

During the day, on Earth.

Participant: Yes.

And then you went to sleep...

Participant: I went to another house and I had another life. And I had families and friends and I interacted, I did things and then I'd go to sleep in that state.

So you'd go to sleep there.

Participant: Yeah and I'd wake up in day state again.

You'd wake up in this state?

Participant: Yes.

Okay.

Participant: And I did that for a couple of weeks. When I'd go to sleep physically, like now, it got better; my other state was better, so I'd look

forward to going to sleep. But then it got to a point where I started feeling I was going crazy because I actually couldn't tell the difference anymore. And that moment, when I said, "Am I going crazy?" it stopped instantly and I couldn't do it anymore. It was a really strange experience, quite frightening actually. [00:21:15.03]

When you were awake but you were in a sleep state, did it feel like you were on Earth still in another location? [00:21:25.13]

Participant: Yeah. It was real. It was a full life, and there weren't any other dreams. [00:21:40.14]

You have no idea what's caused this?

Participant: No.

It's pretty obvious.

Participant: Sorry?

It's very obvious.

Participant: I didn't want to be in my physical state?

No.

Participant: No? You mean I was in my spirit body in a dream state?

No.

Participant: No? I don't know!

Does anybody know? It's really, really obvious, but nobody knows. Interesting, Mary knows. You over-cloaked another person on Earth when you went to sleep. [00:22:12.23]

Participant: Oh wow!

And you lived over-cloaking her life.

Participant: Wow.

And then when you woke up, you were back to your life.

Participant: Yeah because in my dream state, if say I was doing an artwork or something I'd wake up here, and then when I went back I went back to that same place. [00:22:31.13]

You preferred her life.

Participant: Wow.

Yep. Everyone's a bit shocked about that! Yeah you can over-cloak another person just like spirits over-cloak you while you're in your sleep state. They do it you, and you can do it to them. [00:22:55.19]

Participant: Oh God.

And many of you do this by the way, believe it or not. Do you think it's very fair? No, but it does happen. So this is something to be aware of. This is one of the things we want to discuss today. [00:23:13.08]

Participant: So does that mean that some of the spirits that I hear about could be people from Europe or wherever visiting us?

Definitely.

Participant: Oh wow!

Definitely. Yes. The majority of people in fact do not like to go to sleep and go to their own place in the spirit world, so what the majority of people finish up doing is they finish up over-cloaking or haunting, you could say, people on Earth. And they remain connected to the Earth while they're asleep, just in another location. It makes life pretty complicated, doesn't it? But we all do it for an emotional reason, you see. This is what we want to get at; what we deny. [00:24:09.08]

3.2. We are fully conscious of our actions in our sleep state

Participant: Does your spirit body-mind have any control in your sleep state?

It has all control.

Participant: So you're conscious what you're doing.

You're totally conscious of what you're doing.

Participant: It's not just emotions playing out.

Certainly its emotions playing out, but you are totally conscious of what you're doing. This is why most of you don't want to remember your sleep state - because you're doing things that are not very loving to other people and you don't want to remember. So what we do is, what we do with everything we don't want to remember, and what do we do with that? We just block it all out. We just go, "Nah, that can't happen". And go on with our life. Isn't that we do, generally? [00:24:52.27]

3.2.1. Déjà vu results from already visiting a place in the sleep state

Participant: So is this what déjà vu or having a feeling of being there before, going to some place that you physically haven't been there before, and you remember, that's what all this about; you go travelling in your sleep state? [00:25:05.19]

You've definitely been there before, just in your spirit body most of the time. Definitely. [00:25:18.21]

Participant: When we're awake and we don't want to know about something we just block it out, is it the same process then that you just have to start having a desire to know and start feeling through the emotions that actually block you from knowing?

Yes.

Participant: Okay.

We'll talk about that later. Mary's got some lovely examples to give you later about that.

Participant: That means we're continuing to degrade our soul condition? [00:25:43.18]

Yes, many are continuing to degrade their soul condition in their sleep state while they think they're improving it in their awake state. It's very true.

Participant: So for the person, who's been over-cloaked, would they act differently and, since you're over-cloaking them, that person would be thinking differently and acting differently to their family and probably people would say, "What's wrong with him today? He's like someone else"? [00:26:19.13]

Totally but for many of us it's been happening for such a long time that they just think it's a normal part of your personality that's not actually you.

Participant: They might even be called schizophrenic or something like that?

That's correct. Yep, often it's called an illness of some kind, but for many it's not even noticeable, because there is a sympathetic attraction between the person who is awake and the person who's in the sleep state over-cloaking the person who's awake, and as a result sometimes the people around them know that something's different, that they're connected or something's different, but they don't really know what's up. And, you know what it's like, over a period of time you just accept it, don't you? You just accept that's what it's like. So, there's nothing else to do. [00:27:10.28]

Participant: So AJ does that mean that I could now be somebody else listening to you and it's not really me that listening to you? And I'm not really interested in listening to you? [00:27:20.04]

It's a possibility but that's not the case for yourself right now. But it certainly is the case for some others in the audience right now. [00:27:28.27]

Participant: My heart's just beating ten to the dozen over that thought.

Yeah. It's amazing really, isn't it?

Participant: If you meet somebody and you think you know that person, might you have over-cloaked that person in the sleep state?

You've obviously had something to do with that person in your sleep state. There are all sorts of things you could of had to do with them. You could have just had a chat with them. You could have just met up with them somehow and then planned a meeting in your awake state. There are all sorts of things you can do, some of which are malevolent and some of which are benevolent and some of which are in the grey area in between those two states. So there are a lot of things that happen in your sleep state. [00:28:16.00]

3.3. Many people have heard AJ present Divine Truth in the sleep state

Participant: I remember when you gave your first talk on secrets of the universe almost 4 years ago and a lady in the audience said, "I can't explain it, but I feel like I've met you before and I know you" and you said, "Oh, we've met in the sleep state." [00:28:47.26]

Yep.

Participant: And then later on I was asking you about why I seem to be so passionately interested in truth and you answered that a lot of the information that you had presented to us in the talks over the years had already been presented to us in the sleep state. [00:29:12.13]

That's correct.

Participant: I just asked those questions to kind of lift the mood a little bit because it seemed like we were going a bit heavy.

Why do you want to change the mood? It needs to be.

Participant: It's all doom and gloom.

No we need to be.

4. It is common act out unhealed damaged emotions in the sleep state

See, this is a problem we face, Pete, is we need to come face to face with the truth. And the majority of us, when it comes to our sleep state experience, never come face to face with the truth while we're alive. And as a result of that, when we pass over, we might have worked through a lot of emotions while we're alive, but you'll actually find that you've yet to work through a third of all of your emotions at least and on top of that that your soul condition may not have changed very much because of what you're choosing to do in your sleep state. So this is why it's such an important discussion to know your whole life, not just to ignore part of your life.

Now for yourself, Pete, you do wish to ignore what's going on in your sleep state quite a lot and to be frank, so do the majority of people wish to ignore it. This is why we can't remember it but it's also because there are a lot of things going on in our sleep state where we act out the addictions

that we continue to have that we're no longer acting out in our awake state, and this is a problem that we face while we have the emotion in us that drives the action; we will actually act out those emotions in the sleep state whether we think we're doing it in the awake state or not.
[00:30:47.04]

Participant: What would be an example?

4.1. An example of sexual promiscuity in the sleep state

Let's say, in my awake state, I've in the past had a desire to go to prostitutes in order to have sexual fulfilment. Let's say I learn the Divine Truth in that process, and then I decide, "Well, no, that's not the moral thing to do, it's not the right thing to do," but it's only an intellectual decision. I've now decided to not involve myself with sexual immorality on Earth.

However because I still retain the emotion, and often it can be all sorts of emotions that drive a desire for sexual interaction with a woman, a lot of times it's to do with, "I want the woman to make me feel good about myself. I want the woman to make me feel sexually good about myself. I want the woman to make me feel like I'm a powerful man," or whatever it is. Now if that emotion doesn't get dealt with, as soon as I go to sleep I'll be having sex with all different partners all the way through the night. Now that continues to degrade my condition even though in my awake state I am completely unaware that this is what I'm doing in my sleep state, because I wish to be unaware, but also it's the unhealed emotion that continues to drive the action.

So this is why it's very important to understand. The key is to not judge it. One of the reasons we get heavy is because we're coming face to face with a primary truth and we're going, "Shit!" There's no other way I can say it politely enough! "What am I doing?" and this is an excellent question to ask ourselves. "What am I doing in this sleep state? Is what I'm doing in the sleep state supporting my soul's growth, or is it because I'm so in my facade in the awake state that I believe I'm doing well and then as soon as I go to sleep I start acting out all my damaged emotions that I'm denying in my awake state?"

4.2. In the sleep state people's true condition can be easily seen

Because what happens is this, I need to explain a bit more about it before we answer some more questions. Remember we drew the diagram

yesterday of the three sets of selves? You've got your real self, and then you've got your damaged self and then you've got your facade self.



Our real self is surrounded by a our damaged self and our facade self

Now in your wake state in particular you are dedicated to your facade. By the way, many of you in your sleep state are also quite dedicated to your facade. However there's a difference between the two states and that is your facade in the awake state cannot generally be seen by somebody at a physical level. So in other words, they can't look at your body and go, "Wow you're in this facade, you're in this facade, you're in this facade, you have got this damage emotion, and you've got this damaged emotion." It's a rare person who can do that. All of you will be able to do that at some point in the future, and some of you are already starting to develop that ability, but unfortunately for many of you that's spirit influenced and not your own ability.

When you have your own ability you will not need to connect to a spirit, you'll be able to feel the complete person, their soul condition, their damage and their facade. But the majority of us can't do that. So what we do is, we look at the person as they are, and we go, "That's Di," or, "That's Alan". And so you look at the person and you then think you know them, but you're just seeing is the facade. Physically it's also the physical body, which is also a facade for the soul if you like, but from an emotional perspective you're seeing what they present to you; what they're attempting to present to you. Now because of that you can't actually see and look at somebody's body and go, "Wow." If you could see their spirit body, you could see their true condition, but the majority cannot see the spirit body of a person until they go to sleep. [00:35:00.05]

As soon as you go to sleep you can now see the spirit body of the person, so you can actually see what their real condition is. Every one of you when you go to sleep knows the real condition of every other one of you here in the audience that you've caught up with or met in your sleep

state, and you can see it in their body. Now because of that, it's a lot harder to maintain the facade. Now because it's a lot harder to maintain the facade, there's a higher likelihood of you living in the sleep state in your damaged emotions; living in the denial of them rather than trying to present the facade like we do on Earth; you actually live in the denial of the damaged emotions.

So if the damaged emotion on Earth is that I still have all these sexual issues with women that I'm playing out when I'm in my sleep state, then there's a high likelihood that I'll be sexually engaging with many different women over the course of my night. In other words I'll basically be sleeping with women all night. And then I'll wake up in the morning, can't remember any of that, and feel that I'm a nice pure person who's got their morals all up to scratch and that I must be quite highly developed, but the reality is that I've just acted out all of my unhealed emotion all night. Now it's very important that we understand that. So I don't see that a problem that everyone get's heavy with that, I feel it's very important that we all come to terms with the fact that these kinds of things are happening in our sleep state. [00:36:49.21]

4.3. An example of a woman enraged with her father

Participant: If I'm enraged with my father and I'm not processing it here, in my sleep state I'm actually going there and raging at him?

Most likely, yes. Unless you're frightened of him and then you might not be. But if you're frightened of him and you're in enraged with him at the same time, then you'll pick a man on Earth who's still alive and still in his awake state, who actually is a timid man who does do what women want, and you'll rage at him instead because you can get away with it, without him getting in a rage with you and acting violently towards you. And that's what we do because we're still in denial, we don't want to feel our own rage, we don't want to feel our own stuff, and we end up acting it out with other people. They're often not the people who have actually done the damage to us unfortunately, because we're afraid of them, so we act it out with other people. [00:37:53.05]

4.4. An example of “alien” encounters

Participant: On another note, with regards to these proclaimed alien abductions when people are asleep by the thousands, all round the world. I investigated with a UFO group about 20 years ago, feeding another addiction of mine, and I'm just wondering what your take is on that? Is it

possibly the spirit is another projecting another figure at them, but there is some over-cloaking going on and some nasty stuff?

Well unfortunately a lot of the spirits who do these kinds of things are in a very dark state themselves and their body is so difficult to maintain that they don't actually maintain what you would classify as a humanoid body to look at. So many spirits in the sleep state, or spirits who have already passed that are already very dark, are actually in this state where their bodies look quite alien, and the body will look quite alien based on different emotional injuries that they have. So if they have an emotional injury of the intellect then sometimes the head of their spirit body will be much larger or smaller, depending on what the emotional injury is and so forth. And then as they deal with these emotions the body goes back to a normal body that they would have had when they were around about in their 20s on the Earth, and they look very similar to that.

But unfortunately what happens is that many of them are in a very dark state and every time a person goes to sleep they grab them, torture them, do whatever they like with them and then when they go back awake, everyone thinks they've been abducted by aliens. If you're a willing participant through fear, you can actually be pulled out of your awake state by a spirit and into the sleep state. So you'll actually be driving along in a car and all of a sudden not be there, for example, because you're in the sleep state doing things because of the draw or pull that you have towards that. [00:39:45.15]

Participant: So if I've had a sleep where I've got my rocks off with a beautiful female alien, what's happening there?

It's highly likely that it's a spirit who is engaged sexually with you in your sleep state and there's been some orgasmic experience as a result of that, and there's some kind of attraction going on there between the two of you. [00:40:12.20]

4.5. An example of celibacy and sexual desire

Participant: I've met some friends who have proclaimed to be celibate and they don't seem to have a spiritual faith as to why they've chosen to do that. Could they be these people that are getting their rocks off at night while they're asleep so they don't need any action during the day?

It's possible but it's also the opposite is possible where they get over-cloaked by men who have been monks in their life or whatever else, and they're trying to force celibacy upon them. So it's not their actual personal choice but rather it's a spirit over-cloaking them in their awake state and

causing them to be celibate. And in fact because of the openness of different areas of our body energetically some spirits even go to the extent where they can detune the sexual organs and their responses. So if you're a spirit, and you have a desire to, and the injury, and the person on the Earth has an injury in that regard, you can actually make the person almost be completely detuned from any sexual desire at all. [00:41:14.21]

Most of us have no idea how much spirit influence we're under. I keep saying this to you! You still don't understand yet, but you will get there.

4.6. An example of a man fighting with his father in the sleep state

Participant: A few weeks ago I had a pretty vivid dream with my father and we were actually wrestling with each other, but I had a real strong feeling he was actually trying to kill me. He was on top of me and he felt like he had some kind of a glassy knife thing and I had one too laying on the bottom. And I felt like he was just about to kill me and cut my throat.

And you woke up?

Participant: Yeah. And but my question is do you actually kill each other, or is it just an emotion? [00:42:09.20]

Well it's impossible to kill somebody in your sleep state and impossible to kill a spirit. So the reality is that it's impossible to kill a spirit while you're in the sleep state. However in your sleep state it is totally possible to kill a person on Earth, and there's a lot of ways you can do it. [00:42:37.26]

Participant: So if my father and I are in both in a sleep state trying to kill each other...?

Then that would indicate how much rage you have towards him in your awake state that you're in denial of.

4.7. Emotions that we wake up with can result from our sleep state experiences

Participant: I'm just wondering in the mornings, I often wake up in fear. Is that the result of what we've done in our sleep state and then therefore if we process that we're processing sleep state experiences?

Yes. We can wake up with a sense of dread, a sense of fear, and all sorts of feelings. Many men wake up with an erection and so forth, and there are all sorts of reasons why these things occur because of what we've been doing in our sleep state.

Participant: So if we keep processing in the mornings we'll be dealing with that?

Yes. What most of us do in the mornings though, when we wake up in a bad way, is we lay in bed trying to get back to sleep again. That doesn't work so we get up and we go for the addictive food; whatever it is that makes us feel safe again. So for some of you that's porridge or some carbohydrate, for some of you like a coffee that you go for every morning, and for some of you it's an activity like get up, go for a jog, clears the cobwebs out, and a lot of these actions are taken because we're attempting to avoid our memory of our experiences in our sleep state. Lots of questions, hey?! [00:44:26.06]

Participant: I have a lot of intense emotional pain through my waking state but also in my sleep state and when I wake up it's very often in extremely intense emotional pain. Can you comment on that?

Whenever we're in pain physically it's always the denial of an emotion rather than the feeling of an emotion. If we wake up in emotional pain we're best in that moment going into that pain rather than trying to get away from it. [00:45:00.13]

Participant: Yeah I do.

Yes. That's good. So as long as you do that you'll find you'll be able to work through a lot of things. Some of the emotional pain is caused by the not wanting to remember what occurred in your own sleep state that particular night and so what I would be doing, I'd be praying about wanting to know, wanting to find out what's actually going on in your sleep state that causes you to wake up in the emotional pain. [00:45:26.13]

Participant: Could it be terrible things I've done to other people?

It can be, yes. It certainly can be. Terrible things you do to other people or terrible things other people have done to you in your sleep state. Usually it's one or other or both that have occurred that cause us to shut down our memory of it, but wake up in the emotional pain of it. [00:45:44.01]

4.8. We can have benevolent, malevolent and mundane experiences in the sleep state

Participant: I've had a very active sleep state for a lot of years. I'm starting to feel from what you're talking about that this is really rather serious, but most recently it feels like spirits come and they chat or show me parts of their life. A recent one was a postman and his mate came in my sleep state to show me the boots that they were wearing while they were delivering their letters and I woke up out of the experience, enjoying their boots, wondering... [00:46:30.07]

What was all that about?

Participant: What was that about? And then moved on to another spirit that came in the next moment who had murdered their daughter. [00:46:43.10]

Their own daughter?

Participant: Yeah their own daughter and they were trapped in that experience and came to show me. And I woke up out of that feeling like I was the daughter. So in one sleeping experience I can have five or six different kinds of spirits at different levels come and show me different aspects of their life. I wake up in the morning; I'm really tired; I've had multiple different emotions.

Can I explain? Tired is always all about denial of emotion. Always! The more we attempt to deny emotion, the tireder we become. So if we're waking up in the morning tired, then there's a lot of emotion that we're denying during our awake state and our sleep state. That's the first thing to remember.

TIRED – DENIAL

Secondly many of your experiences are the result of different Laws of Attraction. So some of those experiences, like I've said, will be benevolent, some will be what you would call just a strange experience where you look at somebody's boots, and other ones will be malevolent where you've taken actions that are based on some unhealed soul condition within yourself that has caused damage to others while you were in your sleep state.

Now with regard to the boots one, a lot of that is also about denial in the sense that many of you still want to engage what you classify as normal conversations. Have you noticed that? Like you go see a friend or a mate or

whatever else and before you know it you're talking about firstly the weather generally and then you start talking about the car and then you start talking about all these other things, and what I'd call distractive conversations. In other words, conversations that primarily have the role of distracting you and them from how they feel and how you feel. We have a lot of those conversations in our awake state and we have a lot of those in our sleep state too and you'll remember some of them. You'll wake up going, "What was all that about? What was I talking to that person about?" you know, the car that they just purchased or whatever.

4.8.1. An example of Christian men having sex in the sleep state

The other types of events are more driven by the unhealed damaged emotions. So in our sleep state we still do attempt to maintain some sort of facade, but the facade cannot be covered over from anybody else seeing it. So everybody sees it and so what we finish up doing is associating with the people who accept the facade. So in your awake state, let's say your facade is that I'm an upright moral citizen of the world (many Christian religious men are like this). That's their facade in their awake state. In the sleep state the reality is many of them have these sexual thoughts going through their mind constantly about who they'd like to have sex with. They call that the torture of their own soul in their awake state and they justify that Jesus' blood has come and saved them from all that. Then they go to sleep and they finish up having sexual exploits throughout their sleep state. However usually it's in harmony with other men of a similar nature who also do the similar thing and so therefore do not condemn them for such actions. In other words many of these Christian men for example who are in this state are actually having sex with other partners in their sleep state but generally associating with other men who do the same thing in their sleep state and so therefore they don't get criticised for such actions. They don't get judged for them. They're all accepting it and the reason why we all accept it is, "Well you've got the same injury as me. Yeah, no worries. And are we addicted to it? Yes, so let's go and do something about it." And we don't condemn each other for it. This happens very frequently.
[00:51:15.25]

Participant: My other question is about childhood experience and learning to be out of your body, which is the case with terror.

Yes, terror will usually cause you to want to go out of your body but my suggestion has been fairly consistent with you Jen and that is you want to do everything that keeps you in your body. Do you remember when you went down to Kyabra last week or the week before, you were very frightened of planting some trees because you needed to use your body to do so. So it was an activity that you had to be engaged in your body to

actually perform. And you thought before you began that activity, that your body wouldn't cope with it, you wouldn't like it, and all those kind of things. And then when you did it you found yourself quite connected with the whole process, a very different experience than what you expected. Well what has been happening a lot in your awake state, is that you have had a tendency to want to be out of your body quite frequently because getting out of your body causes you to be disconnected from its size, its shape all the things that are going on in terms of pain inside of it as well. It causes you to be able to disconnect from that or detune from that as well. So there is tendency then to go out of body as a justification of, "It's too much in the body so I'm going to get out of it for a while and have a rest for a while. I am going to go out and have a rest from my body, and be able to enjoy myself that way by detuning from the emotions and therefore the physical pain that is in the body". My suggestion is to go in the opposite direction instead in the awake state and that is only do things for a while that are physical in nature. So during the day do things like walking, planting plants, all things that causes your physical body to become tired and also cause you to stay in it while you are doing those things. And the longer you maintain a connection with your physical body; there is a greater likelihood of you feeling your emotions in the awake state.

4.9. The Law of Attraction works the same in the awake and sleep states

Participant: My question is where is our individuality? That is the question I've been asking God for the last few months, especially when I came to a shed talk and we heard that we are sometimes processing other spirit's emotions. My despondency started there and it's just really gone at a deeper level.

Down from that time?

Participant: Today.

Now it's going down even further?

Participant: Today... where is our individuality? That's the question.

You remember that none of these things can happen without the Law of Attraction. This is one thing that many of us need to understand still. The Law of Attraction is perfect in its operation. Everything that's happening to me in my awake and sleep state is perfectly happening to me because of something that's unhealed within myself, or something

that's healed within myself, because the Law of Attraction operates perfectly in a positive direction as well as a negative one.

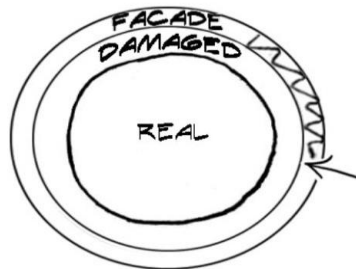
LAW OF ATTRACTION

Remember I said a long time ago when I gave a talk about the Law of Attraction, and I said, "It is God's messenger of truth to you." This is something the majority of us still don't really understand. We're seeing the Law of Attraction as a very harmful persecuting type thing rather than seeing the Law of Attraction as God's Messenger of Truth to us. Now, if in my sleep state I'm getting up to all sorts of things it's best for me to know them, because then I know what my Law of Attraction is bringing me in my sleep state, and therefore I know what my condition is. It's better for me to know them than not. You don't want to know them and that's the difference.

4.10. We are capable of remembering everything in the sleep state, but choose not to

You see remember yesterday when we talked about the facade in the talk “The Human Soul - The Facade Self”, the facade is all about not wanting to know the damage. You see the majority of us do this, judge the damage so much that we then finish up living in the damage, rather than releasing the damage. And if we choose a facade in the awake state where we try to not live in the damage, we are guaranteed that when we go to sleep we will probably be living in the damage anyway. This is why we need to give up the facade because the facade is just like pointless in the end.

[00:56:04.29]



Many of us live in the facade self to avoid the damage self

Participant: But we're not aware; we've just heard we're not aware of all these things we have been doing in our sleep.

I can't agree. We are totally aware in our sleep state what we are doing. We are totally aware but we just don't want to know. We all have the ability to be completely aware of everything that's happening to us at every moment, including every moment while we're asleep. The problem we face is we just don't want to know. You see many people when they pass over, when they die on the physical plane and they pass into the spirit world, they actually finish up learning about all the things they did while they were asleep. There's points of contact where those memories are triggered and you finish up learning a lot of it. And a lot of the pain and suffering of expiation of the Law of Compensation that many spirits describe after they pass is all about many of the things they did in their sleep state rather than their awake state. [00:57:07.19]

Now my feelings are, and my personal practice is, try to know everything that you're doing. If you have a strong desire to know everything you're doing, you'll have a strong desire to know everything you're doing in your sleep state. So we will ask our spirit guides, we'll ask our friends, we get the chance to channel information from a medium, we'll ask: "What am I doing in my sleep state? Am I doing this? Am I doing that?" We'll want to know things and we'll want to know it personally. The majority of us don't want to know even what we're doing in terms of our denial in our awake state let alone our sleep state. That's why we're so addicted to the facade.

So this is something we need to work our way through. I'm only presenting the truth to you. That's all I'm doing here. I'm not trying to destroy your life. I'm not trying to make you morose and miserable. I'm just trying to present the truth and allow your minds to expand enough that you can begin to contemplate emotionally what this means to you and how this is affecting your own progression. So what I'm trying to achieve here is allowing more of the truth about your life, one third of your entire life in fact, and we want to know the truth about that one third of our entire life rather than ignoring its truth. If you ignore the truth of what you've done in your sleep state, or what you are doing in your sleep state, you will never become at-one with God until after you pass. That's the reality. And I would love to see all of you become at-one with God way before you pass. That's my desire and that's why we're having this discussion. [00:58:58.19]

4.11. Interactions with children in the sleep state

Participant: So with the soul to soul connection that we have with our children, do we continue to damage them when we're in our sleep state through the unloving actions that we take?

A lot of times we are so different to our children in the damage that we carry in our soul that our children spend very little time with us in our sleep state unless under certain circumstances. The reason why they spend very little time is their soul is usually in a better condition than our own and therefore they're attracted to an entirely different location in their sleep state than they are living with you in their awake state. So as a result of that, a lot of times our children have a lot more enjoyable experiences away from us than they do when they're with us.

However many parents have these emotions of ownership over their children and carry those emotions into their sleep state. This causes many of those children who have parents like that to feel like they're being forced into being with their parents in the sleep state. Now for many of the children that is horrific. This is why many of your children wake up with nightmares. They're not going to where they could go in the sleep state because of your demands upon them and what they're doing instead is they are living where you are in the sleep state, and it's terrifying, and so they wake up with nightmares as a result.

[01:00:33.08]

Participant: I've started to process through some sexual abuse emotions in recent weeks and Jade, my daughter, has been waking up from being asleep vomiting. She'll just wake up and vomit. She's not sick. She feels okay after she's had a chuck.

She's just reflecting your emotions that you're denying in your sleep state. So there's stuff to go there in your sleep state. If you're asleep, and your child wakes up in the middle of the night, vomits but your child is not sick, then there's a very, very high likelihood it's your emotions that you're denying that she's feeling and that she is with you in her sleep state in that moment. So you need to find out what's going on. Now you've got the ability to talk to spirits - find out what's going on. Talk to your guides. Find out what's going on.

4.12. The cause of sleep walking and sleep talking

Participant: When I was little I used to talk a lot in my sleep and I still do it occasionally in my adult life. Is that channelling or is that spirit influence? And my sister also slept walked. She used to sleep walk and I did the talking. [01:01:53.29]

Sleep walking and sleep talking are probably two different influences. Everything that we do is driven by emotions for a start, but if you look at what's happening many times when we're sleep talking, we've still got silver cord connection, and we are expressing ourselves through that body

but still wanting to be out of body doing it. Mary does that with me quite frequently. She wakes up in the middle of the night, yabbers something that is usually intelligible and I start trying to have a conversation with her because I've woken up and then when we wake up in the morning she says she can't remember a single word of it. But obviously she's still maintaining distance between the physical body and the spirit body in that space.

Sleep walking is a little bit different in some ways because it's driven to an action and a lot of times self destructive action where you don't have spatial awareness. A lot of that would be driven by another spirit, rather than yourself feeling forced by another spirit while you're in your sleep state to move your physical body. So a lot of that has to do with other spirits being involved with what's going on for you in your sleep state. Again, this can all be discovered and worked through. Yeah. [01:03:15.24]

4.13. Issues can be addressed very rapidly in the sleep state

Participant: Also when I'm in my day state I might be going through something that's hard to handle or deal with and I have consciously gone, "Oh, I know what I need to do" and I'll lie down and have a power nap for 10 minutes or 15 minutes, with an intention to want to get through it and wake up and go, "Oh! I know the answer. I know what I need to do." Is that a normal thing?

Yeah that is a normal thing. We're capable in our sleep state of thinking far more rapidly and addressing things in a rapid manner as well because of the power of the spirit body in comparison to the power of the physical body. So yeah, you can use that as an opportunity to learn things and so forth. So you can actually study in your sleep state if you really wanted to, and you'd actually be far more effective studying in your sleep state than many of you are studying in your awake state, believe it or not. So you can actually study in your sleep state, do no study in your awake state and pass an exam.

4.14. We can have positive experiences in the sleep state

Participant: I remember a fair few of my dreams. Not all of the whole way through, but I go to sleep and there are a few dreams that I will wake up from and then go, "Oh I really loved that dream", and try to put myself back into that dream. I never tend to go back to the same spot but somewhere in familiar surroundings. So I go back into that dream again and now I'm recognising from you said it's very dangerous.

No, not necessarily because some of the places we go to in our sleep state are also quite benevolent to us. They are quite lovely and they help us to feel positive about life and so forth. And we can have a lot of those kinds of experiences in our sleep state, depending on our soul condition. So if our soul condition allows us to go up to the top of the first sphere then remember the top of the first sphere is like Summerland; it's very beautiful. There's not as much heavy emotion as there are in the deeper parts of the hells.

And so we will cycle when we go to sleep between these states that we are capable of being in. It's unlikely the majority of us would have ever hit the second sphere when we're in our sleep state but some of us might temporarily do so by being loaned some energy from a Celestial spirit who's guiding us to show us something in that state. So we will often remember those kinds of experiences. A person on Earth who's in a first sphere condition can often be taken almost up to and including the third sphere of the spirit world, with the help of a spirit loaning you the energy to do so, and so that's one way we actually learn. We have spirits who are guiding us, taking us to a place and say, "Look, this is where you can be. This is what it feels like here"... and so forth. But then we generally go back to our normal condition because it's not a permanent thing in our soul at this point. [01:06:23.07]

4.15. We can damage people more in our sleep state than our awake state

Participant: Going into the sleep state of where we're affecting others and over-cloaking others in our sleep state. How much of an effect are we really having on people? For example my mum is in my dreams. Am I over-cloaking her or is she coming in over-cloaking me?

Well I'll let you work that out. The reality is we do have a large effect on other people both on Earth and in the spirit world by what we do in our sleep state. That's the reality and many of us have a larger effect on them in our sleep state than we do even in our awake state, because of the unhealed emotions that are much rawer and more easily felt in our sleep state. So unfortunately many of us do more damage in our sleep state than we do in our awake state. One of the primary reasons why is because in our awake state we're addicted to other people's opinions of us, whereas in our sleep state you pretty much give up that addiction pretty fast because you can feel, you can see your own body and you know the mess it's in, and so you're no longer addicted to somebody else telling you that it's not like that. [01:07:42.08]

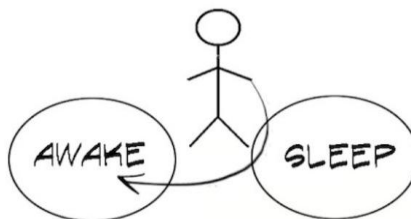
Most of us finish up looking in the mirror at some point in the spirit world before we pass. Many don't after as a result of what they don't want to face anymore. So when I talk to spirits who have passed and I ask them, "Have you actually looked in a mirror yet?" Many of them will say, "No I've never looked in the mirror." And I ask them, "Why?" And they say, "Because I don't want to see what is going to be my reflection because all the people that I'm with," they say, "all look pretty bad and I just accept they all look pretty bad without examining myself to see how bad I look." But they have an intellectual awareness that they must look as bad as the other people that they're with but still have not looked in the mirror themselves.

5. The difference between the sleep state and dreaming

Participant: So what's the difference between the sleep state and dreaming?

Okay, good question. A dream is a little different. So we'll talk about our dreams. Now for many of you, your dreams are a mixture of a sleep state experience and other things. But if we talk about the two types of states differently, because you'll get a bit of an idea of what's going on.

In your awake area of your life there are a lot of emotions that you're denying and many of us are living in our facade and denying specific emotions in our awake state that actually still exist within our sleep state. And these emotions still exist within our soul. Now once you set an intention inside of your soul to begin dealing with some of those emotions, you make a choice in your sleep state to become conscious in your awake state about some of those emotions. The way you give yourself the message in your sleep state to your awake state that the emotion exists within you that you need to address or deal with is by having a dream.



A dream is a message sent by us from our sleep state to our awake state

So a dream is a message usually from your own soul, but sometimes combining with the souls of others, in other words sometimes with help from other people. Your dream is a message to your own soul about what you're denying in your awake state, in an effort to attempt to address the issue emotionally.

Now that is a very, very different thing to a sleep state experience. In the sleep state experience there is usually no desire to address particular emotions. Particularly when we're living in the first sphere a lot there is very little desire yet to deal with our emotions and as a result of that the sleep state experience is an actual experience that we're engaging in the sleep state, sometimes which we remember but very rarely - most of the time we don't remember it in our awake state at all. So we are in our spirit body in the sleep state and what we're doing in this sleep state is we're trying to give a message from ourselves to ourselves in our awake state, to break through an emotional resistance that we have in our awake state; something that we realise in our sleep state we would benefit from if we actually addressed in our awake state.

Now many of you have those kinds of dreams and those kinds of dreams have all sorts of natures, some of which are violent, some of which are fear based, some of which are angry based, some of which are sexually based and so forth. That's not the same as having the actual experience in the sleep state. The reality for most of us is that the majority of us do not remember the actual experiences we have in the sleep state very clearly at all. The reason why is because we have huge amounts of judgement about what we're doing in our sleep state, which is very, very different to the dream state.

Participant: So is it more important to really focus on the emotion that we're waking up with from a dream, rather than the actual really weird pictures that we got in the dream? [01:12:42.18]

It's always the emotion. Always focus on the emotion, yep. Now there'll be two reasons for the emotion. We might have just had a dream, which exposed the emotion to us, so focus on that. But the other times we just wake up, there's no recollection of any dream but we wake up in a mood, whatever that mood is. The mood might be fearful. The mood might be frustrated. The mood might be annoyance. The mood might be sexual. Those kind of moods are an indication of what's just gone on in the sleep state, and we need to allow ourselves to feel more into those moods that we have when we wake up and attempt to begin to want to know the truth about them.

Remember we said yesterday the facade is destroyed by our own personal integrity and it's destroyed by our own desire for truth, our own desire for growth, and our own desire to trust God and have faith in God through the process. Now if we're focused on dealing with our facade then what we'll finish up doing is we will not respond to what's going on to maintain the facade. We will start confronting our addictions in all areas, including when we're asleep.

Now the majority of us don't do that at this point in time. What the majority of us do is we are addicted to the facade in our awake state and also to a degree in our sleep state, and what we attempt to do then is we attempt to do things in our sleep state that act out the emotions that we feel we're not allowed to have when we're awake. So this is why we finish up doing usually a lot of things that are a lot more damaging in our sleep state than we realise, because we're acting out the emotion rather than actually healing the emotions.

Now dreams are an attempt to heal the emotion. So dreams are good for us in that regard; they're an attempt to display to us the emotion we have and then to go and address that particular emotion; that's the point of the dream. However that is very, very different from what we do in our sleep state. Usually what happens in our sleep state, like I said, is a variety of different things, but unfortunately the darkness we carry with us causes us to do very dark things that we would not normally contemplate in our awake state. Ironically the bright things that happen to us are probably more extreme than the brightness that we have in our awake state as well, because we allow ourselves to feel what we feel when we're in our sleep state more, because we're not as addicted to the facade because our body demonstrates the truth of our condition. Our spirit body demonstrates the truth of the condition. [01:15:41.05]

5.1. A lady in the audience expresses her doubts to AJ

Participant: I feel a bit afraid to say this but I actually am having a lot of trouble believing you at the moment.

But can I just ask who else has trouble believing what I'm saying at the moment? You mean Arvana is alone?

Participant: I'm the only one! (Laughs)

No I don't think you're the only one.

Participant: Maybe the only honest one! (Laughs)

The only honest one without the facade! (Laughs)

Participant: Yeah and I've got a lot of problems believing stuff about spirits as well, so I think it's sort of inter-related. I don't really know what I want to say, I just felt like saying that. [01:16:30.22]

Yeah sure, that's fine. You don't have to believe me.

Participant: Yeah. (Laughs) I've just been finding myself zoning out a bit and being distracted.

5.1.1. Spirits influence our interest in discussions

Yeah. And I put to you that's because you're being over-cloaked by a spirit who wants you to zone out and they don't want you to find out about anything that is to do with a discussion about spirits, or a discussion about what's happening in your sleep state. This is a problem that many of us face is that the spirits that are with us do not want us to know because they can continue what they do, and we've got to look at our investment in that. We have an investment in that; that we're getting something from them. Therefore we don't want to actually accept the truth. Now the reality is if you don't believe what's happening, just wait until you pass and then you'll find out! [01:17:19.01]

Participant: I don't think I want to do that! (Laughs)

Well that's the other option. And there are some other options obviously and that is to open your mind a bit to get to the point where you're willing to investigate this more fully rather than just say, "I have trouble believing in spirits," or, "I have trouble believing about what happens in my sleep state," and then trying to just stay away from all of those experiences.

You see we're often led to stay away from experiences so that we don't discover the truth and this is the influence many spirits have upon us. When we have a desire in us to not know the truth the spirits with us can say, "You don't want to know that. You don't want to know that. Turn off here. Go to sleep there." And this is why in some discussions we have half the audience feels like going to sleep and feels like tuning out, zoning out, and not engaged. And then all of a sudden we start talking about another subject where there's not as much emotional turmoil in the subject and everyone's wide awake then and enjoying that particular discussion. This is a problem that we face, is that we're often influenced to not listen to the things that would benefit us the most. [01:18:28.24]

5.2. Repetitive dreams are an indication of suppressed emotions

Participant: Going back to the dreams, I have had quite a lot of repetitive dreams, the same one over and over and over again. And I also have a friend who consistently has a lot of premonition coming through her dreams.

Can I address the first issue first, this over and over again thing? That is to do with things you're ignoring in your awake state, always. It's your soul trying to tell you, "Look at this. Look at this. Look at this. Look at this. Look at this. Look at this," and we in our awake state go, "I just keep having this same dream," and we ignore it. "I had the same dream, you know, I don't understand it, so I'll ignore it," instead of trying to discover more about it. [01:19:31.20]

5.3. Premonitions in dreams are messages from our sleep state

Participant: Now with the premonition thing, is my friend being shown emotional injuries within her that perhaps she needs to look at that, which are attracting events?

Yeah. It's an interesting thing the premonition thing, because it's actually you generally trying to tell yourself in your awake state about something that's going to happen. Now a lot of people don't have much awareness about what causes the event to happen, and so what they do is they focus on the event and they're trying to feed themselves in their awake state, "This event's going to happen. This event's going to happen. Be aware of it," not understanding for the majority of people that they could actually change the event if they chose to. They almost look upon the event happening as something that they knew was going to happen and then they have almost a fatalistic view of the future; that anything that they have a premonition about will definitely happen no matter what they choose. [01:20:38.01]

Participant: She's lucky that she's actually been aware of what's happening and she's looking at what she needs to change.

Spot on.

Participant: For instance she had a premonition that a caravan and a car were going to pull up across the street and then it would explode. Probably a week or so later her ex-father in law pulled up across the road

with a caravan and the car exactly whatever, but it didn't play out but because she was aware of making different choices after that particular dream. [01:21:13.04]

Yeah. And it could have been that some of her fear would attract that dad would leave the gas thing going or something like that, and then some spark or something would happen and all of a sudden the van would explode. But if she dealt with a particular fear of it happening then that event wouldn't happen. [01:21:26.27]

So a lot of those premonitions can help you emotionally if you're willing to address the emotion. Unfortunately in the general population when people have premonitions they just become very afraid of them and they don't really address the emotion. So there's a high likelihood of the event actually occurring that supports their feeling that life is fatalistic and so forth and predetermined. [01:21:51.23]

Participant: I'm just wondering about all these monks, Buddhist and Tibetan monks and who decide on celibacy: are they basically over-cloaked?

Many of them are. Yes.

Participant: And also children who have been put in monasteries? Isn't that an unloving act for these children?

Many times it is. What happens often is the child doesn't have its own free will to decide whether it is going to be in a location or not but rather that decision has been made by adults usually parents, but often others, who are addicted to the concept that if they have some degree of purity that they shouldn't be sexual and then they teach them to do that from a very, very young age. Unfortunately many of these children are over cloaked while they are in the womb, so they actually become over cloaked by spirit while they are in their mother's womb and from that moment on the spirit basically dictates almost their entire life and their entire life is pretty much led and created by the spirits' demands upon the child and the mother and father are open to that control because they have usually a certain religious belief and a certain set of emotional conditions associated with that religious belief.

Participant: So all this Buddhist methodology and celibacy has been praised a lot. People go there... It's very big.

If you look at almost any form of religion on Earth, every one of them was seeded somehow in the spirit world. So there have been spirits who

have actually guided the formation of every religion on Earth and these spirits are heavily involved in ensuring that their religion maintains a degree of presence on the Earth and as a result of that these spirits are addicted to taking whatever measures possible to ensure the longevity of the religious teaching that they have promulgated themselves. And as a result of that they will often resort to methods such as control, over cloaking, all sorts of methods in order to ensure the longevity of their religion on the Earth.

Participant: What about the Dalai Lama?

He is another person who was over cloaked from a very, very young age. He is now very rarely over cloaked now but because of the over cloaking that occurred through his younger years he now has a very firm set of beliefs and a very firm set of actions and he gets spirits talking to him and telling him things all the time and as a result of that he has a complete set of beliefs systems that is the exact mirror of the previous Dalai Lama, which is the exact mirror of the previous Dalai Lama, and so forth with a few little personality changes here and there and the result of that is that you have the longevity of like a dynasty and there are many dynasties on Earth not just religious but also political and economical that are formed in exactly the same way.

5.4. An example of a man dreaming about moving from location to location and being hunted

Participant: I've had experiences in the dream state where I become aware and I go to a lucid state and then I'll pop out in different dimensions, like shopping malls, golf courses, and things like that. I'll be flying around for a while and then eventually I'll land and there will be beings come and hunt me out of there. So I'm just curious as to what's actually happening there?

In your sleep state you are totally capable of travelling to any location in the spirit world where your soul condition allows or any location on the Earth. The spirit body uses what you would scientifically call a portal in order to go or move from one place to another, and this can be done at any time in your sleep state. So people often go rapidly from one place to another place, to another place, to another place. If they're more aware of their sleep state, they will remember those experiences and actually feel them as they're going through them and wake up knowing what they were going through. So many of the events that occur in our sleep state are like that where we actually can remember them as they're occurring and when we wake up we remember the experience just like we would

remember any other experience that we had when we're awake.
[01:26:54.02]

Participant: My take on it was that they're actual people in their addictions, so when they pass they go to these various levels of.... is that what you're saying?

Yeah. If you look at the average of humanity, we mostly live in the upper half of the first sphere in terms of our condition.



There are many different levels within the first sphere of the spirit world

In the upper half of the first sphere there are all sorts of things. There are cities, there's country, there's shopping. It's a very, very close to a mirror of what's going on here on Earth to a large degree, right down to the fact that some cities here on Earth are actually a mirror of what was created in the spirit world, or vice versa where some people pass over here on Earth and they like where live, so they create exactly the same thing in the spirit world to live in and so forth. So you get all this mirror stuff occurring, and as a result the majority of us can flick between experiences of which there are literally billions of possibilities in the first dimension of the spirit world, flitting between these different experiences. Now every time we do it there is an emotion involved, there is some kind of thing or some kind of attraction that draws us to these locations. So if we can remember them and remember there is always some kind of loving or unloving emotion inside of us that draws us to these particular experiences, then we'll understand why we went to those particular locations.

Participant: Yeah most of the time they will be beings that would hunt me out of there. I assume they're spirits not wanting me to explore any further.

No there's also an emotion driving this inside of you; that you often feel like you're being pursued or hunted, or you feel that there's emotion you need to experience, and I suggest it's an actual family lineage emotion

that you've had over years. So there's something that's gone on in your family past historically where your family was hunted and it became part of your family's emotional injury set. As a result you now have that emotion within you that you're being pursued or hunted.

So what I would do in my awake state is I'd get out movies that actually are like that, being pursued or hunted. So the “Terminator” series or something, and watch them and feel my emotions while I'm feeling that feeling of being pursued and hunted down relentlessly. When you deal with that emotion in your awake state you'll no longer be hunted in your sleep state. [01:29:36.12]

Participant: I was actually mugged by a couple of characters at one point. And I was stabbed and I actually could feel that and it woke me up. And then from then on I had issues with my heart where I was actually stabbed. Any clues there?

When we have this hunted feeling inside of us there is often a large degree of sadness that we have associated with it, and that affects our heart. So when you get stabbed in the spirit world, through an experience in a certain location, it's always related to the emotion you're denying through that experience. So there is a feeling inside multiple generations of your family of, "Why are we hunted all the time?" This grief associated with being hunted that very few of them in the spirit world have actually felt at this point, and so they still actually have it. They still have that same feeling of being hunted and there is a lot of grief associated with it. They almost feel like they're to blame somehow for being hunted all the time. But they don't want to go into the grief of it, they want to fight it and my suggestion is to go into the grief associated with the feeling. [01:30:56.09]

Lots of questions, guys, but I'm not getting to present what I want to say.

5.5. Dreams about interactions with AJ or Mary

Participant: If I've had yourself or Mary in my dreams, or are they more dreams than actual sleep state experiences?

They can be a combination of both. Like if I'm saying something that wouldn't sound like I would normally be saying, then it's highly likely it's a dream, not a sleep state experience. If I'm saying something that sounds like I probably would say, then most of the time that would be a sleep state experience. We visit many of you in your sleep state. Many of you have recollection of that because there's so much going on in the sleep state that can be addressed if we allow ourselves to remember what's

going on. Many of your Celestial friends do exactly the same thing, visit you in your sleep state, trying to help you through different emotions and the layers of resistance in you depend on whether you listen to them or not at the particular time. So yeah that goes on pretty much all the time, Jane. [01:32:04.12]

Participant: And just also does that mean you're able to then go down to the first sphere to visit?

Yep. Any person in any condition pretty much can go into the first sphere, so even if I was in a really dark condition I could go into the first sphere. Not all of us can get in the second and few in the third and hardly any at all in the fourth or so forth. But the issue we face is while we do what we do in our sleep state without a consciousness of it in our awake state there's a high likelihood that we'll not address the unloving emotions that exist and unfortunately a high unlikelihood that we'll ever get out of the first dimension as a result.

So a lot of times you'll have a lot of spiritual help in your sleep state with people trying to wake you up, “Be aware, have some integrity,” those things we talked about yesterday that get us through the facade; they're the things we need to develop both in our awake and sleep state. If we develop it both in our awake and sleep state, we'll get to a point where we'll no longer tolerate certain behaviours that are going on for us in our sleep state. We'll no longer tolerate, we won't do it anymore, even though we feel like a burning desire to do it we still won't do it because we know that it's out of harmony with love and this is where we need integrity. [01:33:27.06]

Participant: Can I just say when you guys do come into either dreams or sleep state experiences, it's the times when I feel I'm quite stuck or blocked and then I'll find I'm able to then move through something, which is pretty good, so thank you to both of you.

Yeah. No worries it's our pleasure. There are a lot of issues we face in our sleep state and we often need help to get through those particular issues. There's also a lot of issues we face in our awake state that we're not allowing ourselves to be conscious of and what myself and Mary to a lesser degree attempt to do, is try to help the person in the sleep state so that they become conscious of those particular things in their awake state. [01:34:13.00]

Participant: I was actually going to ask exactly the same question as Jane.

Great minds think alike, is that the idea?

Participant: It feels like the dreams I have of you and sometimes Mary as well, might be a combination as well, because it feels like you guys, but they're a bit trippy and dreamy as well. They're a bit symbolic. But I was going to ask, is it my desire to connect with you guys that kind of attracts that?

No most of the time we're attracted to people who have a desire for truth, so it's not just people here in the audience that would experience us visiting them in their sleep state. The majority of people that we meet in fact all have felt they've met us before, and that was before any of the media occurred where they saw us on telly or something like that. So for the majority of people that means that they have met us in their sleep state and usually we're attracted to people who have a strong desire for truth. So what we do is we want to connect to anyone with a stronger than average desire for truth in any state that's possible. A lot of times it's a lot more possible in the sleep state and so we connect with them there.
[01:35:28.03]

5.6. An example of a lady having difficulty getting to sleep

Participant: For as long as I can remember I've had a lot of resistance to going to sleep and have felt that it's to do with fears of spirits and experiences I've had where I've seen horrible spirits going into that transition state into sleep. But from what you say today it could also be a lot of fear about really experiencing the actual location that reflects my true soul condition. [01:36:00.09]

And also experiencing events that you choose to take that you feel quite ashamed of.

Participant: Okay. So it could be any of those three things or a combination of all of those things.

And usually a combination of all of them.

5.7. Snoring is often due to the suppression of emotions

Participant: My ex-husband was a dreadful snorer. I could have killed him! And I wondered what that is all about?

(AJ makes a snoring noise)

Participant: That one!

It reminds me of a family that I once knew. If you stayed in their house both the father and the mother would snore, but they wouldn't wake up. One day I was staying in their house and it felt like, you know how in cartoons the walls go out and the walls go in, that's what it actually felt like. It was so loud. They were three bedrooms down and we could them plain as day snoring away and then we heard their daughter get up. She went into their room and screamed at them both, woke them both up, screamed at them both for snoring and then went away. It was just so funny I thought. (Laughs)

Now the question was about snoring and what actually happens. I feel a lot of snoring is about what happens in your awake state, denial of different emotions actually, rather than what's going on so much in your sleep state. People who snore also generally have physical problems related to emotional problems that they are in denial of in their awake state. That's why the majority of people who do snore are generally larger people and they are not in their body generally as much as they could be, but also they have a lot of emotional issues related to relaxation in their day to day life generally as well. So there are quite a lot of different issues that dictate a person snoring but I don't think it really pertains to this discussion because it's not really due to sleep state experiences, it's more to do with denied emotions in their awake state and their own physical condition. [01:38:49.09]

5.8. We can damage others in our sleep state but not in our dreams

Participant: AJ am I understanding correctly that in the sleep state we're actually interacting with other souls?

Always, yes.

Participant: But not in our dream state?

In our dream state we could be, because remember the dream state is you in your sleep state trying to give yourself a message that you'll remember in your awake state. That's what your dream is all about. Now you may often get assistance in doing so. There's a very good description of that in the Robert James Lees material where Frederick and another spirit try to help Frederick's father remember something. But the problem is they try to help him remember something that he didn't really want to remember and so of course he forgot it. But there was also a spirit with him over-cloaking him and as soon as he awoke, the spirit was also trying to interfere with his memory of that particular sleep state

experience. It's a very good description of what actually does occur to many people when they hover between the sleep and awake states.

Participant: So we can damage other people in our dream state and they can damage us?

Not in your dream state. In your sleep state.

Participant: Sleep state. Right. Okay.

So you remember your dream state is you in your sleep state attempting to give yourself something in your awake state that you don't know or are not dealing with. And so you give yourself a series of pictures and other types of things to cause the trigger of that particular emotion. Now in that space you're not damaging anybody else. You're not even damaging yourself. You're trying to help yourself. That's totally different than an actual sleep state experience that's involving other people and so forth, totally different; usually in those experiences we have a tendency to damage others.

6. Audience questions

6.1. Prayers for assistance are only answered when they come from our heart

Participant: Before we go to sleep can we actually ask for help in our sleep state or in our dream state, like invite Celestials or...?

Yes. But let's remember something I said yesterday. Many of you think you're asking for help but you're not actually asking for help. Can I just explain what I mean by that again? What's often happening is saying a prayer to God with your mind, but your heart, your soul, has a completely different emotional feeling about that. Now is that prayer ever going to get anywhere above your head? No. Our soul has to be in harmony with the mind's prayer to God for it to actually be a desire that we wish to have fulfilled.



Our prayers need to come from our soul, not our mind, for God to respond

So if I can give an example of this? We may think that we desire to heal say some sexual issues that we have. So we ask God to help us to work through the sexual issues that we have but in our soul we have huge feelings of, "I don't want to work through this issue. It's too hard to work through. I don't want to have those issues. I feel ashamed and I don't want to feel my shame. I feel angry that the men have harmed me or whoever has harmed me that caused these sexual issues to occur," and so forth. I've got all these blockages in my soul saying, "No, no, no, no, no," and at the same time my mind's saying, "Please show me the truth". Now does the soul really want to know the truth? No. Who does God respond to? God responds to the soul of an individual, not the mind of the individual. The only time God responds to the mind is when the mind's in harmony with the soul. That's the only time that God will respond to the mind.

So most of the time, for many of us the prayer is not to actually expose the truth, but the prayer is to cover it over. The prayer is to keep it suppressed. Our actual desires are often working in complete disharmony with what God's Truth or Love would dictate if we were in harmony with that. [01:43:13.29]

Participant: So does that mean we will only receive help in our sleep state when we're in that true desire?

It's exactly the same as our awake state. It's only when we're in our true desire that we're going to receive help and it's only our true desires that are our prayers. All of the desires that are out of harmony with love are no longer a prayer that God will respond to. So God can watch us doing

it, but God's not going to answer it because He can't; we need to have a pure desire with our prayer for them to actually be activated.

Most of the time desire is prayer. You stay in your desire you're going to be praying pretty much constantly. It's when we want to have our desires met in other directions that we have the trouble, and for many of us what we're trying to do is have our desires met to deny something, have our desires met to not know, to not understand, to not see and so they're the desires that we have. God's universe is set up to totally do the opposite to that. God's universe is set up to expose everything to us, to make us see, to do all of these things to expose the truth but we're exercising our desire most of the time in the complete opposite direction to that.

Now we can't then go to God, "Let's make out that I actually have a desire". You can't fake it till you make it. You know that saying? You can't do that with God. It's either real or it isn't real, one of the two. Now if it's a real passionate desire that exists within your soul, it's already a prayer, God's already responding to it, but the more you become consciously aware of that passionate desire, and the more you feed it, the greater the desire becomes and you will get to know the truth very rapidly if you set your desire like that.

Mary wants to talk to you about that when she gets up, but if you allow yourself to think that you've got a desire while at the same time your very life would demonstrate that you have none whatsoever, then don't fool yourself. You're better off going, "Yeah, my life is really telling me I don't really have a desire at all. My life's really saying that I don't really want to do anything," and be honest about it at least because without the truth, without the honesty, you are not going to be able to progress or change. [01:45:40.10]

6.2. An example of a lady who listens to AJ audios to fall asleep and avoid her emotions

Participant: I have been large periods of 30 or 40 years of my life listening to spiritual CDs or tapes, including in recent years AJ mp3s, before I fall asleep, and also when I woke up at night. A couple of weeks ago I stopped that, or it just happened because I didn't have it with me. Now I notice I wake up with fear and I wake up during the night, not very often, whereas previously I was just always happy. I'm not happy anymore, not in my bubble anymore. So is it actually good not to fall asleep to your mp3s?

Yeah. The reason why many of you are consistently listening to what I say, listening to the DVDs, listening to tapes, playing it constantly with everything you do is because you do not want to tune into your own emotions. You use it as a way of avoiding yourself, and it's not a very good practice; in fact it's harming people. When you have a strong desire to do something you'll listen to a presentation, you'll take down a lot of notes probably from that presentation, and instead of using it as sort of way to calm yourself down through your life, just like the same way people would use meditation or some other technique, you're using it to expose the truth and bring up things in your life, and now it's going to have some positive effect. But while you're using it to make you feel calmer, to make you feel safe, to make you feel secure, to make you, to help you understand and all those kind of things, and you're using it then as a tool or a crutch.

Imagine yourself with a crutch with a broken leg. The broken leg is, "I don't want to trust myself, and I don't want to look at my own emotions and my own feelings. I want to feel good all the time." So we put the crutch there and we need that thing to make us feel good all the time. So if you take that thing away, what happens? You start feeling bad. So for many of us, we put that thing back, so that we feel good again.

What we need to do is what you've just done, Rita, and that is to stop that process and to start engaging how you really feel without trying to tune out of it. Now that's very different to receiving encouragement. So don't be afraid to receive encouragement. There are a lot of things that can give us encouragement and there are things we can do to receive encouragement. So I'm not decrying any of those things but what I'm saying is there a danger of listening to something over and over and over again, not because you're actually listening, but because you want to use it as a crutch to look after some emotion. [01:48:45.29]

6.3. An example of a lady experiencing emotions in the sleep state

Participant: At night I don't wake up, but I'm crying, I'm screaming, I'm sweating and I'm wet from tears and I shake and...

So you're crying and screaming, but in your sleep?

Participant: Yeah and I don't wake up.

And your husband wakes you up or someone wakes you up?

Participant: Yes. And I was thinking that maybe I'm processing an emotion but what you were saying today about snoring, is it the same thing? Do I deny my emotions?

What's happening in reality is you're having a sleep state experience, which is terrifying you, and it's terrifying you so much that you're now verbalising it in your body while you're asleep. So the key is to wake up in those circumstances and to feel your fear in the awake state as well, because something is attracting you to a location in the spirit world where you're having a terrifying experience and that something has to always be related to the terror that you're experiencing in that experience. So what I would do is I would wake up and try to feel the terror that I feel in my awake state, that obviously I'm in a lot of denial of in my awake state, but which I am attracting in the sleep state.
[01:50:16.04]

6.4. An example of teaching a lady on her deathbed some Divine Truth

Participant: Following on from that then, I recently had an opportunity to spend some time with my aunt who was dying. And I noticed a couple of times, especially early in the piece, because it was a very quick process for her, that she would wake up terrified, but she doesn't have the opportunity to go back to feel because she wasn't there really. I don't know how to describe it, she was very, very fearful and there was always somebody with her 24 hours a day. That was why I was there, to be one of those people. All I did with her was just give her some reassurance about where she was because I felt that what was happening was that she was having an experience where she was maybe being shown where she was going to in the spirit world and really didn't want to go there. So I just sort of spoke with her about how that is where she was going to she didn't have to stay. And then I would just say the prayer for Divine Love and reassure her, but people that are dying who don't get that opportunity then to be awake, what's the best way to help them? [01:51:39.28]

Well it's the same process; while they're asleep they can still be attracted to whatever you say to them. They can hear you in your awake state when they're asleep so say exactly the same things. There's a beautiful thing about being with somebody who's passing because you have the opportunity in this moment to teach them a lot of things if they're willing to be aware. Many are not obviously, but many also can be and so we have the opportunity to teach them the truth. Now the majority of people drag out their death for reasons of fear. They're terrified of where they're going to go, where they're going to be and we need to give them some

reassurance, like you said, that they don't need to stay there, they can develop their soul in love and not stay there. Now they may listen to that and many do when they're in that quasi state just before death, where they're just about half way there and half way here in that place. [01:52:34.16]

Participant: I was there for 11 days. For the first four days the fear that she was waking up in was really obvious but then she progressively became calmer. [01:52:50.03]

Yep and what I would suggest is that your words helped her see that she could get out of that location. Then she was probably more open to hearing from some brighter spirits as well through the prayers that you were giving and so she probably started talking to those particular people while she was in her sleep state and that helped her feel much more calmer, and therefore also helped her to be willing to pass rather than holding on to dear life with her body as long as she possibly could. [01:53:19.22]

Participant: When I first went up there it was because the doctors had said, "Oh she's only got a day or two left," and it was two weeks after that, so she was holding on fairly tightly. But she was getting a lot calmer as the time progressed.

And that's good, and a lot of the times of passing you can assist a person who's passing quite a lot. Just by helping them understand the truth of what's happening, the truth of the location, where they're going to. Praying for them helps them as well, because it brings spirits who are in a bright condition to help the person as well. God sends those spirits based on your prayer and longing if it's sincere and all of those things assist the person to come to acknowledgement of their own condition, but also to be able to then take steps to improve their condition even before they've died. They have the ability to improve their condition, so that they don't pass into the place that they were first shown.

Unfortunately for many though they never listen to that and they do pass exactly where they were first shown. And many don't listen to the possibility of change. It's the love that they feel from you that will cause their change. So when you express true love and desire for them to become aware of different truths, now they have a very good opportunity to change and most do. Most do change. They might not change rapidly, but at least they change enough to not be attracting that location that they were originally going to go to in the spirit world and the darker the location that you go to in the spirit world in terms of when you pass, the more difficult it is to get out of it as well unfortunately, because the darker

location is a reflection of the resistance of your soul, so it's telling you that you're already in a lot of resistance. So if we can overcome the resistance of many of the people who are just about to pass to what's going on inside of their soul then already we've helped them get out of a darker condition into a brighter condition, just by overcoming their resistance to truth. So it's very, very good to do those things. [01:55:43.08]

6.5. An example of a lady waking up with a song in her mind

Participant: I often wake up singing a song. Like I notice when I come back into my body there's a song there and I'm just curious what's going on.

Yeah what I would do is I'd listen to the message of the song. I used to do this almost every day, wake up singing a song, and I still do it occasionally, as Mary knows. I just listen to the theme of the song, and feel my feelings about that as to what's going on. It's often a reflection of what you've just been doing in the sleep state or an emotion you've just been feeling in the sleep state, and it's a way of giving yourself a message about that. Some of it will be good; some of it may be not so good. It just depends on the message of the song.

7. Closing Words

How do you feel so far about the subject? (Audience noise) I'm answering a lot of questions but the problem is with answering all of your questions is many of you are not asking the right questions, because what you're doing is you're asking very personalised questions, but they're not questions associated with what's actually going on in terms of the overall view. So what we'd like to do after the break is Mary would like to present to you by herself some things that have been happening for her; her realisations of what's been going on in the sleep state for herself, the co-relation between what was happening in the sleep state for herself and what's happening in the awake state and the denial and the facade and those kind of different emotions.

So what we want to do is present to you that so you get a bit more of a picture of what's going on. We feel the problem with a bit too many questions is that we can get off the point when we are... you need to investigate your own personal issues with regard to the sleep state and there needs to be a desire inside of you that builds to know your sleep state. And while I answer your questions, that doesn't necessarily mean

you have a desire to know what's going on in your sleep state. That's something that you personally need to develop.

So what I would suggest to you is to have a listen to the experience in the second half of this discussion. It's going to be quite tough for you to perhaps listen to what Mary wants to talk to you about and she wants to demonstrate the relationship between what we spoke of yesterday, which was all to do with the facade self, and the relationship between what happens with the facade self when you're on Earth and then what goes on in the spirit world, due to the denial of the underlying damaged emotions that are caused by wanting to maintain the facade self.

So we want to illustrate all of that. Mary is going to illustrate that through some of her personal experiences so that you can understand more fully what you need to be brave enough to discover. And when I say need to be brave enough, remember one of the qualities yesterday that breaks through facade? Courage! So you know we need courage and we need to develop that quality within ourselves, and hopefully this might help you to develop some courage without a quality that is quite damaging to you, and that's the quality of judgement. We need to have courage without judgement. That's what we need to have. So if we could do that.

The Sleep State: Part 2

8. Mary describes her experiences in the sleep state

Mary: Hi everyone. It's been a while since I've been up here officially and probably before I start I would like to just talk about that briefly why I have chosen to not be teaching for a while.

8.1. The reasons for Mary taking a break from teaching

Mary: If you remember back in the middle of this year AJ and I went to Greece for about 6 weeks and we did some teaching there together, the majority of it I really enjoyed. I loved it and it's definitely my passion to talk about Divine Truth with the world. But what I realised in the process was that there was still a lot of projection coming out of my soul about certain topics that I didn't want to talk about, and I was actually living in a lot of fear about my dad this time, from this incarnation, and his feelings about certain things. So every time we'd get to a topic that would challenge my dad, Dan, I would get pretty rigid and there would be a projection coming out of me towards AJ of trying to control the course of where the discussion was going rather than just feel my terror, feel my fear.

Mary: And there's one talk where I think it's quite noticeable that I'm having a little bit of a meltdown and I'd really love it to never be seen again! (Laughter) That's the one everyone watches and goes, "This is where Mary's getting rigid." Where we talked at the start of the talk about the unloving projections that a lot of the people in Greece were actually projecting at us. I have a large feeling inside of me that I'm not allowed to speak up when someone's being unloving towards me, which is actually unloving of me and it's not actually the truth because we talk about love all the time. If one of you was being unloving to the other of you I would certainly speak up about it; but when it comes to someone else being unloving to me I still have a lot of fear about saying that. Mind you, I'm willing to project about it, which is actually a very unloving thing.

Mary: So what happened at the end of Greece was that AJ and I had a talk. He talked to me about some of those things but I was also becoming increasingly aware of them and my desire to stay in a certain pattern in the way that we teach, in the way that I live and perhaps it was the first real pure desire that I had to confront in my facade self. (And I'm going to talk about the facade and the sleep state a lot in a little minute.) But perhaps that was the first time I was really wanting to see a little bit of my facade and how much I wanted to appear in control and very loving and very good when really there was a lot of fear that I was living in.

Mary: There was also a lot where I really wasn't practicing what we were talking about. I was getting rigid at times I have been angry with people who are around us because I haven't wanted to feel my fear. So I felt quite humbled after recognising that and recognising how that was impacting on what we were teaching, and the message we were giving to the world. When we're up here the camera is on us and our dynamics are playing out I felt really strongly that my projections at AJ and my projections at other people were damaging the purity of what could be presented. So I decided to step back from that, although you've witnessed me having problems stepping back from that because I always want to interject. So probably more recently... this is my passion, I do want to do it, but I need to be willing to feel and experience my fear and also not hide behind AJ as my security blanket.

Mary: So that's why perhaps in the coming months you'll be seeing me do a few presentations on my own, talking about Divine Truth. But today really I'm just here as your sister to talk about some of my experiences that I've been having. And to be honest I don't really feel like I'm a good person to teach the Divine Truth at the moment because I feel I haven't been practicing it for four years really, which is what I've been coming to terms with in the past few weeks. [00:04:49.20]

Mary: So really I'm just here to share with you some of my experiences. I wasn't going to do that this weekend. It's not an accident that we're talking about the facade self and the sleep state this weekend. We were going to be talking about other things but because of some of the things that have come up, especially for me and what it has brought up for AJ in the past few weeks, we decided this was a relevant thing to talk to you all about. And I wasn't actually going to share anything because I was recognising how far I've been away from practicing truth but yesterday as I was doing the filming I was pretty heavily prompted by my spirit guides to actually share what I'm about to share with you.

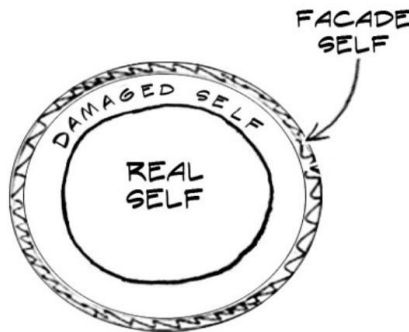
Mary: I'm a bit nervous but I hope, it is my sincere hope, that perhaps it will help some of you have a desire to know what's happening in your sleep state. I know a lot of you are a bit freaked out by what AJ's been talking about this morning but I can honestly say that the last few weeks have been pretty full on, very emotional and at times I have really wanted to resist the truth that I initially asked for. But I do feel a greater sense of empowerment in myself, in my own healing. I'm not trying to avoid myself as much and that's a really beautiful place to actually be. It requires confronting some fear to desire the truth about ourselves and what we're doing in our sleep and awake states, but if we can challenge that fear it's my experience that life can change really rapidly.

8.2. Background information about Mary and AJ’s relationship

Mary: The truth is for myself and AJ, we have been in some pretty repetitive cycles for four years; him desiring to come closer to me and me putting up all kinds of resistance and blocks towards that and being in a lot of anger. And until recently I thought that I had worked through quite a bit of anger and I realised that I had done that all on the Natural Love Path. In the last few weeks that's what I've realised. I haven't actually dealt with the causal reasons for what I'm avoiding basically in my rage. And I've just modified my behaviour and so that's something really important I feel to feel about as we're talking about the facade, the damaged and the real selves and I'll talk about that a bit now, in a minute on the board.

Mary: If we are really addicted in our facade and I'm very addicted to my facade, and the reason I am very addicted to my facade is that I'm incredibly invested in how you feel about me. I want you to think I'm great all of the time. Not just 99% of the time - all the time. I also want to maintain an image of myself inside of myself that I think is good and right but the truth is my facade doesn't match my damaged self as much as I want it to, there's a lot of damage in me that makes me be an unloving person but my facade is that I really want to be this loving person. Perhaps this is because I have such a strong sense of my real self because I've been quite connected to that self for a few thousand years. I'm very rigid in my facade and that's caused me to be very resistive to my damaged self.

Mary: So I'm just going to talk a bit, just to recap as AJ did earlier, about the real self. There's our real self in the centre. Here's the damage around that and outside of all that is the very hard eggshell that is my facade.



Our real self is surrounded by our damaged self and our facade self, which is like a hard shell

Mary: I did a lot of channelling in the last few weeks and Rachel, my guide, really helped me with this analogy of the egg and the fact that my facade is very rigid and hard - and for most of us it is. It's this thing that we don't want to let go of. It's the feeling that we must control this image of our self to ourselves and to other people. As AJ said yesterday, it's the hardest part of our self. I think that's why we often feel like it's hard breaking into these things is because we have such an investment in maintaining this egg shell part of ourselves. [00:09:54.19]

Mary: I'm just going to take a deep breath because I'm just a little bit nervous about what I'm going to share. So really as I was relating, when we were in Greece I came face to face with some of the damage that was under my facade; the fact that there's still a lot of fear in me and I don't want to experience that. I want to be in my facade and control my surroundings and present a certain image of myself to the world. When we came back from Greece we realised there was a lot of stuff coming out of me in my facade, wanting to control the course of our relationship, and so we decided to live separately for a couple of months, which we did. And during the course of that time, I also opened up to a little bit more of what is really going on inside of me. But there's still been a great deal of resistance.

Mary: We've been back together for a couple of months, living together and really the same patterns have ensued. AJ wants to be close to me, I put up a lot of blocks towards that both in our emotional and our physical relationship and I've been trying to acknowledge that that's the truth but I haven't wanted to emotionally understand that.

8.3. Mary's discoveries about her sleep state at October-fest in Kentucky

Mary: So when we were down in October-fest the first morning that we were there I went and did some yoga. I'd asked Cecily, "I'd love to learn yoga from you. Would you give us yoga in the mornings?" Many times I wake up and I lie in bed and I feel terrible, and I try to avoid myself. This morning I had to get up and go to yoga so I was immediately in my body. She started just moving us into different postures, and one of the postures I just found triggered utter terror in my body. I couldn't stop shaking and crying; it was all sexual terror. And for the remainder of that day I really opened up to a lot of feelings about sexual abuse that I'd been avoiding for a long time that had been triggered in me for a long time and I've been suppressing them. So this is all kind of the precursor to what happened. [00:12:21.29]

Mary: In the following days AJ and I talked a lot. AJ talked to me a lot about desiring your soul. Really wanting to feel yourself and who you are and because I'd had this, it was a day long experience really of just being completely in my causal emotion, I'd realised how beautiful that was. It was quite challenging but it was also very beautiful. I felt very much connected to myself. And so I began to pray to God with the prompting that I'd had from in my discussion with AJ just about feeling my soul, really desiring to feel my soul.

Mary: And a few mornings later, I think it was on the last day of October-fest I went down to yoga, and the night before I'd had a really big cry as well, just feeling some of the sadness that I have inside of me about feeling that I'm a really yucky person that I rarely let myself feel those kind of feelings. I went to yoga and I was driving back up from yoga and I just really opened my heart to God and I said, "Please can you bring the biggest truth that will bring about the biggest healing for me at this time in my life?" And I really felt it. I walked in the door and AJ said something to me and I think perhaps because I had had that huge openhearted desire, for once I didn't avoid it. And I sat down and I went into it and it was all about what's happening in my sleep state and a lot of truth has been uncovered to me in that process. [00:13:59.23]

8.4. Background to Mary's personal emotional condition

Mary: Before I tell you actually what it was, I want to give you a bit of a background of my personal emotional condition because this is where I feel a lot of you are really afraid about, "What's going on in my sleep state?" The truth is it's very related to what's happening and what we're avoiding in our awake state. So if I can just give you a little bit of background on my personal emotions for all of my life really. I promise I'll try to keep it short. There's four main groups of emotions that I want to talk to you about in the context of what my facade would like to feel is the truth about me and what is really the truth about the damage within me. None of these things are my real self but unless I'm willing to break down a facade and feel the damage I'm never going to get to my real self. So there are four main areas. [00:14:54.28]

Mary: One of the groups of emotions is about sexuality. Another set is about shame. There's another set about soulmates or my soulmate relationship. And the fourth is about integrity.

- 1- SEXUALITY
- 2- SHAME
- 3- SOULMATE
- 4- INTEGRITY

Mary: So AJ's been talking to me about the injuries that I have in these emotional groups for four years and many times I've intellectually acknowledged what he's talking about, and I might have at times even touched a little bit of the emotion related to them. But the truth is my addiction to my facade has been so great that I have never wanted to actually fully embrace the truth of the damage that I have in these four sets of emotions.

8.4.1. Issues with integrity

Mary: With regards to integrity, my facade self would like to believe that I'm a very honest person, that I'm very loyal, that I'm very transparent in my dealings with others, that I have a strong commitment to truth and love in my life. In fact in my life before I met AJ I would have said all of those things with a lot of passion and conviction. I was committed to serving people and it was very heartfelt feeling inside of me and that I believe in honesty and I believe in loving everyone and that it's really important. And I'd probably get a little bit angry about that, which is not loving, and say that everyone else needed to wake up.

Mary: So you can see even in my illustration I had this idea of myself that I was a loving, honest, open, transparent, loyal person but the truth in my damaged self is something different. The truth is every time we want to avoid a difficult or painful emotion we can't be in integrity. The only way that we can be honest, open, direct, and equal in our dealings with everyone is if I'm willing to feel the emotions that are triggered in all of my interactions with everyone. If I'm not willing to feel them then my desire to avoid the emotion is going to override my desire to be loving, isn't it? If I want to avoid the emotion more than I want to be loving, then I'm going to be out of integrity. I can say I'm a loving person, and I can be loving in a lot of situations. But if in then one situation something gets triggered and I don't want to feel it, boom, I'm going to go to another place that's either angry, resistive, avoiding, running away, that isn't love because I don't want to feel that emotion. [00:18:08.24]

Mary: And the last few weeks has really taught me this about integrity. I can have what I feel is a desire to be honest, to deal with myself, to deal

with others in a loving manner but unless I'm willing to feel the difficult emotions that are triggered within me, that is not the truth. It's just not. So there's always going to be a compromise in order to avoid the emotion. So the real truth of my damaged self is that I have not been acting in integrity in a lot of ways as I've said to you guys. Like, I've projected anger at some of you guys. I've been angry with you because a fear's been triggered by something that happened or I haven't wanted to feel unloved by something that you've done. Now in that space I'm really not in integrity. I'm not in integrity to what I'm standing up here and supposedly teaching you about and I'm not in integrity in my own desire to be a loving person and to deal with all people with respect and love. And that's been a really humbling thing to recognise about myself, which my facade has wanted to hold on to for a good 30 years. So that's in the area of integrity. [00:19:24.16]

8.4.2. Soulmate issues

Mary: In terms of my emotions surrounding soulmates, my soulmate and the soulmate part of me, my facade self would like to say to you that I think soulmates is a beautiful gift from God. It's a wonderful thing. How wonderful that someone has created the perfect partner for you that you can have a complete soul life with. And my facade self would tell you that I value monogamy in a soulmate relationship; that I feel that it's the most important relationship you're going to have in your life bar your relationship with God. That's what my facade self has been telling me to me and to everyone else for about 4 years. And the truth is something actually very different. The truth of my real emotion condition is that I feel really angry at God about the fact that soulmates exist. I feel like I don't have any personal choice. I feel like I can give my heart to someone and they can be gone and I'm really angry about the loss that is already inside of me about having lost that relationship. And whenever we come close I want to rebel against that because I want to rebel against the loss and the grief that is triggered within me as we come closer together. I just want to make sure that I'm not skipping over anything. That's the truth. [00:21:11.19]

8.4.3. Shame issues

Mary: The third set of emotions pertains to my shame. I have a huge amount of personal shame and actually because of who I am; and because of the projections at me for 2000 years of being a whore I actually carry a huge feeling inside of me that I am a dirty person; that sexually I'm immoral and that I'm a very shameful creature. That is really the truth of how I feel about myself in my damaged self. My facade self is in complete

rebellion against those feelings. I don't want to be shammed by anyone and I certainly have in my facade felt that I've lived a life that is without shame; that sexually I have not been a dirty person. And in fact in my awake state I have been quite closed down towards sexual pleasure all of this life. The truth is I've actually, in my damage, done quite a few things that have been immoral sexually and have increased my shame in this life but that's what occurs when we rebel against the damaged self, and we don't want to feel it and we try and live in the facade. It ends up catching up with us and we end up acting out those things. [00:22:37.04]

8.4.4. Sexuality issues

Mary: I'm just giving you the context of what's been going on in my life. The fourth set of emotions pertains to sexuality. So in my facade self I would tell you that sexuality is a beautiful gift from God, that it's something created only to be shared with your soulmate. And I would probably tell you this very passionately. In fact I have told other people this very passionately; that I feel that our sexuality is created not just for the gender that we're attracted to but only for our soulmate, and that in the context of a loving soulmate relationship sexuality is this beautiful amazing thing. And the truth is I probably have some memories about that being the case.

Mary: But my facade self wants to hang on to the fact that this is how I am now. This is my soul condition now. That I believe this now and I know this now. And the truth is actually something really different. The truth is I'm really angry about my sexuality. I'm really in a rage with men about how I've been humiliated and degraded sexually. I really have a sense of powerlessness within me around my sexuality. I feel that it is a powerless place to be, open sexually to have other people connect with me sexually. I feel I have been made to feel powerless sexually a lot, especially in my first century life. And as a result there is a rebellion against that also inside of me and there is a huge desire in me for power and control sexually. I want power over men sexually. I want control of our sexual interactions. I don't even want to orgasm with a man unless I'm in control of it. [00:24:44.18]

Mary: Now my facade self really doesn't like that truth about me. My facade self judges that really strongly. In fact judges a lot of what I've just shared with you really strongly and says, "That is way not loving, Mary. That is yucky. That is a really yucky thing." And so what has been happening inside of me is almost like there has been a war going on between the truth of my damage at the moment and what my facade self wants to cling to as the truth about me. So every time that my damaged self hits up against the facade that I want to maintain, there's a rage.

There's a rage that comes out of me. And this has been a lot of what I've been living in for four years. And it does pertain to my sleep state, which is where we're going to. This is all the background.

Mary: In fact when I first met AJ four years ago, a lot of these things were, if you like, sent into overdrive within me. Because I'd been living quite comfortably, although on reflection perhaps it wasn't quite so comfortable, but I feel I was in control of my facade before I met AJ. And some of you probably have this same feeling. And then I met AJ and of course he challenged a lot of my facade and I didn't like that. Hence I was really angry. But if I can rewind a little bit before then. [00:26:21.00]

8.5. Background information about Mary and AJ's relationship continued

Mary: I met AJ really briefly on a couple of occasions and we hardly exchanged two or three words. I think you've heard the background story of what happened then. I found out that he felt that he was my soulmate and so then me being me, I wanted to know what it was all about. The truth is my soul was already engaged in knowing that there was something going on here but I was pretty rebellious towards it. But I knew I couldn't leave this guy alone. So I tracked him down. I hunted him down and I said, "What's going on here?" And at this stage already I'm feeling inexplicably drawn and attracted to this man. I haven't even said two words to him and I've met him on a couple of occasions. So already I guess, this whole soul thing was being challenged and drawn. My real self was drawing me, I suppose, towards him but it immediately started to uncover my damage and shake my facade if you like.

Mary: He hadn't really said anything much at all at this point. And then we started to communicate and he really didn't say that much about me then either. We talked about my life and his life and in the course of that definitely issues of love and morality and different things were uncovered. And I was pretty rebellious - I think that's the right word, isn't it, babe? Rebellious against those thoughts at that time. When we eventually started a relationship, probably within a few weeks a lot of these emotions in my damaged self started to appear. All the rage that I had between the facade and the damage started to appear. It actually freaked me out.

Mary: One day we were engaging, kissing and stuff and I wanted to make love and AJ said, "Look I can't because I just feel like you're being a bit controlling," and I immediately went into a massive rage, saying to him, "You just think I'm a shameful dirty slut, don't you?" Now I had not ever connected with any of those emotions before in a conscious way. I've been

living in the damage of them, the fact that I was carrying that feeling inside of myself but they came out of me in a huge tirade. And I actually had to go and lock myself in the bathroom and freak out because I thought, "Where did all that come from?" My facade was so well in place inside of me that I didn't think that anyone, least of all me, could think that I'm a dirty person. [00:29:16.28]

Mary: So a lot of this has been happening for a long time but I have really been in a state of wanting to maintain this facade. And I guess I'm sharing that with you because I feel that many of us are in that position. We really want to hold on to this idea of the person that we think that we are. Does anyone have any questions at this point? [00:29:53.27]

9. Audience questions

9.1. Mary's facade is an attempt to escape from her damage

Participant: Mary when you were talking about the facade it seemed like it was very intellectual?

Mary: Yeah, well it has to be, doesn't it? It's the thoughts that I have about the kind of person that mum and dad are going to love and so I'm trying to, with my thoughts and my mind and my intellect, direct my emotional condition and my life in a certain direction. But the truth is our soul is an emotional creation and it's going to dominate that whole... [00:30:33.11]

AJ: I feel for Mary her facade was very much what she actually believes in her real self but an attempt to avoid the damage.

Mary: Yeah I tried to allude to that before. The truth is my real self has been really perfected in love for a long time so I have a strong sense of what is loving and so my idea of what I want to be is actually quite loving. It's just that I don't want to acknowledge or feel the damage that is inside of me. If I can explain it, it is almost like a feeling of humiliation when you're so tuned to what is loving and then you realise how far you are from that loving state it feels abhorrent to myself. And so I feel that is why I've been perhaps so rigid in my facade. [00:31:46.04]

Mary: As AJ was talking earlier, I do have a lot of reflection about this intellectual course that the facade self would take us on, reflecting about the sleep state and how perhaps it's harder for us to maintain a facade in the sleep state. So often we end up acting out a lot of the emotions that

we're avoiding in our awake state. But I was reflecting on the Natural Love Path versus the Divine Love Path and how difficult it must be to progress on the Natural Love Path while on Earth. [00:32:27.00]

Participant: You know how AJ said earlier that when we have those normal conversations we're in that intellectual place? I was wondering if that's why it never gets us into the damage and the actual emotions. [00:32:41.21]

Mary: You mean when we're just talking about the weather with each other?

Participant: Yeah. And we also talk about our emotions a bit like that. Like the intellectual view, so it's just the facade.

Mary: Yeah. It is. Well it is really in the facade because if you think about it, or if I feel about it, my facade is the presentation I give to the world. So sometimes I might be even saying different words. It's like if I got up here in a completely disconnected state and told you all about my sexual shame and all this stuff and my heart wasn't there, I'd still be in my facade. So I'd still be buffering you. So it's my prayer to do it differently today. [00:33:31.02]

9.2. Mary has a stronger sense of real love because she is reincarnated

Participant: Did I understand that right that because you have being reincarnated you have a true sense of your real self so your actual facade is your real self but you're skipping over all your damaged self to a certain extent?

Mary: Sort of. The truth is though there are errors in my facade because of growing up. It's related to the sense I have of my real self, which is not complete by any means. It's more like a memory because if I need to get through my damage to get to my real self. But also my facade is also heavily influenced by my parents in this life, my Earthly parents' perception of what is a loving person and what will get me love from them. And for the majority of you, your facade is based around that. What I learnt from my parents about how I could get love from them and approval from them. So it's actually a combination. [00:34:36.05]

Participant: But because you had such a real sense of yourself you could probably draw on more of that to build your facade?

Mary: I suppose, yeah. Well there's a strong sense of how I should be inside of me. It's very rigid at times and I also feel this is why I'm so prone to self punishment because I'm so rigid about what I should be like, what is loving. I know it's the truth and I want to punish myself about that. [00:35:12.00]

Participant: So just with the emotions that you've listed there, your facade self keeps you from feeling the true damage about these particular emotions. Are these the same emotions that actually stop us from remembering what we're doing in our sleep state? [00:35:35.14]

Mary: So this is what I'm getting to. It is. These four sets of emotions that I've outlined are specifically for the context of what I'm about to share with you about what I've been doing in my sleep state. However if you remember, I talked about the four sets of emotions and what my facade self wants to believe is the truth and what is actually the truth, and they're quite separate. So when I go to sleep and I take actions in my damaged self and I wake up my facade is all ready, just wanting to completely deny my damaged self, going, "No, this is the truth, my facade self is the truth." And so because there's that strong, "I'm not going to remember any of that because I don't want to. I want my facade self to be the truth." [00:36:23.19]

Mary: So this is why anything we're avoiding in our awake state, and why AJ and I've linked the facade self with the sleep state experience so strongly; because if we're addicted to facade there's a high likelihood we're acting out our damaged self in our sleep state and we're not going to want to know because we're addicted to the facade. The more we can break down this facade using those qualities that AJ talked about yesterday, the more open we're going to be to remembering. [00:36:59.05]

Participant: So basically we're all addicted to our facade because none of us remember our sleep state.

Mary: Pretty much, yep. That's the truth.

9.3. Damage to the soul in the sleep state is the same as damage to the soul in the awake state

Participant: So is there a sphere you get to where you just cannot maintain the facade anymore? Because you've grown in three years still, like you've gotten to a certain sphere? [00:37:28.00]

Mary: I don't know. I feel that the last couple of weeks have shown me a lot about where I haven't grown and where I've grown on the Natural Love Path. I feel there are changes in my soul definitely and there's more of a relationship with God than there was three years ago because I kind of was in a black hole with God for the thirty years before that. But I feel really what I've learnt about myself is how much I'm still invested in the facade and how I've actually been damaging my soul and my soulmate in the sleep state. It's the one soul. This is the thing. When we go to sleep it's still our same soul and the actions I take there are just as real as the ones I take in my awake state.

Mary: I feel I've grown because, on the morning driving back from yoga I had a heartfelt prayer for truth from God. That was growth because I didn't want it before that point. And as I'll talk about in a minute AJ and I had even discussed certain things relating to this truth that I uncovered before then and I completely resisted it. I went intellectual. I said it was a dream. And so my growth I feel is in that I desire truth.

10. Mary describes her experiences in the sleep state continued

Mary: So let's go to the point where I walk in the door and AJ say something to me. So, you know about this background context now of the fact that I'm living in denial of a lot of shame. I want power and control over men so I can avoid my powerless feelings sexually. I want to believe I've got all this integrity but the truth is I want to avoid my dark emotions so I can't have any. And I'm also angry at God, not just the concept that I can have a soulmate that I might lose and that will make me grief stricken, but also the sense of powerlessness that I have in our relationship. Not because he has power over me but because I can't bloody control the attraction I have to this man. I've tried, you know, I've been in a rage with him and I still want him badly. And so that makes me feel incredibly powerless. "I can't define myself now, God."

Mary: The truth of all of this is that I can't define myself. All of our efforts in our facade are attempts to define ourselves, to say, "I want this life. I will be this person. I'm going to do this thing." And the truth that I came to in the course of this few weeks was actually really beautiful, and that is that really the hard work's been done for me. God has created a beautiful person, a really wonderful person with really unique qualities and characteristics with a huge desire and passion, who's just going to be creative if she can just be herself.

Mary: So, in my facade I'm working really hard all the time to be a good person. "What are my goals? What am I going to do? How am I going to get that done?" And it's all the really hard work that I'm maintaining all in an effort just to avoid my pain when if I just let go and feel my pain I don't have to make myself anything. I just have to return to the self that God made me and then I'm going to be really happy. I don't have to figure out what's going to make me happy, I just have to engage my desires, be willing to feel my pain and then I'm going to be at my real self. [00:41:10.17]

Mary: I forgot where I was going with that but that was a beautiful thing to realise. So I'm praying my prayer for truth. "I want to feel my soul, God. I really want truth. Bring me the biggest truth you can bring me." And I walked in the door and I said, "How are you going, babe? I'm still going through my stuff at yoga. It feels pretty full on." And he said, "I'm feeling really upset because I feel like you've been with someone else in the sleep state." Now my facade is pretty upset about that. That's not something that I would do. But perhaps because I was feeling a little more humble, I sat on the kitchen floor and asked God for the truth about that and I asked my guides for the truth about that. And I got a big "yes".

Mary: And that was really hard. It was hard to say that to AJ as well. And it triggered all of my shame that I've been trying to avoid for that long. And at that point we kind of went into lockdown. We didn't really leave the cottage for about 3 days and I just really asked God to help me heal what was going on. And so I channelled a lot in those few days and I guess because I kept praying for truth, I kept having more and more realisations about what was really happening in my sleep state.

Mary: And this is the powerful thing about desiring truth; I realised how much I've been avoiding truth in this process. I want to give a talk in a couple of months about what I call the real holy trinity, which is truth, love and humility. And I've been pretty hot on that for a little while but I realise that the love and humility thing was really what I was focusing on. I didn't actually want the truth because I was addicted to my facade. I love God's Truth, that's fine. I'll talk to you about that all day. But with my damage, I've got so much shame and pain in my damaged self, I didn't want it. And I want to encourage you guys to really open your heart and ask God for truth if you want this process. If you want this connection with God, ask God about truth. Want it from your heart, you know, because in the course of those few days a lot of truth became known to me and it wasn't just that I'd cheated on AJ once in the sleep state. It was that for most of my life since adolescence in this life, I have been involved in a lot of sexually immoral and deviant things in the sleep state with a lot of different people, with a lot of different spirits and with people in spirit form. [00:44:25.17]

10.1. Rebelling against feelings of powerlessness, shame and loss

Mary: And I want to talk a bit more about that. So I found that the truth was that because of my feelings of powerlessness, and rebellion at a sense of powerlessness, that I've been involved in a lot of sexual practices that involve me having power over other people and feeling very powerful. The second thing was in rebellion to my shame that I have wanted to almost become shameless and to rebel against my shame so much that nothing will shame me. And so I would be involved in all kinds of things that many people would find quite shameful and immoral. And the third thing was the rebellion against the huge feelings of loss that are inside of me about losing my soulmate and my anger about love, specifically about romantic love between soulmates.

- 1- POWERLESSNESS
REBELLION
- 2- SHAME
REBELLION
- 3- LOSS
ANGER ABOUT LOVE

Mary: Because of the level of pain that I have inside of me about the loss of that love I feel really angry at God about love, and I also feel that love isn't possible. When I met AJ I used to make fun of romantic movies. I'd be like, "Oh yeah, whatever. In Hollywood." That was my feeling. It's not possible between people. It's not possible to be happy. There's always going to be pain. There's always going to be compromise. It's always going to be tough. And I was really angry to the point where I was sarcastic and bitter about the concept of romantic love. Now I understand that a lot of that comes from the feelings of pain that I'm avoiding inside of myself. Many of you have this same feeling towards romantic love. Your facade self wants to believe that it's a truth but inside the damage is saying, "No, f... that. That's not real and I'm really hurting that that's not real. I'm really hurting that I feel like that's not possible for me anymore."

Mary: So because of these emotions - the anger about love, the rebellion against my shame, and the rebellion against the sense of powerlessness, especially sexual powerlessness, I've been engaged in a lot of sexual practices that are either to do with me having power and feeling shameless and actually more recently with people actually abusing me sexually because I feel so bad and have a lot self judgement about myself. So I've been a willing participant in people actually harming me and hurting me sexually. So that's been happening for a good 15 years and in

the past four it's probably intensified because my sense of rebellion against these things has increased as my facade has been challenged.

Mary: Also as I met AJ my anger about love and about the loss of him became directed at him. I wanted to punish him sexually because that is something that does really hurt him. I've wanted to punish him through these practices so it's actually gotten worse. And my shame has been more triggered and my sense of powerlessness, both in terms of fear but also in terms of this inexplicable attraction and not being able to control the course of my life because of what my soul wants to do, not my head, they've all increased and so the rebellion, and these practices have really increased. Are there any questions?

10.1.1. AJ was aware of Mary's actions in her sleep state

Participant: Was AJ aware of what was going on in the sleep state for most of that?

Mary: We had talked on a number of occasions. He had had that feeling before and I've also had pretty intense dreams as well, some of which I now feel are sleep state experiences and some of them are dreams. So often I would have sexualised dreams with other people and we would talk about that in the morning. AJ has long had the feeling that I've been doing these sorts of things but because I'm so addicted to my facade I really wouldn't even consider that because it's abhorrent to me.

Mary: When I asked God for the biggest truth and I got this and I had to feel it as a truth. It wasn't just a concept outside of me, I really felt like this is my worst possible nightmare that I'm actually this kind of person because of the amount of judgement that I have and that's an issue in itself. So yes, AJ was aware.

Mary: Before I began my relationship with AJ I'd been in a relationship with a man who was basically sexually shameless. He'd been involved in a lot of threesomes and with prostitutes and had a lot of sex with a lot of people in quite immoral ways oftentimes. And even though my facade would say, "I'm not attracted to that kind of man," I was very attracted to him and for a lot of reasons because he helped me avoid my shame. He also was prone really to violence, even if it was just emotional violence and because of my sexual terror, even though my facade would say, "I'm a pacifist, I want to be with a pacifist," I was really attracted to a guy who I thought would physically harm somebody else if I was sexually threatened. He had a strong sense of sexual ownership over me. [00:52:01.02]

Mary: Even when I had engaged in the relationship with AJ I was really still engaged in a relationship with this man. I was still attracted to him. We still had contact via the internet and I feel we had relationship in the sleep state as well now. So AJ could feel all of that going on at the time and AJ said he's happy to talk about some of his feelings about this as well afterwards if you like. [00:52:30.19]

Participant: Mary just listening to you talk about the actions that you take because of these emotions of powerless and your desire to rebel, is it like then our way of controlling avoiding the damaged self as well in the sleep state? [00:52:56.20]

Mary: Totally. So the facade is here to control the damage...

Participant: ... when we're awake.

Mary: Yeah. And remember I said at the beginning whenever my facade is challenged and I feel a little bit of the damage, anger ensues because I want the control back. I want the control back. And when we go into the sleep state, the anger's still there. The anger is what we're acting out in. And unless we're willing to be humble to the damage in the awake state it's very unlikely we're going to be humble to it in the sleep state.

Participant: With regards to the third emotion that you've listed, loss, obviously you have a first century life that none of have had but I can relate to anger about love.

Mary: That's what I said. I feel many people here have that feeling.

Participant: Can you give me an example then of behaviour that we would potentially enact in and ensue in because of this anger about love? I felt that you really explained your loss and your anger about love because of the loss. [00:53:58.08]

Mary: Okay. So I'm angry about loss and I'm angry about love so I want to prove that love isn't possible in my sleep state. So in a relationship I want to prove to you, "No, love isn't possible. See? This is what's happening. This is what I can do." And many of you women have this feeling, wanting the man to prove that he loves us and it is a part of the anger. It's not a loving state we're in, we're not being open and humble and willing to give and share, we're like, "No, you prove to me because I've been hurt before." And so in the sleep state we can do all kinds of things sexual or otherwise to a soulmate or a partner in that emotion. [00:54:46.29]

10.2. It is possible to work on our emotions in our sleep state and our awake state

Participant: Oh, Mary thanks for sharing. It's big stuff. If we're damaging our soul more in our sleep state, when we become aware of that can we only correct that damage to our soul back in our sleep state or we only just have to work on the emotion that's causing that damage in our awake state? Can we work on that damage in our sleep state as well? [00:55:34.24]

Mary: Yes, certainly. We can, and I feel I am right now in my sleep state. A lot has changed in the past few weeks in terms of what's happening in my sleep state and we both feel that change. But the key was that I had to be willing to face the facade and the damage in my awake state. While I was resisting that in my awake state, nothing was changing in my sleep state. Repentance is repentance anywhere, and so I have a lot of focused prayer. It's the one soul, whether you're awake or asleep, so I recognise that in myself there's a lot of repentance to go through in terms of the way that I have been out of integrity and immoral, and really harming my soulmate and my own soul. But also for 15 years I've been involved with other people who are in their addiction and I've been helping them in their addictions. So that is all stuff I need to be aware of in the awake state. [00:56:39.29]

Participant: AJ said this morning that we can study in our sleep state, so if we went with the intention in our sleep state and a whole hearted desire and longing for truth could we correct and repent in our sleep state?

Mary: Yes, that's possible but don't think you can do that and avoid it in our your awake state.

Participant: No, I'm fully aware of that!

Mary: You've got to really want the truth in your awake state otherwise it's not really a truth about your soul anyway.

10.3. How Mary gained the awareness of what was happening in her sleep state

AJ: Babe, can you explain perhaps to people how you set up the awareness in your sleep state of becoming aware of all this in your awake state? [00:57:51.26]

Mary: Yes, okay. Gosh, guys, this is so yucky. So I channelled Rachel, my guide, and Tim, her soulmate, quite a lot in these few days and as I did that I began to be aware of the fact that I already knew this, that I was doing this in the sleep state anyway. I knew this and this is why I felt so icky. It was even impairing our awake state relationship because I was actually having increasing senses of shame. It wasn't decreasing. And so a lot of things really lined up for me when I did the channelling and really started to feel. I felt like, "No, I'm not basing this on a channelling. I'm basing this on an awareness now that I have inside of myself."

Mary: I'd been involved in a lot of stuff about being sexually powerful for a long time and actually, guys, I don't know if you're probably very aware that I'm portrayed in a lot of modern literature as a high priestess of sexual healing. Mary Magdalene is this person who was ordained in some kind of order in the first century and healed people sexually and initiated men through sex. There's a lot of literature out there about that. And part of what I'm recognising is that some of that has been influenced by the actual sexual practices that I have been engaged in, in the last 15 years. And I hate saying that because there's still a lot of a feeling about that anyway, about the largeness of that. I feel like it's a bit grandiose but I actually feel that that's partly the truth anyway. So Rachel's talking to me about the fact that I've been involved in this for a long time and that has actually influenced different movements on the planet. There are a lot of movements out there who believe you should have sex to connect to God.

Mary: Anyway recently after AJ and I came back from Greece and we lived separately for a couple of months, I really worked on this idea of a soulmate. And I did do some grieving and I did do some repenting about stuff that I've done in the past in this life and I started to develop more of a flicker of a pure desire for my soulmate. And Rachel related to me that at that time I really disengaged from these powerful practices in the sleep state of engaging with people in terms of power. But I was still involved, because of the sense of shame and the judgement and feeling really horrible about myself, I was still engaged with men abusing me sexually and me being involved in desiring that in the sleep state. But that recently I'd actually come to a place in my sleep state where I felt like I can't do this anymore, it's enough. I really want change and growth. So similar to the prayer that I'd had to God that morning about, "I really want truth," in my sleep state I'd reached this point where I went, "No, I really want something different," and that I'd actually come to AJ in the sleep state and talked to him about the fact that I wanted this to change. And so we had agreed that we would deal with this in the awake state, and so that is what we did. [01:01:56.24]

Mary: And in the weeks that have ensued there has been much more of an awareness now of us being more together in the sleep state. At times me not wanting him to be near me but just around me because I'm feeling so much shame and all kinds of different inter-relations that we're now feeling in the sleep state. Whereas before we were very separated because I was wanting that. This is why I think AJ appears in your dreams a lot more than I do. This has been very humbling for me to recognise where my soul is actually at in terms of progression. Everyone's a bit freaked out, yeah? [01:02:51.04]

10.4. Physical sensations associated with remembering and grieving sexual experiences

Participant: Mary in your recollection of these experiences in the sleep state, are those experiences just with your spirit body and you feel them also in your physical body?

Mary: I feel the emotion in my physical body, yeah. But it's like remembering something that's happened so I'm grieving the memory of that. Is that what you're asking? [01:03:21.20]

Participant: I'm more asking about in your memories of those sexual experiences...

Mary: Do I have a physical sensation happening? No.

Participant: Okay.

Mary: No. It's possible that I'm not tuning in. It's like a memory of something that's happened sexually. So I'm not experiencing that in my body at the time. If I were then I would feel that I'm having an exchange with a spirit at that moment. [01:03:57.25]

Participant: No it's... I'm relating it to...

Mary: If I were having the physical sensations of it happening to me as I'm processing I feel it would be happening at that moment. I mean, as we connect to different memories in our childhood and things that have happened in our sleep state and our childhood we might have a physical sensation in our body, for sure. But if it really feels like an actual thing, an exchange that is happening right then, then I would be wondering if that's a spirit experience occurring at that moment. Does everyone understand the difference that I'm talking about there? Do you, Di? [01:04:38.02]

Participant: No, not really.

Mary: No.

Participant: If I can say what I'm feeling like?

Mary: Yeah.

Participant: Okay. I've been feeling like, in the last couple of months that possibly I'm having these sexual experiences in the spirit state and that I've, you know, got a spirit particularly around me who is pretty engaged with me. And then sometimes in the mornings I might wake up feeling sexual and so I'm wondering whether that's a remnant experience of what I've been engaged in. [01:05:27.22]

Mary: I feel it's probably that you've been engaged with that spirit sexually and you're waking up from that experience still feeling that. Now your spirit body has come into you physical body and you're feeling it in your physical body. [01:05:41.11]

Participant: Thanks.

Mary: Okay.

10.5. Working through sexual shame

Participant: Mary, just recently I watched the love and sex DVDs again and I remember you and AJ sharing then about most of us women having sexual shame, and you processing through some of that sexual shame. I guess my question is, because that was a couple of years ago I think, what have you been processing through if...?

Mary: Well the truth is I have processed some sexual shame back then, but because I'm still in rebellion about a lot of the core feelings I'm creating more shame Dee in my sleep state. So I can't actually be getting through it. But the truth is also that because of my investment in my facade I haven't been processing that much sexual shame. I've touched it here and there and I have processed some of it but because of my unwillingness to really open up to who I am, to what I've done and the damage that's inside of me, I've been still acting in rebellion against it in my sleep state and therefore increasing the level of shame that I have. [01:07:09.27]

Participant: And I guess there are different levels too that you can actually open up into and feel the depth of?

Mary: Absolutely, yeah. Like I do feel that we need to be careful. We say, "Yeah, I was processing whatever." Sometimes we're touching a feeling. Sometimes we're touching what the facade self will let us touch, the comfortable part of that emotion. So I've allowed myself to feel ashamed of my body, of my vagina, a few of those kinds of feelings. I haven't let myself connect to it until very recently and I still have a lot of work to do on what I have done with other people that I feel ashamed about. And the feelings of shame I've felt as a result of abuse also. So I felt it about my body but I haven't been willing to open up into why I feel it about my body, if you like. So what's underneath there, which is what I've done and what people have done to me and really go into those experiences. [01:08:16.15]

Participant: So a lot of my anger is because of this shame and pain and powerlessness?

Mary: Yeah, the unwillingness to just feel those feelings. We want to cling to the facade and go, "I'm angry that I can't be the way I want my facade to be. I can't feel the feeling my facade self wants to feel."

Participant: And my anger at men as well? Or is that actually in some of the damage, my anger at these things having happened to me?

Mary: I feel that they're in the damaged self. There is definitely going to be some anger at men but ultimately the anger is still the layer above the sense of powerlessness, the sense of hurt. Also you need to be careful about anger with men because sometimes it's the sense of entitlement you have with men that creates the rage. "They should be doing this and they're not," and that's all about addiction. This is where we have to be really aware of the truth, like we have to want the truth of what's really happening emotionally for us. Otherwise our facade self is going to be tempted to say, "I'm angry because of these three things that I'm uncomfortable about," and it's not anything to do with those 5 things that I might judge. [01:09:39.21]

10.6. Morality needs to be learnt at the soul level before we behave with integrity

Participant: I'm a bit confused about morality because on this path, as you learn stuff intellectually and in your soul, you learn what's moral and what's not. So, while we're awake, there's no way we would do something because I feel at least in some areas I've learnt that that's not loving inside of me. But is that just in some areas, or is that a facade? I mean, do you have to break down all of your facade to stop wanting to act out your

damaged self in the spirit world? Or do you learn certain levels of morality and then you're less likely to engage in those kinds of things? [01:10:40.17]

AJ: I'm happy to answer that. The reality is for the majority of us that when we say we've learned morality we've yet to learn anything about morality because we've only intellectualised morality. And we've yet to remove the emotion in us that actually allows us to have that morality enter our heart. It's not until the morality enters your heart that you will actually have any integrity to the morality that you say you have in your awake state. [01:11:22.10]

Mary: I agree. That's what I was going to say and also that; like with my example about integrity, I felt that I had a lot of sexual integrity. I wasn't sleeping with other people in the awake state, but I've certainly sexually projected at people in the awake state. So that's showing me that I haven't made a moral shift yet. So I feel that you make the moral shift around sexuality emotionally you're not ever going to sexually project at anyone except your soulmate. [01:11:58.12]

10.7. Qualities we need in order to act with integrity in the sleep and awake states

Participant: So when you break down the facade self is when you'll stop acting out these things in your sleep state?

Mary: Yeah. There's two parts of that answer. You can break down the facade in certain areas. Be willing to see certain things about yourself and then you're not going to act out in your facade or in avoidance of your damaged self.

Because remember what I'm talking about here is the avoidance of my damaged self. If I were embracing my damaged self I'd be doing none of these things in the sleep state. It's not my damage that causing me to do these things. It's not the fact that I feel powerless sexually or that I carry a lot of sexual shame. It's my rebellion against those things that causing me to act out. So be careful about labelling it your damaged self. It is an acting out, or a rebellion against the damaged self, that's causing me to act in those ways. And certainly I can break down the facade and be willing to feel and see and whole area of my damaged self in the awake state and so in the sleep state I'll have the same feelings. What's the second part of your question? [01:13:21.22]

Participant: It was do you need to break down the whole of the facade to stop acting out the rebellion?

Mary: Well, yeah. You have to be willing to not be in rebellion on that area to stop acting out in it in the awake state as well.

AJ: It's about those qualities that we listed yesterday in the talk “The Human Soul - The Facade Self”; including the quality of integrity and desire for truth. So you can still have a lot of your facade in place but if you have a desire for truth, a desire for integrity, a longing to know, trust in God, trust in what God's created, having faith, all of those qualities, then that causes you to not go into rebellion because you have so much integrity you're not going to choose in rebellion. You're going to choose to feel the damage instead. It's only when you don't have that integrity and the desire for truth, the desire for growth, and all those things, that you want to avoid the damage and that causes you to rebel. Then of course once you rebel you're going to act out all of your damage in the rebellion. [01:14:28.01]

INTEGRITY
DESIRE FOR TRUTH
DESIRE FOR GROWTH

Qualities we need to not rebel against our damaged self

Mary: This is what's been very humbling for me to recognise. My facade thinks I've got all of these things when in reality I've had to face that I haven't had much desire for truth or integrity, and not really any faith or trust in God that if I deal with these emotions they'll be gone. And perhaps that... it's pretty bleak.

~~INTEGRITY~~
~~DESIRE FOR TRUTH~~
~~DESIRE FOR GROWTH~~

Qualities that Mary was lacking

10.8. Being a strongly independent woman is a form of anger and rebellion towards soulmates and God

Participant: I'm finding this really difficult so I keep coming and going. I'm just getting confused around independence. Is that just another form of rebellion or in that state is there anger? And, you know how you can describe someone as being strongly independent and in doing that is there actually a lot of anger and shutting down or...?

Mary: Yeah. Well if you think about it, if we weren't in rebellion against anything and we were in connection with our real selves we'd be in connection with God as well and in that state we don't want to be independent of God really. There's not a desire in us to portray ourselves as an independent person. We know ourselves, we act in our own desires but we also have this huge respect for God and the fact that we're part of God's creation. I don't know if you want to add to that, babe, but I feel there is a lot of anger in the desire for independence. [01:16:21.08]

AJ: Yeah I agree. Not only that a lot of anger towards the whole concept of soulmates in that whole concept.

Mary: Absolutely because this is the issue that I'm trying to relate about the soulmate relationship is that there is a sense of “I'm not me anymore”. This is me. And so this is self reliance. I've really been facing this self reliance injury that is so in all of us; this desire for self definition and, “I will create who I am and what I do,” and all of those things, and really all of that is about independence. It's also about rebellion against God and the way God created our souls to operate. God didn't create us to be under anyone else, but He certainly didn't create us to be alone and in control all of the time. He created this beautiful connection.

Participant: So that's possibly like a block that we have?

Mary: It's an anger. Yeah.

11. Developing the soul qualities needed to break down the facade self

Participant: I just wanted to ask a question about the development of those qualities that were written up on the board yesterday. Generally it's a gradual process developing those qualities? [01:17:58.01]

- TRUST IN GOD
- FAITH IN GOD
- COURAGE
- INTEGRITY
- A DESIRE FOR TRUTH
- DESIRE FOR PERSONAL GROWTH
- PERSEVERANCE AND DEDICATION

Qualities we need to develop to break through our facade

Mary: Yeah.

Participant: But is there a truth in that you can, through sheer will and a certain type of prayer, solidify those qualities very quickly into your being to deal with these big issues?

Mary: Yes. I feel so. I hope that I'm in that process right now. I feel that it's really possible to do that very quickly. Even just opening myself to one true desire for truth has opened me up to a whole heap of other things that have the potential to make me committed to integrity, have faith in God, trust in God's process, really desire more and more growth. And that's kind of the beautiful thing that I was trying to relate earlier about how life changing it can be to desire truth because if you're willing to just confront that fear about the truth and really want it in your life I feel that things can progress really rapidly. I feel that already things are changing a lot more rapidly for me. [01:19:26.05]

AJ: I feel, Josh, that Mary's probably made the most progress that she's ever made since I've known her in the last two and a half weeks. And it's been because of her having this really strong desire, particularly the strong desire for truth probably, that's been the thing. Because we had to talk about integrity after that and she's been building her faith and trust in God as well. Before when it came to any emotion, it was almost like, if the emotion got too big for her, she would then just give up on the emotion. So just walk away from the emotion and not have any faith that actually you can get through it and it can be released from you.

AJ: So I feel that Mary had been growing some faith and trust in God over that period of time. She's been growing in her desire for truth over the period of time. Over the last four years there's been a lot of anger coming from her towards myself and we discussed the anger and it's cause, but then Mary would slip into the natural love way of dealing with the anger, which was, "I'm not allowed to be angry now. I've got to deal with this some other way." And so after a while we'd be able to have a discussion about the emotion without Mary getting angry but the problem

is nothing would change still in our life. And so that would indicate that the underlying soul changes were not being made. [01:21:01.04]

Participant: So that's modifying behaviour because I feel that I do that too.

AJ: Exactly.

Mary: That's the Natural Love Path.

AJ: And to be frank I did the same thing at the beginning of my own progression. I tried to modify my behaviour for the first few years of my own progression rather than actually dealing with the underlying soul reasons why I had that behaviour. And then I had to come to terms with exactly what Mary's having to come to terms with now, that I wasn't actually on the Divine Love Path really yet. And I went through this whole change which caused me to be very focused then on, "Unless I feel the emotion of this, I'm not going to heal it no matter how much I try to be different."

AJ: The whole process of trying to be different causes its own problems. It causes you to actually exhaust yourself with your emotions to a degree. So you've basically got this emotion pulling you in this direction and at the same time you're trying to move in this direction and the further that gap gets the harder it becomes. So you're actually now going to feel a greater state of exhaustion. And I feel that's one of God's ways of showing us that actually we're heading in the wrong direction.

11.1. Learning to embrace our damage

AJ: We need to stop trying to change things from the effect perspective and look at the causal reason why, which we need to change. And while we're living in this facade or we're living in rebellion of the damage we are not changing the causal emotional reason why a certain action takes place. And it takes a bit to make those transitions.

AJ: See my life now is very different to the first century. I didn't notice a lot in the first century when it came to what was necessary to come from a condition of sin into at-onement with God. I didn't have that experience in the first century so I didn't really understand how people could shift from sin into at-onement with God and what they needed to embrace in that process. Whereas now in this experience I've had a lot of experience now in what is necessary for you to become at-one with God from a condition of sin, and one of the primary things that is necessary is a process of embracing your damage; actually fully embracing it as

emotions rather than intellectualising it, rather than talking about it even.

AJ: You'll notice that generally I don't talk very much about my emotions except from a teaching perspective and the reason why is because I just feel it's really pointless talking about it. In fact I've said to Mary quite frequently that every time I'm asked to talk to somebody about my emotion, it actually feels like I'm actually degrading the experience. That's what it feels like to me now. So I'm much happier to have my own experience without having to talk about it because I can feel the experience more fully as a result, and I feel that's a part of that process of learning to embrace this damage. It's not your real self but without embracing it, it will not flow from you. Without loving it, it will not flow from you. And as I said to Mary during this process that she's been through, you need to come to love what's inside of you no matter what it is, and part of loving what's inside of you no matter what it is, is being aware and willing to feel what's inside of you no matter what it is. So if it's rage, be willing to feel that rage. If it's this terrible feeling about love, that love's pointless and all those kind of things, just feel that feeling. We need to feel these feelings to feel these damages to work our way through them. Many of us are still thinking we can talk about them and intellectually embrace them without actually feeling the damage of it, inside of our heart. And it's only the feeling that is going to cause us to progress. [01:25:26.21]

Participant: I guess my question was just because everyone is attracted here because they have a desire for truth.

AJ: Exactly.

Participant: But it's about strengthening that desire. We've all at times had that and made some sort of progress but my question was how to solidify that and just keep going? [01:25:51.09]

AJ: You're dead right - you can do that with the facade but you need a lot of prayer to do that and self reflection.

11.2. The analogy of a foundation built on stone

AJ: Self reflection isn't a discussion with somebody else. Self reflection is feelings that you need to work your way through yourself, by yourself generally with God, in terms of coming to terms with, "Do I really have a desire for truth? Do I really have integrity? Do I really have these things?" And, "Do I want them?" for a start. And if you do want them, generate within yourself a desire and passion to have them and to learn

about them and actually live them. And that is certainly an essential part of anybody's foundation, I feel, of their progression.

AJ: There's a lot of stuff that was paraphrased in the Bible in terms of things I referred to, but in the Bible I referred to a foundation built on solid ground. A foundation built on stone as compared to a foundation built on sand. And what I was illustrating was the difference between the Natural Love and the Divine Love Paths. See on the Natural Love Path we have a foundation built on sand because it's all intellectual effort, control and an attempt to ignore what's really within us. So our foundation's built on sand. When a wind comes along, any stress, any external stress comes along, bang! We're gone. We're back to where we were before. And many of you have experienced that through your life on other paths.

AJ: On the Divine Love Path, you've got to build the foundation on stone and part of the foundation of stone are these qualities.

- TRUST IN GOD
- FAITH IN GOD
- COURAGE
- INTEGRITY
- A DESIRE FOR TRUTH
- DESIRE FOR PERSONAL GROWTH
- PERSEVERANCE AND DEDICATION

AJ: These are all the qualities that are part of this foundation of stone that we've got to build on, and once we've built on this foundation that's hard as rock, now wind will come along, some kind of external stress will come along and we won't shift. And it won't matter how extreme the stress is either. We will not shift. And it's not because we're stubborn. It's because these things, these qualities are not within us and we can't get them out of us anymore, we can't even, not live by them anymore. It's automatic. And that's where we need to get to. [01:28:10.01]

Mary: I feel that a lot of us have lost the feeling of beauty that comes from having integrity and having these wonderful qualities. I can just relate to my own experience. My facade self really wanted to say I've got a lot of integrity because I see that as a very good and loving quality but when I was faced with a situation where I needed to feel rather than react or punish, the feeling in me was, "The damage is too hurtful and too painful. It's hard to have integrity." And it was almost like a feeling of disdain towards integrity.

Mary: What I feel at the moment is that there's so much beauty in integrity that you will feel, when you step into it, and I have just briefly stepped into it, that we've lost the memory of that feeling. I think we felt that once and it's because of the fear of the damage within us that we feel like it's not a good thing anymore. Like a lot of you feel like saying the truth and being in truth is a hardship, and really the truth is that it's not, it's beautiful, but we've lost the feeling of that; we feel like it's a duty rather than when you actually do it, it feels like a gift to yourself and to other people. [01:29:45.10]

12. Mary describes her experiences in the sleep state continued

12.1. AJ's perspective on his relationship with Mary

Participant: Mary I just want to say thank you. It really feels like a gift for you to share your experience with us and I also wanted to ask AJ was it a physical feeling when Mary said that you had approached and said, "I feel that you've been with someone else"? Could you describe that feeling to me? [01:30:15.20]

AJ: Well I've had that feeling all through the four years of our relationship actually, and I've discussed it with Mary on quite a lot of occasions. But Mary felt quite differently that she hadn't been having a relationship in the sleep state. She did recognise that she's been having dreams involving other people sexually but she just felt that was about emotions that she was having to deal with in the awake state that she wasn't dealing with. We also, during that time, discussed a lot about the different emotions that I felt Mary was not allowing herself to feel and we would often discuss things like Mary's willingness to actually address an issue. So what would often happen is that an issue would come up. We'd discuss the issue but there was no emotional connection in Mary with the issue, and that would concern me greatly because while there's no emotion there's no healing. So Mary would feel that she'd dealt with the issue and I'm feeling like, "No I don't feel you have dealt with this issue." So for example when we first met, within a few days Mary was in this really extreme rage with me about stuff that she felt I did in the first century. The first sets of rage were all to do with my death in the first century. [01:31:42.18]

Mary: Loss. It's that anger and loss.

AJ: There's all that anger at love and loss. And she was just in extreme rage with me, yelling at me and saying all of these things that I left her,

and I chose to leave her, and I didn't value her. And she didn't even realise at the time why all this stuff was coming out of her mouth.
[01:32:01.02]

Mary: Which is another reason why I shut it all down probably.

AJ: Yeah. She was frightened.

Mary: I felt insane.

AJ: Yeah.

Participant: Mary, if you're angry with AJ but you're not saying anything, is it a feeling that you know she's angry with you?
[01:32:15.26]

AJ: It's worse for me if Mary is angry without saying anything than it is if she's angry and she actually says it. The other day I just said to her, "Look, darling, you're really angry with me. You need to say what you're angry with me about." And then when she started allowing herself to connect to it, it was all just stuff like saying how I shame Mary all the time.

Mary: Probably something I had forgotten to talk about is the feeling I have about the discrepancy in our condition that I've always had since we met, especially in the sleep state because it's so noticeable. And so I've had all this rage, a feeling that I'm just humiliated just by the state of AJ comparatively to mine.

AJ: So Mary has felt humiliated just being next to me in the sleep state.

Mary: And sometimes in the awake state.

AJ: Sometimes in the awake state too. But in the sleep state in particular the difference in condition is very noticeable and Mary has been in a rage about it because she views my different condition as a humiliation of herself. And because of the anger, she then wants to pull me down to that condition. So she'd been taking actions in her sleep state in particular, but also in the awake state too, to attempt to pull me down as much as she possibly could.

AJ: In fact one of the reasons why I raised those issues with her is because I've been feeling a group of spirits with her who are just doing her bidding towards myself. And so the group of spirits have been attacking me and I still feel quite sad about the fact that Mary had been sort of leading a group of spirits in this process of wanting to attack me, just to

pull myself down and pull my condition down. And I'm open to the attack because of a couple of things. There's a desire for my relationship with Mary but also there's this openness to being attacked by women, in particular attacked from my soulmate. I know I'm not open to be attacked by women much anymore but I'm still very open to being attacked by my soulmate and I've got to heal that because I need to get to the point where I'm not open to that attack anymore either.

Participant: From a soulmate relationship perspective, Mary, if you stop just feeling angry with AJ and then you start saying what you're feeling angry about, is that an opportunity for you to both grow in love? [01:34:58.23]

AJ: Yes, definitely. It's been really, really good actually.

Mary: The problem has been with my facade. "I'm not angry. I can't feel that. I can't say that."

AJ: And the problem I've had with Mary through the four years is her facade too. Like I'm saying to her constantly, darling...

Mary: You've often said to me, "It's not really that attractive. I like you're real self."

AJ: I like the damaged self even better than the facade that she created. I said to Mary at one point, "This Mary Luck person that you try to portray to everybody, she's not very nice actually and she's particularly not very nice to myself. And I'd prefer the damaged girl; you know who might have to cry a bit and feels ashamed and so forth." To me she's a lot softer person obviously. And this is the trouble; the egg shell is hard. And when you engage the egg shell in a person you feel the hardness of it. And I'm pretty sensitive to that now but in particular sensitive to it with Mary. I've had to work through quite a lot of grief through this whole process of course. I've had four years of feeling these things happening. So I've had a lot of grief in that four years time. We've had quite a number of separations during that time and I could feel during that time Mary's rage. And I'd frequently say to Mary, "Look darling, you're just in a real anger with me and you just need to start telling me what you're angry about with me." [01:36:27.07]

Mary: The issue has been me trying in the facade to fix it and also only dealing with things that I feel comfortable with. Someone asked if I'd grown. I feel like I've grown in some small ways in some other areas in the last four years, possibly more in some areas than a little bit. But in terms of our relationship there is so much pain there and so much resistance to

that pain and so much of my facade that doesn't want to accept the pain, because it's scary or irrational or I judge it as really unloving, that it's just kept us so stuck and blocked. To me even owning what I'm really angry about, like the whole anger at love, the feeling of powerlessness, that was somewhere I didn't want to go. [01:37:24.01]

AJ: There is one area where I feel Mary has made huge advances in the last four years. When I met her she was so heavily invested in other people's opinion of her that it was impossible for her to even have an opinion of herself. So she was not invested in my opinion of her ironically because of all the rage that she had towards me. But she was invested in everybody else's opinion of her. And many of her emotions got triggered over that period of time of how much investment there was in everyone's thinking that she's good, everyone not seeing her true self and so forth. And I feel by a few weeks ago Mary had pretty much released most of that to the point where she's able to get up in front of you now and speak honestly about what's been happening in her sleep state, about things that Mary feels quite ashamed of in herself. And that indicates that this investment in other people's opinion, which is actually the basic cause of our facade, is almost gone. And now that's the case, I feel a lot of hope for Mary and her progression. Whether that means we're together in the future because of different things that come up, I don't know. But I do feel that there is a higher likelihood now of her actually making great strides forward on the Divine Love Path rather than making slow steps and slow increments forward on the Natural Love Path as she had been doing, which we'd discuss many times. [01:39:04.10]

12.2. Praying for assistance to be loving in the sleep state

Participant: Is it possible through prayer to set your intention before you go to sleep at night so that during your sleep state experiences you act lovingly? Or is what's going to happen in your sleep state an inevitable consequence of your soul damage and therefore there's nothing much you can do about it? [01:39:44.21]

AJ: Yeah be careful, Pete, because what Mary said quite clearly to you is that it's not an inevitable consequence of the damage, it's an inevitable consequence of the denial of the damage.

Mary: That's really important.

AJ: There's a big difference between that.

Participant: But is the acceptance of the damage a gradual process or do you just say, "Okay I accept in this moment that I'm just totally damaged?"

Mary: No. When we say an acceptance of the damage it's a willingness to emotionally experience the damage. And not rebel against it.

AJ: It's not an intellectual choice. It's a soul based choice.

Participant: But isn't that a massive process?

AJ: It is.

Mary: It is, yes.

AJ: One that everyone needs to make.

Participant: Right. So given that there's a massive process involved the question is can you set your intention every night before you go to sleep...

AJ: Certainly you can.

Participant: ... not to hurt people?

Mary: Can I tell you what happened in my experience? So one day all this was uncovered. Naturally I didn't want to go to sleep and I knew I hadn't dealt with all of the emotions. In fact I was just in a lot of shock the first day. I didn't want to believe it. I knew it was true and that I'd want to go into complete denial and I'd had to come back. By my own bidding AJ wasn't really talking to me and I was like, "No, I know this is truth. I have to sit with it." [01:41:20.04]

AJ: So in the first day, I still was out on the land with the guys doing things and so forth. So Mary had a lot of that day alone. So she had the chance to feel about all of that.

Mary: But when it came to going to sleep I felt really frightened that the same things were just going to keep happening and I don't want to my damage my soul or my soulmate anymore. And so I really prayed to just be isolated in the sleep state. Just if my Celestial friends could come and just be around me so I could just stay with these feelings. And I prayed that for four or five nights. All the while Rachel, my guide, was saying to me, "We can do this. It's no problem for a while but you have to deal with these emotions because God is not going to afford you this protection forever unless you're willing to engage this process." So that's what has

happened for me and now I feel I'm more engaged in releasing the emotions of it, and our interaction and my actions have changed a lot in the sleep state.. [01:42:24.06]

12.3. Mary and AJ's interactions in the sleep state

AJ: We've also made some deals together, haven't we?

Mary: Yes.

AJ: In our awake state, in terms of what we'd like to see happen, and it doesn't necessarily mean it will be based on different emotions but...

Mary: But just that we will actively go to each other in the sleep state now.

AJ: Mary's been avoiding contact with me in the sleep state. There have been literally hundreds of times where I've woken in the mornings and said to Mary, "Yeah, we didn't see each other the whole time in our sleep state." So I've been feeling that for a long time, that there was a big avoidance of our relationship in the sleep state as well. And in fact I'd said to Mary frequently that, "Darling you need to decide whether you want to leave me or not because the desire in your sleep state is to not be with me at all, which would tend to indicate that your desire in your awake state is also to not be with me at all. So you need to really decide whether you want to be with me or not." [01:43:20.18]

Mary: And ironically because I was so addicted to my facade, which is in this case related to my real self, which is, "No I want my soulmate and this is a beautiful gift from God," I couldn't even acknowledge how much I didn't want to be there. And that's why I'm stressing the relationship between the facade, the investment in the facade and the sleep state and how inter-related it is. But, Peter, I feel there's a difference between being in rebellion against your emotional condition and being willing, even if you haven't processed through all of it, to be in the process of being open to it and acknowledging it. Then I feel your sleep state experience will reflect that more. If you're in rebellion your sleep state experience is going to reflect the rebellion and that's where you can really do damage to your soul and other people's souls. [01:44:13.01]

Participant: So discovering the truth about what's happening is the first step, and that's what's been happening today. And then the second step is to generate your desire to make a change.

AJ: Exactly.

Participant: And there's a time where you can ask for temporary assistance to transition and you set your desire to really want to discover what your true emotional damage is.

AJ: Yep. And not live in the rebellion of it, in particular.

Mary: Or denial.

Participant: Right. And will your Law of Attraction actually show you what your true condition is every day?

Mary: And your true desire.

AJ: In your awake state your Law of Attraction will actually ramp up. That's something Mary hasn't mentioned yet was what actually was happening around this area in her awake state life causing the triggers as well to demonstrate the truth of what was going on. So there's a whole series of events that Mary has yet to describe to you that are all about triggering these different emotions that she had been in denial of for quite some time.

Participant: So for all of us we could feel hopeful that there is a way forward from today.

AJ: Definitely.

Mary: I hope so.

AJ: That's the whole point of the discussion.

Mary: That's the point of me talking about it - to say that this has changed things very rapidly and very beautifully. It's been very painful for both of us but it's so worth it.

AJ: So in her last 3 nights in the sleep state at least, even though she feels this immense amount of shame every time I'm with her in the sleep state, Mary has been with me those three nights in the sleep state feeling a lot of stuff in the process. We remember being together the entire time instead of usually I'd just pop in to visit for 5 minutes, get a burst of rage and then Mary would be off having some sexual interaction with somebody to make me feel worse. Then I'd have to leave and go away and just feel about that.

AJ: So what was happening was that I often wouldn't come to visit her in the sleep state at all because my very presence caused her to engage in more sexual things because of her desire to harm me. And part of it was my addiction to see her was enabling the behaviour in a way. So in the

sleep state, I wanted to see her even though I could feel that she was probably going to try to harm me again. So I'd go to see her but now that I see her she now has a way of harming me that's a part of the addiction to avoid the pain. And so she'd every time take that action while I was present just to harm me further.

AJ: One of the realisations I've had to work my way through is how my desire and also my unhealed stuff about my soulmate was causing me to engage Mary when it was inappropriate to engage her, and that actually increased her rage and caused her to want to harm me further, and in a way I was feeding the addiction. She would see the pain in me that was created by her harm of me and that would cause her to want to do it more because she wanted to harm me in that manner. And because of the avoidance of the pain that she has about love and the loss of our love and all those kind of things and feeling that it's all my fault, it was all because of some choices I made.

AJ: So I've had to work through a lot of my pain that I've had to work through over the last few weeks, and in fact my rib broke as a result of me holding on to some of the pain that I have. So I've got a broken rib that I broke down at Kyabra, which was a result of how I feel about myself when I'm with my soulmate and avoiding a lot of that emotion. But a lot of that emotion has been coming up for me now, and so that's good too, like helping me heal my lack of self awareness when I'm with my soulmate basically. [01:48:52.13]

12.4. Setting our intention for truth is the fastest way to discover our facade

Participant: Is the fastest way to discover the length and breadth of your facade prayer or is it setting your intention for truth?

Mary: It's those things...

Participant: All those things, is it?

Mary: Yeah.

AJ: Yeah. And remember prayer is desire. So, yes. When you really desire truth you're praying to God, "Please give me truth. Please give me truth," it's not like an intellectual thought that's coming out of you all the time, but it's this passionate feeling inside of you. "I want the truth no matter what, no matter how hard it is, no matter how hard it's going to be for me. No matter how hard it's going to be on my emotional state. No

matter how hard it's going to be in terms of processing through my emotions. No matter how hard it's going to be to recognise how I look in the mirror, I still want the truth." And when your desire for truth is large like that, then that's a big prayer that goes to God. If you could think of it this way, God's going to drop everything and just focus on you wanting truth. [01:49:57.08]

Mary: He wants truth!

AJ: And trust me; it's going to come at you very rapidly after that point. And that's what the case with Mary is. When I say drop everything, obviously He does that for each of us concurrently. But this is what God wants with us. God wants the relationship with us so much that God wants us to passionately desire the truth about that relationship and anything that's preventing it. And so from God's perspective a prayer in that direction is far more important than a prayer in almost any other direction. And once we engage that, you'll be very surprised how rapidly the truth just goes, "Bang, bang, bang, bang". Like Mary over the first three days of it was really just reeling in the shock of all the truth. That's how rapidly it was all coming to her, just her own memories, just things that we'd talk about, my memories and then her guide's as well. She was channelling her guides who were reflecting on some of the things as well and just the flow of truth was so rapid once you really want it. But you've got to really want it. [01:51:12.21]

12.5. Coming to love but not judge our damaged emotions

Participant: So is it a mistake to use the realisation of the truth about your sleep state and a revulsion that one might feel about that truth as a spring board to actually generate that desire? Or is that a flawed?

AJ: Yeah the revulsion is a judgement. We do have to be careful of our judgements because it's like it's the judgement of the truth that causes you to not really want to know it.

Participant: But how do get to the point where you love the fact that you've been going out and damaging people?

AJ: Well it's not a matter of loving it, it's a matter of... well it is a matter of loving it, but in the sense that's different to what you're conceiving. You have to love the emotion that created what caused you to do it. This damage is an emotion that, if we just feel it, would not create anything. If

we just felt it in the moment we wouldn't go out and act in harmony with the damage ever.

Participant: But maybe it just came from somebody else.

AJ: No it doesn't matter where it came from, Peter. Whatever damage is within us, if we had an openness to feeling it, we would never act upon it. We would only feel it. And that of course would mean that we wouldn't be acting out any unloving things at all. The problem we have is this facade area, the shell, as Mary's been pointing out. It's the facade, the desire to maintain it and the desire to stay in it that creates the rebellion to the damaged emotions. And it's the rebellion to the damaged emotion that creates our actions. So that's the problem that we face in our sleep state.

AJ: A lot of the times we're in rebellion to the damaged emotion and in our awake state we're busily maintaining a facade that, "I'm okay," but in the sleep state that's pretty hard to do when anybody can see our spirit body's condition. So what we finish up doing is we throw our hand up in the air in the sleep state and most of time go, "Well stuff this, it's pointless maintaining the facade! I might as well just go ahead and do what I want to do." And you do. You just go ahead and do what you want to do. Not understanding that the reason why you wanted it is because almost the flipside emotion. So the reason why Mary wants sexual power is because of the feeling of sexual powerlessness that she doesn't wish to feel or hadn't wanted to feel. The reason why she wanted to engage in shame and increase her shame was because she didn't want to feel her shame. She wanted to prove that there was nothing to be ashamed of, rather than just feel her shame. And the biggest one for Mary is her loss; her rage about loss toward God, towards myself, even towards herself. [01:54:19.24]

Mary: Myself, yes.

AJ: And she doesn't want to feel this loss and still is struggling to feel the loss, although she's starting to get into it a bit in the sleep state. But what's happening is that if you deny that emotion you don't want to feel, you're in rebellion to feeling it, and now you have a problem. That is what is going to create every single action you take in the sleep state that's damaging. [01:54:45.14]

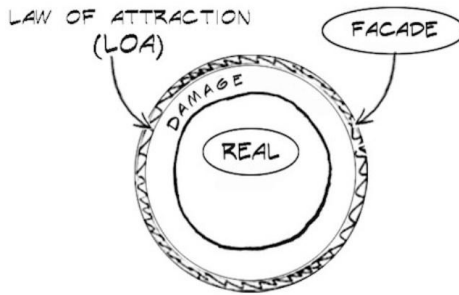
12.6. Maintaining wilful ignorance

Participant: Is the rebellion always conscious? Are you consciously aware that you're rebelling?

Mary: You mean in the sleep state?

Participant: In the awake state.

AJ: In the awake state not always conscious because you're in your facade. I do feel to be frank that the majority of us are fully conscious of what we're in rebellion of because our Law of Attraction is constantly telling us what we're in rebellion of, and this is what's been happening for Mary for four years. Her Law of Attraction has been constantly telling her what she's in rebellion of and she's just saying, "No I don't want to know that. I don't want to know that. Don't want to know that. Don't want to know that." And many of you are doing exactly the same. "I don't want to know that." [01:55:27.18]



The Law of Attraction (LOA) shows us what we are avoiding by maintaining our facade self

Mary: The opposite of the desire for truth is, I feel, one of the most damaging things that exist on the planet. And it's wilful ignorance. And I feel that's the place where I've been.

WILFUL IGNORANCE

AJ: What do we mean by wilful ignorance? It's very important to understand what Mary's saying. What do we understand that to be?

Participant: For me it feels like I'm actively denying and actively trying to push it away and under and totally rise above it.

AJ: Why?

Participant: Because I don't want to feel my shame and I don't want to feel what I've done, and the harm that I've caused others. I just don't want to acknowledge it.

AJ: Most of us are in wilful ignorance. We want to be ignorant because the instant you no longer want to be ignorant you want truth and when you want truth you always get it. God never hands you a snake when you pray for something else, like for some food. So when you're really praying to know truth you will no longer want wilful ignorance. If you're not getting truth then you don't want it. And we need to just say, "I don't want it. I'm not getting any truth in my life so I mustn't want it." It's the best thing for us to do is just accept that condition. Many of us are wilfully ignorant because gaining the knowledge would cause a whole series of events to occur that we don't want to have happen. And so what we do is wilfully and knowingly decides to remain above it all and not know any of it. And you know the spirit world in the hells is full of people who are still in wilful ignorance of their own actions. And that's something we need to get out of.

Participant: Just about wilful ignorance. I know myself in recent months sat in a place kind of getting a feeling about who my soulmate might be, but now I don't want to know because of the consequence, I have to change my actions if I know that truth. I can't justify what I want to do anymore because there would be moral issues involved and so it's easier to be wilfully ignorant. [01:58:09.24]

Mary: So can you see now we're in the area of integrity, aren't we?

Participant: Yeah.

Mary: This is why, if we want to avoid ourselves, we're not going to have any integrity.

Participant: It was nice to desire truth actually.

12.7. Being humble to feelings of injustice

AJ: I just feel in Mary's case, because of spirits' desire to use any of the fourteen to establish their own traditions and teachings further, and because of the emotional injuries that Mary was going to have when she came to the planet this time round, Mary's received sexual projections for 2000 years about being a whore or being a prostitute and so forth. But for the majority of that time of course she has not been one.

AJ: And in the first century it was only quite a short period of time if you compare it with 2000 years that she was one. But because of these projections there are a huge amount of pain to acknowledge about how unfairly treated we are at times. And I feel a lot of the rebellion feelings that we have are actually about the pain associated with our sense of

injustice. So what we do in our sense of injustice unfortunately is we then perpetrate injustice upon others. And this is where we do the wrong thing. We'd be better off just feeling the injustice and going deeper into the sense of injustice and feeling that, rather than then perpetrating the injustice further. Because unfortunately most of the time we choose innocent people upon whom we perpetrate our injustice feelings and that then causes them to feel a sense of injustice. Then there's a high likelihood of them getting rebellious and then them going into a damaging state and doing other things, damaging other people. And this is the potential follow on from our own sense of not wanting to feel the injustice rather than act upon it.

AJ: Now my life, I've had a lot of injustice happen to myself and I've had of course in this life a lot of feelings about that. But it's been very rare for me to act upon them. We need to all get into that space where it's rare or if ever that we act upon the feelings of injustice and rather we just feel them and grieve them. [02:00:56.18]

12.8. Resistance to engaging in the Divine Love Path

Participant: It's a pretty powerless place feeling that injustice.

AJ: Well that's the problem is that all rage is the addiction to power and we need to understand that many of us have huge amounts of rage and huge amounts of desire to control. In fact we've spent most of our lives setting up a life that we can control in order to avoid a lot of things. But it's also an addiction to self reliance. We don't trust God enough to go, "I'm going to put myself in your hands, God. I'm going to put myself and my life in your hands in the sense that I'm going to follow your laws and principles and I'm going to follow the principles of truth and love no matter how hard it is for me to do so, I'm going to follow it and any emotion that comes up as a result of me following it, I'm going to feel and not perpetrate any act of violence or emotion towards another person feeling that." Now when we can do that, and that shift is normally around about the third sphere that that occurs, when we do that, now you engage all of God's Laws assisting you throughout the process. And that's the benefit of making those kinds of choices.

AJ: Unfortunately for many of us what we do is make different choices to that. We basically say to God, "I don't really trust you yet. You know, I hope you're there but I'm not really sure. And, you know, I hope you love me. AJ's saying that you love me but I don't really feel that really very much of the time at all. And, you know, all these things that Jesus is talking about I think I get at the soul level but I don't like a lot of it really." You know you think for most of you when you first heard some of the

discussions when you first came, how much rage was present during the presentation about something that I've said. So you have all of those emotions. And then as a result of those sorts of emotions, there is this very strong resistance then to gain further truth, progressing further along the Divine Love Path.

12.8.1. God created us perfect and able to overcome all sin

AJ: This is something I've mentioned to Mary many times - not understanding that actually God created you perfect. God didn't make any mistakes with you. God didn't create the damage or the facade and God knows who and what your potential is. And your potential far exceeds what your facade considers to be your potential. And your potential far exceeds and has the ability to overcome every tiny piece of damage that's ever been done to you. That's the way God's designed your soul. God didn't make a mistake designing your soul and so God has created this beautiful being that has the ability to conquer all sin within it. We all have this innate ability if we engage it with God to conquer all sin. Conquer all error. And once we do that, and realise that, and we have that kind of trust and faith in God and what God's created, then we won't be so averse to discovering our true self. But at the moment many of us don't believe those things and we are very averse to discovering our true self because we're petrified that our true self is even worse than our damaged self. And that is a physical impossibility for our true self to be worse than our damaged self. [02:04:44.16]

Mary: I know for myself, my facade self wants to create this life where I feel safe and comfortable, and as I think Rob mentioned yesterday, when sometimes we connect to our real self it has these huge desires that trigger all of our fears and go, "No, God, you didn't create me perfect. I can do it better. I know what's going to make me happier," instead of recognising that it's just a fear in my damaged self that's preventing my real self from being happier than I can possibly imagine. [02:05:16.15]

AJ: Yeah. And the amount of pain in a reincarnated soul far exceeds by factors of hundreds the amount of pain in a person in their first incarnation. And the reason for that pain for a reincarnated soul is a lot about the loss. You cannot imagine the loss. It's impossible for anybody who's not reincarnated to imagine the extent of the loss that you experience coming back to an Earth in its current state. Now in the future it may be different but now coming back to Earth in its current state the loss is so intense, and yet God created the soul with the ability to even release from itself that amount of extreme pain. So that should give every person the confidence that any amount of pain that's within you can be

released if you engage this process that God has designed for soul to engage.

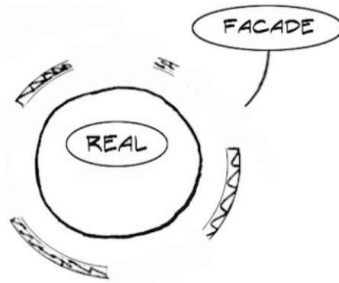
13. Closing Words

AJ: Rather than answer some more questions, we probably want to leave the talk there. What we've hoped we've done today is opened your mind and your awareness to this whole one third of your life. And also through Mary's personal experience demonstrated to you how much many of your locked up emotions are actually related to your denial of that life, and denial of what you do in that life.

AJ: What we'd like to encourage you to do is to discover what's going on in this life. There are good things going on in the life as well by the way, and there are negative things going on in the life. Just like there are good things going on in your day-to-day life here on Earth and negative things going on in your day-to-day life on Earth. And what we'd like to encourage you to do, with the help of your guides and with prayer, is to discover what's going on. Discover what you're in denial of and allow yourselves to get beyond the facade and into the real stuff, and to get beyond the facade in each state, both in the sleep state and the awake state.

AJ: So you get beyond the facade and you're now in this place where you have these qualities that Mary said she didn't have when she started. But the reality is faith, trust in God, integrity, desire for truth, desire for growth, and persistence, those kind of qualities that we listed yesterday are going to be very essential for you in your coming months and they will help you greatly.

AJ: Remember yesterday I described the damaged self as being like the egg white and the real self as being like the egg yolk. What happens when the facade shell goes? It's all just going to ooze out of you, isn't it? So instead of having to spend all of your time trying to discover what this emotion was and that emotion is, and trying to work it out and asking this person, asking that person, discussing it with everybody because you have to, you will find the emotion will just ooze out of you, and just naturally flow and come out of you, the more you release these different facades.



When we break down the facade our damage will just flow out of us

AJ: And in the end if you release most the facade, you can see that all the damage was just going to ooze out of you, and you're going to be left with the yolk, in the end that's still this nice, soft thing that has the ability now to grow. And if we take the analogy in a bad way to another state, the yolk is the embryo of the chicken is it not? It contains the genetic structure, if you like, for this real self-creation, for this creature to grow. And it's very, very much the same with us. Without us connecting to this real self, true growth is not really going to be possible.



Eventually when we release all our damage only our real self, which God created, remains

AJ: This is where our real soul is. This is the thing that when you get beyond the 7th dimension and you no longer have any damage in you, this is going to continue to grow. It's going to be the only part of you that's left over. And bear in mind that you're a half of a soul, so there'll be a union of these two yolks if you like during this process. [02:10:09.21]

Mary: And the creative power in that union.

AJ: Yeah. And if you can think about it there are a lot of things we could take as an analogy from that, with regard to even sexual union and so forth. There are a lot of patterns in there about what happens to the soul. And this is the way God teaches us through these patterns.

AJ: Our feeling are, and probably more so now Mary's feelings than before, is that if you can be allowing of this damage, and you can be honest about it, and you can allow yourself to feel it as it really is rather than trying to maintain a facade, you will rapidly then work through different damaged areas and parts of your real self will sort of be exposed. So if this is the damaged area around here, and eventually you work through this damage here, now can you see what's going to happen? The real self will begin to flow.



When we break down part of our facade, part of our real self begins to show

AJ: For many of you it will be for the very first time in your whole life that you've been your real self in one area. And then once you work through some more damage now there's another vortex, if you like, where more of your real self can come out and flow.



When we break down another area of our facade, another part of our real self will be exposed

AJ: Can you see it's going to be this slowly developing process, and it doesn't have to be that slow either; it just depends on your choice as to how rapidly it occurs.

AJ: So what we hope that we've done this weekend is firstly help you work through the fact that there is the facade still in operation in many cases,

and also help you see that the facade creates a lot of the damaging actions you take, either in your awake state or in your sleep state. And hopefully today we've discussed with you this aspect of your sleep state and how getting to know what's happening in it is going to assist you greatly in your own progression towards God. But you're going to need to have courage to face it because sometimes it isn't pretty, that's the trouble. So hopefully we've done that today and yesterday just to help you with those particular things. [02:12:38.07]

Mary: And can I just thank you all for being such a beautiful audience to receive my truth and I hope that maybe it inspires courage in you to look at these things because there is a lot of grace available when you're willing to really face yourself - from my soulmate as well as God. Thank you. (Applause) [02:13:28.00]

AJ: So we look forward to the next few months and see what transpires, hey? See what soul growth occurs.

Mary: Have a good sleep everyone! (Laughter)

AJ: Or stay awake all night, if that's what you want! (Laughs)

AJ: We just feel that myself and Mary are spending a couple of weeks again by ourselves because we just want to focus a lot on our own progression again. So we're taking a couple of weeks away so that we can just focus on our own relationship without any interruptions, and so we'll be doing that over the next few weeks after the Bracken Ridge talks. And we'd like to encourage you all to consider doing a similar thing, just spend time if you're in a relationship spend time with the person in your relationship. Work your way through different issues that you've been avoiding or trying to run away from or not being honest about and so forth, and let yourself work your way through those things if you can. So we'd like to encourage you to do that. We love you guys and we look forward to seeing you again, if not next week, in a month's time. (Applause)

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