

Mediumship & Discussions With AJ Miller

Persons Talking	AJ Miller (Jesus) in Physical
Medium	NLD
Date/Time	11th September 2007
Location	Englewood, Florida, USA
Talking To	Criminals in “Hell” in Spirit World
Subject	Getting Out Of Darkness, Repentance & Progression In The Spirit World. Helping a group of criminals who have been in the “hells” and who have heard rumours that they can be assisted to progress to better places.

Mediumship/Discussion Text

Spirit: We are a group of sinners, we are being encouraged to talk by higher beings. We were not certain if this was something for us but we have a curiosity to know from you if sinners such as us, and we are criminals, we have done much wrong in, in our physical bodies on earth and also in our experience here because for many years, we did not know that we had passed over. We assumed we were still visible and because we were so used to, what we were use to, we continued to be criminals, we continued to do all we knew. And we have grouped together here over many, many years.

We have stolen, we have harmed, we have murdered; we have done things that we felt were right at the time, and we are beginning to realize slowly that there must be other ways, there must be ways where we can feel less pain because all of our actions create more pain, so what we are asking from you, is if these ... if these... rumours, are they rumours? ... Yeah we see them as rumours, if these rumours could mean anything for those such as, those such as us, or if, if these rumours are for other more loving, better, better, better souls because we do now have a feeling of having wronged. It has taken us a long time to get to this place, but we understand that that we have wronged. So can anything ... can we help ourselves in any way. What would your advice be?

AJ: You certainly can help yourself a lot. It’s very good that you’re now in a state where you at least want to look at yourself. That is a very important place to be. The key thing for yourself is going to be allowing yourself to feel more about the things that have been done and to direct your feelings towards God. I was wondering do you feel that God exists.

Spirit: We do not feel we have access. We know that there must be God somewhere but not where we are.

AJ: Well you can actually get access to God from where you are, but it is going to require some emotional feelings from you directed toward God.

Spirit: We have painful, painful emotions and when we feel these painful emotions our response is to reach out and think about harming another and we feel trapped in these emotions.

AJ: Alright, the way to appropriately deal with your emotions is to firstly make 2 main rules for yourself. One of the rules that you need to make for yourself is that you will not harm another person because of your emotions. The second rule that you need to make for yourself is to not harm yourself because of your emotions.

Spirit: So we, we, we feel as a group that we would have no idea what to do when we are feeling this way.

AJ: Well every single thing that you feel right now, you feel in a state of pain. So you know when you feel in a state of pain, and you feel like you want to take that pain out on somebody else, right. That is the time to realize that that pain is actually within you, it's an emotion within you and the instant you take it out on somebody else, you are actually going to create more pain for yourself. Now you have experienced this already, so you know what I am talking about, don't you? Every single time you take your pain out on someone else or you try to direct or project your pain towards someone else, you actually create more pain for yourself don't you, you know that is what actually occurs. So the key is to allow yourself to experience your painful emotions without taking your pain out on other people, or on yourself. Now the way that you do that is you allow yourself to feel all of your pains and you direct a longing towards God to help you through the pain, rather than trying to get the resolution of pain through some kind of act that you choose to do. Does that make sense?

Spirit: We have 2 questions. One is how could God hear us where we are, and how can we stop what we see as habitual actions?

AJ: Ok, well the answer to your first question is that God can feel every single person that he created, every single child of his, of which you are one, you are all children of God. Every single child that God created, he can feel. So God can feel your pain, God can feel your suffering. God knows what the causes of those things are already. The key thing for you to understand is that God wants to enter a relationship with you.

Spirit: We, we, we, we cannot accept this, because of how we feel about ourselves, because of how we, how much we know we have wronged others, because we have just continued beyond that point where we have known it was wrong, we have still wronged. So we cannot understand how anything can change in the way you are describing.

AJ: Ok, well even though you have wronged, God still would like to have a relationship with you, this is the ...

Spirit: How can you know this? We do not understand this.

AJ: Well you see; God is love; God is not a punishing God.

Spirit: But we are sinners, we know now, we are sinners, we know we are sinners, we know that we are bad, we know we are criminals; we know we are in a miserable place. God must have placed us in this miserable place.

AJ: Well actually that is not correct. The person who placed yourself in the miserable place that you are right now, is in fact yourself, by your actions. So this is what happens; the way God created the universe is perfect and any time you break a law that God created there is an immediate penalty of that law. Perhaps I can illustrate that. Lets say for instance you know about the law of gravity on earth right, if you break that law then there is an immediate penalty, right. So if somebody pushes you off a building and you hit the ground and you pass, that's the penalty for breaking that law. Whether you decided to break the law or somebody else decided to break the law or it was an accident, there is still a penalty and so with every single law of God there is a penalty that is attached to your soul when you break those laws.

So your choice to break the laws of God created your condition and your current circumstances. God looks upon your circumstances with pity not with punishment, pity because God feels like “why did you make those choices”, right, and God wants you to come to a recollection of why you made those choices as well. God wants you to see what caused you to make the choices that you made. What I am saying is true about God; firstly, God does want to have a relationship with you but God, in that relationship, wants you to understand truth, wants you to understand Love. Now because of the choices that you have made it’s difficult for you to understand love, and it’s difficult for you to understand truth but you can take all of these things that you have done and emotionally work through them and emotionally feel them without harming another single person anymore. Does that make sense?

You can work through these emotions that caused you to take the actions that you took and you can work through paying the penalties that are in your soul. You can work through these things emotionally. It will be a painful experience and you are going to need to have courage. But if you do, you can direct all of this towards God; these desires and painful experiences, talk to God about them through the process and you will find as you do, that as you desire love from God, you will begin to experience a healing process in your soul. You will begin to actually start feeling happiness within your soul and as you release more and more of these sad emotions, more and more of the emotions that have controlled you to do evil acts, as you release them what will happen is that God’s love can flow more and more into your soul and you will then rapidly progress through, into a different place, out of the places of darkness that you feel yourselves to be in now and into places of further light. Does that make sense?

Every single bit of progress you make is going to need to be based around truth and how you really feel in your heart. It’s about releasing the feelings in your heart that cause you to do negative things and it’s about understanding those emotions, that those emotions came from somewhere within or something within your life on earth. Something that other people even may have done towards you in your life on earth, that has caused you to have these emotions within you, and it’s just a matter of having the courage to actually feel these emotions without acting upon them, without causing more trouble for yourself or anyone else around you. Does that make sense?

Spirit: So we must experience different suffering?

AJ: Yes, this will be more emotional type of suffering in the sense that you come to realize that you have done things that are wrong in the past and direct your feeling towards God of sorrow, of repentance, of being sorry for the things that you have done in the past and as you direct those feelings towards God you will find that you will receive forgiveness from God for those things that you have done. Does that make sense?

Spirit: There is an understanding, it is just that there are so many of us who are so used to repeating and repeating and repeating the same things over and over again and there is much concern that this will just continue even if we have some sort of longing for change and for improvement that we do not know how to come out of these. This repetitive experience that so many of us have that just repeats and repeats and repeats and we do not seem to be able to stop ourselves, we do not seem to be able to break out of it, it is just this endless experience of pain and harm and creating suffering and so we understand what you are saying but we do not know how to put it into experience that we are so trapped in.

AJ: The key thing is to understand why you are repeating your actions. You see every time you avoid an emotion that is within you and every time you refuse to take emotional responsibility for the emotion that is within you what you will do is project an act or an evil act on somebody else, does that make sense? So you will repeat actions toward others when you don't take responsibility for the emotion that is within you and allow yourself to feel the pain yourself. So what you are currently choosing to do, many of you, is you are choosing to harm another person rather than feel your own pain.

Spirit: But we don't feel that we are choosing. We feel that it is just happening. We feel that it is something that is out of our control.

AJ: But it isn't, everything is actually inside of your control. Everything is about your emotions. So it comes from within you; these desires to harm another. It comes from within you and what is coming from within you is a desire to run away from how bad you feel. So its very important to stop running away from how bad you feel and to be willing to feel bad without harming another person and that is a decision that you will have to come to make at some point if you want to progress, does that make sense? It's just a decision, a choice at the soul level, an emotional choice. Rather than choosing to harm someone else around me I am going to now choose to only allow myself to experience the pain and suffering that I feel rather than trying to share around the pain and suffering to others. I am going to focus on feeling my own pain. When you do that and you direct a longing toward God to do that that's when you start the process of repentance and forgiveness. That's when you develop a true sorrow with in yourself.

So the key thing at the moment is you believe that a lot of your actions are out of your control, but the truth is every single action that you are choosing to do right now is a direct result of your souls desire, a direct result of emotions that are inside of you, and you will need to come face to face with those emotions and feel them with out turning them on others, without actually projecting them onto others, without making others pay for them, without sharing them with others. You are going to need to take full responsibility for those emotions you feel. When you do that you will progress very, very rapidly.

Spirit: Our difficulty is we do not know how to begin, is there some place we can find that can help us more? We feel that your words mean something, that we can help ourselves but from where we are we have no idea how to take those first steps. We feel it isn't possible. We feel we cannot achieve what you are suggesting.

AJ: Well this is what I would suggest. There are 2 things that I would suggest. I will say the second first; and that is you are going to need to be willing to do what I have just stated, willing to feel your own emotions. Now at times you are going to need help to do this. Can you see some bright spirits around at the moment?

Spirit: We are aware.

AJ: Ok. Now those spirits are wanting to assist you through this process if you are willing. The key is that you need to exercise your will, your desire to do it.

Spirit: Will they, will they judge us, will they punish us? What happens if some of us fail? There is concern, there is fear, that things could end up worse.

AJ: No they will not judge you and they will not punish you and they will always be loving with you, but they will not put up with you projecting anger or other emotions at them. Every time you do they will leave you until you have calmed down and then they will

come back, does that make sense? So they are there to assist you and they want to assist you. They are not going to judge or punish you but if any emotions you project at them are harmful to them they will leave you.

Spirit: We understand this and this while we are talking to you is the greatest concern because we are so use to responding and behaving in what you would call aggressive ways we, we, that is what we know, we know violence, we know aggression, we know hatred, we know deceit, we know, these are the things we know, these are the things that we feel comfortable with. So ...

AJ: Yes, well these spirits who are with you, who are ready to help you, have personally experienced all of these emotions that you are currently experiencing, alright. So they have at one time been in exactly in your place, in exactly your condition.

Spirit: But how can they trust us, how can they know that we will not choose to harm them in some way?

AJ: You cannot harm them, they know how to keep your harmful feelings away from themselves, keep anything that you may project at them at bay. They know how to control all of that.

Spirit: And they are as loving as they appear to be?

AJ: Yes, the key is going to be when ever you attempt to harm them, which they understand that you may at times attempt to do because of your anger or other emotions, remember they will just leave until you no longer feel like harming them.

Spirit: What about, what about we have, we have (unclear what was said) we have weapons; we have all sorts of things? There are pirates amongst us there are many, many different groups of people.

AJ: But none of you can hurt them.

Spirit: Do we have to go through some kind of process before hand? Do we have to; we feel it is too simple. We feel there must be more to this.

AJ: Yes I know. Lets do this, the first thing that I was going to suggest and that is I want to give you all a sort of, like a sample, or an idea, of what kind of process you are going to need to go through, does that make sense? And that may help you actually understand what this process will be all about in terms of what you work through. What I would like you to do for a moment is to choose one of the things that you know that you did wrong on earth. Just one of those things, so if you murdered somebody or you raped somebody or you did something you now see as evil, you lied or you stole whatever it was that you did. Allow yourself just to feel that thing that you did for a moment and rather than feeling it from the point to view of wanting to repeat it, this time feel it from the point of view of how much it hurt you in your soul and how much it hurt the other person you harmed in theirs, does that make sense?

Allow yourself just to feel that emotion for a moment, allow yourself to feel sorrow about that particular thing, that you are sorry for doing that particular thing and direct that sorrow towards God. Direct that feeling of sadness that you did that thing towards God and maybe talk to God and say to God about how you felt, how you now feel that that was wrong and that you can see that that was wrong and could God help you through the process of

releasing that thing from you that thing that you did to harm someone else and releasing that emotion that caused you to do that thing that harmed somebody else. Direct that to God, sort of like; I know many of you don't understand what a prayer is but what a prayer actually is, is a longing in your heart directed towards God about the things that you have done in the past that you are now starting to feel sorrow for, does that make sense?

If you can at least try that experiment, direct that longing towards God, so if you just close your eyes, rather than trying to harm someone else just try to put yourself into a situation where you feel like you are not going to harm someone else, close your eyes and allow yourself just to imagine for a moment the feelings that the other person would have felt when you hurt them, and allow yourself to feel those feelings, that they would have felt when you hurt them and then allow yourself to feel sorrow about that hurt that you created in the other person and direct those feelings of sorrow towards God, direct those feelings of sorrow, apologize, if you like, towards God, but apologize not in your head but from your passions and your emotions, direct that towards God. And this is what prayer is the direction of your feelings towards God. Talking to God about your feelings, feeling your feelings and feel them towards God, does that make sense?

So let yourself do that for a moment now, all of you can try this with all the different things that you have done, just choose one of those things and let yourself feel those feelings and don't project them on to anyone else, don't try to harm anyone else around you, just project those feelings of pain that you feel, suffering that you feel about that particular event towards God and see what happens.

Spirit: I am unfortunately am not able, I feel to much fear, however, I feel, I see, I see there are some who are doing this, there are big, big pirates, those are the pirates over there they, there are, there are, there are tears, I can not, I feel fear I am to fearful of pain, of further pain.

AJ: Ok this will actually release your pain

Spirit: And the pirates of the sea, they do well, and they are the burliest. I am fearful, I am not a pirate. I am to fearful, the more I feel I should be doing this the more fear I am feeling and therefore

AJ: You worry that you are going to be punished

Spirit: Yes.

AJ: Well God doesn't punish anyone cause the laws that he has in place has already exacted their penalty. What you have already experienced after you have passed into the spirit world was the penalty of your actions so you can not be further punished by doing this, all you will do is you will feel your emotions.

Spirit: My acts have been bad.

AJ: I know.

Spirit: My acts have been very bad.

AJ: Now direct that feeling towards God.

Spirit: I do not feel that I can, I do not feel worthy to do this. I have realized while talking to you and by being aware of you that I am, I am, I am so ugly I am so worthless, I have done so much wrong.

AJ: So direct all of these feelings towards God

Spirit: I do not feel that I can.

AJ: Please. Please give that a try. Because it, because it ... these are the feelings that you need to feel towards God and it would just be good if you could just give it a try.

Spirit: The fear is just so strong.

AJ: I know, but still have courage and give it a try.

Spirit: (Unclear what is said)

AJ: Have courage and give it a try.

Spirit: I cannot.

AJ: Yes you can.

Spirit: No, I cannot

AJ: Yes you can. I don't, I don't want to give up on you. So I would like for you to give it a try.

Spirit: No one has, no one has given me the love you've given me

AJ: So give it a try

Spirit: I feel that I must give it a try.

AJ: Feel those feelings to God, feelings of unworthiness and feelings of the bad things that you did, just start directing these to God.

Spirit: For a big criminal it is hard to breathe.

AJ: Just keep breathing.

Spirit: For someone who has never been scared, I am scared.

AJ: Its ok you are allowed to be scared, (unclear what was said) have courage.

Spirit: I have never admitted that before.

AJ: It's ok, just keep breathing, have courage. Let yourself feel, talk to him. You will feel different things if you let yourself feel. Feel that God (unclear what is said) if you let yourself feel.

Spirit: There is a stirring; I know not, I know not what it is

AJ: It's ok, it's a little bit of feeling, just let it keep growing, have courage and let yourself feel those feelings (unclear what was said)

Spirit: What do I need to do; I feel that I should be doing something, do I go down on my knees, what do I do?

AJ: If you want to go down on your knees if that's what you want to do, do that.

Spirit: Do I ask for forgiveness, do I? What? Do I say a prayer?

AJ: Yes, if that's what you want to do.

Spirit: The Lord's Prayer, I know that. I said do I say that?

AJ: You can feel, when you feel it's a prayer to God. Let yourself feel, let yourself feel, when you feel that's a prayer to God. If you want to say the Lord's Prayer along with that feeling, then by all means do that, but let yourself feel.

Spirit: I feel sensations that I've never felt before, ever, ever, in all of, in all of for however long it is that I have been in these experiences, I have never felt anything such as this. It is uncomfortable.

AJ: That's ok; just keep with it that is your soul opening, that's your feeling opening.

Spirit: This is causing great discomfort, I prefer, I prefer what I am used to

AJ: Just keep having courage, come on, keep having courage. It's just feelings, there just feelings, just let yourself feel them, breathe and let yourself feel them. Just let these feelings wash over you. Let yourself feel them. Let yourself cry if you need to cry, let yourself. Allow yourself to break down; you don't have to hold a strong face.

Spirit: I, I, I have to, I will, I will not be who I am. I, I must maintain ...

AJ: You will be better than who you are now, you will be your real person, the real self, the one that originally God created and intended if you let yourself just feel, if you let yourself break through this armour that you have on around you.

Spirit: I feel, I feel more love from you than from God.

AJ: That's ok.

Spirit: Can you explain this?

AJ: Well you are not going to feel love from God until you direct your feelings towards God and at the moment you are feeling unworthy to do that.

Spirit: You have shown such kindness; I do not feel that God shows the same kindness.

AJ: Why don't you try him and see, see we've entered into a dialog, why don't you enter into a dialog with God?

Spirit: Because I will not hear God, I can hear you.

AJ: You will feel God, yes, but you will feel God when you enter a dialog, you will if you give this a try. If you direct these feeling towards God and allow yourself to breakdown in front of God, allow yourself to break down through your emotions in front of God, you will feel God then.

Spirit: And God will do this for someone such as me?

AJ: Yes, every single person like you can do this. Any single person, any child, is a child of God.

Spirit: I am a criminal of God.

AJ: It doesn't matter now, God still wants you.

Spirit: I have been proud of the things I have done.

AJ: I know.

Spirit: I have bragged.

AJ: Yes, I know.

Spirit: I have laughed.

AJ: You have enjoyed them, I know, let yourself feel how that feels toward God, allow yourself to enter the emotional transaction with the emotions about these feelings allow yourself to have courage to do that.

Spirit: I know I have courage.

AJ: So do it.

Spirit: But I have fear.

AJ: Fear is just a feeling; you can feel that and still do this. Let yourself feel how sad you feel about some of the things that you have done. Let yourself direct that sadness to God and see if God doesn't respond.

Spirit: I feel that I should do this on my own

AJ: That's ok, if that is what you feel. But remember that you can come back at any time and talk if that is what you want.

Spirit: Some of the others seem to be feeling different. I have sensed changes in them.

AJ: Some may even move to different places now because they feel so different. Places with more happiness and more light than where you are living now.

Spirit: Many more have drawn into this communication. There is much consideration, much thought and some have, some have as I have said changed in some way. I will attempt what you are suggesting.

AJ: Keep working on those emotions, keep allowing yourself to connect with God about these emotions and even if you are afraid, just keep on trying. Do you understand? Just keep on trying because it's the connection with God that is going to help you through all of these things the most rapidly. You will need to feel.

Spirit: I have a question before I go. What happens if we do something wrong in the future, what happens if we repeat again, having had this experience with you and if we do talk to God and then we go back into an old way and we wrong again, what happens?

AJ: Well firstly, the likelihood of you wronging again after you have dealt with things with God is very remote because as you deal with things with God the emotional reasons as to why you did the wrong things will be gone and so you will find it very, very difficult to repeat any action, if not impossible to repeat any action that you have previously done once the emotion that caused you to do it is outside of you and is not longer within you. But even if you do repeat an action and you do feel some kind of penalty with the associated action its just a matter of looking at the emotion inside of you and finding out why you did that, so in the end its still the same action.

You still need to have the courage to look at the emotion within you that caused you to make or take the action that you took and that doesn't change no matter what you have done, it doesn't change no matter how severe the thing you have done has been. All that matters is that you are willing to face everything inside of yourself emotionally; that you are willing to actually go through the pain and suffering yourself now rather than projecting your pain and suffering onto others. That you are willing to experience everything that you caused others to experience, that you are willing to do this within yourself. Once you are at a state where you are willing to do that then it is very unlikely that you will ever repeat your actions that you have done in the past, does that make sense?

Spirit: We do understand and we ... we feel, we feel so much from you that we have never experienced before and therefore we trust what you are saying. We know you speak truth.

AJ: So the key is to give it a try

Spirit: I will try

AJ: To allow yourself to try no matter how much fear you feel about it.

Spirit: I will try, and some of the others will try and they want me to thank you

AJ: Let us know how you go won't you?

Spirit: We will return if we get the opportunity.

AJ: And also just one thing before you go, if you can remember the bright spirits that are with you, you can listen to them and they will show you what you need to do. So if you are having trouble they will be able to show you what you need to do. So you need to learn to trust them.

Spirit: They will, you have, you have ... we are not used to using these words; you have a gentleness that we can feel. Will these guides you are telling us about, will they have the same gentleness and patience because we are not use to this and we feel this is helping us?

AJ: Yes they will be gentle and patient.

Spirit: They will not judge us.

AJ: No, many of them have been in exactly your condition, many of them have been murderers and many of them have been people that have harmed others like you have harmed others so how can they judge you when they themselves have been you?

Spirit: We are then willing to drop our guard.

AJ: Good.

Spirit: We thank you.

AJ: Thank you to for coming.