

Mediumship & Discussions With AJ Miller

Persons Talking	AJ Miller (Jesus) in physical talking with a spirit named Betty who is a spokesperson for a group of spirits who are disappointed with their life in the spirit world
Medium	NLD
Date/Time	31st October 2007
Location	London, United Kingdom
Talking To	Betty (woman in spirit world)
Subject	Helping Betty and the group she represents to develop within themselves a desire for soul progression

Mediumship/Discussion Text

(Please Note: Betty had heard that NLD and AJ were going to assist some more spirits on the day before, and when NLD did not feel very good on the day chosen, Betty came to her in the morning and pleaded with her to allow her to have the discussion.)

Betty: I have been asked to speak. I am a very normal, ordinary person. I am with a group who, we all, we live, ...we live together. We live and share much together. There are quite a lot of us. We.... why am I here? Well, although everything is acceptable, that is all that it is. It is acceptable. We continue to live as we have lived on earth. We know that we are now not on earth. We know that we are in the spiritual realms. We however did not expect things to be as they are. And our acceptable living seems endless but there is nothing more to it and...

AJ: And it feels disappointing for you?

Betty: We thought when we went to heaven that it would be heaven, not this something that is still so very much the same as our lives were and nothing changes, nothing seems to happen.

AJ: Yes. Can we talk a little about what your beliefs were on earth about heaven? Could you tell me a little bit about your beliefs?

Betty: Most of us just felt that when we died then we would go to God that everything would be joyous.

AJ: What were your religious beliefs?

Betty: Most of us, ...we have a variety but there are no extremes of beliefs within this group. I for one did not really have a religion. I knew there was God but it was not something that I concerned myself with in any great way. I just lived my ordinary existence, in an ordinary house, in an ordinary life, not deliberately harming anyone.

AJ: Yes.

Betty: But this is not what I thought would have happened and the group with me is of the same concern. We are here because we just want to know how to change things this is not enough. We can't do this forever.

AJ: Yes I understand.

Betty: But we are not sure how to proceed. We have been encouraged to come and to talk in this way by these higher beings and also we are not sure how they are higher. We have a lot that we do not know and we do acknowledge that we have not been receptive in many ways because we had just simply an expectation that we would find ourselves in heaven and this has not happened.

AJ: Yeah I understand. So would it be appropriate to say that while you were on earth you didn't really have any strong desires about God or religion or truth? You just sort of lived your life as you thought it should be lived and then you passed?

Betty: I can honestly say that while I was alive I had no strong desires for anything. I have never felt a strong desire.

AJ: For anything really? What about the others with you did they all have that similar sort of feeling within them? That while they were on earth in particular they never really had strong desires to do anything in particular?

Betty: Yes I think this is why we are, ...we know one another. I think this is why we seemed to have formed this group.

AJ: Ok, well I do understand completely why you are where you are currently and perhaps it may be a little difficult for me to explain it in a way that you can understand so if you can be patient with me that will be good.

What happens with regard to your progress firstly is that when you pass into the spirit world your location of residence is directly dependent upon the amount of love that you have within your soul. Do you understand what I mean by soul?

Betty: No, no what is the soul?

AJ: Alright! At the moment, you know that when you were on the earth you had a physical body right?

Betty: Yes.

AJ: And you know now that you have a spirit body that you can see?

Betty: Yes and that is my soul?

AJ: No, that is not your soul. Your soul is actually surrounding your spirit body and its something that you can not see and it is to do with your passions and desires and longings so...

Betty: Then I do not have a soul because if I do not have strong desires then we are soulless. If none of us feel strongly about anything...

AJ: I know but you are not soulless. What has actually happened to your soul is that it has become numb to life. Do you understand what I mean by that?

Betty: Yes.

AJ: And because it has become numb inside there is going to be a process of emotional awaking that you going to need to go through in order to progress and in order to draw near to God as well if that's the way you wish to progress. There are some suggestions that I can make to help you actually work through the issue of why you have become numb in your soul but firstly I just want to make sure that you understand what I mean by that feeling of numbness that you have.

Betty: I think you mean the fact that we just feel as we feel now, we are numb now we, ...nothing changes everything is the same, we do not have those strong desires is that what you mean?

AJ: Yeah it's almost like a feeling of apathy.

Betty: Yes, well yes.

AJ: Is that how you would describe it?

Betty: And the sameness, boredom, that nothing really ever changes. The joy that we expected to feel we are not feeling and have not felt.

AJ: Yes and what happened in your life on earth is that you became so detuned from your emotions and your feelings and your passions and your desires that you now still feel that sense of detunement from your soul. But I can assure you that you do have a soul. In fact you are half of a soul and you have a soul mate which is the other half of your soul. And that part of you (your soul) can be awakened quite easily actually if you really desire it to be.

Betty: Where is the other half of my soul?

AJ: Well the other half of your soul is in another spirit form and that is what is called your soul mate.

Betty: In the same location as me?

AJ: Not necessarily. It depends if they had the same feelings as you and the same amount of love as you when they were on the earth or not. So it's highly unlikely they are in the same place as you, as hardly any two people have the same amount of love in their and this may particularly apply with soul mates. So they may be in a higher or lower condition it just depends on what their reflection of love is within themselves. Does that make sense?

Betty: So how do I find my soul mate? Will I feel joyous if I find my soul mate?

AJ: (Laughs) Well not necessarily, because firstly, the process that you really need to start working your way through is allowing your soul to awaken, in other words allowing yourself to start experiencing all of your emotions. Now can you remember on earth why you detuned from your emotions over your life, because when you were a baby you weren't detuned from you emotions? As you were growing up can you remember what caused you to detune from your emotions?

Betty: I was brought up to live as my parents lived.

AJ: Yes.

Betty: They taught me to not, ...they taught me to function, to live within the constraints of the way their lives were, and to have no further expectations to accept how things were and to just to do my best.

AJ: Yeah and they taught you to live in your intellect a lot didn't they?

Betty: Yes, yes.

AJ: To reason your way through things before you made decisions and so forth.

Betty: As you are talking to me, I am not sure I was ever happy.

AJ: Yes, and this is the reason why you have detuned from your soul, because there is a feeling of deep unhappiness within your soul. So in other words, within you there is this feeling of deep unhappiness about your life and that it hasn't turned out the way you would have expected it to and you haven't had some deep joys that you would have liked to have had, does that make sense?

Betty: I felt that, I, umm, my life was my lot, my parents taught me...

AJ: Yeah your parents taught you that. To accept your lot in life.

Betty: As I am talking to you and I can feel love coming from your heart, I never felt that love from my parents. I felt very closed, cold and that never really changed.

AJ: Yeah, they did not know how to love you.

Betty: I realize, I was married and I realize I did not love the man that I was married to. I realize I had two children, they, ...did I love them? I don't, ...I know not, ...I don't know now.

AJ: Well by the time you had your children you were so detuned from your own emotions that it was very, very difficult then for you to reflect love as well, does that make sense?

Betty: Yes.

AJ: The key for you is to allow yourself to feel about these things. But I would like to say some things positive things about the future for you just to give you some things to look forward to.

Betty: I feel more hopeless now than before I spoke to you.

AJ: I know and that's because you are now starting to connect with the emotion, you see. This is why its difficult coming from the place of numbness. You remember don't you I mentioned that. At the start its difficult coming from this position that you are in because the first emotions you generally feel are the emotions that you suppressed all of your life on earth.

Betty: I am feeling such sadness and hopelessness.

AJ: Yes, but that is an awaking of your soul. So you are now starting to actually connect with what is really inside of you, what is really inside of you emotionally.

Betty: But it is only by talking to you and feeling the love coming from you that I can feel this. What happens when I go back and I'm not talking to you any more, ...what, ...how, am I just feeling this because I am talking to you?

AJ: You are feeling this because you are starting to face the truth of your life on earth and you are allowing yourself to see and feel the truth of your life on earth, does that make sense? And if you can continue to allow that to occur what you call higher beings or the ones that are in a brighter condition and particularly the ones that are on the Divine Path or what I call the path of Divine Love will be able to help you. I will talk to you a little about that in a second. Those ones will certainly be able to assist you greatly if you let them because what they have been waiting for is you to get out of a condition of apathy and boredom and into the state where you actually desire to feel. Does that make sense?

Betty: Yes, yes.

AJ: Yeah and while we are talking what is happening is that you are allowing yourself to get into a state where you are desiring to feel your emotions even though the emotions are quite sad and depressing emotions.

Betty: Ok.

AJ: The second thing I would like to mention is that above where you live are the most beautiful places you can imagine and it does not need to take a long time for you to actually move from where you currently are into those places. But it is going to require two things from you specifically. The first thing that its going to require from you is that you are actually are prepared to feel all of your emotions, does that make sense?

Betty: So to get to heaven I have to feel my way there?

AJ: Yes, you have to feel all of your emotions. That is one of the things that you will need to do. There are two things you, the second thing you can choose to do.

Betty: What is the other thing?

AJ: Well the other thing is to actually develop a longing for God's Love to enter your soul. In other words to learn from God about what love really is, does that make sense?

Betty: How do we do that?

AJ: The first step really is allowing yourself to open up emotionally. You know when you feel that empty feeling that you feel, when you do that, when you feel that feeling that you've never been loved, ask God from your emotions, not from your intellect but from your emotions, for Gods love to enter you, does that make sense? You can try that now if you wish.

Betty: But if we didn't, ...if I, ...I think that I went to church less than a handful of times throughout my life, so I don't feel that I should be doing that sort of thing.

AJ: Well this is one of the problems with the earth life is that there are many things in error that we were told particularly about church and religion. What the priesthood or ministers or chaplains or those ones have told us are really just mans ideas about God. If you could just for a moment picture yourself with your children. One of the best things that you can have with your children is a close relationship with them isn't it.

Betty: Yeah.

AJ: Yeah, and if you imagine now that you are a child of God. So God actually created you. So therefore you are God's child. God has a very, very strong desire to have a relationship with you. To actually feel you and for you to feel God, and that is totally independent of any religious belief that you may have had on earth. God has this desire for every one of God's children. So when God created all of her children she desired that every one of them experience her love.

Betty: Now you are confusing me.

AJ: Because I am speaking about God being female.

Betty: Yes.

AJ: Well if you think about it God would have masculine and feminine qualities wouldn't he?

Betty: I don't know I have never thought about that! No, I think... God is, ...ah I think God is, is, is, ...what do I think? I don't know anymore. I would have said that I thought God was a him, a him.

AJ: Right. But for God to create a female, such as yourself, then God must have also had some qualities within herself that she could then mirror to create you. Does that make sense?

Betty: I understand what you are saying. This is a completely new concept for me. This is something I have never... I am listening to the others! Nobody, nobody here has ever considered that.

AJ: Yeah so I often call God my Father but I also often call God my Mother.

Betty: This is this is new.

AJ: And your Father wants to have, and I am talking about God now, wants to have a relationship with you.

Betty: Ok yeah.

AJ: Wants you to feel His Love.

Betty: Yep.

AJ: But to do that you have to develop within your soul a desire, cause remember God can't give you love unless you desire it, because God also gave you the gift of free will and free will means that you have to first want something before it becomes yours.

Betty: Oh we, we thought it was the other way around.

AJ: Ooooh?

Betty: And we thought that when God wanted us to go to heaven we would go and...

AJ: Oh.

Betty: We, this is why we have felt so, ...so stuck and so unhappy because we didn't know what we had to do. We presumed that it was his choosing and we didn't know why he wasn't choosing anyone.

AJ: What God was doing was waiting for you to actually develop a desire within your heart to go.

Betty: So it's not God choosing us?

AJ: No, God gave you the gift of free will and because of that God respects that gift. So if you don't desire to go, then God waits until your desire develops.

Betty: So we are not in heaven because we have not chosen to go to heaven.

AJ: That's right, because you haven't had a desire to do so. You haven't had a passion that was within you yet to do so.

Betty: So there is no one deciding for us.

AJ: No, even God will not decide for you because God gave you the ability to make your own choices but God is waiting for you because would dearly love to have a relationship with you.

Betty: So why, why has it taken all this time to find this out? Why did it have to take until this moment?

AJ: Well there are a number of factors involved. Firstly your life here on earth was one where your parents detuned you from your emotions and that then meant that you've become sort of apathetic within your soul. You felt like you didn't have any feelings, does that make sense?

Betty: Yes.

AJ: And because of that damage you could not learn this lesson. That's one of the reasons why I am trying to teach things on earth here because many people on earth still have that damage. One of the things that I dearly would like to change is that people start realizing that their desire is of paramount importance to their future. Unfortunately here on earth there are just so many rules and regulations that are made to suppress desire. Many parents suppress the desires in their children as well, and you grew up in that state, and that's why now when you've passed you had your desires all shut down so much so that you couldn't even trust ones who were in a better condition than yourself and listen to what they were saying about desires and passion, does that make sense?

Betty: Yes.

AJ: Yeah, the key now...

Betty: What do we do?

AJ: Sorry?

Betty: What do we do, what do we do from this point?

AJ: Well just the two things that you need to do, I believe. Both of them are your choice's though, you don't have to do them, but you will need to do them if you wish to progress towards heaven, does that make sense? So the first thing; remember that I said to actually stay tuned into your emotions all the time and let yourself experience them even if they are sad emotions. And secondly; all of these sad feelings and sad emotions and other emotions that you have, talk to God about them from your heart, and long for God's Love to enter you soul. You can try that now while we are talking if you wish, so that you can have a feeling of what God's Love feels like! Would you like to try that?

Betty: I was just going to ask you does God's Love feel like the love that we can feel coming from you?

AJ: Yes but it is much, much stronger.

Betty: We, we would like to try it.

AJ: Alright! So just let yourself for a moment feel a desire that you would love to connect to God. That you would actually like to begin a relationship with God and ask God with your feelings, not with your thoughts, but with your feelings, whether He could give you some of His Love just so you can feel what it is like.

Betty: Do I, do I have to beg his forgiveness?

AJ: If that is what you feel like doing. You certainly can do that if that is what you feel like doing.

Betty: I feel as if I have done much wrong without realizing that I have done much wrong.

AJ: Alright, so let that feeling go towards God and express that towards God.

Betty: Do we all do it? Does everyone with me do it? Or do I just do it?

AJ: All of you can try it, yeah. There is nothing stopping all of you trying it. Just make sure that it is your feelings that you are feeling; in other words it's your feelings that you are feeling towards God. Because nobody else can do this for you it's only between you and God. So just do that for a moment and I will do the same and all we need do is to long for God to give us some of Her Love.

Betty: I feel such overwhelming sadness as I begin...it is, it is...

AJ: Yeah.

Betty: ...it is very difficult for me.

AJ: Yes and the key is to have courage and let your self feel those emotions, let yourself feel those emotions. And project the feeling of longing for God's Love to enter you and if you feel sad if you feel like you want to cry just let yourself cry.

Betty: I want to cry but I can't.

AJ: You're allowed to cry.

Betty: It's too painful...

AJ: I know it's painful but this where you will need courage to feel your emotions, does that make sense?

Betty: Some, some...

AJ: All these bright spirits around you are there to encourage you and they are there to assist you with any feelings that you have, and you can trust them.

Betty: I... I feel, I feel something, I have...

AJ: At the start it may not be an over powering feeling but it will grow as you allow yourself to feel your emotions.

Betty: I understand where, I understand what I need to do. I have tears running down my face. I have, I have a glimmering and I am looking at the others they, some of them understand too.

AJ: Yeah, let yourself have the courage to do this and let yourself trust those ones who are there to help you and they will be able to tell you things you can try to work your way through the different emotions that you are feeling. The key is just to allow yourself to feel what you feel but also to develop a longing to have a relationship with God.

Betty: I understand what you are saying. I just feel it is, ...it is almost not completely inaccessible but it, ...there is a glimmer, but it still feels inaccessible what you are asking me to do and to feel. I am not use to even these tears pouring down my face. I am not use to feeling this type of sadness. I have not, ...I did not know this was within me. I, I, ...

AJ: These are all of the emotions that you have been holding within you every since you have been on earth. So they have been there all that time and they just need to come out, you know? They just need to be released and flow, flow from you.

Betty: I feel so much from within my heart, within that heart area it is, it is very strong.

AJ: Yeah.

Betty: I can honestly say that I do not ever remember feeling like this on earth.

AJ: Yeah and that's the damage that was done to you by the environment and culture and parents, you know. They taught you to tune away from these feelings. Of course the feelings initially can be quite painful if we let ourselves feel them but understand that these feelings will not always be painful, you will not always have these feelings to feel. There are some spirits that are present at the moment who are in the 8th sphere or above which is 7 levels above where you are. They now don't experience any of those emotions of sadness, all they have is bliss. So that is what you have ahead of you if you allow yourself to feel and you connect with God.

Betty: So where is heaven?

AJ: Well I suppose the best that can be said is where you are right now is a transition period into heaven and there are 7 dimensions of existence that are transitions to heave. The eighth dimension is what you could classify as the first dimension of heaven and heaven means at-onement with God as well. So in other words you actually will experience God's

emotions and you are also in a state of bliss when in heaven. Do you know when you use the term angels?

Betty: Yes.

AJ: They are in that state and you yourself can become an angel in that way.

Betty: I can?

AJ: Yes.

Betty: Me?

AJ: Yes you can. This prospect is open to every single person who has ever lived on earth.

Betty: From my life? From who I am?

AJ: Yes, from who you are right now you can become an angel.

Betty: That's very, very, very difficult to understand

AJ: But if I can, I will explain to you how it can happen. If you stay open emotionally to all of your emotions and you long for God's Love to enter you (God's love is an emotion as well). As that emotion of Love from God enters you it will transform your soul and it eventually transforms your soul into almost a different type of soul, and it is a different type of soul, and angel. A soul that has far more capabilities than you can currently imagine, right. And so it's the love that comes from God as you long for it that actually transforms your soul into a condition that is called at-onement with God.

Betty: But if I did not feel a great deal of emotions when I was alive and if I am not feeling a great deal of emotions up to this point? Then how I can do all of this? The emotion is not there!

AJ: But as you were just experiencing before the emotion was there wasn't it? You had tears rolling down your face. You felt a feeling of grief and sadness that you never felt before, so the emotion was there. Its just that you have closed yourself down to the emotion and what the process is going to be is you are going to need to start reopening your self up again.

Betty: So there is a lot more within me then I have just felt.

AJ: That's right and the key is going to be to have courage to feel all of that. Remember that God will love you through this entire process. And you will have the help of these bright spirits around you as well should you want it. It all depends on whether you want it or not that is all.

Betty: I, I want something.

AJ: Yes.

Betty: I cannot continue how we have been living. It is not enough.

AJ: Yes, so let yourself begin to develop this desire to live a different way and it is going to require some courage but the rewards are just going to be so wonderful. You will wonder, you will just live in wonder on a constant basis, about how wonderful your life actually can be.

Betty: I do believe I feel different then before I came to talk to you. I am asking the group that is with me and there's agreement from the group. We have an awareness of the possibilities and

AJ: You know the love that you feel from me?

Betty: Yes.

AJ: You can feel that love right?

Betty: Yes.

AJ: If you imagine that everyone around you felt this love for you. How do you think you would feel?

Betty: Oh wonderful!

AJ: Because that is what it is going to be like for you.

Betty: Oh that would be wonderful. And we could all do this? We can all feel this way?

AJ: Yes.

Betty: That would be wonderful.

AJ: Yeah and it is worth having courage for right?

Betty: I will try. We will try.

AJ: I hope so. I know that you will feel so much happy, you know. You will probably feel for the first time in your lives happiness. You will understand what happiness really feels like.

Betty: You have given us hope. You have given us a future to look forward to.

AJ: Yes. Can I just help with one more thing? What I am going to do is ask one of the bright spirits, there are quite a number of bright spirits around and I think there might almost be enough for each one of you. Is that the case?

Betty: Yes, we see them.

AJ: What I would like each one of these bright spirits to do, if they desire it, is for them to show you, even if they just show you as a picture if they can, or even if they can just briefly take you, lend you the power to go to where they are, if they can show you where they live.

Betty: We have a little bit of uncertainty if this is ok to do, if this, can we trust this, is this safe?

AJ: Yes it is safe. You will not get harmed from it but when you feel like it's to much for you, just tell the bright spirit and they will return you to where you are.

Betty: So you want us to go now?

AJ: Well what I thought, we will stay here for a little while. It's just for a moment if they can just show you where they live that would be lovely and if they can't take you there then at least they can project the image for you so that you can see it.

Betty: Ok. (Long pause) Ok, wow, I have no words.

AJ: (laughs) It's pretty huh?

Betty: I think that is what I thought heaven would be like.

AJ: Yes.

Betty: And we are not there we are far, far from there.

AJ: Yeah and each one of those spirits who just took you for that trip can show you how they got there. Because many of them arrived in the spirit world in exactly the same place that you arrived in.

Betty: But I long to be there I want, can they take me back, why can't we just go there now. I long to be there, I don't want to be here. I don't want to be here any more.

AJ: It's good that you have a longing, that's really good. But you are going to need to feel your emotions. If you can listen to how they got there you will see that they had to feel their emotions and develop their relationship with God, does that make sense?

Betty: Yes.

AJ: Yeah, so if you can let yourself do that but hold onto that memory because that is where you are headed.

Betty: I long to be there now.

AJ: (laughs) Well at last you have a longing.

Betty: I do, I long, I long to be there now. I want to go back.

AJ: Ok.

Betty: We'll do it. We are going to do it. There is much agreement around me.

AJ: That's good.

Betty: We thank you, I thank you. My name is Betty.

AJ: It's lovely to meet you Betty and how many are with you Betty?

Betty: Ummm, I would, 2 or 3 hundred. There are quite a few of us and we all lived in the same way for so long.

AJ: Yeah, I am so glad that you came and had a chat with us.

Betty: I am so glad that we could, that I could talk to you. I am so glad that I was given this opportunity because somehow I was, ...I was, ...I was picked somehow or other from all the different types that are here.

AJ: Yeah.

Betty: Yes, I was picked and I am so happy and we, I feel there's a future, I feel that there's hope which I have not ever had and I do so thank you.

AJ: It's been my pleasure. Can I just make one further suggestion? Once you have learned how to actually progress there are many others who are in the first sphere or in the first dimension of the spirit world near where you are who have those same feelings that you have had too. Feelings of apathy and boredom, those kinds of feelings. They also feel a sort of disappointment with heaven and if you could just talk to them about you have seen, even just now what you were shown, because they too can be shown the same things from these spirit friends that are in a brighter condition.

Betty: I am feeling emotions, I am feeling tears of thanks and sadness and gratitude and I will of course do everything that I can. I would not want anybody to continue the way that I have been for any longer than need be.

AJ: Yes.

Betty: I must go now, I have emotions, I am going to go and feel, we are all going to go and feel. We thank you.

AJ: It's my pleasure

Betty: Bye-bye.

AJ: Bye-bye then.