

Mediumship & Discussions With AJ Miller

Persons Talking	AJ Miller (AJ) in physical, having a discussion with male spirits in the spirit world who have harmed other people (spokesperson is Shema), and having a third discussion with a spirit who classified himself as a “manly man” in the 1st sphere (his name is Gerald)
Medium	NLD
Date/Time	11th December 2007
Location	London, United Kingdom
Talking To	Shema (a spirit spokesperson who has harmed others on earth) and Gerald (the ‘Manly Man’ in spirit world)
Subject	Helping Shema to work through the issues of progression in the spirit world, and helping Gerald and other men with him further to see how his feelings towards women are affecting his spiritual progression and to feel his emotions

Mediumship/Discussion Text

Shema: Yes it is me and I know you have heard me before and I have been saying please, please, please, please help. We are desperate for your help and I have been following you around for some time. I represent many. We have, we have very, very desperate feelings. We, we are so uncertain of what we can and cannot achieve. We just, just desperately want to change our circumstances, our situation. We presume that we are in hell. We feel, we feel that there must be something more that we can know and there are certain people who have said to us here – there are, there are groups of spirits who have suggested that we talk to you because we are confused, we are lost, we are desperate, there is so much that is so difficult here and we come to you because there is this understanding that we can believe you, because we are in a state where we cannot trust or believe in anything, not even in ourselves.

We have come along way – we have come a very long way. And we have been following you around for some time. We have been following you and the medium trying to get your attention and it has been so hard for us to be so patient and we are so very happy that we are in a position that we are able to speak with you and we do not know how much we need to say to you. We are just, just, just very, very desperate and there are many of us – there are men and there are women and there are children. We are of very different ages and we have illness, we have – there are things wrong with most of us, except we do not fully understand those things that are wrong with us. We just cannot grasp what it is that we need to do to get ourselves better because we have indeed realised ourselves that we have to get ourselves better, but we know – we do not know how to do this and so our desperation seems to get stronger and stronger as time passes because there is time, although it is different – it is different to when we were alive and this confuses us too because we do know we are dead but we just have so many questions and it is so difficult to get any answers because people make things up and people tell us things and then we find out later that they are not true, and so we go round and round in circles and we try to help each other, but none of us knows any more than the other and then every now and again someone will come along and say “I know how to help you” and it is no help – our hopes are raised for a time, and then we lose hope again – we are lost, we are lost. So this is where we are.

AJ: Yes. And have you noticed some brighter spirits around as well, around you or you find it difficult to see brighter spirits?

Shema: We do not see brighter spirits.

AJ: Would you like to?

Shema: If we can trust them.

AJ: So the issue really becomes one of being able to trust them – does that make sense to you, like...

Shema: We are so suspicious, and we are so desperate. We do not know how to trust anything where we are.

AJ: Could you tell me a little bit about your life when you were living on earth.

Shema: My, my, my life?

AJ: Mmm!

Shema: My life?

AJ: Mmm!

Shema: (long pause) Well, I have come from a very, very long time ago, as far as earth existence.

AJ: Can you remember the time you existed?

Shema: No I do not.

AJ: Do you remember the time....what part of earth you came from?

Shema: (pause) I came from desert. I came from lands that were desert. We travelled. But I am...

AJ: So you were nomadic?

Shema: Yes, I have been told this is the case, but I am... we are not all like I am. There are many, many different types...

AJ: There have been some in the cities, and some in have been in the country...

Shema: Many, many. We are, we have great variety amongst us. We are just empty and in such a miserable existence.

AJ: Well firstly all of you are in the same existence for a reason that there is a law of attraction operating. The law of attraction works in such a way that there must be something emotional that attracts you to each other and so what I am trying to do is to discover what those emotions are that are similar that each of you feel. Does that make sense? So if you could talk amongst yourselves and let me know what emotions are very similar to each of you, and you have probably already worked out quite a number of different things about those emotions that is similar with each of you even though you lived in different circumstances. So is there anything that comes to mind that is similar for all of you? (pause) Did all of you die with illnesses for example on the earth?

Shema: (long pause). Yes, we all died unhealthy. We all died...(pause)

AJ: Did you all die prematurely, in the sense of not of old age, but of sickness or other diseases or things like that?

Shema: In my existence I am not aware of anyone having died of old age. We all died of fairly young ages.

AJ: Yep.

Shema: Yes, I am, it is being agreed upon that there is one similarity that we have all suffered on earth before we passed into this existence.

AJ: And you still feel you are suffering as well.

Shema: We are suffering more now. We feel we are worse off than when we were on earth. I for one, I followed my... family... and... there were... there were wars between the families... there was blood shed and there was much fighting, but this was our existence and this is how we lived, and we fought to stay alive. I do not know about the others.

AJ: Could you just ask them for a moment whether that also was a common thread between all of them. Whether there was constant fighting to just, in terms of family life to just to stay alive.

Shema: I do not know how this is happening, but some, some... something is giving me the information that I require, so....

AJ: There is a spirit in a higher place who can see the common threads between all of you, and if you can just trust that information and tell us that information if you could.

Shema: Well, I have been told that we have all harmed other... other humans in our life times in some form or another, either intentionally or unintentionally. But we have all harmed, and most of us had no conscience. This was not something that had ever occurred to me to have, because this is was our way of life you see, we had to fight... we had to fight to stay alive to protect our families.

AJ: So now when you look back on that existence, can you feel the feeling of wanting to justify the fighting... and wanting to justify the existence? Can you feel that emotion within you?

Shema: No, I cannot.

AJ: No. What do you feel now about what happened on earth? Do you feel the fighting was the right way to live?

Shema: It was the right way for us then – there was no other choice.

AJ: Right, now, that is the issue that you are facing emotionally. You believe that there was no other choice and there was other choices. It is just that there was not other choices that you knew of. Does that make sense? And so at the moment you still believe you had no other choice. And part of that is sort of justifying the killing or the hurting of other people, in terms of justifying that is the way it justifies your own existence. So, what is actually happening emotionally within you, it's because there is a strong feeling of not wanting to feel, what it felt like to harm somebody else, and not wanting to actually feel how bad that felt to harm somebody else, you have detuned yourself from your emotions about harming

others, and that's what has caused you The best way to liken it is when you brand an animal's skin, so you know when you brand a cow or something like that with a hot iron, that piece of flesh becomes dead and becomes very desensitized to feeling, and this is really what's happened to you emotionally... you've have branded your heart with some emotions (phone rings and a minutes pause).

Sorry about that. So you have branded yourself emotionally by having a certain way of feeling when you were on earth, that caused you to believe that these actions were taken were necessary for your existence. And in the process of that, have actually not understood some of the laws or lessons of love that God has created throughout the universe. Everything in the universe is about love, and whenever we break the laws of love, or the lessons of love, whenever we break those, what happens is that we then degrade in our condition, we become worse in our condition, we have more pain and we have more suffering in our condition. And so what happens on earth a lot of the time is that we have this desire, because of what we believe is necessity in many cases, and we finish up breaking the laws of love, and then when we arrive in the spirit world we need to learn the lessons of love that we broke, and we need to actually come in acknowledgement of what love would have done if we were in a loving situation and if we were acting in harmony with love. So the biggest issue that you are actually facing inside of yourselves at the moment, you still feel like justifying actions that were in disharmony with love. Does that make sense?

Shema: (Pause) I understand what you are saying but I do not feel that it could not possibly apply to my life time and to our family... and the way we lived and the way that we have always known that has been handed down from generation to generation. And we were just doing all that we knew to do. **AJ:** Yes.

Shema: I cannot see how there could have been another choice, so, I had no awareness of anything other type of choice available to me. We did what our ancestors did, and we continued, therefore why should I be punished now, because this is what you are suggesting that the way I lived is causing me this punishment now. Why should that be if I knew of no other way.

AJ: Actually, the way you lived, you are not being punished now for the way you lived. That is the first most important thing you must understand. The reason why you are feeling and in the surroundings you currently have, and you are feeling like you currently do, is because there are lessons of love that you've not yet learned, and that is the only reason why you are where you are currently. Does that make sense? (pause) You are not being punished for anything that you have done, you are just in your current location and in your current condition of pain and suffering because of the lessons of love you have not yet learned.

Shema: Well then why has no-one come and told us this before. Why have I had to spend so long as I am...why....

AJ: If someone did come and told you before, would you have listened...

Shema: I don't know.

AJ: Mmm. And that is the issue. The fact that you now have a desire to talk about these matters means that you are willing to listen at this point. So rather than re-hashing over the reasons of what has happened in the past so much, lets just take the opportunity that we

have now and actually now work through some of the lessons of love that may help you to progress into a better place. Does that make sense?

Shema: Yes. Those that are with me agree with your suggestion. They feel that they wish to hear more of what you are saying.

AJ: Because what is actually happening... if we rehash the past a lot... right? then I would have to explain to you all of the reasons why these events have occurred in your life. Now there are persons better qualified than myself in the spirit world can assist you to go through all of those things, and that is one of the things I would like to talk to you about in a minute. So at the moment a far better thing for us to do now would be to focus primarily on what we can do now to get you a better condition and actually get out of the places of pain and suffering that you are currently in, and into a place where there is more joy and more freedom and more love.

Shema: This is what we want, we know we all want this – of course we all want this. We would be very stupid if we did not want this. We have all had more than enough of where we are.

AJ: Yes. Okay... the first things in terms of progression... in terms of spiritual progression is understanding who is in a better condition than yourself and able to advise you spiritually. Does that make sense? Who is able to advise you how to progress and how to get out of your current condition. Now, it would make sense that any body who is in a similar condition to yourself, is going to find it very, very difficult to help you get out of your current condition. Does that make sense?

Shema: Yes.

AJ: It is a bit like there are 5 people are in the mud and one of the fellas in the mud says to the other four fellas in the mud, I can help you get out of the mud, and then why isn't the fella that is trying to help already out of the mud. Does that make sense? And it is much the same in terms spiritually. Now the way to actually test to see whether a person is in a better spiritual condition, is in the brightness of their spirit body, by how much light do they carry with them, how much happiness is coming from them. Do you follow me? Now there are a group of spirits who you haven't been able to see – and it's because of the longings that you have not been able to see them, the feelings that you can't trust things... it is those groups of spirits that can very much help you progress. Now to give you an overview, there are actually two forms of progression. There is a form of progression where you have to use your intellect to progress and you need to develop morality in terms of human morality and need to develop in what you would call the love that is coming from yourself, or what I often term as a natural love. There is a second form of progression and that is actually connecting with God and actually receiving love from God. Now at this point you have sort of gone through this view point and...

Shema: Oh I can tell you, (pause) everyone with me is saying God (pause). There is generally agreement that we would, if given the opportunity, (pause) worship our God.

AJ: Okay. Oh good. Now with regard to the connection with God can you see at the moment that you have the view point of God that God is a punishing God?

Shema: Yes, we do.

AJ: Yes. And can you see that you feel that God is going to punish you when you do something wrong and when you do something right reward you?

Shema: Yes we do.

AJ: Okay, but God is not like that, that is the first thing to understand. God only wants to love you and only wants you to learn the lessons of love, but, there is something else that's involved in that, and that is your free will must be exercised in a way that you wish to learn the lessons of love from God. Do you follow me? You see, if you choose to not learn the lessons of love from God, then you are going to have to learn the lessons of love some other way, and if you choose to not learn the lessons of love at all, then you are going to be in a stagnant place. You are going stagnate in your own progression. So at the moment what has happened is that you... there was a choice even though you weren't aware of the choices you were making, there has been a choice to not learn the lessons of love, to not seek the lessons of love, and understand truth about love. Right? And now, you have made a choice as a group to actually start seeking something more, to seek a different way, to seek the lessons – you know, to learn what causes progression and what I am assuring you of is that progression is caused by learning the lessons of love, whether that be the love that comes from you, or the love that actually comes from God.

Shema: We have been so desperate, we have been trying to talk to you to get help for so long but this seems too simple, this seems too easy, this seems as if its isn't real. How can just the word love makes such a difference.

AJ: Well, it's not just the word love, it is actually the feelings of love that makes the difference.

Shema: That is not something that I have recognised as of being of value.

AJ: Yes, that is correct, but that is the only thing in fact of value. (long pause). So this is one of the lessons of love – love is of the primary importance to you.

Shema: Oh no, well you see, I have to say this again to you it was not. I had no understanding of this during my life time. We thought of gold, we thought of material things, we thought of animals, we thought of the things that gave us comfort on our travels, and our food, and of obtaining more wealth, and this is how we survived.

AJ: Mmmm, that's right.

Shema: Love was not... love was secondary, so I do not understand why it is so different here.

AJ: The truth is that in the universe, God wants love to be the primary thing of importance.

Shema: But if God wants love, then why did not we know about it... None of us in this group knew what you are saying. We have not ever had this understanding before.

AJ: The reason why you have never known, generational, the generations occurred before your generations, they all also had lost the lessons of love as well. If we trace that back to the beginning, what happened was that God offered God's love to mankind, but mankind rejected that love and decided to work through things by themselves, in other words to be self reliant, and the results of self reliance are, and in fact historically is the slow degradation of love walking away from love if you like and walking down into violence and walking down into fear. So in the end, most people's lives become a life of living in fear rather than a life of living in love. Does that make sense? And you and everyone else and the millions of others living on the earth, billions on the earth today are in that same condition of living in fear rather than living in love. So you are not to blame firstly for yourself being in that condition. Does that make sense?

Shema: I understand that but there are still feelings that I have been punished. We all feel that we have been punished.

AJ: Yes, all that's happened is that you have not yet exercised your free will to know about love. And God respects your free will of paramount importance is your free will to God. In other words, if God gave you this beautiful precious gift and this gift is your ability to make your own choice. Because you choose to not discover new things, to not discover new things about love – right? – all because of the environment that's created this feeling within you that it was not available to you, because of the particular choices that were made, whether you were conscious of them or not, God has waited for you to get into this situation you are right now, and that is you are now in a seeking.... you want to know the truth about things in the spirit world. You want to progress now – don't you? So now things have changed a lot for you – you now have the seeking attitude – does that make sense? You now desirous of change. Whereas before you were almost content to live in the way you were living and were resigned to it. Does that make sense?

Shema: We understand.

AJ: Where as now, you are now exercising your free will in a different way, and this is the reason why we are responding now because of it. The problem is on the earth today, is that there are very few people that can truly help. Does that make sense? And in the spirit world there are many billions of spirits who can help, but most of those spirits who can help can't – most of the people in your condition don't want to trust them. So there is plenty of help in the spirit world but not enough trust in the ones that can provide the help. And often trusting in the ones that can't provide the help, and that causes more problems. Does that make sense? So there are a lot of very complex reasons that in the past you have not heard this information, and this is what I have said earlier, that we can go through those many complex reasons, but in the end it will not get you out of the current condition, because all we really need to do is to discuss what's going to happen now for you. Does that make sense?

Shema: Yes.

AJ: Now, what's this feeling you get from me when I'm talking to you?

Shema: Um... I am just connecting with the others (pause) for our opinion, and it is just that we know we can trust you, because we see you (pause) as pure (pause), as a being in physical, of exceptional love and truth, except that we had not verbalised it in that way until this moment.

AJ: Mm... Now there are spirits that are in better condition than myself.

Shema: (pause) So, we are still confused as why were not able to access help in the spirit world.

AJ: Um....

Shema: Why is that not a part of this reality? Why has it been so impossible to get that help? Should it not be more available?

AJ: Well the truth is that it's actually readily available. In fact, there are, right around you at the moment, there are literally thousands of spirits who are waiting....

Shema: We do not see much at all.

AJ: I know. Let's just try and experiment and I'll show you that they are there. Do you want to try and experiment and you'll see that these spirits are actually around you?

Shema: Yes, we are interested.

AJ: Okay. If you can just for a moment long for God – so in other words have a feeling or a passion or a desire in your heart towards God that you want to see these spirits that I am saying are there. Does that make sense? Just have that feeling or that longing and direct that longing to God, because that what a prayer is. So in other words pray to God that you want to see those spirits.

Shema: (mumbles)

AJ: If all of you can do it, you will have a very powerful... if all of you can just long to God, and it has to be a sincere longing. Does that make sense? A feeling that you really do want to see them.

Shema: We really want to get better, so we really want to do this.

AJ: Alright, so just have a longing that you want to see all the spirits that are around that can help us.

Shema: I really want to see all the spirits that are around us that will help us...

AJ: Who will help us connect with God.

Shema: Who will help us connect with God

AJ: Now, if you open your eyes, what do you see?

Shema: (Intake of breath) Lights... lights... many, many lights. They're lights. What are the lights?

AJ: The lights are very, very bright spirits.

Shema: They are too bright.

AJ: Okay, then what I'll get them to do is to detune down the lights a bit – they can do that a bit, and if you open your eyes again now, you will notice it's not so bright now... right? and you will notice that you can see forms. Can you see people now.

Shema: Yes.

AJ: Okay.

Shema: I do not understand.

AJ: These spirits are spirits that are in a very bright condition of love. Okay. What happens is that when they come to you in their natural form, you can't see them because they are so bright. When you...

Shema: This is a trick – this is a trick.

AJ: No, it is not a trick.

Shema: It has to be a trick.

AJ: These spirits are spirits who have been around you waiting for you to get into a condition that we could talk to you. The reason why you haven't been in a condition previously to talk to you is because you did not trust. So even now you are fighting with trust aren't you? Can you feel that?

Shema: Yes.

AJ: You are fighting to even trust this. Right?

Shema: Yes.

AJ: So imagine if these spirits had come to you without me talking to you, how would you feel then, would you have trusted them?

Shema: Not at all.

AJ: Okay, so this is one reason why nobody could help – does that make sense?

Shema: Well there are some here that are scared... there are some who are fearful of what they are seeing.

AJ: Yes. Why are they feeling this?

Shema: They feel that this must be the devil in disguise. This is not anything good because it is too difficult... it does not feel real.

AJ: Alright, the first thing is there is no devil. (pause) And the second thing is that what you are seeing is real, because all of you are seeing it.

Shema: But it is not real because (pause) we have not ever seen it before.

AJ: You have not seen it before, because if the spirits had done what I have just suggested to them to do what they have just done, you would not have trusted it and they would have scared you more than helped you. Can you see that?

Shema: Yes we can see that.

AJ: Right. See at the moment they are even scaring you, even though I'm trying to help you through to trust it – does that make sense?

Shema: Yes.

AJ: So what is actually happening a lot is that if they had have actually materialised in the way they had just earlier, and being the person they are which is the bright light that is unbearable to you, and materialised the form as a result of that, you would not have trusted them. Do you see? But these are the ones who can help you.

Shema: How can they help us?

AJ: The reason why they can help you is that many of them have been in exactly the same position as you previously in some time in their life. Many of them have had the same experiences on earth that you have had. Does that make sense? And many of them in the

spirit world have had the same experience many hundreds for some of them and sometimes thousands of years of earth time, they have been in the condition you have been in and yet they have got from that condition into the condition they are in now. Does that make sense? So they are very well equipped to help you through your emotions and to help you learn the lessons of divine love – the love of God. Because they themselves have already learnt these lessons.

Shema: We are ... we understand.

AJ: So the key thing now is to allow yourself to trust what these spirits are saying to you – are going to say to you.

Shema: How do we tell the difference between those we can and cannot trust?

AJ: Well the spirits you can trust will be very very versed in the reception of God's love into your soul, so they will be able to teach you things ... surrounding subjects like the incarnation of the soul – what the soul really is – what the spirit body is – what the material body is. They'll be able to teach you things about God, that God has love, that God can give you and that can enter your soul. They will talk about things called the "new birth" or being "born again" as a spirit which is something that has happened to them as well. They will also speak of the many things associated or the many processes associated with your working through your emotional condition so that you can release from you – you can go through a process of repentance and forgiveness about things about love that you haven't faced before and you can learn new things about love in the process and not only that, you will be able to test to see what they are saying is true, because if your spiritual condition does not progress by following what they say to do, and actually putting it into practice, then obviously what they are saying to you is not correct.

Shema: Can anything bad happen if we choose to trust these bright lights, these spirits. Is there a possibility that we could end up in a worse situation.

AJ: Well, it is a bit like – lets say – just for a moment, what I would like to do is allow yourself to feel the projection of emotion that these spirits have for you. Right?

Shema: I have already felt it and it is very strong.

AJ: And does it feel loving?

Shema: It feels loving, but it feels so loving that it is not real – it's too much. I am suspicious of it – it's too strong.

AJ: Alright. It's that love that you must feel if you are going to trust somebody. Remember I said at the start that everything is based around love. Do you follow me? And therefore, anytime somebody comes to try and assist you it needs to come from a position of love. And if it doesn't come from a position of love, then don't trust it. If it comes from a position of love, trust it.

Shema: Will it always feels so strong – this love?

AJ: It will be an overpowering emotion for you. And the reason why you are feeling a little overpowered by you too, as you are not allowing yourself to feel what you feel – right? The key is to allow let yourself go.

Shema: We are all too fearful, we are all too scared to allow ourselves to feel because of all the pain that we have felt for so long.

AJ: Yes.

Shema: There is a great deal of fear from all of us over, as you say, allowing ourselves to feel it in this way.

AJ: Yes, but people who are on the divine path, in what I call the divine path, is the process of connecting with God and receiving God's love into your soul, that path requires that you feel. And initially, it is going to require that you feel all of the feelings you have, and even if they're bad. Even if they feel bad, even if they feel sad, even if you cry, does that make sense? Even if you feel fearful, it's going to require that you feel those feelings rather than try to ignore them. And part of the problem of what you have been facing up to now is that you have been trying to ignore your bad feelings, trying to make them go away without actually feeling them. And that is what 's causing a lot of diseases in your bodies. Do you follow me? These emotions that you are not allowing yourself to feel are harming your body. They cause the disfiguration of your body. So, these spirits that have been trying to help you are trying to get you to connect with your emotions.

Shema: Can they help us heal.

AJ: They can only help you heal if you are willing to put into practice to the things they show you what to do. Does that make sense? Now the key thing for you what to do is to experiment with this if you don't initially trust it. So let your self experiment – maybe have one experiment - they make one suggestion to you about one of your emotions – work through the emotion as they suggest to you to do, and then see how you feel after you have dealt with that emotion. Look at it, do you feel better or do you feel worse after you have felt the emotion, after the emotion has flowed out of you. And if you feel better then do the next one, you know. If you feel worse then stop it and try something else. Do you follow me?

Shema: Yes, I do.

AJ: You are allowed to experiment like this in this manner in order to prove....

Shema: We do not have to commit to anything?

AJ: Um, you will have to commit to yourself to feeling your emotions.

Shema: But we can just try this?

AJ: Yes.

Shema: And we can change our mind?

AJ: You can change your mind later. If you don't like the idea later, then you can change your mind. You have complete free will. You do not have to do anything. But if you don't do anything obviously you will stay in your same condition. It is only by doing something, changing something, that your condition will change. Does that make sense?

Shema: Yes.

AJ: So change one thing, learn a lesson of love or two, and then see what happens. With your body, does part of your body feel better? Test that. Are you in a new location in the spirit world – test that. You will soon see it in your new surroundings. But what I would like to do before you go and try these experiments, is I would like to show you where these spirits, who you're seeing now, where they live. Would you like to see where they live.

Shema: Yes, we would like that.

AJ: And remember, that every one of these spirits that are here with you now, have at some point been in a similar position to yourself. Right, so keep that in mind. So what we are going to do now is let that those spirits show you where they live by projecting that image to you. You'll see it as pictures. Can you see that?

Shema: That cannot be real. That cannot be possible.

AJ: That's where they live. (pause) Now what I want them to do is to project an image to you an image of where they used to live in the spirit world when they first arrived.

Shema: (pause) It is like our home.

AJ: Yes. So one point in their life they lived in a place very very similar to yourselves and how you live now. And now, if they can project that image again of where they live now

Shema: But this is another trick.

AJ: No it's not.

Shema: How do we know that it is not another trick?

AJ: Because they are coming from a condition of love. Love would not try to trick you.

Shema: Why is it so hard to believe this?

AJ: Because you have an emotion within you of mis-trust. You don't trust anyone yet. (long pause). You know the emotion you feel coming from myself of truth and love, do you feel a similar emotion coming from them.

Shema: It feels different. It is different.

AJ: In what way?

Shema: It is more overpowering here. It is more difficult to accept because it is so overpowering.

AJ: Mmm, but it is a similar feeling isn't it. Remember I said they have stronger feelings because they are in a better condition.

Shema: Okay, yes. There are many who understand what you are saying.

AJ: So when you feel these emotions that are coming from myself, and another spirit comes to you, you can see whether they are coming from the same position as to whether they have the same kind of feelings for you, even if those feelings are even more powerful than my own. Does that make sense? And that's how you can tell whether you can trust them. (pause).

Shema: This is a lot for me and the others to accept and understand. There is a great deal of information that you have given us. But we are willing, we are willing to continue because the choice is to stay as we are. We are, we were so desperate. It is interesting that I do not feel as desperate now as I did when I first began talking to you.

AJ: That is good. Can I explain one more thing, and that is God loves you and wants you to feel the love. Right?

Shema: Why does this create pain and sadness in us when you say this?

AJ: Because the feelings that you have inside of you have been locked up for so long that it is going to be like breaking through a dam wall if you like, in terms of breaking through into your emotions. Love is an emotion. God's love is an emotion of love from God, and for you to feel an emotion of love, you are also going to need to feel all of your own emotions what ever they are, and at the moment many of those emotions are painful. Does that make sense?

Shema: Yes.

AJ: So you are going to need to be willing to allow yourself to feel all of those painful emotions and the reason why these spirits who around you, wanting to assist you, is that they want to help you go through that process of feeling those painful emotions. They won't be able to do it for you because they can't, cause the emotions are inside of you, but they can show you how to feel the emotions.

Shema: Some of us are so unwell and some of us are so ill and have so much wrong.

AJ: Yep.

Shema: They are saying that they do not feel that they are capable of doing this, because they, they are so ill. Can they be helped?

AJ: Yes. They will find that every single emotion they deal with, an illness will disappear. (pause) Does that make sense? So every emotion that you deal with, and the spirits helping you will tell you which ones are the best ones to do first, every single emotion that you release from you, will actually release an illness from you as well. In other words, you will no longer feel that illness either.

Shema: So each one of us here now, will get help in the way you are describing?

AJ: Mmm Mmm.

Shema: And why would they do this?

AJ: Because they love you.

Shema: (long pause). This is difficult for us.

AJ: Because in your life you have never really experienced love, because people love you just because they want to love you. Always there has been something attached. Some expectation attached to someone doing something for you.

Shema: We do not feel we deserve this help now.

AJ: But you do, because you are God's children, just like they are. And they received help in a similar manner from somebody else in their life too. In the same manner as they are trying to help you.

Shema: We have been desperately trying to talk to you and we are now being offered this help.

AJ: Yes, and the key for you is going to be trust.

Shema: Why us, why would we get this help?

AJ: Because you have asked. See everything is based around free will. You wanted help didn't you?

Shema: Yes, we were desperate. I remember that desperate feeling has already left.

AJ: Yes, but you wanted that help and you were desperate for it, so now all the help you want is there. The key now is to trust it. You've got what you've asked for.

Shema: But we have been asking for so long. It has been so difficult for us.

AJ: Not in the same manner. Not with a willingness to open your heart and open yourself emotionally.

Shema: So all these spirits that I cannot look at because it is too powerful, they are all willing to help us in the way you are suggesting.

AJ: Yes

Shema: What do we have to give to them?

AJ: Nothing.

Shema: What do we do?

AJ: Just give them your attention and try to practice the things that they say. That's all. And you'll benefit from that. You'll feel happy from that, and they will feel happy to because they have been able to help you and they have been wanting to help for such a long time. They have known how difficult it is for you to trust.

Shema: So, we get one of these bright spirits each?

AJ: You can have one for two of you, one for five of you, one for each of you – it depends on what ever you want. If a few of you want you can have a whole football field of them.

Shema: How long will they stay?

AJ: They will stay as long as you listen to them. And if you don't want to listen to them anymore, then they will leave, and they will find someone that does want to listen to them. Does that make sense to you?

Shema: Yes.

AJ: And if you get angry with them because of some of the things you suggest, then they'll go away for a while, and when you stop being angry then they will come back.

Shema: And we can really trust – we can really trust this?

AJ: Yes. You can feel the love from them.

Shema: It all feels... too much to be real.

AJ: But it is real, it is just that you've never experienced it before. It is a bit like anything you've never experienced before isn't it? Do you know on the earth now you can fly, but people have been in planes and fly? If you have been with me for a while you can see that this is the case.

Shema: We know about planes.

AJ: But that never happened when you were alive did it?

Shema: No.

AJ: No, so how did that happen from going from one place where you couldn't fly and now you can. Because somebody trusted something. Somebody actually found a law that they could trust. Does that make sense? And in this case it was the law of aero-dynamics. And they learnt that they could trust it. But what I am talking to you about are the laws of love, and what I am saying to you is you can trust those laws. They are the highest laws of the universe and you can trust them.

Shema: What will be expected of us?

AJ: Nothing's expected of you. It is all a choice. If you don't want to listen then they will find someone who does. Does that make sense? Nothing's expected of you.

Shema: We do not have to follow in their footsteps, we do not have to work with them or their conditions.

AJ: There are no conditions, but you will find you will want to listen and work with them, and you will see the results very quickly if you allow yourself to do that. Does that make sense? But you don't have to do that if you don't want to.

Shema: What about the children? There are, there are.....

AJ: The same applies to the children. They can learn very, very rapidly. Very, very rapidly.

Shema: And what about the very, very ill?

AJ: All of them are just going to need to feel the emotions that are creating their illnesses, and they will be cured.

Shema: We do want to try.

AJ: Mmm. Every single one of you will benefit from it. You will benefit very rapidly, and I would love to hear some time in the future from you about your progression too. Does that make sense? You are going to find that within a very very short time, if you are willing, and you are completely willing emotionally to deal with some of the things that our spirit friends are going to say to you, you will find that you will very rapidly get out of your current condition and your current place of existence and be in a better place of existence. But the key is to be really willing to deal with your emotions. That's the key.

Shema: Well it is not just me that feels different now from when we began communicating. When this finishes, will we go back to feeling how we felt before?

AJ: Whenever new truths hit your heart like this truth has, it's very, very rare that you ever go back to believing the old truth or the old things that you believed in. Does that make sense? The error in fact that you were believing. So in your case, I doubt very much that you will go back from where you are now, but again it is depended on your freewill. If you want to, you can go back, but I doubt you will want to.

Shema: We don't... we don't want to.

AJ: Exactly.

Shema: We don't want to.

AJ: So allow yourself now to work through these issues of trust emotionally that you have. Does that make sense?

Shema: We have a fear of it happening without us wanting that to happen. We do not want anything worse to happen ever again.

AJ: Well, every truth that hit's your soul is going to improve your condition. Everything you absorb in love is going to improve your condition. It is not ever going to make it worse.

Shema: There are many of us who are ready. We are so happy...

AJ: And maybe the ones who aren't ready, if you would like to watch the ones who feel they are ready. Does that make sense? And then try yourselves. So, all of you then can benefit. Does that make sense?

Shema: Yes, so it has been agreed.

AJ: So even if there's a group of you that feel that you are ready, then that group of you trust what is being said to you, and follow what is being said, go through the processes of emotions that you will be going through and learn some lessons in love, when you get to your new location of existence.....

Shema: Some are leaving... where are they going?

AJ: Well some are already leaving because they are already working through their emotions. It is that rapid. (very long pause) Do you want some of them to come back and show you where they have now gone to?

Shema: Yes... I do... I feel fear.

AJ: Ok, can some of them come back and show you where they went to, give you a picture of where they went to. (very long pause) Does that make sense?

Shema: Yes.

AJ: So they've just left for a better place haven't they, because they have just worked through some emotions. And one of the biggest emotions that you are needing to work through is the emotion of trust. Does that make sense? Once you have worked through this emotion of trust, you will find that you can go to a new location already. (very long pause)

Shema: I feel hope for the first time. We feel hope.

AJ: Can you see that some of them have all ready gone, some of them have already enjoyed a different place.

Shema: Yes. They are all going. They keep...more and more are going. More and more are disappearing.

AJ: Yes. So why don't you now go and see where they are going. Why don't you let yourself trust.

Shema: I will. I have to find out. I am not a coward and I was correct.

AJ: (laughs) Can I ask what your name is?

Shema: (Pause) Shema

AJ: Shema

Shema: I have other names, but Shema.

AJ: It has been lovely talking to you Shema.

Shema: I feel saying thank you is to small a thing to say, but um...

AJ: I know you are thankful.

Shema: But we are ALL so. Oh, they're back.

AJ: (laughs) What do they show you.

Shema: They are back. Everyone is back and I am assured that what you are saying is real and there is gratitude from us all, and yes I would like to come and talk to you again and let you know how I am doing and how we as the group are doing.

AJ: Yes, that would be lovely.

Shema: Thank you I wish to go in.

AJ: Bye bye then.

Shema: Bye bye.

NLD: I have got the manly man from the beginning. He was talking to me at the same time as some of them which I actually found it difficult.

AJ: He is still a bit forceful is he?

NLD: Mmm.

Gerald: Well, yes it's me again.

AJ: May I say something first in this case.

Gerald: Sure.

AJ: The next time you choose to interrupt a conversation through the medium, I will not be talking to you. Does that make sense?

Gerald: I have become patient. I was impatient at the beginning

AJ: Good.

Gerald: And I have listened.

AJ: Good.

Gerald: And I am impressed with what you have said, and I have indeed learned from listening.

AJ: That's good.

Gerald: But you see, I do not like to waste ...

AJ: (Laughs)

Gerald: any moments in my experiences, therefore I have an awareness that I am improving in your terms...

AJ: (Laughs)

Gerald: But there are things that I do desire to do as quickly as possible to move on to enjoy the experiences, this is a part of me. Anyway I come with questions. Now, I have done what you suggested and I have been talking and sharing some of things that you have been teaching me. And I have been mixing with other manly men because they do move around in those circles frequently. Although I must also confess to you that I am moving in some what different circles too. I have indeed broadened my horizons, but it is quite difficult for me to communicate to other people. They find ... this quite difficult for me to communicate, because they joke and they do not take me seriously and therefore it makes my job of sharing some of the information that I have received from you... I feel I am wasting my time, but I do have this desire within me, for I want to understand a little better and on a more personal level I am behaving myself a little better – not fully – you will understand that.

AJ: Yes. Probably... what I would like to talk to you about is it is very difficult for people to listen when the person they are hearing the information from doesn't appear to be practising the information he preaches.

Gerald: I am practising some of it.

AJ: But not everything.

Gerald: I am a manly man!

AJ: I realise.

Gerald: I enjoy being a manly man.

AJ: And this is, remember part of the issue. Remember the previous conversation we had with that group of spirits that were here, I talked about lessons in love – do you remember about that?

Gerald: Oh, I know about love.

AJ: Well, that is the problem is that you believe you know about love, and you don't.

Gerald: I know that that love was a different love. I do have that understanding.

AJ: Yes, but there are lessons of love, there are different attributes and qualities of love that you are not currently aware of, and if you learn about those, you will progress a lot more rapidly. One of the lessons of love is to be respectful of other people who need assistance and help. Now, when you barge in on a conversation for example, what you are doing is not being respectful and therefore you are breaking a law of love right at that instance. Does that make sense?

Gerald: But I am impatient!

AJ: Yes, and impatience is not love.

Gerald: But I do not want to waste these moments.

AJ: You do not need to waste these moment, you need to learn the lessons of love first. At the moment what is happening you are having intellectual dialogue with me many times and you are learning some things that help you progress a little bit, but the lessons of love are not reaching your heart yet. Do you follow me? And that's where you will make the greatest progress and also when you have those lessons in love and allow them to enter your heart, that's when you will find that people will start listening to you. Does that make sense?

Gerald: I understand that I know we have discussed before this. You said the same thing as I am now going to bring ... I am very concerned about losing my manliness.

AJ: Yes. Yes.

Gerald: I feel that this is not something that I want to happen. I am concerned that I am going to become soft and possibly more feminine ...

AJ: (Laughs) Yep.

Gerald: And I am not wanting this whatsoever. I am proud of who I am, and I wish to remain proud of who I am.

AJ: Yes, and that is one of the things that is very much inhibiting your growth. You see what you try to do is you try to define what you should be, rather than just allow yourself to be what you are.

Gerald: But I am large... my stature is large. I have a large presence.

AJ: Mmm. And all of that is fine except when you break the laws of love, and then you will find yourself not progressing.

Gerald: Well, I have progressed but a fraction, I know. But I am not willing to go back. I do wish to progress. If I can find my way through all these laws, all these different loves...

AJ: Well, the thing is not to find your way through this intellectually. See at the moment that is what you are trying to do. You are trying to intellectually find your way through these path of learning about laws, but what needs to happen is that process needs to be more emotional and that's where you are struggling because you feel emotions belong to women and men don't have them, right, or men have fewer of them, or men don't have to cry – right?

Gerald: I have desires, they are emotions.

AJ: They are. You also have some feelings of sadness inside of you too that you don't allow yourself to feel, because you feel it is wrong for a man to cry. (Long pause)

Gerald: I have not ever cried.

AJ: Yes I know.

Gerald: That is not an emotion that will be part of me.

AJ: Well it is actually. You are carrying it around but you are not letting it flow. You are not letting it come out of you.

Gerald: But this what I mentioned... I do not wish to become like a woman.

AJ: This is part of the problem of your definition. God gave men and women tear ducts so that means God intended that men and woman to cry. Right?

Gerald: This had not occurred to me. This is interesting.

AJ: It is a fairly basic truth though when you think about it.

Gerald: This had not occurred to me. You have a point.

AJ: Yes. So if men weren't meant to cry, then surely men wouldn't have tear ducts.

Gerald: I accept that.

AJ: Okay. So obviously if we are looking at what God's intention was rather than your intention, right ...

Gerald: Excuse me. I have to apologise to the Medium for my thoughts that I transmitted to her. I am apologising profusely. Please continue.

AJ: So God's intention is different than your intention, and at the moment you want God's intention to be your intention, but if God created tear ducts then God's intention was that men would cry. (long pause).

Gerald: Go on.

AJ: Now, if that's the case, then you're choosing not to cry is actually in disharmony. If you have sadness in you and you are choosing not to cry then you are actually in disharmony with the love of self.

Gerald: Are you expecting me to cry in front of all these other manly men?

AJ: You don't have to cry in front of them, you can go and be alone if you wish, but whatever way you handle it you will need to cry if you have sadness in you. And by the way, all the other of those other manly men who you've mentioned will also have sadness in them and they will also need to learn to cry at some point. Does that make sense? Because all of them believe the false belief and that is that men don't cry, and that is a false belief, its not true, and anything that is not true will need eventually disappear as a belief.

Gerald: This will indeed challenge me.

AJ: Yes, and honestly when you begin doing that you will find there is sadness inside of you that is actually holding you back... Remember earlier when I had a discussion with you I talked to you about how a person who is often over weight, often eats not because they are hungry, but because they have an emotion inside that they are trying to satisfy. Remember we discussed that?

Gerald: Yes.

AJ: What you are trying to do is satisfy your emotion of sadness inside of you with other things, in particular with sexual relationships. Right? And many of these other manly men you mentioned are also trying to do the same thing. (Long pause).

Gerald: I have some confusion. I understand what you are saying. So what do I do when I see a woman who is very desirable. I cannot help but know she is desirable, I cannot help but feel that desire, so what do I do in that situation, what is your suggestion?

AJ: My personal suggestion is to actually acknowledge that desire that you have for that woman, but also acknowledge that there must be something driving that desire within you. There must be something deeper driving the desire and to actually allow yourself to place yourself... Lets say you couldn't look at a woman again for a while, what would you do. How would you feel inside?

Gerald: That would be ... that would be dreadful. I would have no reason to continue.

AJ: So it would be dreadful. In what way?

Gerald: I would have nothing to do.

AJ: So how does it feel to have nothing... what are the feelings you are feeling?

Gerald: I do not really know. I have not been in that situation.

AJ: What don't you challenge yourself with that. Allow yourself to feel those feelings because that's the feeling that you are trying to avoid. See at the moment woman are an addiction for you. You know how on earth how people are addicted to smoking, they are addicted to drugs, they are addicted to drink...

Gerald: I would not know how to function if I did not function in the way I am used to functioning.

AJ: I know, but it is an addiction and all addictions are based on emotional injuries. When you release the emotional injury you will no longer have the addiction you will be able to operate in purity rather than having the addiction.

Gerald: Mmm.

AJ: Does that make sense?

Gerald: I'm thinking about that one.

AJ: Yes. What you have been trying to do is intellectually progress, and what I am saying to you is that it is not possible to intellectually progress very rapidly. But if you want to progress rapidly and I know that you do, it is far better if you progress emotionally. When you progress emotionally that's when you will progress rapidly. Right? Now if you refuse to accept some of the emotions that are within you then you are going to stagnate, you will stop progression and that is what you are currently doing, and one of the way you stay away from those emotions is by using the addictions you have, and the biggest addiction you have is the addiction called woman.

Gerald: I am not sure if I agree with the word addiction. It's my pleasure.

AJ: If I took woman away from you, you said you would feel lack.

Gerald: But that is my pleasure, that is my choosing.

AJ: Yes, but lets say I took woman away from you, how would you feel?

Gerald: Because I do not have any other pleasures, therefore I would miss that pleasure.

AJ: Okay, and how would you feel?

Gerald: I do not know. I would not like it.

AJ: Well, you said you would feel much worse than that is what you said earlier.

Gerald: Okay.

AJ: What did you say earlier?

Gerald: I believe I said dreadful.

AJ: Okay, is that an addiction. If you take something away and you feel dreadful, then surely that's an addiction. How does a man on earth when he is drunk, how does he feel when his drink is taken away from him. Doesn't he just feel dreadful? How does the man on earth who is a drug addict and his drugs gets taken away from him. How does he feel? Does he feel dreadful?

Gerald: I don't want to think of myself of someone who is addicted to anything, because that is not manly.

AJ: Well the truth is that you are addicted, and I am just telling you the truth. Now whether you want to think of that is totally up to you, but is far better if you could face the truth and say what is it. Alright, let's look at this. Is it manly to be addicted. I agree I don't believe it is either, but you believe it is because you believe its okay to be addicted to woman like you are.

Gerald: I had not viewed it in this way before.

AJ: My suggestion is firstly to start looking at the emotions that you trying are denying in yourself using these addictions. Does that make sense? Because there are a group of emotions you are trying to deny by using women.

Gerald: I have an inkling of what you are saying.

AJ: Yes. Let yourself go to those emotions, right. Now it is a manly thing to be courageous enough to experience every single feeling within you. Does that make sense? At the moment you are avoiding many feelings within you. That is not courage.

Gerald: Unfortunately you do make sense.

AJ: So if you want to really be a man who has courage, then you need to be a man too who is willing to face every single emotion within yourself.

Gerald: Well I have certainly felt some emotions that I had not wanted when the other manly men had been joking and laughing and teasing and saying all sorts of things that have provoked many different emotions in me. I have felt quite frustrated and angry.

AJ: Yes. Well beneath there are even deeper emotions of sadness. Why don't people believe me. What's wrong with me that they can't believe me. There are those kind of emotions. They are the kind of emotions that you are going to have the courage to allow yourself to feel.

Gerald: This will be very difficult for me.

AJ: But it will be very very productive.

Gerald: I do not know how to begin. If I ever choose to do this I have no idea how to begin.

AJ: Your spirit friend who has been a manly man himself, who has been trying to assist you, he can perhaps let you know how to begin.

Gerald: I have that connection.

AJ: Yes. My suggestion is begin trusting him more. He has been through what you are going through now.

Gerald: I prefer to talk to you.

AJ: (Laughs) That's okay. But I would prefer in future if you don't barge in on a conversation. Does that make sense?

Gerald: I know.

AJ: That's important, because that's one lessons of love that you need to learn.

Gerald: Do you know how many spirits are waiting to talk to you.

AJ: Yes I do.

Gerald: Do you know how long it would take me if I waited in line?

AJ: Yes I do.

Gerald: Well that is why I didn't do it that way. That is why I decided that I prefer to speak to you sooner rather than later.

AJ: And I am saying that if you are going to treat other people unloving like this then I will not speak to you. Does that make sense?

Gerald: So I have to go to the back of the queue.

AJ: No you can organise with Beatrice if there is an urgent thing that she thinks will benefit a lot of others beside yourself, I am sure she will make arrangements and we will be able to talk again.

Gerald: One more question.

AJ: Yep.

Gerald: I have already experienced having the intention to do things differently but I fall back into my old ways. It is almost impossible not to. Is there is a way to stop this?

AJ: The reason it is almost impossible not to fall back into your old ways is because you are yet to release the emotion that creates your old way. This is why the emotion....

Gerald: So it all goes back to this.

AJ: The emotions. It goes back to feeling the causal emotions.

Gerald: And you say I have to use my tear ducts?

AJ: (Laughs) Yes that is one of the things that you will have to use. You see, unless you release the emotion that causes you to do your old way, you will keep wanting to do your old way. Does that make sense?

Gerald: I understand.

AJ: It's a bit like the person who likes to eat too much on earth. If they are driven by an emotion, lets say the emotion is unworthiness, and if they are driven by that emotion of unworthiness to eat too much, they will continue to eat too much won't they, over and over again, no matter how much they try and what ever diets they go on or what ever things they try to do intellectually, nothing will work until they focus on their emotion of unworthiness. Once they feel and release the emotion of unworthiness, there's no longer unworthiness in them that will generate the desire for them to eat too much. Does that make sense?

Gerald: I understand.

AJ: And it is exactly the same with yourself. That's why you have been finding its hard not to go back to the old patterns, because the emotion is yet to be released.

Gerald: I understand.

AJ: That's good.

Gerald: I thank you Sir. I will just say there are some of my friends who have been listening. It has not been just me. I assure you others have come along as we continue this discussion.

AJ: That is good.

Gerald: I thank you for your time.

AJ: May I ask you your name, as I do not want to keep calling you the manly man. (Laughs)

Gerald: Gerald.

AJ: Gerald. Lovely to meet you Gerald.

Gerald: I prefer the manly man (all laugh).

AJ: Can I just say one more thing Gerald, and that is that the reason who you prefer the manly man, is because you want to maintain a facade of emotion and it's that façade that is damaging you. My suggestion is you need really to find out who you really are, rather than trying to maintain a façade of who you are. Do you follow me? When you find out who you really are then you will be a man. Then you will be a real man, a man who can accept himself for what he is and who has the courage to feel everything he feels. (long pause)

Gerald: I thank you Sir.

AJ: Thank you too.

(Man in Audience): Gerald will be so excited in the future when he works through this to realise he can have that desire for a woman but it is going to be one special woman.

AJ: And it will be one special desire too. And it is going to be wonderful for him to realise that the desire he has is still manly desires, but they will be in harmony with love.