

Mediumship & Discussions With AJ: Miller

Persons Talking	AJ: Miller (Jesus) in physical talks with Michael Bailey and Daina: Gold (both from Florida, USA) on the phone
Medium	N/A
Date/Time	21st February 2008
Location	Cocoa, Florida, USA
Talking To	Michael Bailey and Daina: Gold (both from Florida, USA)
Subject	Answering questions from Daina: and Michael about recent events involving recent attempts to discredit AJ: as a Cult Leader

Mediumship/Discussion Text

Section 1

Daina: I wanted to talk to you because I was kind of in the loop with everything that was happening with N___ and with Do, and I just wanted to talk with you and not listen to other people.

AJ: Right. That's good, Daina. Lot of times what everyone's doing is listening to other people. That's not double-checking the facts, you know?

Daina: So I thought I'd double-check the facts. I'm not even sure what question to ask you, AJ, I just want to connect with you.

AJ: Yeah, no worry. I don't really know a lot of what's been said, but I've read some e-mails and letters that N___ has sent to different people, and obviously a lot of it is a gross misrepresentation of the actual facts, but anyway.

Mike: I know that I misrepresented our conversations. What I remembered and what I actually have on tape, when I was there in Dallas the last time, they were two different things.

AJ: Yeah, that's right. It goes by how you're feeling emotionally, doesn't it? If you're feeling something emotionally that you feel is unfair or whatever, what happens is you then go down the track of wanting to defend how you were feeling and so sometimes the best thing to do is get angry with another person, rather than actually look sincerely at what actually was said to you and how you were treated, you know?

And it's great for you, Mike, because you've actually taken recordings of our conversations and stuff, and you can play them back and so you know what I've been saying to you each time, and really, you know that it's been pretty consistent, right?

Mike: Yes, it has been.

AJ: And the truth is the same with N___, of course. I've been very, very consistent with her. She's hitting some really deep emotions and dark emotions within her at the moment, and she doesn't want to deal with them. She'd much rather prefer to slander me than deal with the emotions.

Mike: I figured, well, I was guessing that it was just hard for her to deal with and I mean, this was something that she was going to have to work through.

AJ: Yes, yes. What happened in Greece was that, and she's been occasionally honest about what happened in Greece, there were 8 people there, obviously, so if you talk to Mary, J___ (the person N___ claimed to be her soul mate) or if you talk to some others who were there who had a far less biased opinion, and you'll find that what's being represented as the facts of what happened is totally different from what actually did happen. And so, yes, and I feel like, ...I feel quite sad for N___ at the moment, because she's also being quite heavily influenced by some spirits as well, which we picked up in Barbados and which also poked their head in Miami as well, when we were in Miami, and so, yeah, it's sad that it's gone the way it has. And of course, you know, any person who doesn't want to deal with an emotion will automatically begin to connect with other people who don't want to connect with theirs.

Daina: That's fair.

AJ: And then they will all get together and say, "Ah, yeah, he said that to me and he said this to me," but of course, in most cases, misrepresenting what was actually said through their emotional filters, and so they all sort of get everyone's support, but in reality, the reality of the conversations, the roughest part, honestly and obviously, in many cases, is quite different to what actually people are representing as being.

Mike: Yes.

Daina: And that's what you are always teaching.

AJ: That's right, yes. It really gets back to taking full emotional responsibility and being totally truthful with yourself. The instant that you don't take full emotional responsibility is the instant you are no longer truthful with yourself, and if you're no longer truthful with yourself, then of course, it's impossible for you to be truthful with others or about others. That's where it's been difficult.

But, to cut a long story short, N___ was very, very angry, swearing and very angry at a lot of people, including our host when we were in Greece, and when I sat down with her and talked to her about it, she was quite reasonable in terms of looking at the different issues that she was facing emotionally. But I also told her that if she continued projecting the anger at myself and others that were there, and in fact, I received probably the least amount of her anger; a lot of others she was yelling and screaming and swearing at, and in particular her soul mate got the brunt of it and...

Mike: Oh.

AJ: So he of course is feeling quite shocked and also quite distressed about how she could treat him so badly. And so I sat down with her and talked to her about it and she was quite reasonable about it at the time in Greece, but she rang me up 3 days later when she'd come back to England, and she told me she was sorry for it all now, and I told her that no, actually she wasn't sorry, that she still believed she was in the right, and once we had that conversation, things got very bad very quickly.

Daina: I've been there with you, I know how that goes.

AJ: Yeah, and you know, Daina, that you get angry with me at times, yet I still love you and I still treat you as my friend, right?

Daina: Oh, yes.

AJ: And that's how I am with N___ too. But I told N___, ...one thing that I did tell her, was that while she continued to rage at me and while she's misrepresenting the truth about me, then I'm not going to want to have any of her company, and I've told her that when she's willing to stop doing that, and to be sorry for doing that, then I'd be very, very happy to spend time with her. But of course, that's not what she's telling everyone else. And there's other issues, too – jealousy and things like that, as well - that are involved, that she doesn't want to face, to do with Mary now being in my life, you know?

Mike: Yeah. I can see that being hard to do - to apologize and really mean it, I mean, if there's an injury there, to have to eat crow, you know? And how if one has that injury, then it would be difficult to hear it without reacting to it.

AJ: Exactly, yeah. And particularly if the injury is such that you want to not admit the truth of it. Then, you know, obviously you can get into a rage quite quickly after that, and now what's happening is N___ is now masking her rage by making out she is all loving and kind, but in reality, the anger and bitterness is still within her and affecting all of her actions. And she's now sending letters and e-mails and everything all around the world, and ringing up people around the world that she's met with me, trying to discredit me and everything, and so, that's fine.

Section 2

AJ: As I said to her, a long time ago I said to her, she would often claim that she believed that I was Jesus, and I told her that she didn't actually believe I was Jesus, and that's OK, you know? And I didn't make my friendship with N___ dependent on her belief whether I'm Jesus or not.

It particularly connects with D___'s anger towards me as well so that's why D___ and her are finding it, feel very similar about me, and T___'s feeling very similar about me, because of some events that occurred in Barbados.

Mike: Right.

AJ: I feel for them, but in the end, what I've been teaching all the way along is, if you're angry with somebody, then obviously there's an emotion within yourself that you need to deal with, and I've also taught people that you can't make out that you're sincere from God's perspective. God knows whether you're sincere or not. If you're sincere, God will know it. You can't fake sincerity with God and unfortunately, a lot of people around the world who think they're on the Divine Love path are still trying to fake sincerity with God. Of course they're going to receive Divine Love at the times when they're no longer faking, but they're not going to receive it when they are faking.

Mike: That is a challenge for me to be sincere, to be that sincere.

AJ: Well it means looking – I think I've said this to you often, Michael – it means looking at yourself in the mirror and seeing the person you really are right now, but not identifying

with that person thinking you're always going to be that person. It's like, in the book of James in the Bible, it talks about we need to become not just a hearer or observer but a doer of the word, and he says, we don't want to become like a man who looks in a mirror and walks away and forgets who he is, and what's within him. And unfortunately, what's happening, is because the truth is always like a mirror that reflects back at you exactly as you are, and unfortunately, lot of people don't like the reflection, but then when a person is behind that reflection, they'd rather shoot the messenger than actually look at the reflection of they're saying.

Mike: Yeah.

AJ: Pretty consistent thing with everybody, isn't it? I've discussed that, you know, over the time that I spent with N___, which was nearly 10 months, well actually, the first time I spoke with her was nearly 2 years ago, and during that time she's been angry with me, bitterly angry with me, probably 10 times at least, and this particular time I said to her that I'm not going to put up with any more of it from her because if she was really sorry about getting angry with me, she would not ever get angry with me again.

Mike: Or at least notice it and feel it and process it.

AJ: Yes, at least take responsibility for it. At least see that it's coming from within herself and it's got nothing to do with what I've said or done or anything like that. In fact, at the time, the people who were there present when I had the discussions with N___ and with T___, all thought that I was loving with them, but the person themselves did not think I was loving.

Mike: Right.

AJ: In fact, some of the people said they felt I should have been much stronger with them than I was.

Mike: There was something that D___ said to me which I'm guessing he got from N___, or maybe T___, I mean, when I was in Texas, I thought N___ was in a seventh-sphere condition. That's what we were all buzzing about. I think D___ told me that you told N___ that she was now in a first sphere condition ...

AJ: I told her she was acting like a first-sphere condition.

Mike: OK. So that reflects more the choices than the actual soul condition.

AJ: Well you see, in the Padgett messages it says quite clearly that you can receive Divine Love to a certain condition but not act upon the Divine Love that you've received, and as a result, you can even be in the hells and have received a lot of Divine Love.

Mike: Yeah, because your mind overwhelms it as if it's not there.

AJ: Yes. Also if you refuse to let go of the emotions, then eventually the emotions will catch up with you and you'll start acting in harmony with the emotions that you have yet to deal with.

I never actually told N___ she was in a seventh-sphere condition, anyway. What happened was that N___ rang me up one time when I was in Australia and she was in England, and she was going through a lot of really hard emotions, and I said to her that's the kind of

emotions that I've been through when I went through into the seventh-sphere transition, right? And then I recommended for her to actually talk to Beatrice whether she was going through the same type of emotions, and it was Beatrice that actually told her that she was in a seventh-sphere condition, and all I did was just accept that what Beatrice told her.

Mike: OK. N___ has been very careful, I mean, I wrote to her, and she's been very careful, I think, not to, well, not to slander you, at least ...

AJ: She hasn't been very careful with others. Her care to not slander me depends upon whether she feels the person will agree with her or not. With the people who she feels will agree with her completely, she has been very, very specific about a lot of things that are totally false. With the people that she believes might go either way, she actually is a lot more circumspect.

Mike: Right, that makes sense. But she had just sent an excerpt, anyway, she's praying more, and she feels closer to Beatrice again, and she only sent an excerpt of the channeling that she had received, and it was to the effect that what we want to believe, the angels so respect our free will, that what we want to believe they won't tell us otherwise? ("That's correct.") And she had a desire to, she was saying she had a desire to believe in you and see you as Jesus, and that ...

AJ: Yes, I disagree with that completely. I feel all the way along she's had a desire to not believe it.

Mike: But, but the point of that little paragraph was that Beatrice said that because you [N___] wanted to believe this, I couldn't tell you something that you weren't open to hearing because that would be against your free will. I couldn't tell you what to believe ("Yeah"), and anyway, now that she's accepting that she doesn't believe who you are, I don't know what Beatrice has said actually, but I guess Beatrice is saying other things. ("Yeah")

AJ: Well, the thing is, too, that N___ at the moment has some other influences going on around her, as well, besides these, because obviously she's still in a deep rage with me. Obviously while a person is in a deep rage with someone, they're not going to accept any truths about that person, whatever those truths are. All they're going to do is look for justification, and that's all she's doing now, is looking for justification.

The truth is that when she had an open mind, and didn't believe in me or not believe in me, she received some quite specific channelings, not just one, she's received 50 or 60 of them. But her condition at the moment is far different than what her condition was a few months ago, maybe four months ago. Because all of these problems began about four months ago when I started talking to her about how she's treating other people.

Mike: Oh.

Section 3

Mike: and she was probably defensive about that.

AJ: Yes, well, she has an injury where she feels justified in treating people badly and belittling people. I was talking to her about that, and she would constantly belittle me about it. She would say, "Look, you're Jesus, that's why you treat everyone lovingly, but I'm not, so I

don't have to." At that time she was saying that I was treating everyone lovingly, and she was recognizing that she didn't always treat everyone lovingly, but now she wishes to believe she's treating everyone lovingly when I'm the person that's at fault. And to be honest with you, I haven't changed any.

Mike: I wouldn't think so.

Daina: I'm awfully glad of that.

AJ: I feel for her, I do. I feel for Do, too. I can feel his rage with me as well. He wraps his rage in mock humility, and while he does that it's very, very difficult for people who are not feeling their own emotions, to feel what's within him. And T___ got into a rage with me in Barbados as well. What happened there was she treated her host very badly as well, and she did it publicly, and both A___ and her – you remember A___? ("Oh, yeah!"), well, A___ was present as well, and A___ and her both got into their men anger issues with their host, with G___, you know, and really treated G___ quite badly, and so I sat them down and we had a whole discussion about anger, which I think I've actually taped. I might actually get F___ to type it up and send it out, but we had a whole discussion about anger and how important it is to see that anger is just the denial of the emotion within, you know? And T___ just got into such a rage with me that she refused to see me or speak with me again. That is the reason why T___'s so upset.

Mike: But A___ has a good viewpoint of it, right?

AJ: Well, what happened was, yeah, A___ and T___ did exactly the same thing, but A___, just, like, ...she could see she was being angry, she could see it was related to her issues with her dad, and she went straight away into those emotions, and so A___ is fine, yes. A___ is back in Australia now, she is feeling very good, progressing quite well, and she's not angry with me at all. And I said my comments to both of them together, not just T___. ("Yeah") And that just illustrates, I suppose, how one person can react one way and another person can react totally different, depending on what emotions they want to deny within themselves, you know?

Mike: Yeah.

AJ: I was quite firm with them both because they both wanted to be able to treat G___ badly, even though they were living in his house, you know? I had to point out to them that the way they were treating G___ was quite bad and that it had to do with the denial of their anger towards men and they wanted to just blame G___, when really what they were angry with was other things about men, and they needed to let themselves connect with those emotions, rather than dumping them on G___, you know?

And it's ironic that N___'s issue is a very, very similar issue, in that she was angry when her soul mate came on the scene and got into him so much that I had to, ...I felt I had to step in, you know? She was making it uncomfortable for all of the other people who were there, you know, just by saying terrible things to him about him, and in public as well.

Mike: Is G___ OK?

AJ: I haven't rang G___ yet, so I don't really know. I suppose G___ is feeling like he doesn't know what to believe at this point, because there's been times when G___ has been upset with me as well, of course. Whenever I've talked to him about how he's treated other people, he's gotten angry with me as well. You know, when he's yelled at a person serving

him, or something like that, I've always usually said something about it, and he's got upset with me as a result of that. I feel that he'll be OK, yeah. Well he's going to step back a little from it all, I think, but I will, I need to give him a call because all of this stuff. I will have to close down all of the company stuff in the U.S. because T___ doesn't want to do that anymore.

Mike: Yeah, wow. D___ had said something in passing that made it sound like G___ was upset too.

AJ: Well, it wouldn't surprise me if G___ is upset. I've said to G___ quite clearly that when I was in Barbados that he didn't want to deal with his emotions and that I loved him dearly but I need to spend time with people who do want to deal with their emotions and I'm just going to wait for people who don't want to, to contact me, so I told him to contact me when he felt like he wanted to deal with his emotions, and I haven't heard from G___ since.

Daina: How are you?

AJ: Well, I want to deal with my emotions! (laughs)

Daina: Me too!

AJ: Yeah, I've had a lot to deal with, you know, with Mary coming along too and Mary's got a lot of anger towards me as well. So I've had a lot to deal with there as well, and what I wanted to regard to my soul mate loving me, and all those kind of things, but myself and Mary are working through things fairly well generally.

But it is bringing up a lot of issues for me. One of the biggest issues is my not having a need for anybody, for anything from anybody, no matter what I give them, so, you know, if I give them my love and I give them my attention and give them my time and everything, that I don't have a need for anything in return.

Mike: Is that the ideal condition, AJ:?

AJ: Yes, certainly. You think about it from God's perspective. God desires to give you Her love, right? ("Yeah") but doesn't want anything from you in return.

Mike: Just a desire to reciprocate the love.

AJ: Well, no! As soon as you have a desire to have love reciprocated, you then set up an expectation, which when it's unfulfilled, you become disappointed with. ("Yes") See what I'm saying? ("Yes")

Let's say Daina wants you to love her, right? ("Yes") And let's say you don't love her. ("Yes") I'm not saying that's the case, I'm just saying, "Let's say." And then, because Daina wants you to love her, she's going to feel frustration, isn't she? ("Yeah") because you're not giving her what she feels she wants from you.

With God, what happens is God loves us, but God doesn't expect us to love God in return. You think about it - if God expected you to love God in return, and expected every one of His children to love him in return, He'd be very disappointed, wouldn't He?

Mike: We just can't have God going around being sad. It would change things.

AJ: When you become one with God, you will have exactly the same feelings within you. In other words, you will love everyone that you meet. You will not expect anything from them in return.

Mike: Ahhh ...

(long pause)

AJ: That's a pretty big emotion, isn't it? You think about it – when I started having these kind of realizations, I started realizing that I expect people to not get angry with me, for example, but in reality, that expectation is always going to be disappointed. When you're telling people the truth, of course at some point they're going to get angry with you, if they deny their emotions. I've had the expectation of people treating me nicely. I've had to actually cry about that and work through the reason why I want people to treat me nicely, and it came from an emotion of feeling like I haven't been treated well most of my life.

And then, you know, it's the same, like, I love everyone I meet but there have been times when I've wanted them to love me in return, you know, and I realize that that is coming from an emotion within me of feeling unloved, and I needed to just feel unloved, and so I went through the feeling of feeling unloved.

And then, particularly with my soul mate I had that emotion; I had an expectation that my soul mate would love me, and when I realized that actually my soul mate dislikes me intensely, though initially, she was obviously feeling differently now, but when I realized that, there were big emotions for me to work through, like, the truth is that I've actually felt unloved by my soul mate all of my life, and I just didn't want to feel that emotion. So I have to connect with the feeling that even my soul mate won't love me.

Mike: That's from this life? The past 40 years.

AJ: Yeah, you know, a lot of her emotions about the first century are about that I put truth above her, and so she feels I'm a bit of a bastard for that, and she feels that what I'm going to do again is put truth above her again, which would probably mean that if she opens her heart to me, that I'll probably die and then she'll be left with a broken heart. She's quite angry with me as a result of that.

Section 4

Mike: So obviously that wasn't – that fear of Mary's – wasn't healed in all the time - or came back ...

AJ: Well, what happened is, you've got to remember, and it's what I've written in the reincarnation document, that ...

Mike: I know you've addressed it.

AJ: That it's got nothing to do with the fact that it wasn't healed before, it's got everything to do with the fact that the memory of the first-century events are within her soul, and those memories get passed through the filters of the damage from her parents. Her mother does

have some issues to deal with, with regard to men, and as a result, Mary's memories got filtered through her mother's emotions, so now Mary has some issues to deal with, specifically with me, because I'm a male, and she feels very similar emotions, and the memories from the first century, it's like they've all happened again. Does that make sense?

Mike: Yes, wow.

AJ: Yeah, so, you know, the feeling you have is that it just happened, for me, the emotions of the first century feel like they happened yesterday, that's how I can liken it. So, you know, while it might seem to you like they're 2000-year-old events, for me, emotionally, it's like they were happening, they happened, they only just stopped happening. Many of them haven't stopped happening for me just yet.

Mike: Ouch.

AJ: Yeah.

Daina: That sounds like a lot.

AJ: Well, obviously, for the 14 it is difficult, because, you know, there are a lot of things to accept that the average person doesn't have to accept, and that's why many of the 14 are finding it quite difficult and get into rages at times, you know?

But Sarah and Luke are doing really, really well, and Cornie in Australia is doing really well, and Mary is doing well now, and myself, and, you know, there are other ones who are starting to take more notice now, but that's going to take them fully choosing their emotions, you know?

Mike: Wow, yes.

AJ: The key for you guys is going to be trusting your heart, rather than trusting what you hear from other people, even myself.

Mike: I think we can do that.

AJ: Yes. So important, you know. When you trust your connection with God, and you develop that connection, and you long for that connection, that's really what a prayer is, you know? If you keep doing that, and you keep longing to actually deal with your own emotional state, then what will happen is that you'll become closer to God and you'll know whether I'm Jesus or not, and you'll know whether what I've been saying is truthful or not, but if you don't have that personal experience, you won't know. You're reliant on what other people tell you

Daina: AJ, can you say that again? I didn't quite get it into me.

AJ: Yes, if you rely on what other people tell you, then what's happening is you're preventing your own personal experience, and if you prevent your own personal experience, what happens is that God can't tell you. The way God tells you is through your emotions. That's how God communicates with you. That's how God gives you Her Love, through your emotions. So if you're not open to your own emotional state, then of course you're going to be reliant on what other people are telling you.

Daina: Thank you.

AJ: It's very, very important to not rely on what other people tell you, and even what I tell you, but to rely on what God tells you through your emotions. Of course, you need to know, of course, when your emotions are not harmonious with God, but as soon as you're in a state of anger, obviously your emotions are no longer harmonious with God. As soon as you're in a state of blaming somebody, then you're not respecting the law of attraction, and therefore you're no longer harmonious with God. So, you know, any person that decides they want to blame me for something they think they now feel, and honestly, well, you know me well enough by now to know that I've never yelled and screamed or sworn at anybody, right?

Mike/D: Right, right.

AJ: And mind you, a lot of other people have done that to me, but I have never done it in return. And you also know that when somebody's even done it to me, I've not punished them for it at all or tried to make their life a misery because of that. I've just reminded them that it's when they're in that state, they're in a state where they're denying their emotions, right?

And that's something that a lot of people still aren't getting. They still feel that whenever they're angry, their anger is justified. They feel feelings of resentment or feelings of blame, you know, like "AJ's somehow controlling and manipulative, and he's to blame for my experience."

All these things were levelled at me before and they will be again, you know?

Mike: I missed that part.

AJ: Oh, you know, all these things have happened before and ...

Mike: Oh, you mean first century?

AJ: Yeah, now they're happening again.

Daina: That's a lot to look forward to.

AJ: Yes, you know, I need to get to a point where I don't expect any different, you know? And once I get to that point, and I mean from an emotional perspective, not from an intellectual perspective, and when I get to that point, you know, if somebody gets angry with me and mistreats me or whatever, I won't even feel sad about it, you know?

That's what I meant in the first century when I said, if somebody hits you, slaps you, in the cheek, turn the other cheek and let him slap that, you know? What I meant was, once you no longer have an emotion within yourself, that will respond to any action on the behalf of someone else, then what happens is that you're perfectly happy for them to do the same thing again, because you don't have an expectation for it to be different.

Daina: Wow. I missed that somehow.

Mike: I think that's different from what we were normally taught. It was more about suffering your neighbour.

AJ: Oh, not at all. More about you being a state that your neighbour can do whatever he wishes, and you love him still.

Mike: Did the people really get it? I mean ...

AJ: In the first century?

Mike: Yeah!

AJ: No. (laughs)

Mike: I mean, you have to understand what you're teaching for the illustration to take effect, and what you're teaching just hasn't made it through to us, so...

AJ: Yeah.

Mike: It must have been really, really hard for them.

AJ: Yeah, it was hard for many of them. A lot more women in the first century got it than the men did. A lot of the women began to understand things from a purely emotional perspective, and my soul mate really understood it the best, but also ones like the Apostle John, you know, he probably understood it really well, too, at the time, you know, so, at the time of my passing, probably John and my soul mate were starting to understand a lot more clearly what I was saying.

Almost all others loved the feeling they had being with me, you know, the love that they felt from me, but they were often very confused about what I did. That's something that N___ was facing when she was with me, too. She was often very confused about why I acted certain ways at certain times.

Mike: That was just natural for the state that all of these people, all of us, are in.

AJ: Yeah, you know, for instance, if I know, for example, that you want a hug from me, Michael, with regard to the needy emotion that you have sometimes, right?

Mike: Yeah.

AJ: If I know that you want a hug from me, sometimes I won't give you one.

Mike: That's right.

AJ: Just to help trigger that emotion in you. And then Daina: might come in at the same time, and I give her a hug instead of you, and what would happen is you would then go down the track of feeling, "Ah, he's treating me unfairly," right?

Mike: Yeah, and get angry. (laughs)

AJ: Yes, but what I'm actually doing is treating you how your emotion is dictating to you. Like, for example, the other day, this lady who hates men touching her, I hugged her four times.

Daina: You're irascible.

AJ: Well, it's not so much that as I had a feeling I had to do it, so I did it. So I don't try to do it to stir them up or anything, I just had a feeling I had to do it because I just felt that it would help her. And so, like, if Mike: walks in sometimes, or when you walk in, Michael, sometimes the feeling I have is, it would help Mike: if I don't hug him, and with this lady who walked in, you know, I felt that it would help her if I hugged her more than I normally would.

Mike: It just makes me wonder if you're feeling what the soul, um, is putting out.

AJ: Totally. That's how I respond to everything.

Mike: It's like, what our soul puts out somehow gets turned 180 degrees from what we expect, but you're feeling the pure emotion and responding to that.

AJ: That's right. See, whenever you have an expectation that's an addiction, and if I supply your addiction, then actually I'm not loving you any more. If you're addicted to getting a hug, my hugging you is actually helping you stay in your addiction. If you're addicted to actually rejecting men, then my hugging you will help you get out of that addiction, see?

Section 5

Mike: I know it's true, it's not percolating through, but you don't have to explain it. I had flipped back in my mind to church and how it's been hard for me to pull away, and I think the hugging is addictive ("Yeah") and I'm just seeing my spiritual community as a bunch of addicts. (laughs)

AJ: Well, most spiritual communities are a bunch of addicts, and I know that might sound blunt, but it's very much the case. They're often addicted to the commiseration emotion they get from each other, and rather than allowing the emotion to be confronted - and that's why whenever I interact with anyone, I'm interacting with their soul, like I don't actually see the physical body very much, I just feel the person's soul and just respond to that emotion that's predominant within their soul at that moment.

Daina: AJ, how am I doing with the whole anger thing?

AJ: Well, for yourself, you're still trying to intellectualize yourself away from your anger a lot. (Okay) And that's because of you not wanting to actually feel the sadness emotions - you know, those empty emotions and powerless emotions that you feel? The powerless emotion is a really hard emotion to deal with, because it sort of affects all of your life, in every interaction almost. It will make you be addicted to being powerful. Does that make sense? (yes) So you want to feel powerful, because the emotion in you is "I'm actually really totally powerless," and if you just let yourself go into that powerless emotion for a few days, I think you'll find that you won't need to intellectualize away your anger any more. Your anger will just dissipate.

Daina: It beats stringing it along.

AJ: Yeah. You know, this is the trouble with a lot of religious people, and even a lot of people on the Divine Love path, think they can think their way out of emotion, but if you try to do that, what you're doing is you're setting up a dynamic within your soul where you're always struggling, and you're always reverting back to an old type, back to an old emotion.

And that's a key sign. If you're reverting back to the same behaviour all the time, that's a key sign you're not actually getting at the causal emotion.

Daina: It's important to me to be reminded of this, AJ, especially right now.

AJ: It's important for everyone really, you know, to be reminded of it. It's one of the things my own soul mate is struggling with. She feels a lot of rage at times towards me in particular and you know I'm constantly having to remind her that whenever you're in that state, basically it's because you don't want to feel the hurt, and you want to feel a more powerful emotion than the hurt, and when we choose to do that, we will always get into anger, rather than just going into sadness. So when my soul mate says something to me that's attacking and belittling, like I just burst out crying. (Cries)

Mike: Rather than get angry.

AJ: Yeah, I generally don't get angry with her, I just burst out crying, and she ironically gets even more angry with me! (laughs) And it's a bit like a child. You know, if you get angry with a child, a child will burst out crying, right? (Yes) If you get even more angry, the child will cry even more, right? ("Or frustrated with it"). Yeah. That's what I feel, when somebody is angry with me, and the reason why I feel that is I have yet to deal with this emotion within me, which I'm dealing with. It's probably not appropriate to say yet, because I probably released it last week, dealing with this emotion of wanting people to not be angry with me, you know? (Uh-huh, wow.)

Mike: I remember that I, I mean I know that I have a lot of work to do, AJ: ...

AJ: You need to just stop for a moment, because every time you say that, you're really just belittling yourself.

Mike: Yeah, I'm making the mountain a bit bigger.

AJ: Well, it's not just that, you're actually belittling yourself. You're actually telling yourself that you're no good. And that's not how God feels about you. God feels that you're beautiful and you've just got a bit of mud on you that needs to be washed off. (Ahhh)

Every time you say "I know I'm not doing very well," you're really reinforcing to yourself that you're bad, (yes, that's what it does) and the truth is that you're not; the truth is from God's point of view, you're perfect with a bit of mud on you, and all you've got to do is long for His help to help you and long for your emotions to help you wash the mud off. The mud doesn't define you, Michael. Understand what I mean by that?

Mike: Right, it just colours what I see.

AJ: That's right, it doesn't actually define who you are. You are not your mud. (Mike: and Daina: laugh)

Mike: I've always had the image, it's an intellectual image, of being perfect. You know, everybody is created perfectly, but we have all this stuff. There I go again.

AJ: Well, we do have a lot of stuff, but it's just mud, and we can wash it off if we're willing. In a way, it's a bit like a person who never goes and has a shower. (Daina: laughs) Whether it's because they don't like the cold water or they don't know if they can handle themselves

being clean. And a lot of times, you know, some of our emotions are about that, you know? We feel so unworthy to be cleaned that we want to stay in the mud.

Mike: Right! We identify with the mud.

AJ: Yes. At the moment, a lot of times when you make those statements, Mike, you are basically saying your identity is the mud. But that's not the case. Your identity is this pristine personality that's had some mud thrown at it, that's all. So when I say to you, "Mike, you're needy," I don't mean that in your soul, in your pristine soul, that you're needy, I mean that there's just mud thrown at you that's created this need within you that you want fulfilled now. And it doesn't define you, doesn't make you who you are, but it does colour your perception and it does colour your life.

Mike: Yes. Yes. You know, when I first met you, I was really open and processing things really well, and then I started, I guess I started shutting down, because it reached the edge of my comfort zone.

AJ: Yes, and that's what happens with everyone. Everyone does have a comfort zone, and while you stay in the comfort zone when you're talking about truth with them, people don't get angry, they just willingly process. But as soon as you go beyond the comfort zone, that's where people generally start getting angry and frustrated, you know?

And once N___ met her soul mate, she was way beyond her comfort zone. (Poor dear) It's to do with feelings she has towards men and feelings she has of, you know, she doesn't want to be vulnerable, and things like that. And there's all sorts of feelings she has that she wants to be right all the time and she doesn't want to see herself truthfully as well. She actually thinks inside of herself that she's quite disgusting, and she doesn't want to deal with that emotion. Instead of dealing with that, she'd rather be in a rage with somebody else, you know.

Mike: One thing that D___ has been saying is just going back to prayer. Less emphasis on the emotional work and just more prayer to God, more of a connection with God.

AJ: Yes. But this is D___'s theory that he's had for the last 5 years, and D___ has changed very little in the last 5 years with regard to his causal emotions. He still has some very deep rage and control and manipulation issues to work his way through, and he doesn't want to work his way through them, so, while, you know, what is prayer? He defines prayer as an intellectual process, really. But what is prayer?

Mike: It's a feeling (Yeah). I don't even know if I want to say it's a longing; it's a feeling of honesty.

Section 6

AJ: Do you remember, when you read the book, Through the Mist (AJ:'s was not right here, it was the book The Life Elysian, page 227), there was a little boy, I think his name was Jack (actually Dandy), who passed and he left Limpy Peg (actually Bully Peg) behind him. What happened was, the little boy was saying, "Why did God take me and leave Limpy Peg behind, when Limpy Peg needs my help? He should have taken Limpy Peg and left me behind." That desire is what called Myhanene to Jack. The feeling that he had was the prayer. The feeling that he wanted something better for his friend, Limpy Peg, that was the

instant prayer that God responded to - desire that was within him, pure desire that was within him.

Quote from the PDF of The Life Elysia from page 227;

“Dandy says he ought not to be here,” said Jack.

“No, I didn’t say it like that,” cried the other. “I said it warn’t right ter make me come away an’ leave Bully Peg wi’out anybody ter look arter ‘im.”

“We have just come from the ‘College’,” replied (Limpy) Jack (speaking to Myhanene), “where he told us so himself.”

“Yes, an’ I want ter know ‘ow God can be good an’ let Bully Peg be ‘ungry all because God sent you to kill me. Why didn’t yer kill Bully and let me live?”

Page 234 - “...But, come, our fellow-worker approaches.” Then he spoke cheerily to Dandy. “Now you shall see the answer to your prayer for your friend.”

Page 237 - ... As soon as the lad had finished his meal, his friend took him eastward, where he knew he could find ‘an ever-open door for waifs and strays,’ and when Dandy returned to his home in Paradise, he had the consolation of knowing that Bully Peg was fully provided for by reason of an importuLuke prayer and a Father’s loving response.

Page 237 - When all arrangements were concluded, and Bully Peg finally assured of far better protection than Dandy could possibly have anticipated, the unbounded delight of him whose prayer had wrought the miracle was very touching to witness.

D___ has this theory that you can intellectualize prayer, but prayer is actually about pure desire coming from the heart. Now how can a heart’s pure desire be proven if you’re not allowing yourself to experience your emotion?

Mike: It can’t, because it’s not going to come up. Actually, it’s stuck underneath all the emotions that you won’t feel.

AJ: That’s right. One of D___’s emotions at the moment is that he really has a lot of anger towards God. He doesn’t want to admit it. You can’t be insincere with God. He would do better to admit that he’s really quite angry with God.

In the first century I said, if you can’t love your brother, who you can see, how can you love God, who you can’t see? So if I’m unloving toward another by my treatment of them or by belittling them, then basically how can I love God who I can’t see if I can’t love my brother who I can? That’s a moral principle that most people don’t get.

Mike: Well, we try to love God, because, um, ...

AJ: Because we have to (laughs)

Mike: But, you know, God isn’t going to do anything to hurt us, so, um, whereas it’s awful hard to love your brother who’s obnoxious.

AJ: Yeah, but the truth is that a lot of people do believe that God hurts them every day. Like a lot of people rage against God's laws. Like at the moment, N___ is raging against the law of attraction. The truth is that due to her feelings, she attracted me into her life. So let's say I was a cult leader and totally manipulative and controlling, right?

Mike: Yeah ...

AJ: The truth is actually that if she takes full responsibility, she will realize she attracted all of that. Now of course, I don't believe that's the truth, because I've never been manipulative and controlling with her. And if I'm the leader of a cult, I'm not doing very well.

Daina: (laughs) Thank you!

AJ: You know, even if she did believe that completely, then she would at least, if she really believed in the law of attraction in her heart, she would have to admit that she attracted all of that.

Mike: Yeah. ... It's true. We have attracted all of this.

AJ: Yes. So if I'm in a state of doubt, I'm going to attract people who doubt. If I'm in a state of anger, I'm going to attract people who are angry. If I'm in a state of fear, I'm going to attract people who are afraid. If I'm in a state of love, then I'm not going to attract all of those things, and all of those people are going to be upset with me.

Mike: And if we don't want to feel our feelings and know the truth, we won't. (That's right) That's why it's so hard for us to see our own condition and easier to see someone else's.

AJ: Exactly, because we want to see the truth of somebody else's condition, because it's not personal any more, you know?

A___ rang me up the other day, and we were talking because she, you know, she's having a lot of trouble with, you know, she's been lied to by her ex-husband for nearly 30 years, and, uh, 23 years or something, and she was asking me why all of a sudden all of these lies are coming to her attention, and I was just saying to her, because you've set her intention to know the truth, even if it hurts you.

While she didn't want to know the truth, none of these lies came to her, that she'd been told. Now that she wants to know the truth, all of the stuff that she's been told that are lies are now coming to her.

In the instant you set your intention, "I want to know the truth about myself," then all the truth about yourself will come to you. The instant you set your intention, "I want to know the truth about my life," will be the instant that the truth about your life will come to you. And it will come to you all emotionally, it will affect you emotionally.

Mike: We're both writing that down.

AJ: So, you know, while what D___ is saying may seem quite innocent and may seem correct, it actually has many flaws, and people who are in a state of wanting to avoid their emotions will listen to him, because it sounds much more preferable, it sounds easier.

Daina: It's less messy.

Mike: It's understandable. Almost the fact that you can describe it means it's coming from the mind.

AJ: Yeah, and to be honest with you, what D___ is saying is what the Natural Love Path is. You can couch it in the words of Divine Love, and there are many spirits in the sixth sphere who do, but in reality it's just natural love now. If it doesn't affect you emotionally, if you don't understand that prayer is actually emotion, every time you have an emotion, you're praying.

So let's say you have an emotion where, "I hate that person." Well, your prayer to God -- and it won't be answered, of course, because He wouldn't do it -- but your prayer to God in that instant is, "Kill him, I hate that person." Right at that instant, that's your prayer.

If you have an emotion of "I really want to help that person, I really want to do something for that person," your prayer instantly becomes, "Give me an opportunity to help this person," and that opportunity will just appear. That's the prayer, and God always answers prayers that are in harmony with His laws. Always. It doesn't matter who they come from. It doesn't matter how bad the person's condition is. He will always answer a prayer that's in harmony with His laws. You can't intellectualize that.

When you intellectualize that, you're basically now ignoring that the emotions are the prayer, basically saying, look, yeah, I'm, like, in D___'s case, he has a lot of hatred towards his mother and his father that he doesn't want to deal with. He's actually praying to God to harm his parents because of that emotion. He doesn't realize that he doesn't want to admit that even.

He feels very antagonistic towards me. He's actually praying that he can pull me down in some way and he's doing everything he can to do that. And that's OK, but, why would you desire that? It is an emotion within you that causes you to desire that.

Mike: I guess it stems from not truly wanting to know the truth. (Yeah) And then that lets other things ...

AJ: It really all stems from not wanting to feel the truth within yourself.

Mike: Okay, that's better.

AJ: Yeah. Because often people do know the truth, but they don't feel it, they won't let themselves feel it.

Mike: Yeah (sigh)

AJ: If you trust your heart, you know that every time we talk, you feel emotionally affected by what's being said.

Mike/D: Yes

AJ: And you can feel things changing within you when we talk, right?

Mike: Yes. (Yeah) It started always as soon as we started talking (today), AJ.

AJ: Yeah. So the key is to trust that. That's part of your soul experience, you know? (Yeah) And I'm not doing that by anything than other connecting, helping you connect with your feelings.

Mike: (laughs) Well, I guess I was feeling, somewhere in me feels alone and deserted, and you've helped me not feel that way.

AJ: You're allowed to feel alone and deserted, but it's not a truth, of course. It's not a truth from God's perspective, but it is at the moment where you are emotionally. You do feel alone and deserted a lot, right? (Yes) You just need to allow yourself to feel that. When you feel that, it will be gone, and then you'll realize the truth that you've never been alone and deserted. But it won't be an intellectual realization; you'll feel it in your heart. You'll feel like God is with you all the time. You won't ever feel like He's not. (Yeah) You won't ever be lonely again. You won't ever need somebody to hug you. (Michael cries)

And from that point, what happens is, from that point you start feeling, "All right, do I want to hug this person, because I want to give them my love," not "Do I want to hug them because I want to get something from them." Everything you do after that point becomes an expression of your love, rather than an expectation of something from someone else.

Mike: Yes, wow. We believe that and try to think it, I suppose.

AJ: Yeah, and the key is to not try to think it. The key is to just say to yourself, "Well, all right, I don't feel that." Why don't I feel it? Because there's this other feeling in me that says, "No, I am alone. I am alone, nobody loves me," and what I need to do is feel that for the moment, rather than intellectualize myself away from that emotion and say, "Ah, yeah, people do love me, really," when all the time in my heart I'm feeling nobody does.

Section 7

Mike: I'm not going to say it's hard to do that. (chuckles)

AJ: Yeah, well, you know, the truth is that God built you to do it. It's just that there are some, ...obviously emotional blockages which cause us to not believe it and one emotional blockage that we often have is we don't want to feel bad. We just want to feel good.

Mike: It's funny. And we end up feeling bad anyway.

AJ: We just end up feeling bad for longer. (Right) So there it is, that's the way God made us. If you want to select your emotion, you're going to find it's going to be there a longer time, you know?

Mike: And I have to deny it even harder.

AJ: Yeah! And, you will need to do whatever it takes, whether it's drinking or drugs or sex, or even just getting hugs down at the church on Sundays, whatever it takes to keep myself away from this terrible emotion that I feel.

Mike: Well, I'm good.

Daina: I'm good. You answered all the questions in the other topic as well.

AJ: Yep, that's good. And the statement I made about needing things from others applies to our relationships as well. As soon as we expect something from somebody else in our relationship, what we're doing is we're taking away the power to feel something within ourselves.

Mike: I thought it was the relationships that made things messy. It's our feelings. (laughs)

AJ: No, no. Every relationship in the Celestial Spheres is a relationship of giving and not receiving. In the Celestial Spheres, people don't go up to people to get a hug; they go up to somebody to give them a hug, because they want to express their love for them.

In the end, what will happen is, once we deal with all of our emotions, we'll be just in a state where we're ready to give everything, and ready to not receive anything. (Yes) When you think about it, that's exactly what God does, isn't it? (Yes!) He gives everything and doesn't feel like He has to receive anything.

Mike: Perfect system.

AJ: Yeah. You start realizing just how clever God is, eh?

Daina: (laughs)

Mike: For an old man, He's got it together. (laughter)

AJ: This is a trouble area, isn't it? We're so far removed from God, in a lot of ways, that we think we know what love is, you know? In reality, we've got no idea what love is, until we start learning this lesson.

Daina: Well, I'm glad I attracted Mike: into my life to help me figure out some of these truths.

AJ: Awfully powerful experience, isn't it? To attract somebody into your life who's willing to deal with their emotions as well, and then, you know, to work through your emotions together, that's a very powerful experience. (Yeah) The key is to be totally willing to work through what's going on, you know? Totally willing to feel the emotions. Every time I feel like I want something from the other person, what's going on within me? When they trigger me by not giving it to me, how do I feel?

We can do that with every relationship in our life! But most people don't. We just ignore it all and say, "Oh, it was the other person's fault, and they shouldn't have treated me that way."

Mike: That one really hit home, AJ.

AJ: That's good. Well, I know that both of you in your heart want to deal with things, and you want to be happy, and you want truth.

One thing that I find a lot of people are struggling with at the moment, though, is that when people say the words of truth, they then think the person understands the feelings of truth.

This is something that our friend J___ is going through at the moment. He hears the words, and because it appeals to his heart, or, because of the purity of his heart, he feels that the people who are saying the words must have it in their heart. The truth is that J___'s heart is more developed than theirs in most cases. In most cases what he's hearing from them is just empty words coming out of their mouth. It's not something they actually feel.

Mike: Yes, in corresponding with him, I feel like I don't come up to his level of content, his feeling in what he expresses. I've noticed that.

AJ: Yes, he has some really deep feelings all the time, and he often feels that when a person expresses something to him, that they must know the truth and be in a better place than he is, but in reality, he's in quite a good place, you know, but he does believe people. One of the issues he's facing is he believes people to be in better condition than what they really are.

Mike: He's just innocent.

AJ: Yes, he is innocent. He's a 73-year-old innocent. Totally, I think. But he is being affected by this negativity coming from Do, T___, and N___, as are many people around the world at the moment.

Mike: May I share our conversation with him.

AJ: Sure!

Mike: I did tape it AJ. You usually don't mind, but I usually tell you beforehand.

AJ: Yes, I'm perfectly happy for any, you know me well enough to know that I'm perfectly happy to have anything that I've said repeated, as long as it's repeated exactly as I said it, you know?

Mike: And the tape presents it pretty well.

AJ: That's right, yes. That's the beauty of it, isn't it? (Yes) Yeah, and if you'd like ... like I'm happy ... F___ here, likes transcribing some things, so if you want to send the tape to her, she can transcribe our conversation, because it might benefit a lot of people.

Mike: Sure. I'll do that, and then you can massage it further if you wish.

AJ: Yeah, you know, I generally don't need to massage it. I'll just let F___ edit... . Normally what I do is get rid of all of my "ums" and "ahs."

Daina: (laughs)

AJ: (laughs)

Mike: Okay. Well ...

AJ: How are you two feeling? How are some of those feelings that you had, Mike:?

Mike: I'm feeling like some stress melted away. (Yeah) And I'm teary.

Daina: I'm not teary right now, but I will, the moment I think about my powerlessness. (laughs)

AJ: The thing to remember, too, is at the moment, there is a lot of spirit influence on the people who are on the Divine path that is negative. The reason why is there are many spirits who are connected to the earth plane in a malicious way that want to influence events on earth to remain the same or get worse, and those particular spirits are willing to create divisions and strife amongst each person on the Divine Love path, and in particular they don't want people to deal with their emotions, because if you don't deal with an emotion, you are manipulated by that emotion, and they want to be able to manipulate people, all right?

There is a lot of, like, spiritual warfare, if you like, going on, where there are a lot of spirits at the moment who are trying their hardest to influence as many people on the Divine path to stop their progression and sometimes that's why it feels a bit like, it feels like we're a bit oppressed, because oftentimes we are feeling a lot of negative feelings from spirits who want to oppress.

Daina: What do we do about that?

AJ: Sorry? What can you do about that? The answer is always the first answer, and that is, if you choose to fully deal with your own emotion, no spirit can influence you in a negative way. So for example, if you remember that, "Every time I get angry, I'm no longer in harmony with love," and then you say, "All right, I want to feel the emotion that is underneath this anger," then the spirit can't motivate or manipulate your anger into doing something damaging.

Daina: I see. So ...

AJ: In the end, it all gets back to the same thing: Am I willing to experience all of my emotions? And that's what humility is. Humility is a total willingness to experience every single emotion within you, rather than projecting that emotion onto somebody else.

Daina: I want to admit that I felt angry with you, that you might be now who you said you were. Then I said, that's not gonna to work. I'm not going to be angry...

AJ: I understand that. The key thing, too, for people to consider is, if I am not who I say I am, all right, obviously I'm not in harmony with truth, (Yes) so therefore I can't receive Divine Love, right? (True) Now, people always say the comment, "Ah, but you're a very loving person. You reflect a lot of love, so you must have received a lot of Divine Love," that's what they say to me. And yet at the same word, they say, "You can't be Jesus." Those two particular things, if they thought about it more deeply, would not actually be possible. How can I say I'm Jesus and receive more Divine Love, when I am not Jesus?

Daina: Yeah, right. There's a little problem with that.

Section 8

AJ: So what a lot of people do now is they say that I'm actually getting worse, not better, so they actually believe that because I'm becoming more firm for truth, and triggering more people around me, they believe that actually I'm becoming more obnoxious. But I know within myself, and I can feel within myself, and anybody listening to me, who is being honest with their own emotions, feels more love from me, so I just find the whole thing quite interesting myself.

If I wasn't Jesus, and you feel angry about that, then obviously, what's the feeling that's raising, the feeling of being betrayed, right? (Right) So let yourself feel that, because that feeling must be within you. (Okay) So you're allowed to feel that feeling, because that feeling obviously has been within you from your own life experience. (Thank you)

So, you know, that's why I'm not, like, contrary to popular opinion, I don't care if somebody believes that I'm Jesus or not.

Mike: I agree. You don't seem to care.

AJ: No, not at all. And I know that N___'s saying the opposite to that, but in reality, N___ would say to me, she'd say to other people, that I'm Jesus, and I'd say to her in private, "why do you say that when you don't believe it yourself. Why are you doing that?" And I have said to her, you know, you can't really know me until you know who I am, but in the end I don't expect you to know who I am.

Daina: Or even us, right? And we haven't spent 10 months with you.

AJ: Yes, that's right. And it's the same with everyone when you think about it. How can I know who you are? Really, by my completely experiencing my own emotions and feeling who you are. Until I do that, I won't know which bits of you are injuries – or mud, if you like – and which bits of you are the real you.

Mike: Just by feeling.

AJ: Just by feeling, yes. But those feelings need to be harmonious with love. If they're not, then they're my own, and in error. So if I'm angry with you, or I'm resentful of you, or I feel like I want to hurt you in some way, or I feel punishing towards you, any of those, then if I'm honest with myself, and look in the mirror, I'd say, "Hang on a sec, these emotions are not harmonious with love, so therefore they must be my own." They're the mud that's sticking to me, and all I need do now is just release that mud that's sticking to me, and I'll feel differently. But see, what a lot of people do, they go down this road of getting angry and upset, and then they go down the road of blaming the person that they're angry and upset with, for their own emotion. As soon as I do that, I'm entering a powerless state, really, from God's perspective.

Mike: Yes. We're stopping dealing with things. We're stepping off the track.

AJ: Yes. As soon as we step off the track, we're on the natural love track, and now all the laws of compensation come into play. Instead of having Divine Love help us through emotional state, now we're committed to just having to go through the process, go through the process intellectually, by ourselves, as soon as we step off that track.

And this is another thing that many people are not realizing is that they often step on, step off, step on, step off ... (chuckles)

Mike: Yeah!

AJ: Know what I mean? Many of them say, "I'm on the Divine Love path," but in reality, right at that moment, many of them are right off the Divine Love path. So you can think you're on the path, but at the end of the day, if you're not focusing on your emotion and desires, and looking sincerely at them, and involving God in that process, then you're off the path, and you can say all the words, you know, "I've got a trigger," and you can use all the words, but the words mean nothing in the end.

Mike: So the question comes up, and you've said it already, "How do you know you're on the Divine Love path?"

AJ: By taking full responsibility for every single emotion within you, and longing to God to help you deal with every single emotion that prevents that relationship, and longing to God also to know the truth about every single emotion within you, and longing to God for the

truth about the things that you have not yet accepted as truth. Then you know that you're on the path.

And if things are changing in your life, then you're on the path. If things are changing very rapidly in your life, you no longer feel things within yourself that you used to feel, then you're on the path. But like, a lot of people are going, like, a lot of people still feel rage, right, they still feel anger, they still feel all those kind of emotions, so if they still feel those emotions, then, you know, obviously, they're being told that they're not yet fully committing to the path.

That's why it's the narrow way.

Mike: Yes, I mean, I'm looking at myself and it's been hard to haul my butt on the path.

AJ: Yes, what we often do is, we're on the path for a bit, we get to a really hard emotion, so we step off the path, (yeah) and we get distracted with metaphysical things or reading different books about all these interesting concepts, scientific concepts, or reading these books about all these spiritual concepts, or going to see a medium to tell us what's going on, or whatever.

Daina: How did you know I did that?

AJ: (laughs)

Mike: (to Daina) Did you? She did! (laughs)

AJ: Yes, you know? But understand at those moments we're generally, you know, we're just off the path a bit, and we can, ...those moments can help us get back on the path, so there's no harm in them. But we need to see, "Well, hang on a sec, yes, I am actually off the path, because I'm not fully choosing to experience all of my emotion." Why did I go to the medium? Because I feel doubtful and uncertain. I want someone outside of myself to tell me, right? (Right) So if I was connected with God, would I need that? (No)(No)

All right. So obviously, at that moment, I needed something to get away from an emotion within myself. What was the emotion? I want to feel not alone, or I want to feel that somebody is helping me, or I want to... Well, the truth is, if you want those feelings, then the truth is that you feel the opposite of those feelings. If you want to feel not alone, and you really do feel alone, then you need to feel that. You want to feel like somebody's helping you, then you really do feel like nobody's helping you at all, and you need to feel that.

Daina: So I want to feel powerless, yes?

AJ: Well, you want to feel powerful, don't you? (Yeah, well, yeah) So that's your addiction. Truth is, what you need to feel is powerless for a little while, you know, just feel that emotion. That's the feeling you need to let yourself feel. When you let yourself feel that, you will no longer be able to be manipulated by any spirits who want to make you feel powerful.

Daina: That sounds good to me.

AJ: But in some ways, we're addicted to the powerful feeling, right? Because it feels good. (Yeah, oh yeah) Because the powerless feeling doesn't feel good, it feels bad. So what we

become is, we become addicted to not feeling those emotions within us that are what we define as bad and we become addicted to getting from somewhere else, some external source, the emotions that feel good.

But you've got to remember: Every time that I want an emotion from somebody else, all right, then I am actually setting up, ... I'm actually ignoring my addiction.

Daina: We're figuring that out. I mean, in the world generally, but together.

AJ: Yes, and the beauty of the relationship is, you can look at all of the addictions, can't you, and see them quite plainly if you're honest with yourself. A lot of times we say, "Why didn't you do that for me? Why didn't you say that to me? Why didn't you give me sex when I wanted it? Why didn't you... ? You know, all those different things we say to the other party, but in reality, we're not seeing the truth, "Hang on a sec, I'm addicted to those things, so what's going on within myself, what's the emotion within myself that creates these requirements on the other person?"

Because what would love do? Love would only give love. Love doesn't require something in return.

Daina: I don't know how to do that, but I want to know.

AJ: Yes, well, none of us really knows how to do that completely yet. It's only when we become at-one with God that we know how to do that completely.

Mike: Then I'm back to, where do I start, but you've already told me.

AJ: It's always back to those three things, you know? The first thing is make a complete desire, set your intention and desire to know the entire truth and that includes the truth about yourself. Second thing is to understand that that truth is going to always be emotional. It is never going to be intellectual. It is always going to be emotional. And the third thing is to long for God for these things. Long to God to help you connect with your emotions, long for God to help you connect with the truth, long for God's Love to assist you in all of this process. If you do these three things, everything will come. But you need to be sincere in doing those three things.

Mike: OK. I'll test you, AJ. (laughs) I'll see if that's true. (laughs) Thank you so much.

Daina: Thank you very much.

AJ: I love you guys.

Section 9

AJ: And if you speak with J___, please give him my love. I know he's a bit unsettled by all this stuff with N___ and D___ and so forth. He feels a bit unsettled by it. In reality, it's just triggering some emotions within him.

Daina: I'll make a point to write to him.

AJ: It's a beautiful thing to deal with everything emotionally, because in the end, that's when you learn all the lessons, and you feel them in your heart, you know?

Mike: Wow. It's a different way of living. And then we feel alive.

AJ: Yeah! Well, the only time you're ever going to feel alive is when you're fully experiencing every emotion and every one of those emotions are blissful.

Mike: Whoa!

Daina: I have so much unhappiness to give up!

AJ: Yes, and it's hard to give it up, hey, sometimes. Because sometimes we actually hold onto it because we, you know, like, ... I've found that with my own emotions with Mary, with my soul mate. I wanted to feel loved by her, you know, and I've had to give up that emotion, that desire, to be loved by somebody else, right? That took me quite a few days of crying about not being loved, you know, to give up that emotion.

Daina: Would you have had to give that emotion up if you had been loved by her?

AJ: Um, yes, I still would have to give it up if I want to be at-one with God. (Okay) If I want to be at-one with God, then I have to give up all of these emotions that prevent that at-onement. And one of those emotions is a need to be loved by someone, a need for anything by anyone, is going to prevent me. In the end, everything I need can be supplied by God. Everything. As soon as I need something from someone else other than God, I'm setting up a dynamic that I'm going to be disappointed at some point. And I'm going to hurt. And in fact, the reason why I'm going to hurt is because, whenever I need something from someone else, I'm no longer in a state where I'm giving Love.

Mike: And it's not good for the other person either.

AJ: That's right. I'm basically demanding from the other person for them to give me their love, and love doesn't demand anything of anyone.

Mike: (laughs) It's a realization Daina had last night.

AJ: Yeah. A powerful realizations, aren't they?

Daina: Uh-hmm.

Mike: I'm good. I feel like I have plenty of good stuff to do.

AJ: That's good, Mike. And I know some of the things I said to you in Dallas sort of made you feel upset with me and angry with me, right? (Yeah). But if you re-listen to those things, you know that when I was speaking to you, I wasn't angry with you, I wasn't upset with you or any of those things. I was just stating what I was feeling from you, from your emotions.

Mike: That's right, you weren't. (Yeah) And actually you were telling me your truth.

AJ: Yes. And, you know, you have a choice. You can say, is what AJ: is telling me about my emotions, is it actually my emotions or not? You can deny them if you wish. But if you're angry with me, then you've got to look at, well, "hang on a sec, there must be something there, because I'm angry." (Uh-huh) Because I'm angry, there's definitely something there.

Mike: Oh, yeah, you were pushing all the right buttons.

AJ: Yeah, that's right.

Mike: I'll go back to those.

Daina: Me, too.

AJ: And you're recording this conversation, aren't you? Would it be all right, could you send it to me as a file?

Mike: May I send it to you as a CD?

AJ: Can do, yes. You can't, you haven't got software that transfers it into MPEGs or anything like that?

Mike: Well, it's recording at a high bit rate, so it's going to be like a 20MB file. Your limit on Gmail is 10 or 15MB. I can break it up into pieces and send it.

AJ: Yeah. I was just feeling that it was a good conversation for some people here to listen to.

Mike: I'll get it out tonight or tomorrow.

AJ: Yes. Thanks for that.

Mike: I'd love to, AJ.

AJ: Yeah, thank you.

Mike: Thank you.

Daina: Thank you.

AJ: Love you, my friends.

Mike: Okay.

Daina: We'll talk again.

AJ: And even if you're angry with me, I still feel you're my friends.

Mike: (laughs)

Daina: Thank you. I love you.

AJ: I love you too.

Mike: You're hard not to love. Easy to anger and hard not to love.

AJ: I'm easy to get angry with, too, eh?

Mike: That's what I meant, that's what I meant. Easy to get angry at, and hard not to love. OK. (OK) See ya.

AJ: See ya later, you guys.

Mike: OK, bye-bye.