

Mediumship & Discussions With AJ Miller

Persons Talking	AJ Miller (Jesus) in physical
Medium	N/A
Date/Time	21st February 2008
Location	Dallas, Texas, USA
Talking To	A group of people who are visiting AJ and the rental home owner who is concerned about the emotional processing happening in the home
Subject	Emotions and Spiritual Progression

Mediumship/Discussion Text

(Recording beginning already into the discussion... AJ was talking to J___, who owned the rental property that the group travelling with AJ had rented, who was concerned about a woman who was crying loudly the previous day in her home. AJ mentioned to J___ that she wanted to shut down the lady, because J___ did not wish to feel her own emotions.)

J___: So, is that what I was projecting?

AJ: You were, because she was having a loud outburst of emotion – she was screaming and crying about how angry and frustrated she felt about having to take control of her life - and having to actually live in harmony with truth she felt that that would cause lots and lots of problems in her life – like you feel right?

J___: Right.

AJ: And she was kind of yelling out her frustration and crying about that, about having to make that choice. Particularly, bear in mind, that she has had a history of sexual abuse when she was little.

J___: Right.

AJ: And couldn't scream, or yell or anything during those times. Right?

J___: Right.

AJ: So at that moment she connected with some of those emotions and started yelling and screaming and feeling that anger and frustration she felt as she was being harmed. And in that moment, your discomfort began.

While she was there silently crying, you were not as uncomfortable – but as soon as she began getting quite loud and boisterous – in terms of the expression of her emotion, you reacted. She wasn't projecting it anywhere by the way, I was sitting right next to her and she certainly wasn't projecting any.

J___: Right.

AJ: But what happened was – it resonated with how sad you feel within yourself and you don't want to feel that. And so at that moment you then had a feeling of, "Is this good? Is this good? I am a bit afraid; I'm a bit concerned. What's going on here?" All those kind of

emotions were coming from you, that you didn't want to feel, and so you were projecting at her a desire to actually close her down.

And that's why I smiled at you.

J__: That's interesting as that's not the way I thought I was looking at it.

AJ: Exactly. What did you think?

J__: I thought I was looking at it as – she's been through so much pain... (voice starts to break)

AJ: She has,

J__: ...So why does she have to go through that again? (J__ has tears in her eyes)

AJ: The problem is, she hasn't experienced that pain. She's only held onto it. There's no emotional release of it. She wasn't willing to accept it, in terms of emotionally accept the pain that she had previously experienced. When you do that, what happens is, the pain locks up inside of you emotionally, to the extent that you're now frozen in that pain – or in her case, frozen in the anger and frustration about being hurt in the way that she was. Unless she's willing to let that emotion flow, God's love can't come and actually help the emotion come out.

Imagine for a moment that an emotion is like a barb, like a barb-headed arrow, into your skin. So imagine that someone shot a barb-headed arrow into you and you've got this arrow sticking out of your arm. Obviously, you could leave it in, you could cut the head of the arrow off and leave it in, but what's going to happen? You're going to feel annoyance and discomfort and pain the entire time you're holding onto it. But when you go to the doctor and take it out, what's going to have to happen? It's going to have to be removed somehow, and the only way that it can be removed is for someone to cut open the wound and pull it out. Now, if we're unwilling to let the wound be open, let somebody do that, then we're going to keep the barbed arrow within us for the rest of our life, and it will eventually infect and go bad and cause all sorts of other damage in our body.

And that's very similar to our emotions. What happens with our emotions is, the emotions come in and hit us and enter us, and then they've got to be somehow removed, but if we are unwilling to allow its removal, then God can't use Her Divine Love to help us to get through the process. Does that make sense?

It's only when we're willing to go through the process of the removal of the emotion that God's Love can come and assist us through that process. And if we don't ask God to help us with the process, it will be even longer again, where we've got to pull it out ourselves. That's how basically it works with your emotion.

So the process she was going through yesterday when she was being boisterous was actually connecting with that emotion and feeling the extent of it, but not the full extent of it – because, to feel the full extent of it she would actually have been in a terrible, terrible state. But she was actually just releasing that emotion at that time. And that's what you're afraid of doing.

J__: Right, I definitely don't want to do that. And you're right – I didn't want that left in the house. To me it was so negative, it made me... I was exhausted when I got home. Totally exhausted, I fell asleep on the bed.

AJ: Yep. But do you know why you were exhausted?

J__: Why?

AJ: Because you were fighting your own emotions

J__: Because I was fighting my own emotions?

AJ: Yes.

J__: My own emotions about the issues that I have?

AJ: The issues that you have about feeling your own emotions. You do not wish to have a big cry, you do not wish to have big breakdown or anything like that. You want to hold everything together, and that is going to exhaust you.

This is a common fallacy that most people believe in today with regard to spiritual development. They believe that they are picking up the energy of other people, and the energy of other people is affecting them negatively. In reality what is actually happening is other people's energy is only affecting you negatively because you have the emotion within yourself that you are in denial about – and that is resonating with you and causing problems within yourself. That's why you feel as though you are picking up other people's energy. Does that make sense? So when C__ has that big outburst, that didn't affect me at all – so why did it affect you?

J__: Like I said, it just felt like it hurt.

AJ: Yeah. So where does that hurt come from? It's not from her, because it didn't hurt me. So why didn't it hurt me?

J__: I, I, I don't know?

AJ: It did hurt a few people here, not just you – but it didn't hurt me, it didn't hurt N__, it didn't hurt Nate, it didn't hurt Kate. Kate in fact said "I was so happy to hear her do that." That is what Kate said afterwards.

So why did it hurt you?

It hurt you because you have this emotion in you and you don't want to feel it – you want to fight it. That's why it hurt.

J__: OK.

AJ: I don't have that emotion in me - and it didn't hurt me.

J__: I see it differently I guess.

AJ: Yeah. I know you see it differently, for sure. But how you're seeing it is how the majority of people on earth see it and that's why they avoid emotional situations rather than let the emotional situation confront them. And that's why the majority of them are not connected with God. Connecting with God is not about avoiding your emotional situations, it's about actually confronting them, feeling every feeling you feel at the time these emotional situations occur. And that's what the majority of people don't want to do. ...

J__: No, I agree, I'll stand up and say "I don't want to do it, I've done that – I don't want to ever do it again."

AJ: Well, the truth is you haven't done it – the truth is what you've done it cried about the effects. You've had the emotions about the effects, and it's scared you to death. But the release of the cause it still within. So in other words the causal emotion is still within you. Its not until you actually connect with childhood based stuff like C__ was connecting with yesterday – that actually the causes that are within you are released – does that make sense?

Let's say there's a lady living with a man who abuses her. You've been in this situation right?

J__: Right.

AJ: You can cry every day about him hitting you, can't you? Or treating you badly. Right?

J__: Right

AJ: Every single day – the next day you cry because he treats you badly, the next day you cry because he treats you badly, the next day you cry because he treats you badly, and it goes on and on and on, right? And the reason why it continues – you can keep crying for every day and its not going to make things better – so that's not what I'm recommending.

What you need to do is deal with the causal reason why this man, why you got into the relationship with this man. And the causal reason is that he is now treating you what you feel inside – what is inside of you that you are not feeling and expressing. That is he's treating you as though you are unworthy, because inside of you have a feeling of unworthiness that you are not allowing yourself to release. Does that make sense?

And the universe is actually telling you through that transaction – through that Law of Attraction, it's telling you what your soul condition really is. That's what it's doing, right at the moment. It's telling you that you have this unworthiness within you – and it needs to be released.

Now when you left the man – your worthiness grew a little bit – because it had to grow enough for you to decide to leave him.

J__: Right

AJ: You had to grow enough to risk security, to risk separation, to risk potential anger from him – and all of those other things. And still leave him.

So, the whole situation actually created more of a sense of worthiness within yourself

J__: Right.

AJ: But, the causal emotion still wasn't released – that is 'I'm unworthy, I'm still going to be treated badly.' So the next person she marries, or in your case, the next person you marry is still going to treat you unworthily, because there's still that emotion within. But it's now less than the first person, the first person could beat you, and it took him beating you before you left. The second person – he just didn't treat you very well – he didn't talk to you. And that wasn't good either – and your worthiness grew even more, right, through

that relationship. And slowly, slowly, slowly you're releasing the causal emotion, but its taking years and years and years.

J__: Right.

AJ: You could choose to have a release like C__ had yesterday, and within one day or a few – all of it be gone.

J__: So she feels better today?

AJ: Yeah, she rang me this morning.

J__: And she made it home OK? I mean, I was just worried to death.

AJ: Yes I know you were.

J__: I was absolutely worried to death

AJ: She made it home OK, she still recognizes that she still has a little bit more crying to do about that particular issue. As there's a number of issues since she's been abused.

J__: Right... Right... That I can't even imagine.

AJ: She's dealing with a causal emotion and the beauty of that is that the instant she deals with this casual emotion her soul from that instant is going to be attracting different things. And from that instant she will not have to go through this long winded process that you yourself have gone through, chosen to go through. Marrying another guy and then growing a little bit. Marrying another guy and then growing a little bit more. Having another relationship and growing a little bit more right? (She laughs)

J__: Deciding – to heck with it!

AJ: Yeah, because you have the choice of doing it that slow way, or you have the choice of doing it in like one or two years and get rid of everything. It just depends on what you're courageous enough to deal with and how much you want to experience your Father's Love as to how fast you'll do it, generally.

J__: Yes...

AJ: So, number 1, there is no energy left in this home (she laughs) that is negative, I can guarantee you that. There is no emotion that you have caught from her (she laughs), because she chose to feel them.

J__: They're my own issues! (laughs)

AJ: Exactly – any feeling you have within you is a result of that particular event – is a result of your own resonance, your own vibration with her emotions. Like if I sing a certain note – and I have a glass in front of me that glass will start vibrating if I sing at a high enough note – because it has a resonant frequency that my singing will trigger right? But my singing is not good enough to do that (laughs) – but anyway – somebody singing is. And what's actually happening with our emotions is similar. When I have an emotion within me that I do not release – then it will resonate with you – and it will resonate with your injuries. And if our two injuries are compatible then we'll get together – then we'll be

friends or whatever. If your injuries are incompatible, and we each choose to deny them – then we won't be friends.

That's not obviously the pristine way to live. The pristine way for us to live, is for me to have no injuries and for you to have no injuries and we get together because we love one another right?

J__: Right. So now you're telling me all my fiends have the same injuries as me, right?

AJ: They have compatible injuries with you – yep – exactly. We were talking about this with M__ yesterday, with regard to his partner. His partner has a complete set of compatible injuries to M__'s injuries.

In M__'s case he has an injury where he needs a mother type figure in his life, and he actually feels sexual desire for a mother type figure – due to the injuries of what he lost when he was young. The woman he's with needs to mother a man, look after him. So the two of them have compatible injuries and get together and they believe it's a really great relationship.

J__: (Laughs) Sounds like soul mates doesn't it!

AJ: Exactly. In reality all it is, is a relationship based on injuries – that's all it is.

Now, M__ can choose to deal with his injuries and his partner may not choose to deal with her injuries and if that's the case there's a high likelihood of them separating. Both of them could choose to deal with their injuries and grow together – that's also a possibility too – but it will depend very much on the desire of each individual being pure.

Your friends can choose to deal with their injuries while you're dealing with your injuries and there is a high likelihood that you will remain friends. But if you choose to deal with your injuries and they don't want to deal with their injuries or they feel angry about the changes that you're making within yourself then there's a high likelihood that you will no longer be friends.

This is why N__ sometimes says, the Divine Love path needs to come with a warning sign. The warning is that it's going to confront every single emotion within you, and it's really going to confront every single emotion within you. This is why the majority of the people on earth, at the moment, are not choosing it, because they're not willing to go through that emotional process, firstly, and secondly, they don't understand the benefits and blessings that come from going through it. It's only when you see the benefits and blessings in somebody that you'll actually start to say to yourself, "I want some of that." So what do you see in me? ...

J__: That you're always smiling. (laughs)

AJ: And I do I look too stressed out by anything most of the time? And even when C__ was screaming and crying, I wasn't effected.

J__: (Laughs) No – you were looking at me like – "This is OK"

AJ: I was looking at you with a smile on my face - wasn't I? (laughs)

J__: Yes!

AJ: ...because, I could actually feel your projection of emotions right at that instant.

J__: Right, I wanted to run screaming from the house.

AJ: There was that feeling of panic in you – I felt that straight away. So while I could feel C__'s emotion, I could feel yours – but both of them didn't bother me – I just smiled at you, right?

And I just smiled and put my arm around C__ as well, didn't I? (laughs).

J__: Gee, thanks (laughs).

AJ: So, the energy only comes from withheld emotions that is damaging to others. So when you withhold your emotion - that is the instant that you expect other people in your life to fix your emotions.

It won't be a thought that you think; it will be a feeling projected at them.

So yesterday M__ walks in, and all this neediness walks in the door. He wants everybody to feel for him, he wants everybody to notice him, he wants everybody to make him 'feel', not lonely any more, to love him.

As soon as he walked in the door, I said to him, M__, there's this emotion coming from you where you're needy again and you want everyone's attention and approval, and so forth right?

The minute he walks in the door, that's what he gets from AJ.

J__: – to M__: And you didn't feel like to were doing that?

M__: I felt normal.

J__: Ok well, so normal is doing things right. That's probably normal for me too.

AJ: For him normal is that, and funnily enough there were some people here yesterday who were willing to respond to that. So they would run around and make him feel better, give him a hug, make him feel better right? And those ones weren't sensitive to what was going on within themselves, they were wanting to mother, to make him feel better.

So M__ will come in wanting a mother and they were a few people here who were willing to mother M__ too and that all happened it was all treated as normal, and I'm saying "hang on a sec this isn't normal?" "This is not in harmony with love this is just neediness, and response to neediness – which is an addiction, it is not love, it just feels like love as it feels good to M__ and the others – at the moment.

But once he releases the lonely emotions and empty emotions and needy emotions with regards to females then he will find that he no longer has that emotion within him. He'll walk in the door and everyone will think, there's a guy who's got everything together, with a smile on his face and he won't be projecting all this neediness and no one who has an injury about mothers will come and flock around him– at all. They'll think; "I don't like him at all – he's not very attractive." (AJ laughs) (M__ laughs in background). Does that make sense?

J__: Well it does, except that, then when you met your soul mate – you said something like it's not what would usually attract you.

AJ: Yeah. Well what would usually attract me was a person who appealed to my injuries.

So now that I've released most of my injuries regarding the feminine, masculine, and all the other injuries regarding my relationships – the person who used to attract me no longer attracts me, and now a different person attracts me, does that make sense? And in fact, what happens now is I am not attracted – in terms of a relationship – to anyone – in terms of having an intimate relationship with them - except for one person, who I met recently.

Male or female, doesn't matter how gorgeous she is, and my attraction is a feminine attraction, so it doesn't matter how gorgeous the woman is, I'm not attracted to her. I think – ah yeah, beautiful – but there's no attraction coming from me, no desire for her.

I worked through enough of my injuries so that the only person I have a desire for was my soul mate. And it just so happens that the outward appearance of my soul mate is not what I would have normally thought of as attractive – someone who would attract me. She's beautiful, but I would not have normally have been attracted to her because of the injuries that I had in me.

J__ to N__: OK, so is that the same feeling you had when you found yours?

N__: He's nothing like anything I would have gone for before – same as AJ.

AJ: As soon as N__ met him, and N__ did meet him about 7 months ago - when you first met him the first thing you noticed was that he was quite a nice man, and the other thing you noticed within yourself was that you didn't deserve a nice man.

N__: Well not only that, but he's also very aloof and I wouldn't have been interested in that, you know it was just like – nice man - now what ... it wouldn't have occurred to me in a million years that I would get involved with someone like that – or would even want to.

J__: So that was 7 months ago – and now you have gone through this, you know that that's the one. Did he know back then, does he know now?

N__: No he doesn't know. But I feel the same as AJ – it's him or no one because I know he's my soul mate. It's just weird how that happens to you. (All laugh).

AJ: A lot of people say nowadays there's probably a hundred, a thousand or even a million people on earth who might suit you – well in a state of injury that is definitely the case. There are probably a million people on earth who have compatible injuries with you, right?

J__: Right, I mean just sitting listening to everyone there's – you know, I have the same kinds of things.

AJ: That's right, but once you release those emotions and no longer feel those kinds of emotions – what happens is that you no longer have compatible injuries with all these people and all you're doing is coming from a position of love from that moment, and once that occurs now you can really see when you meet your soul mate. You can actually see and know who that person is at that moment.

N__: And it feels like, for me – because I have a little photo of him from the internet – and I feel like I'm looking at me. It's the weirdest feeling.

J__: (J__ laughs) Especially when he's a male and you're a female, right.

N__: But it's what I can feel.

AJ: Getting back to the issue with C__. Your current desire is to suppress your emotion as much as you can. You are worried about getting out of control, because you have been in a state where you felt out of control before and it didn't help you.

And I'm not suggesting being in a state where you're out of control - what I'm suggesting is that you be in a state in which you feel all of your causal emotion. Now at times that would mean you feel like you're out of control, and you need to allow yourself to go there, if you want to progress on the Divine Love path. If you want to progress on the Natural Love path, then go ahead and suppress everything, (laughs)

J__: (Laughs) Like I've been doing!

AJ: But when you do that, what happens is you could have dealt with the issues of unworthiness over the period of a year or two. But it's now taken you, what two broken relationships and a bit longer, and there are still feelings of unworthiness within, right? They're just not as great as they were when you began.

J__: Right.

AJ: And that's the problem with that kind of progression, it will only occur over long periods of time. You can choose to have the kind of progression that is very, very rapid and very short in comparison, but intense, and you need to be prepared for it to be intense.

J__: How do you prepare for that? Like her yesterday – how would you prepare for that?

AJ: Well, the beauty of C__ is she is willing to actually go through an experience like that, understanding that it is just a passing feeling. You believe once you start this feeling thing, and a lot of them are sad feelings, you think that they are never going to end.

J__: (Laughs) That's right, I do.

AJ: So at the moment, you're not prepared for it. Does that make sense? It's when you understand that this fear that you have that they're never going to end is just in fact a fear, it's not true. If you feel causal emotion, all causal emotion is never the kind of emotion that never ends. It's always the kind of emotion that ends. If you are feeling an emotion that never ends, it's because you're not getting at the cause.

J__: So the way you know you've discovered whatever it is ...

AJ: Is that everything around you changes from that moment onwards. You feel different, everyone attracted to you is different, new people come into your life that are friendlier, more loving, caring, everything changes.

J__: He has that big smile on his face again. (Laughs)

N__: He's right.

J__: Uh huh. Oh I'm not saying he's not. I'm just...

N__: But some of it doesn't last for long, you know some of these things you connect to last maybe an hour or two – and then you're through it, if you let yourself go there – in a hour or so that emotion can be gone forever and never cry about it again.

J__: OK so, where's this checklist of emotions so I know that I did that one.

AJ: Ahhh – (laughs) – you see you want the process to be intellectual, and that is something you're going to have a problem with – and to be honest with you the majority of people want the same thing. They want the process to be intellectual, they want a list to go away and feel these.

J__: Yeah, I mean I listened to E__ yesterday and I thought, boy that's me.

AJ: And what we were doing was addressing her fears about experiencing her causal emotion – we were addressing her fears. It's great if you can list your fears and work your way through it that way, but in the end, that will not help you work your way through your emotion. The reason why is because many of your emotions entered you before you had a conscious awareness of their existence. In other words, many of the emotions entered you from the time you were conceived until the time you were 3 or 4 years of age when you started realizing you were receiving different emotions from people. In between those two time periods you received the majority of your emotional damage. Does that make sense? And because of that, it's going to be very, very difficult to always be consciously aware, intellectually, of what the emotion is, because at the moment the emotion existed within you, you were not consciously aware.

J__: And I have no idea what's the cause of any of it. You know when you asked me to remember things.

AJ: As you go through this process, you will gain a conscious awareness of what caused it all, in the sense that you will know it is related to something my mother felt or something my father felt or something my father projected at me or the way I was treated here or the way I was treated there or how my mother felt with me while she was pregnant with me - all sorts of things like that you'll know only after you've experienced the emotion. You won't know beforehand. And there are some emotions you'll never know, because you were so young at the time that you could not have an intellectual awareness of what it was.

J__: So how do you get beyond those?

AJ: You just feel them, it's like every other emotion, you just feel them. That's why, there will be times, when you feel like you're nuts.

J__: (Whispers) But we already know that.

AJ: (Laughs) And that's what you're afraid of, being perceived as being crazy.

J__: I'm afraid of that?

AJ: Yes, its one of the things you're afraid of – you're afraid of going nuts. (Laughs.)

J__: I'm afraid of going nuts, I'm not afraid of being perceived as nuts?

AJ: What is nuts? (laughs)

J__: (Laughs) Well, its everyone's opinion.

AJ: Exactly. So one of your fears is being perceived as being nuts.

M__: Being illogical would be nuts.

AJ: What we consider to be logical is – like M__ I'm sure when you walk in the door, I'm sure you think it's logical for you to expect someone to come up and give you a hug. That feels good, right? You know, you're a nice person, its logical that they should give you a hug, right? But, what was set up was a very unloving transaction in that moment because you had a need projected outwards. Someone else had a need to fulfil your need and nobody did it out of love.

So what looks or appears logical in that moment is only logical because of our emotional damage. Once you release that emotional damage, it will look very illogical.

So using logic to determine emotion is highly unreliable. Because if I'm in a condition of error, I'm going to think something is logical when it is not from God's point of view.

M__ to AJ: When I walked in, I said I wasn't so needy, and I know I am. And I also know I felt unworthy, and I reflected... because if you had not given me a hug – I would have felt like a flat soufflé or something.

AJ to M__: So you're telling yourself you've released something, but in reality the soul is yet to find its causal release - the emotion that's really the cause of you walking round with this feeling, right?

And until that moment you are going to project this emotion. Until that causal emotion is discovered and felt – by you, not anybody else but you. And once you release it you'll walk in the door and you won't even say am I needy or am I not? You'll know, and everyone around you will know, if they're more developed than you, they'll know that you are no longer projecting that emotion.

You don't need to be afraid of the feelings coming from people, because if you resonate with them, then obviously the emotion exists within yourself. So I don't avoid any situation that's going to trigger any emotion. Now I've had many, many tough situations to work my way through as a result of that, and I've had many times where I've resonated with other people's emotion and worked my way through the causes within me as to why that occurred, but now I can be happy most of the time, and I'm almost happy all the time now because I've got hardly any of those emotions to work my way through.

So your worry that someone like C__ is going to project negative energy that you're gong to somehow catch – like a disease (laughs) is just not true.

J__: Yeah... maybe that's what I was thinking, it's just that...

AJ: Well, this is what your friends believe.

J__: It's what my friends believe?

AJ: You know that. Don't they?

J__: There's a couple of them that do – yeah.

AJ: Some of them believe this right? And it's not correct. They're worried about "Jesus" being in your home, and what kind of negative stuff is going to happen with that right? (laughs) And all you're doing is suppressing some of that fear too, right? And that's OK for you to have that fear...

J__: But I'm not afraid of you being here.

AJ: No, but you're afraid of who else may come here because of me. (Big laughs) But honestly you don't need to worry about any of that because any emotion that you feel, any resonance that you feel with another person's emotion and any reaction you have - comes from within you.

J__: So if that's the case, why on the way home didn't I have a big cry or whatever...

AJ: Because you – you already know the answer to that. (Laughs) What's the answer to that?

J__: (Laughs) I'm not going to.

AJ: Right, you don't want to cry – you know the deal. (Laughs) So, even when you're getting triggered, you don't want to cry, so you fight it. That's what creates that feeling of tiredness and exhaustion. When you fight your emotions you are setting up a lot of very negative things occurring in your own body. Trying to suppress what is its natural flow. When you do that you are going to set up a lot of energy breaks in your body and you will feel terrible in that process.

That is why people get diseases. Heart disease is the direct result of a person holding onto their sadness and not crying. Cancer is a direct result of people holding onto their shame and guilt and not dealing with that, not releasing that. Getting into a state of dementia is caused by people not wanting to remember their own life. Emotionally remember.

J__: Wow.

AJ: There are all these different diseases; you could list hundreds of them, right...

J__: I know, but why did you just list the ones that people I know just recently have. (Laughs)

AJ: (Laughs) ... because, it's important for you to see what's going on around you in that regard, you see, and I can feel what is happening in your life.

J__: Yeah, I couldn't believe it when I got home and I started to read and I was just totally exhausted and I just lay back on the bed and fell asleep. The TV was going in the other room, my grandson was yelling in the other room – and I never, I never sleep through any of that. I was out for 25-30 minutes.

AJ: Yeah. And what was happening there was that during the day you had a whole day where you were being confronted emotionally – but not wanting to feel your emotions. That is very exhausting. (Laughs)

If you keep doing that – you're not going to want to do anything of this path – because of you keep confronting your emotions and on top of that not wanting to feel them you're going to set up a very, very conflicting state within yourself – you follow me?

J__: Right.

AJ: And the more you find out about emotion – and the more you fight your own emotion – the more conflicted state you’ll be in. So at some point you have to decide. Am I going to stop finding out about emotion? Or do I just keep finding out more about emotion, and choose to experience it?

If you keep finding out about emotion and choose to experience it, that’s when your relationship with God will grow quite rapidly. If you do the first, what happens is your relationship with God will be stagnant and remain stagnant.

In the first century, I often used the term “must.” I said, “You must be born again to enter the kingdom of God.”

What I meant by that was, there are certain things that must be done if you really want to have a relationship with God. Now you can choose, using your free will, to not do those things that must be done, and therefore you will never have a relationship with God.

The reason why you must do certain things is God created them that way. God created us to be emotional beings, not intellectual beings. He created the mind as a tool, just like your hand is a tool or your foot is a tool, he created your mind as a tool by which the soul can express itself in this physical environment and in the spiritual environment too. He didn’t create it to be the boss of you, as your mind currently is. He didn’t create it that way.

J__: (Laughs) How did I get this way?

AJ: Because the world that we are living in has walked away from God and they’ve also walked away from all the laws of God and all the creations of God in the process. And so what’s happened is, man has now focused all of his intention on developing intellectually and in the mind, and has begun to just walk away from developing the heart. It’s only now in these modern times that people are starting to talk about re-finding themselves emotionally, discovering themselves emotionally, and that is because of millennia of development, of living in the mind, and all the results of that and what that brings. It’s about breaking the mould within yourself.

So the mould has been within yourself, ”Use my head, use my head, keep my emotions at bay, keep my emotions under control, keep myself suppressed, don’t go for the bad ones, select which one is going to be good and which is going to be bad, and feel the good ones and don’t do the bad. ...”

J__: Like the Polly Anna attitude.

AJ: Keep a buoyant spirit.

There’s nothing wrong with a Polly Anna attitude if you are prepared to feel all your emotions in the process. (Laughs) But there is something very wrong with a Polly Anna attitude if you are unwilling to express your emotions in the process.

So the key is going to be for you, every single time you see an experience like you did yesterday, and it resonates with you, and you have that feeling of panic and a feeling I want to get away from this, this is not good. Understand that it is something inside of you – not her or anyone else that is causing that emotion to be present. Because I didn’t have the same reaction as you had, and when you projected the emotion back, of ‘what’s going on in my house? Ahhhh’ that emotion that you projected back – I didn’t respond to that either.

J__: No, I know. And I'm in admiration of that. (Laughs)

AJ: Yes but can you see that when you're in a state where you don't want to feel certain emotions you can be very resistive too, like to things happening around you that trigger your emotions. So someone crying in front of you, what you would be tempted to do is what?

J__: Go give them a hug.

AJ: Ok and stop them. Right, and I don't want to do that. I want them to cry for as long as they possibly can. So you and I have totally opposite ways of dealing with a person crying at the moment.

J__: Yeah, I mean I do it with my grand kids. You know, something happens, and you give them a hug and tell them that it's going to be OK. You don't want them to feel bad. That's what it is – I don't want her to feel bad.

AJ: And all you're wanting is not wanting yourself to feel bad.

J__: Is that what it is? ... just being selfish.

AJ: You're just projecting your own need, and desire to not feel bad onto them. When they're crying – what are you feeling?

J__: When they're crying?

AJ: You're feeling bad, you're feeling responsible, like you have to make them better. You're feeling some of their pain right?

J__: Right, when it's my grand children.

AJ: All you're doing is trying to stop your own pain.

J__: I'm that selfish and self-centred. Wow!

AJ: But you don't see it that way.

J__: No.

AJ: At the time you think you're doing them a favour, right? But actually what you're doing is suppressing them, and by the time they get to your age they'll have the same issue that you have. (Laughs)

J__: I'll have to have my good cry later (Laughs).

AJ: And honestly it's nowhere near as frightening as you are expecting it to be. Because, remember you can talk to God all the way through this process. No matter whether you are feeling totally alone or not, you've always got God there. God's not going to give up on you, it's whether you give up on yourself or not.

J__: Right.

AJ: So God is wanting a relationship with you permanently – God wants that constantly. She doesn't want to not have a good relationship today because you don't want to feel

something. She doesn't want to not have a good relationship today because you don't want to feel something, She wants to have a permanent relationship with you where you are feeling all the time and where She's feeling all the time and you're feeling Her all the time and She's feeling what you're feeling all the time, that's what She wants, just like what you want with say a partner or a child, it's the same kind of relationship, isn't it?

The only thing that's going to prevent that is for you to choose not to feel, because God always chooses to feel.

But at the start, it is scary. At the start, even contemplating it is scary, because you've spent many, many years processing emotions, or what you thought was processing – but they were only just effects, right?

J__: Right.

AJ: And so you think back on those times and you think they were horrible, they were terrible, but in reality they were the times that you grew, you just don't see that.

J__: No I did see it.

AJ: So what's wrong with those times then? If you grew, weren't they really wonderful?

J__: Weren't they really wonderful? You know, I went through those things and so after that came out and changed what I was doing.

AJ: You did yeah – but you would never have changed what you were doing unless you went through those things.

J__: Unless I went through....

AJ: I'm not saying unless you went through the things when you were a baby or a child, those things are what created everything. But I'm saying as an adult, unless you went through those things, you'd never have confronted the emotion of unworthiness as much as you already have. If you weren't in the situation where you attracted a man that was violent you would never have confronted that emotion that existed within you before then that you were willing to marry a man who was violent.

J__: He wasn't violent when I married him!

AJ: No the truth is he was violent when you married him – you just didn't know. You weren't sensitive to that emotion within him because you had the opposite attracting emotion – that you can hurt me – because all I want is someone to love me - and you can hurt me doing that, if that's OK with you. That's the emotion you felt within you. You were happy to be hurt as long as they "love" you. Now after that relationship you were no longer happy to be hurt (laughs) even if they said they loved you.

J__: Exactly.

AJ: So you learnt a lot in that process right, you didn't have to do it that way. You could have chosen to work through emotions like C__ was working through hers yesterday.

J__: But see I thought I was.

AJ: Yeah – and a lot of people do.

J__: I had a lot of good cries – except they weren't 'good'.

AJ: You know, some of them dealt with some causes and some of them didn't. Some of them were dealing with effects and some of the unworthiness that existed before your relationship still exists within you. That's the way it will be until you actually confront those emotions completely. You can choose to confront them before another relationship – or you can get into another relationship and confront it that way. You can do it any way you want. (Laughs) Coz' it's free will, right? You can choose to do it any way.

But what you're doing is good, because what you've just done today is express your fears that you didn't realize you had.

J__: Right, I had no clue.

AJ: Remember the other day you came in and I think you said, you wrote down 3 fears. And remember after talking with E__ you started realizing you had a few more than 3.

J__: (Laughs) Right, and you've just expressed a few more right, just now. Yeah and I had no idea I had.

AJ: And honestly you can, J__, decide to not do this. You can decide to stay away from your emotions but if you decide to keep on the path you've started on now and that is discover more about your fears and emotions – if you choose to go away from your emotions still – in other words if you choose to keep suppressing them – you will get yourself in quite a sick state.

J__: I've been there.

AJ: So my suggestion is that if you're going to choose to keep going down the path you're going down examining yourself and what emotions are in you, let yourself begin to feel them – because if you don't its going to be quite damaging to you.

The main reason why most people stop on this process that I'm describing to you is because they've set up this quandary, this 'opposites' going on, where they want to discover more, because they want a relationship with God or they are fascinated with God's Truth, but they don't want to feel more, because it hurts, and when they do that, that's when they have lots and lots of trouble and difficulty.

It's when you change from that to fully choosing your emotions, that's when everything will run a lot better, a lot easier. Does that make sense?

J__: Yes.

AJ: You notice almost every time we talk you feel that the emotion is almost there – and you're just keeping the lid on it just enough to stop yourself from having the tears, just enough so you don't have to clean your make up, up right? (Laughs) So you've been taught, and you've taught yourself for many years; "I have got to keep myself under tight control otherwise I might just let go and what happens then?"

J__: That's right. If I'd let myself go years ago I'd probably have killed somebody.

AJ: And that's often the case, but once you discover how to do it without damaging others, you can do a lot of this privately. I've done most of mine on my own.

J__: And I think that will happen. Right now I am not in my own place. I have my grandchildren who run in and out of my bedroom whenever they feel like it. If I'm in the middle of something like this they're going to be shocked.

AJ: But see that's another good thing, if they run in on you. Coz' you can just grab hold of them there and then and say, "Look, its OK to cry. Grandma's crying and that's OK, and it's OK for you to cry when you feel sad too. I'm just feeling sad about some things that happened a long time ago in my life."

By not making a big deal of it, what you're teaching them is that its OK to also cry and not make a big deal of it.

J__: OK but when I get through it – then I won't let them make big deal of it.

AJ: Yeah but at the moment you're projecting onto them a shut down – like "if you're going to cry then you're going t have to do it by yourself". That's what you're projecting on them right now.

J__: Really?

AJ: Yep. If you're going to cry then you're going to have to be alone like I am.

J__: Oh!

AJ: That's what you're saying to them by your actions you see. You're actually giving them a message without saying a word. And the message is they are not allowed to cry and if they do cry they need to do it alone. And that's how you feel – that if you're going to cry – you have to do it alone, you don't want others to see you crying.

J__: Right, because then I'm weak.

AJ: Exactly. You have a fear of looking weak.

J__: (Laughs) All those things that E__ said yesterday, I should put them all on my list...

AJ: She identified many of your fears for you.

J__: She did. Things I wasn't even thinking about.

AJ: So let yourself see them, but understand what I'm saying too. If you continue to suppress your emotion as you were trying to, you are going to set up times like yesterday when you'll go away very, very tired – and eventually you'll get ill because of it too – there's no need to do that.

All you need to do submit. Surrender.

J__: That's so easy isn't it? (Laughs)

AJ: Once you surrender to your emotion, everything just flows. Often in an hour, you can deal with huge emotions and then a few hours later you can be jumping around feeling fantastic, on the same day that you were feeling really bad.

I went through a stage in my life where every morning I got up and I cried for 3 hours – and after I'd finished crying for 3 hours I found the rest of the day really good. (Laughs)

J__: I hope that's not what its going to be...

AJ: It doesn't need to be that much, it just depends on how much is in there, how any emotions are within you're holding onto, as to how long it's going to take to come out. If we're 20 and doing it there's a lot less than if we're 40/50 doing it.

J__: Yeah, that's what I said, G__'s lucky to be doing it now.

AJ: Very, very, lucky...

J__ to M__: So is this working for you?

M__: Is it working for me? I'm resistant. I'm reluctant – I am talking to God – as I sit in the car I get to the place where nothing's happened I'm starting to feel - I'm asking to feel my feelings. And I'm going back and forth between admitting I don't want to feel them and I do want to feel them – and I'm asking God to help me. I'm seeing that I feel like I'm unworthy of God's Love and I'm not worthy to ask. And so I'm just trying to feel what that's about. And I feel a little bit come up when I do that. And then I drift out of it and then I go back into it and that's how my process is – I haven't been really determined to do this, and I haven't been wanting to let my emotions truly out.

AJ: So you know, N__ and G__ at the moment are very open with regards to their emotions. Most of them are just flowing through them pretty consistently. Others are struggling with, sometimes they do, sometimes they deal with them, sometimes they don't – they try and deal with them intellectually and so forth. So when you do that the process certainly does take longer and it is much more frustrating. Because the key to connecting with God is being completely emotional – all the time.

M__: Yeah I can be emotionally longing, like you always said to Mr. Padgett - long. You didn't talk about some of the stuff we are talking about here.

AJ: No but you can be in a state of constantly longing for God's Love, and as that occurs then obviously your soul is also open to experiencing other emotions.

M__: I was thinking that if I'm not feeling that response then I can recognize that and ask what am I doing?

AJ: The actual process of longing for God's love opens part of the soul that is emotional – so in the end you will have emotional feelings as a result of that longing.

When you start longing and you don't receive Divine Love, sometimes you become quite angry and frustrated, right, so there's one emotion that pops up straight away. You become disappointed and sad and everything, that God doesn't seem to Love you, and you go through that emotion and have a big cry about that, and that's one of the releases that generally occurs.

(Recording ends)