

Mediumship & Discussions With AJ Miller

Persons Talking	AJ Miller (Jesus) in physical talks with Genevieve representing a group of spirits in the 1st sphere
Medium	NLD
Date/Time	12th April 2008
Location	London, United Kingdom
Talking To	Genevieve (a spirit in the 1st sphere)
Subject	Helping Genevieve and the spirits with her to progress spiritually by accessing their own emotions

Mediumship/Discussion Text

Genevieve: I have been asked to represent quite a large group of spirits. We have been given some information for me to be able to communicate clearly with you. This is for, as I understand it, your help as well as ours and I am willing to do this as I feel it will hopefully benefit us. We are mainly women here, although there are some men and we have been together for quite some time. My name is Genevieve, and there are a lot of unanswered questions, and I have been assured that this is an opportunity for us to perhaps gain some answers to things that have been unresolved for quite some time in this existence.

I have been told that the way to describe where we are is the first sphere. I have been told to describe that this is not a particularly pleasant existence, although I have not seen anything better, so I am not sure I am willing to perhaps judge it, although I know I am not happy, I know that I passed quite some time ago – we all passed quite some time ago – we have been together for quite some time, and nothing seems to change.

I felt that I was of help on earth when I was alive, I felt that I helped others and I felt I was a good person. And we all felt in all sorts of different ways that we were not sinners, we were not bad. We may not have gone to church every week or done those religious things, but we felt that we had good intentions and helped others. Perhaps in specific ways, but needless to say it was help and I taught in many different ways when I was alive.

I taught children, but I also went about my business with teaching as I walked along and as I met new and different people – it was something that I wanted to do – to share the knowledge that I already had within me. I went out of my way to not deliberately harm anyone - and so there have been a lot of conversations amongst us here in this group as to what exactly went wrong – why are we not where we thought we would be once we were in the spirit world?

Why is this not quite such a comfortable place? And why do we not feel like we are in that place called heaven? Because we are all quite convinced this cannot possibly be heaven.

So perhaps you would explain to me and all the others here why we are where we are.

AJ: Genevieve I was wondering if you would be happy to speak a little about your private life when you were on earth? Were you married, did you have children, and those kinds of things?

Genevieve: No I did not have children, I was not married, I chose to help others. I grew up in a very comfortable household, I was brought up with nannies and there was a governess who educated me. We travelled a lot; there was a great deal of travelling. There were – in those days – large trunks that were moved to different locations and it was a reasonably comfortable existence.

But I suppose now, in this moment, I realise it could have been far more joyous. I read a lot, I learnt a lot. I felt that it was a duty, yes, ‘duty’ is the right word, to do all I could to help those less fortunate than myself. And many of us here were not necessarily in a similar situation – but we do all have this thing in common of not being quite sure why we are in this particular location. It is not as we thought it would be. It is of disappointment

AJ: And with regard to the others with you – is there also a common thread there too that they feel that their life didn’t have very much joy or love in it?

Genevieve: Some of us feel there was more than others but we all feel it could have been better, we all feel this could be better we are all wanting more than we have had or do have. We do not understand why - as we are not murders, rapists, bad people, thieves, criminals. None of us have done anything terribly wrong – therefore, why? Why are we as we are?

AJ: I assume that it’s been described to you that there are in fact other levels above where you are, in terms of ‘prettier places’ that have more happiness in them that you can actually travel to and go to should you get into the condition to do so.

Genevieve: We are not sure that these places exist. There have been rumours but there has been nothing substantiated in any definite way.

AJ: And how do you feel about God? What’s the feeling; do you believe God exists now? Or do you believe that if there is a God that doesn’t really care for you? What kind of beliefs do the groups generally have about God?

Genevieve: The general view is that there is a God, but I don’t think any of us would describe God as a loving God. We would feel that God is a judging God – and perhaps an uncaring God, because of where we are. Because we do not feel as if we are where we really should be and God must have placed us in this place. So my feeling now – I am being encouraged to explain to you how I feel. I feel God is rigid, and God is distant, and not accessible.

AJ: And does everyone else who is there with you feel the same?

Genevieve: Yes definitely.

AJ: And when you were on earth how did you find your lives? Did you feel your lives were quite like that too. Rigid and not emotional, very intellectual lives that you lived on earth?

Genevieve: I think I must say there is a mixture of those things. There were times in my own life when I felt quite emotional. I felt quite emotional at the things that I didn't have, and at the things I had not succeeded in doing. I felt quite sad that I had not had children, and had not married and that I had perhaps failed in some way - as a 'woman' in my lifetime. We all have misgivings about choices that we did or didn't make.

AJ: And is it true that the majority of you also have made a similar choice of being single or in loveless marriages – is that a common thing between the group too?

Genevieve: Yes, I believe it is.

AJ: Alright! Well perhaps what we can do is give you a bit of background first and then we'll talk a bit more specifically about the emotions that you're feeling, and the reasons why everyone in the group is where they are currently.

There are in fact many 'dimensions' if you like, of existence in the spirit world, and you are in the first one of those dimensions. These other dimensions are all in various locations and conditions of love. So in other words, to get from one dimension to another dimension that is in a better condition and more joyous condition, it's about learning lessons in love. Does that make sense?

There are lessons that we need to come to learn in order to actually transcend the boundaries that separate these dimensions or these spheres as they're often called.

Genevieve: I find this difficult because my understanding of what love is, is that love is abstract and therefore how can I learn – do I read about this, how do I learn these lessons?

AJ: You see, that's the difficult thing you are facing at the moment – how do you actually have a feeling that you've never really had before? See, for all of the group pretty much, love is something that they have not really experienced or if they have it has been very fleeting. That's true isn't it, when you think of everyone there?

The feelings are the feelings that are difficult to access for all of you, the feelings of love. So it has become like a theory. Love has become something you have to study about to learn about, and what I'm saying to you or what I'm going to suggest to you is that you don't have to actually study about it to learn about it. You'll need to start to allow yourself to experience it to learn about it. And that's the area all of you are struggling with – is to actually learn the lessons of love by actually experiencing love in your lives.

Genevieve: But how do we do that if its not here, if its not present. There is nothing here to feel that way about. How could we possibly move forward being in a catch 22 situation?

AJ: True, yes. You are actually right now surrounded by many, many spirits who are in a higher place of love and I'd just like them to show themselves to you so you can see them.

Genevieve: I must confess there is in fact a great deal of alarm at the thought of this happening, we are not sure we are willing for this event. It is something we are not familiar with. Why would this be happening? We are quite disturbed at what might happen to us.

AJ: If they show themselves to you?

Genevieve: What will happen, will we feel? What will we feel? Will it cause us further pain?

AJ: At the moment pain is locked up inside of you and the way you have learnt to deal with that pain is be very intellectual about it – to actually reason yourself through it. And in reality what you're going to need to do to grow, and to grow in love it to actually start allowing yourself to start experience all of your emotions and some of those emotions when you begin are going to be quite painful.

But these spirits when they come to demonstrate their feelings for you – the feeling you will get from them will be very pleasurable – although you may find it difficult to bear because of your feelings that you have never been loved, if that makes sense.

So my suggestion is to allow yourself to enter into the transaction of seeing these spirits at least so that you can see there is nothing to fear from them but they are people who are actually there to help you, and they've been waiting to help you for a long time. And if you can at least see them, you can see that there is a place - and if you can see how happy they are, in particular, you will see there must be places of happiness that far exceed where you currently are.

As a group you will have to exercise an intention that you want that - as they will not show themselves brightly unless you want that. If you don't want it, they will stay away from you – waiting until you have a desire to see the truth, to see more than what you're currently seeing. I know you are afraid of what it may be - but you've come to us obviously for a reason and that reason is that you are tired of being where you are aren't you?

Genevieve: I would certainly prefer to be somewhere else – so would we all. What I feel is happening now is, there is a regrouping. There are some who do not wish for this experience with the spirits so there is some movement.

AJ: What if I make a suggestion? Those who do not want an experience with these other spirits who will come to you, if they could just stand aside for a little and just observe. And those who do want to actually have the experience then we can ask our spirit friends to show themselves to that group.

Genevieve: We have regrouped, however, there is still a great deal of concern – will this feeling be too much to bear.

AJ: These spirits will never want to give you a feeling that is too much to bear for you. But my suggestion is no matter what the feeling, let yourself feel; be willing to be open to feeling. It's the willingness to be open to feeling that is going to help you grow.

The reason why you've stayed in your current situation is because you have not been willing to grow emotionally. You want to grow, so what you've done is chosen an intellectual way to grow, you've studied more, read more, looked at things more, tried to investigate things more – but that hasn't actually helped you grow. Because to grow, what we need to do is expand in our emotional capacity in our ability in particular to experience love. If you don't allow yourself to grow in that manner, then you'll find yourself investigating all of these different things, all of these intellectual things but they'll have very little effect on you until you allow yourself to deal with some emotions.

This is something that all of you are facing if you think about it. All of you are facing this decision. Do I continue on this path of continuing this intellectual study that I've been doing for many years? - Or do I go down this track of looking more and more strongly at the emotions within me, and allowing to myself to feel my emotions?

I can assure you that allowing yourself to feel your emotions will take you down a path which will be rapid in terms of progression which will take you from where you currently are into places of higher development of love if you like, but also lovelier places, in a very short period of time. Whereas if you stay on the other path it may take many 100's of earth years or even 1000's of years for some of you, to get beyond where you currently are.

And so one option is a very fast and also emotional path to follow and the other is a very slow and intellectual path to follow – and that's the decision basically that you're confronted with. On earth you followed this very intellectual path – and while you did good things and you did things that were based around principles, the heart was still a lot of times unaffected by what you were doing.

Whereas now, what I am going to suggest is that your heart be affected all time, your heart to be totally involved in everything that you do including this transaction with the spirits if you choose it to happen. The other thing we can do too, is we can have just 1 or 2 of these spirits come firstly and you meet them and perhaps talk to them a little as well, and they show you some pictures of where they live – and then we can ask some others to come if you feel you can trust that process after meeting the first spirits. So what would you like to do?

Genevieve: We would like that suggestion – that feels more comfortable to us. I must confess, that what you are saying to me I find very, very difficult to comprehend, because I have been this way since my beginnings – I know of no other way to be.

I felt that by helping others throughout my life and by continuing to help others here, that I was doing what I was supposed to be doing. That I was doing my best, in helping others, and thinking of others before myself. And so it seems to me that you are asking me when you talk of my emotions – to be focusing on myself much more of the time, which I am very uncomfortable with. Surely that is the way we should be – to be helping others and not be selfish. It seems to me that you are asking me to be selfish.

AJ: Well, this is one thing many people don't understand about love. You can't love another without loving yourself. And you can't grow in love for another without growing in love for yourself. Because if you think about it from God's perspective. If there is a God, then God must have created all of us equal. So if God has created us all equal, and I then treat another person better than I treat myself I am actually in disagreement with God. Does that make sense?

Genevieve: I understand what you are saying.

AJ: So, in order to actually help another, we also need to help ourselves. And in order to love another we need to love ourselves. We will not be able to grow in love of another if we do not grow in love of self. This is something that is often thought on earth; if I spend all my time helping someone else, someone else, someone else, and doing it all on a very much on a need – I feel like I just do it as its the right thing to do - and I don't connect with my own self emotionally then I am living in love.

But ironically what's actually happening is firstly I am not loving myself as I am not loving my own emotions – but secondly I can't love the other person I think I'm helping because I'm not allowing myself to connect to my own emotions to understand their emotions, and everything is actually an emotional transaction. So there are quite a few things in amongst those feelings about love that you will learn as part of this transaction if you allow yourself to go towards the emotions. Does that make sense?

Genevieve: Yes, I understand you.

AJ: And I can understand your concern, because its something you have not been doing because you've felt like the best way to handle everything is to help others, help others help others, and hopefully in the helping of others I will grow somehow.

Genevieve: I think we all thought that that was what we were supposed to be doing. That, that was sufficient, to then once we had passed into the spirit world, to be in a happier place.

AJ: How do you feel though about being helped yourself? How do all of you feel about that? Do you feel like you need help?

Genevieve: I did not, until very recently. I felt that the more I helped others, the more likelihood there was that things would change. I suppose by now being in this situation and talking now in this way - I am in a different place.

AJ: Hmm, that's right. If I can just relate something that happened in my life. I spent 33 years of my life spending time helping other people, and all during that time I spent no time whatsoever looking at myself. I actually felt I could help other people but what I came to realise when I was in my mid 30's was that I needed the most help. Every single other person that I was thinking I was helping, was in a better place than I was, actually. And it took me, ...I had to be humble enough to admit that, and actually go and get help myself after that. And what I am suggesting is that maybe that's is something everyone in the group will need to consider.

Genevieve: As a teacher and as someone who has always prided herself on knowing more than others I find I am in an uncomfortable place within myself now.

AJ: Hmm, it's hard to admit to ourselves sometimes that we are actually the person needing assistance.

Genevieve: Well, what I am feeling from the others around me is - it is time, it is time for us to do things differently. To try another way.

AJ: Alright, well lets ask firstly a couple of spirits who want to come and help you – to come. They'll appear now, and you can tell me a little about what you notice about them.

Genevieve: There are 2 wonderful, wonderful beings directly in front of me and the others. I do not have the words to describe what I see or what I feel, I have never felt anything like this before.

AJ: Can you feel their love? Because that is the feeling of love that you are feeling from them.

Genevieve: I would not have said that was love, I would have said that was something far greater than love. I would have said that that is what I would think God was of, that feeling. That is a God feeling – although I have never felt it before. I could not possibly limit what I feel to the word ‘love’. What disturbs me is I am so far away from... that seems unreachable - unobtainable.

AJ: Well, lets talk about that for a minute, because these 2 spirits who have come to you were once in the same position as you are in now. And what I would like them to do for a moment is to show you where they came from – the location in the spirit world where they came from and a little bit about their life on earth, and then also maybe if they can show you some pictures of where they live now – so you can get some contrast.

Genevieve: It is interesting how fast we are receiving the information. We very quickly have a picture of where they were, which was a very similar place to where we are now. And words fail me, again, for the very beautiful surroundings that they say they have come from. That is what I would have said heaven was.

AJ: And you notice to how fast that information came to you – that has never happened before has it?

Genevieve: No it hasn't. I have suddenly, very large quantities of information from them in almost an instant. And it was not difficult. I just seem to have absorbed it and understood it.

AJ: And that's because when you get to the state where they currently are, they are able to transmit information in rapid packets for you to understand.

Genevieve: So does this mean we could learn this rapidly, everything that we need to learn.

AJ: Yes.

Genevieve: And the learning of the emotions and this would happen as rapidly too?

AJ: Yes, well the secret is actually about the emotions. The reason our spirit friends that have come to you are in that place where they can transmit that amount of love to you, but also transmit all of this information to you in rapid packet format is because they have developed what's called their soul, which is a part of them – and its also a part of you, that you can develop – and they have received Divine Love into their soul, and that's how they've developed.

So what they've done in learning that process is they have not only developed themselves, but they are now able to help other people far more powerfully – just like they were able to transmit that information to you.

So my suggestion is to trust them. They have been in your situation they are well equipped far better than I to help you, from where you currently are to the place they currently are. You can progress from one location to the other location very, very rapidly if you trust them and if you start to realise that this is all emotional that this has got nothing to do with intellect. It's got nothing to do with works of good deeds you have done – although they are a part of what you will be involved in, in the future as well.

It's all to do with developing your desire in a pure way that's reflecting love. Therefore it's all about learning lessons of love that you've yet to learn. You're not going to learn them intellectually, you're not going to learn them in your mind; you're going to learn them by actually experiencing them in your heart. Does that make sense to you?

Genevieve: I do understand. It is interesting because, as you've been explaining to me, these things, I feel myself to be quite different. And I am somewhat alarmed by the differences in as much as I have chosen to be a certain way and I now feel that is not who I am. And this is an alarming feeling for me to suddenly feel that I should look a different way and feel a different way, and perhaps be clothed differently.

AJ: And you will shortly be in that state that you imagine.

Genevieve: This will happen to us all? Because it is quite disturbing in some ways to think that we have been this way for so long. And now suddenly just by this conversation and just by these short moments of this information being given to us by these higher beings, we are changing without realising that we are choosing to change, it just seems to be happening. I feel it very strongly.

AJ: And that's what I would call your soul opening. You're becoming aware of your soul's emotions. Your soul is your emotions and your desires and your passions and your longings.

And what you're doing is becoming aware of this part of you that you had shut down and kept shut down for such a long time. And once that part of you begins to open everything around you starts changing. All of your perceptions change, everything that happens to you changes and so a key thing to bear in mind is that this will continue. It will feel in fact like you're almost a different identity – but in reality what's happening is that you are coming closer and closer to your pristine nature which is the nature that God originally created in you – the personality you originally had before the damage occurred.

Genevieve: So if I continue, if we continue, because there are many of us who, yes, we are keen to change now It feels as if we must progress somehow to move from where we are – it appears to be even better than we could have possibly imagined.

AJ: It definitely is better.

Genevieve: But I wish to continue teaching. I feel this is something, all I can do. I do wish to continue to teach.

AJ: Well, if you imagine yourself having the abilities that those two spirits who came to you have, can you imagine how well you would be able to teach?

Genevieve: So this is something that I could do?

AJ: Certainly. Teaching has been a passion in your life, right?

Genevieve: It is all I know.

AJ: What happens is, all of your passions will grow. All of the things that are not a part of you, that you think you have to do, that you've been brow beaten in to doing when

here on earth, those things will disappear and all the things that are passions for you will grow. If you allow yourself to actually experience these emotions.

Genevieve: I can understand though from the little that you have said and what I am feeling that I have a very long way to go. I am realising how very unemotional I am. So how do we begin to be emotional?

AJ: Well, the first thing is to look at all the reasons why you've blocked emotion.

When you were on earth, when events happened to you that were traumatic or difficult to handle for you, even when you were very, very little; you were taught how to detune from yourself.

And what I'm suggesting is that you are going to be shown by these spirits how to actually undo these blockages towards your emotion. Once you undo the blockages the soul is actually created to experience all of its emotions automatically. So you will experience all your emotions automatically once you unblock the suppression, the things that have been causing you to suppress the emotion – all of those things will be released from you – over a period of time, and it doesn't have to be as long as you may think. In terms of earth time, in a year you could be very close to where these spirits are if you really exercised your desire strongly to experience and fully choose all of your emotions.

So you don't have to wait long amounts of time to get into very, very beautiful places. But the key is to let yourself experience all of your emotions – that's the thing you have been finding very difficult. You'll find your mind always wanting to kick back in again, and reason yourself away from your emotions. The key is to forget trying to do that and get back into the emotions. It's the experience of the emotions that causes their release.

And when you release them you become in a much happier place, a place closer to love.

Genevieve: We have a lot before us.

AJ: Hmm, but it will be interesting and also can be fun. There'll also be emotions that you'll feel that will be quite dark too, that will be difficult to feel, and my suggestion is to have courage and realise that these people are around you, to help you at anytime. All you need to do is call them and exercise a sincere desire to call on them and listen to them.

It's only when you don't trust them and go into that space of trying to control your environment again that you'll find you stagnate in your progress.

If you can just remain fully open and fully choose everything that comes to you – all the help that comes to you can then be fully absorbed inside of yourself quite rapidly, just like you're absorbing our conversation now.

If all of you look at each other, right now, you'll see that your appearances have all begun to change.

Genevieve: Oh yes! There are subtle differences. How curious.

- AJ:** See, as the soul grows in love, and even in truth – it will automatically change your spirit body form.
- Genevieve:** This is quite interesting.
- AJ:** And is from just one conversation.
- But it's not just the conversation that's affecting you! What's happening is you are starting to realise you're a lot more open to yourself than what you were intellectually thinking before.
- Genevieve:** And I have to be honest with you, I am thinking of my parents. I have a lot that I have held very deep within me – to do with my mother and my father and my governess.
- AJ:** Yes, and actually those emotions are going to be the most difficult emotions for you to access and experience. The key is to allow yourself to go there, allow yourself to experience it. The beauty of what you have in the spirit world is every time you experience and release a causal emotion you will see your physical appearance change and you will actually be in a happier place, so you will know the benefit of doing what you just did right away.
- Genevieve:** I am beginning to truly understand. I know my father was very, very strict.
- AJ:** Hmm, strict disciplinarian, wasn't he?
- Genevieve:** He was very, very strict...
- AJ:** And your mum just sort of stood back and let it happen to..
- Genevieve:** We were not allowed freedom. I still remained in the family home when I was an adult, because I could not find a suitable boy. My father insisted I remain at home. I did not have a choice in the matter.
- AJ:** There was one particular man that you would have been interested in, wasn't there?
- Genevieve:** There was something that may have happened, but didn't.
- AJ:** So that caused you to numb yourself to love a bit didn't it?
- Genevieve:** I think I can see that now.
- AJ:** And you see how all of these things came from your parents. Your parents were always constantly trying to control, suppress and get you back into the intellectual space all the time.
- Genevieve:** My father chose what we ate. He controlled our lives completely. He told us what we couldn't and couldn't wear. He ruled the house, with an iron rod.
- AJ:** And can you see that a lot of the emotions you will need to deal with are related to these events?
- Genevieve:** I can indeed.

AJ: Yes. And, what about everyone else with you? Can they see when they're reflecting back on their own lives? They can see that, yes, a lot of this comes from their childhood, their upbringing?

Genevieve: Yes there is a great deal of agreement.

AJ: So it's the same with all of us here in 'physical' in the room. We're all experiencing the same thing where we're all having to go back to childhood stuff related to our parents that caused us to become the people we are now – and we're just in the process of trying to access and release it.

And can you see in the room that there are different ones here with spirit bodies that are brighter than other ones here, and therefore you can see there is a variety.

Genevieve: Yes, I have been quite interested in the marked variety, as we do not see that here.

AJ: Hmm, and the reason why is that some have dealt with quite a lot of their emotions now, and others are just starting the process of dealing with their emotions and that's why you can see...

Genevieve: ... so why are we all in a very similar place? And your group is, is so different? Why are there so many differences there and none here?

AJ: Well, this is the beauty of the earth. On the earth you can have people that are just beginning their emotional awakening sitting right alongside someone who is really well along in their emotional awakening. And so right next to each other you can actually get help really easily here on earth for that reason.

Help in the spirit world is available too, but what actually happens is that because of the Law of Attraction you are all attracted to the condition where your soul is determining, and the soul's condition is based on your emotions and what emotions are flowing in your soul. So the reason why all of you are in a similar place and you all have a similar brightness, and all of you have a similar condition of the spirit body is because you are all having very similar emotions.

Whereas in the room here everyone has very different emotions and some have dealt with lots of their emotions and some are just beginning that process, and so everyone is in a different condition. What you will find is that as you deal with a different emotion – your spirit body will get in to a brighter and also more beautiful condition.

Genevieve: There is a lot we need to learn. We would like more of the rapid information. This fascinates me, to think that I could learn that rapidly and that I do not have to spend endless hours and hours reading.

AJ: Studying! Yeah, yeah. So what's probably best now is if our spirit friends, there are a number of spirits other than the 2, who want to help you. There are quite a few spirits who would like to assist you - if you are willing for them to show themselves to you.

Genevieve: I believe we are much more willing now.

AJ: And how about the group who separated themselves? Are they feeling a bit more willing too, now that they've observed?

Genevieve: They have begun to move forward.

AJ: OK, well what we'll do is we'll ask more spirits to come then, um... and you can see them now? There's quite a lot around you isn't there? And now you can be given some individual help and assistance and if you allow yourself to absorb it and also experience it emotionally. That's the key thing, and to recognise that a lot of this is going to be about connecting with God. And a lot of it is going to be about connecting with yourself emotionally. And once you get into those different positions or conditions, what will happen is that you will have a far better ability to help anyone else around you.

Genevieve: I have no idea if I can do what you are asking – however, I will attempt it.

AJ: The key is to have courage. You will need courage.

Genevieve: I do not know if I am capable if, because I have never lived in the way you are suggesting. I do not know if I have that within me – to do.

AJ: Well God actually built it in you as a part of your nature. So, every single person is totally capable of being a fully emotional being, it's just that we have heavy suppression, we suppress the emotion.

Genevieve: It seems a weakness, it seems to be a weakness to be emotional.

AJ: Yes – well, that is one of your concerns, but its not actually true. You think about those spirits who are with you – the ones that are bright – they are emotional aren't they? Can you feel their emotions?

Genevieve: Yes...

AJ: Can you feel their emotions? Can you feel the love they have for you? That's an emotion, right... so they are emotional. It's just that their emotions are in harmony with love now.

Genevieve: But this is a completely different quality that is indescribable. That is not me, my emotions will not be like that, my emotions if released will be terrible, unpleasant – and that will be a weakness...

AJ: At the start that's the case, but it's not a weakness of your personality. Its just damage that's happened to you, that you need to be willing to release. That's all. These emotions that you will experience are not a part of your true self. They are just a part of yourself because you've absorbed all of these injuries from your childhood. The key thing for you to do is just say, 'I'm going to be open to all of my emotions – no matter what they are.' Set that intention.

What will happen in time is that the emotions will be very, very similar to these spirits who are helping you, in that beautiful and loving emotions will be all that you experience. But of course, you are now in a place where you are just beginning, and therefore there will be lots of emotions that are quite dark, and sad, and lonely, and depressed, and all those kind of emotions, and its a matter of slowly experiencing all those kinds of emotions to get to the point where at the end you actually no longer have any more of those emotions. And then all the emotions you have are blissful and loving and joyous and powerful and happy.

That's the process. You can't get from one to the other without there being emotions flowing through you constantly. The key is initially, the reason it's so hard initially, is that initially all the emotions feel quite dark. And that's OK, and you'll get help through that. The key is just to be willing to experience that.

Genevieve: I understand.

AJ: And how does everyone feel with you? Do they all feel that can at least attempt to give it a go?

Genevieve: Yes. We are already receiving more streams of information, we are already, I believe, moving forward, and we have insights...

AJ: ... There is just one other thing I would like to mention, and that is that, as you develop like you are is some of you will seem to disappear.

Genevieve: What do you mean?

AJ: Well, as you develop into a new dimensional existence you can actually now live in that place – which will mean you will no longer live where you currently are.

So from the point of view of others that are left behind there will be this appearance that all these people have disappeared. But in reality you can come back to this place that you currently are in at this time – so what I'm saying is don't be afraid when people disappear around you. This happens because they've gone to that better place.

Ask them to come back and show you and you'll be able to see the truth of that. So don't be afraid when you see people move on from your group.

Genevieve: Thank you for the warning. (people in group laugh!) We have been told that this will begin to happen quite rapidly.

AJ: The reason I bring it up is I believe it is going to happen quite rapidly – almost immediately after we finish this conversation.

Genevieve: I can tell you – and I know it is time for us to finish – for this has been suggested to me, but I must tell you before I go, that one of my closest associates here has been crying, and I have never seen her cry.

AJ: Hmm,

Genevieve: So that is an emotion. So because of that she may disappear.

AJ: Yeah, she may go. And she's releasing this causal emotion – what happens is she will be in a new place.

Genevieve: Will I be able to go with her?

AJ: Well, it depends on whether you release your emotions, but she'll be able to come back and visit you. Does that make sense?

It's just that – the reason why is that, each of the spheres, as you progress to a new dimension – the person in the new dimension can travel back to the old dimension –

but the persons they left in the old dimension can only get to the new dimension if they make the same progression.

Now that doesn't mean experiencing the same emotion, it just means making a progression in terms of experiencing emotion. They don't have to be the same emotions, as there are not the same emotions in every person.

Genevieve: Well, I am sure everything will work out. Well, thank you.

AJ: My pleasure.

Genevieve: I am glad that I did this, we are all glad that we came together in this way. And I hope that we have all helped each other in this experience. This was my intention.

AJ: Yeah, and there are ones here in this group who have had the same issues, using the intellect rather than feeling their emotions too – so I am sure that will help them too.

Genevieve: It has been suggested by one of these wonderful bright beings that perhaps I could return, at a later time to let you know how we are all doing and – that seems like a good idea.

AJ: Yeah, I'd really enjoy that.

Genevieve: Thank you so much.

AJ: No worries, it was my pleasure.