

*The Human Soul*

*Fear Revisited*

*Single Session*

*Delivered By*  
**Jesus**

*This document is a transcript of  
a seminar on the subject of,  
how to experience and release fear  
and other blocking emotions.*

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# *The Human Soul*

# *Fear Revisited*

## *Single Session Part 1<sup>1</sup>*

### **1. Introduction**

[00:11:05:07]

**Jesus<sup>2</sup>:**

Now how many of you have never been to one of these seminars before, can I just have an idea? Just a few of you. Normally I talk about Divine Love, Divine Truth; things like God, the Universe, and all the secrets of the Universe, laws and all these different things – that's what you would normally get. Today is going to be a little bit different. So I just wanted to warn all those people who are new – don't you go judging today by what normally would happen because today I want to talk about fear. I've talked about fear before on quite a number of occasions actually, but today I want to focus on some really practical things about fear, in order to help you get into your fear.

Now most people on the New Age path, or any of these other paths of progression – they're all trying to get you out of your fear. I'm saying to you, actually that doesn't deal with your fear. All it does is connect you intellectually into suppressing your fears, and then you finish up carrying your fears around you wherever you go, unfortunately. What we want to do instead of that – particularly if you want to receive and continue receiving Divine Love – you're going to need to work through your fears.

#### **1.1. Examples of fears in audience members**

**Jesus:**

Now, many of you have fears about different things. Some of you have fears about coming world changes. Some of you have fears along those lines, and so are so involved in finding all about it; finding all the interesting things about it, and thinking about it all the time. Then others of you who have those same fears do exactly the opposite, you bury your head in the sand like, "No it's not happening, it's not happening – where I am at least," and we do the opposite to that. But either way, it is still fear that is governing our interaction. Fear generates all sorts of problems; that I want to talk about today.

[00:12:59.17]

Some of us may have fear of spirit interaction. So we often take two sides to that story as well; we get involved in finding everything about spirits; we surround ourselves everyday with the white light and away we go on that path, and we just protect ourselves. Or we go down exactly the opposite path, which is, "Oh no, there's no such thing as spirits, I don't believe in spirits," and we do the opposite thing to try and stay away from those fears.

Some of us have fears about our personal harm, like violence towards one's self that we have yet to process, so we avoid all those situations that look anything like there might be a potential of violence towards ourselves. At the extreme we actually finish up avoiding pretty much every place, because every place there are people who are potentially going to be violent towards one's self, and so we avoid those places. Eventually we become so fixated on the actual feelings that we're avoiding that we finish up within ourselves coming to the point where we believe that we don't have fear at all, but in reality, our whole life is being governed by fear.

So that's part of the problem. Then many of us have problems like multi-generational fears that have been passed down from generation to generation. Let's say your mother had been raped and then some time after the

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<sup>1</sup> Time codes restart at the beginning of each part of a session.

<sup>2</sup> Also known as Alan John Miller, or AJ.

rape gave birth to you, so in other words there was this multi-generational emotion in her that she may not have dealt with, that's been passed down to yourself. Then you'll have fears about rape or abuse inside of yourself that you won't necessarily understand, nor where they came from – but they'll be there and we need to be able to release them, we need to be able to let go of them somehow. How do you let go of that? It's such a difficult thing to even consider letting go of.

[00:14:56.18]

Or some of you have come from parents who were in the Second World War and some of you might have even been very closely associated in your childhood with that, and so what happens there? There was lots of violence and lots of terrible things occurring, terrible atrocities occurring and those emotions got reflected and imposed upon your soul. What do you do with those, how do you let go of those?

Because in the end if we want to come to God and actually connect to God in this one-on-one relationship that we've been talking about, what we're going to have to do is get to the point where all of our fears are gone; every single fear you have will be gone. You know how you're afraid of snakes, afraid of spiders, afraid of violence and afraid of angry people – all those fears will all be gone. Afraid of rape, afraid of war, afraid of murder, all those fears – they'll all be gone, when you're at-one with God. Won't that be beautiful? We won't even know ourselves in that state? Most of us are still living by our fears.

That's the subject that I'd like to discuss with you today and tomorrow. What I'm going to do is spend a lot of time trying, purposefully to trigger your fear. So if you're brave enough to come along tomorrow as well there are going to be different things that I'm going to present to you. Hopefully some of it might be visual as well that I present to you, about different fears that you have, and it will be for the purpose of directly starting to confront some of these fears emotionally.

The reason why I want to do it in that way is because today I want to present to you some practical things you can do to work your way through your fear. Then tomorrow I want to scare the living daylights out of you and see what happens. (Laughter) And see whether you put into practice the things that we learnt today, or not.

**Participant Female:**

Are you going to be around on Monday?

[00:16:52.03]

**Jesus:**

No, no, I clear out on Monday, you're all on your own after that. Remember that is one of the fears that we'll address actually, whether you are on your own or not – because that's a part of it.

Now during the sessions today, feel free to ask questions.

## 1.2. *AJ's current emotional state*

**Jesus:**

Before I begin though on the subject I'd like to talk a little about my own emotions this week, because I'm in a fairly disconnected state today, if you haven't already noticed.

During the week, what has been coming up for me is lots of what you'd call soulmate grief I suppose, and lots of grief coming up in me about that subject. During the week I realised I had two spirits attached to me as well, who are in a deep grief – male spirits who are in a deep grief about their soulmates as well – which are heightening my soulmate grief emotions, and so I'm having to work my way through those emotions. So if I just burst out crying for some unknown reason during the presentation today you'll know that it's a known reason, (laughs) related to that generally.

I'm finding with that emotion I'm really happy about it, because it's affecting so many parts of my body and has done for such a long time, that I'm really happy to be starting to get to it. It's just come up at this time when we've got this presentation – that's the way things go sometimes in your life, isn't it, and so I'm trying to stay in the emotion that I'm feeling while still presenting this subject to you. So hopefully we'll see how we go with that.



Now there'll be the seminar outline for the presentation that I do today and tomorrow, which I'm typing up at the moment. They'll be on the Internet and they're available on the [www.divinetruth.com](http://www.divinetruth.com) website, under seminar downloads. You'll see the PDF document as well as the MP3 from today. The PDF document I hope to have completed by Monday, because the PDF document tomorrow is going to give you a list of movies and books that you can watch and read, purposely to try to trigger certain types of fears. Initially we thought we'd only come up with ten or twenty, but at the moment its way up there and I'm still going – so I don't know when we're going to get it finished between today and Monday, but there is a long list of different types of movies.

Now what I would like you to do, and this is just a suggestion, is for the next month spend time confronting your fears and use the techniques that you learn today, the practical things that you learn today, to actually address those fears. To actually get into those fears and experience them emotionally.

Now whenever we talk about fear or terror, the majority of us instantly go into, "What would I want to do that for?" "What's AJ suggesting?" I am a bit crazy sometimes, that's what it seems like. Particularly making a crazy suggestion like – we're going to go into our fears rather than avoid them. Most people spend most of their life avoiding them, but there are some really powerful reasons why you need to look at addressing your fears.

Firstly, all of your fears are what cause your physical pain, so every tiny little bit of physical pain you ever experience in your body, or headaches or any of those – all of them are because of fears. Fears are the blocking or capping emotion. So that's what I'd like to talk about with you for a moment.

## 2. *Layers of emotions within the soul*

[00:21:17.09]

**Jesus:**

Let's look at what's happening with fear.

### 2.1. *Causal emotions*

**Jesus:**

What happens is, underneath everything we have some causal emotion. Causal emotion is like grief, shame, sadness, and those kinds of emotions. The causal emotions were created in us when we were very young children usually, right the way up through our childhood, and sometimes into our teenage years, and it's all those emotions that actually generate our Law of Attraction.

Now even for people who haven't been here before, you've heard the term "Law of Attraction"? Most people have; the Law of Attraction is based around what's going on with you in your causal emotion. So in other words, when I feel something inside of my soul which is all causal emotion, something related to my childhood, those particular emotions, whether I am aware of it or not, whether I feel those causal emotions or not, they generate my Law of Attraction. So my whole life is governed by these causal emotions, whether I am aware those emotions exist inside of me or not. This is what a lot of people call the subconscious, and it's that causal emotion that generates everything.

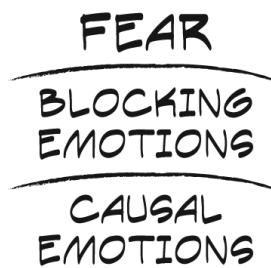
### 2.2. *Blocking emotions*

[00:23:01.09]

**Jesus:**

Now on top of that we usually have blocking emotions. These are the emotions that we were taught to use, usually by our parents, but also by our environment; we were taught to use these blocking emotions to avoid the experience of the causal emotions.

Now the biggest blocking emotions are fear related – your fear. I'm terrified of dealing with this causal emotion and so straight away I'm now blocking the experience of that emotion.



*Blocking emotions, of which fear is a major one, prevent the experience of causal emotions*

### 2.2.1. *The impact of suppressing emotions on physical health*

**Jesus:**

Now the fear creates all of my problems when it comes to my body, so my body will start to close down in different areas related to the different emotions – causal emotions that I'm not experiencing.

So you see this happening as we grow older and older, different parts of our bodies start shutting down. So you might have been fit when you were young, but you're getting to forty or fifty and you start feeling, and the doctors start diagnosing heart attack issues for example, so heart problems. A lot of these problems are so-called generational, because they are passed down from parents to children, through their emotional set.

So here I am, feeling these emotions – or usually not feeling them – but passing them down from parent to child. So now I'm growing up and I'm getting to my later years and my body starts packing up; my body's packing up because I am suppressing the actual causal emotions that if released my body would then operate perfectly. I would have no pain, sleep fine every night, have no tablets to take, no medication to take, all those different things – none of that would happen.

But because I've got these blocking emotions, and in particular fear, what happens is that these causal emotions never get addressed. They never get released, so it's like carrying around lead weights with you for the rest of your life. Now you can do that while you are fit and healthy, as you're growing up. The longer the lead weight is carried, the harder it is to carry and that applies to your body too.

## 2.3. *Denial emotions*

**Jesus:**

So there are these whole series of blocking emotions – of which fear is probably the most prominent – that cause you to suppress your causal emotions. But often what happens on top of that is we have another layer; this other layer is the layer that is our little indicator layer – I like to call it sometimes – these are the denials which are also emotions; they are the denial emotions.

### 2.3.1. *Anger*

**Jesus:**

Now the one I would like to talk about particularly here today is anger. Now remember in previous discussions I've always said anger includes annoyance, slight annoyance, frustration and all those kind of things too, so we're not just talking about, I'm in a rage. I'm talking about everything from rage right the way down to slight annoyance – which I'm going to bundle together, all as anger. Now they are denial emotions.

So if we look at anger in particular, the anger is the method we use to suppress our fear, or even to deny our fear exists.



*Anger is a common type of denial emotion*

Now one of the things I've noticed is that many of the people who've been hearing about the Divine Love Path over the last twelve, eighteen months or so; many of you have started to deal with some of the emotions, but then get stuck in this anger. We're getting stuck in anger because we want to avoid our blocking emotions, which primarily is our fear about something, and our fear is helping us get away from our causal emotions.

#### 2.4. *Causal emotions create the Law of Attraction*

[00:27:14.17]

**Jesus:**

Now if you look at this from the point of view of changing your Law of Attraction, even if you don't want to involve God in the process and all you want to do is just be happier, your happiness is directly dependent upon your causal emotions. In other words, what's happening to your day-to-day life is that your soul is attracting all of the events around you; every single moment your soul is continually sending out all these different signals and all of these things that come to you, all of the events that happen to you, are all because of your causal emotions. They're not necessarily because of your blocking emotions and they're not necessarily because of your denial emotions. They all start at your causal emotional area.

Now blocking emotions can also create, but if you get rid of the causal emotion you'll never have a blocking emotion to create. So if we focus on the causal emotions, we can rapidly change our Law of Attraction, so that we can be happy quite quickly but the problem is that for the majority of us we've got this anger first, and then this fear, and then there's the emotion. Many of you have heard that the emotions that are the healing emotions are really grief-based emotions, and then on top of the grief, we've got the fear of the grief and then on top of that we've got the anger about the fear of the grief. (Laughs)

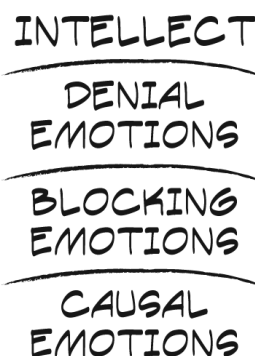
#### 2.5. *Intellectual suppression of emotions*

**Jesus:**

So what we are doing a lot of times is we're working at this level where we're angry all the time or even slightly annoyed, or we even go one step further to all of this; and this is what place a lot of New Age philosophies recommend you go to – you go into denial of the denial emotion. The denial emotion is anger; and you go into denial of your own anger.

[00:29:05.11]

So you talk to a person, "You're very angry." "No I'm not". You've got all this rage coming out of them and you can feel it coming out of them a lot of times, and just being with them is uncomfortable, and they'll say, "No I'm not angry". Now why do they do that? Because they are now using the intellect to actually suppress all emotion.



Now when we use the intellect to actually suppress all emotion, when we get into that state where we start suppressing anger, which is suppressing fear and so forth, that's when we're starting to get into the depressive states as well, where we start suppressing all emotion. Actually all depression is the result of our desire to suppress anger-based emotions.

### 3. *Blocking emotions and emotions of denial must be felt before causal emotions can be accessed*

**Jesus:**

So you've got this layer upon layer of thing happening and you've heard other people talk about it with regard to onion layers if you like and things like that. How you think about it is up to you, what I'm trying to do today and this weekend is to address this area of blocking emotions and the emotions of denial, because I find myself if I address those areas, once I get rid of them all of the causal emotions just pop out of me, like no effort at all. If I don't address them, those causal emotions frustrate the hell out of me.

You notice that with your own emotional processing. You're trying to access an emotion, you're trying to process emotion and my suggestion is, if you're trying to access emotion, give up on trying, don't bother trying anymore, because you've got a block. Many of us know, "Oh I'm sad about my Mother dying", for example, or "I'm sad about my child dying when he was two", or "I'm sad about what happened when I was in childhood abuse", I'm sad about these different events. Many of us know what we're sad about, but we can't feel the sadness, and the reason why we can't feel the sadness is because of these layers that we've got on top that need to firstly be removed, and it's those layers that prevent the emotional experience.

#### 3.1. *Giving up intellectual suppression*

**Jesus:**

So let's look at this process. I'm saying that we're at the stage now where we no longer deciding to use our intellect any more. Have you made that choice yet? Give up the intellect; no longer decide to use intellect. That's the place where you are no longer going to meditate yourself out of an emotion. Do you know what I mean by that? Like calm yourself down, or even go along to some kind of therapist who gets you out of the emotion by doing whatever they do and you come away feeling really good, but three days later you're not feeling good again and you feel like you've got to go back. So you go back and lie on the table and have the same thing done again and you go out feeling good, and two days later you're not feeling good again, so you go back. We've become addicted even to the process of feeling good in that state.

#### 3.2. *Physical ailments heal when dealing with causal emotions*

**Jesus:**

In the end we need to address the cause. If we address the cause, we'll address the cause and we'll feel good all the time on that issue, we won't have to go back anywhere, our body won't have to have the same pains in it any more, all of those things change.

So what I'm finding with my body is that if I don't deal with an issue my body lets me know now really rapidly. Are many of you finding that too? Really rapidly I'm getting shown to me what's going on. The key is to listen to your body, your body's a very good barometer of what you're denying. So I go along and do some spiritual work or some emotional work. For instance I used to have headaches and for a week or two I still have headaches and then I don't have headaches, but then I start getting headaches again. Is the cause dealt with? No, quite simply.

[00:33:06.05]

I don't know about you but at times I have these little pains in your knees. I get a pain in the knee and all of sudden the knee sort of goes clunk, or whatever it is, and from then on it starts to hurt and this happens on a regular basis. It doesn't happen any more for me but it used to happen on a very regular basis. I haven't dealt with the emotion, whatever that's about. There's an emotion related to that.

Everything is based around our soul-based denial of an emotion, or the acceptance of one. In my case at the moment I've got terrible bowel pains, so anybody who comes out to my house knows that flatulence is the way of the game, and that's the way it goes, because I've got these emotions connected to this unworthy feeling that I have about myself in relation to my soulmate. So that's there pretty constantly, have I dealt with it? No, because it's still happening.

Every now and then what happens is, and I don't know if you've noticed today, but my thumb is cracking again. Every now and then it happens again. So I think I've dealt with an emotion and then months later my thumb cracks again, so I haven't dealt with the emotion. I know what it's about, but I still haven't got to the end of it, the cause of it. The body is telling me constantly and your body is doing the same, it's just whether we notice it or not, that's the thing.

So forget the intellect, the intellect's not very good, the only good thing about the intellect is it's a good way of helping you get back into your emotions. So your intellect can help you get out of the emotion, or you can use your intellect to help you get back into your emotions. That's up to you which way you use it, it's just a tool.

## 4. *Reasons for anger*

[00:34:50.28]

**Jesus:**

So let's look at the denial emotions – anger. There are only usually two reasons for anger.

### 4.1. *Expectations of others or the environment*

**Jesus:**

One is we have an expectation that's not getting met, so that's number one. I have an expectation in me that my environment – you guys – are not meeting. You're not treating me nice, I'm angry with you. It's my anger, there's something inside of me. It comes from a deeper emotion within myself, no matter how you treat me, if I'm angry there's something within myself that I need to address emotionally. That's the key thing to remember there.

Anger is a really good emotion, and we've talked about anger a lot in the past, because anger tells you – it's your guide towards your fear – anger tells you when you're afraid, so if you can remember that. When I am angry I am just afraid and denying it. If you can remember that, and replace the anger if you want – with slightly annoyed, frustrated and all of those things that are all related to anger. When I am angry I am just afraid, but denying it.

So anger is an excellent tool to tell you when you're really scared about something and I don't mean physically scared, I mean emotionally scared about something.

## 4.2. *Being afraid to access anger*

**Participant Male:**

AJ is it possible to have fear to get into anger?

**Jesus:**

Certainly, remember anger can also be a causal or a blocking childhood emotion. So remember sometimes in your childhood you had deep grief associated with constant bad treatment and that then flipped into a blocking emotion and the blocking emotion about grief is often anger at the child level. Then you could have adult fear about dealing with your anger certainly. So that certainly does apply, but you won't have adult fear about dealing with your adult anger, it'll be coming from some kind of childhood.

[00:37:14.14]

**Participant Male:**

I can feel it there, but it's quite frightening.

**Jesus:**

Yes, well you think about what happened to most people when they were little, when they got angry, what did mum and dad do then?

**Participant Male:**

Shut me down.

**Jesus:**

Or well usually you got a belting. Corporal punishment usually was the aim of the game, generally in that state. So what do you associate with getting angry? Pain. So obviously that association needs to be broken, in order for you to work your way through that emotion. So that certainly can be the case, but remember even if that is the case, the anger, even the childhood anger, is still the denial of the childhood grief.

So what I'm saying still applies really in the end. There are these layers, and if you've got the adult layer suppressing the childhood layer, that's just an additional layer on this path, if you like. The key is to allow yourself to experience that, and when you do you'll get through them all, but it certainly can be the other way around, at the childhood level, not at the adult level.

So does everyone understand what I mean by that? I feel a bit of uncertainty about that from some of you. No? Okay. You don't have to ask questions if you don't want to. (Laughs)

## 4.3. *Childhood anger due to repeated unloving behaviour*

**Jesus:**

So my anger, which is my denial emotion, is a great tool. It's the fastest way to shut down another person – get angry with them. We learnt that at a very young age – to get angry. We use anger in two ways: one way is because we've had some grief or pain that is over and over and over, re-occurring over and over again. Now when we have re-occurring grief or pain we eventually get angry. Most children have had that when you think about it – re-occurring grief or pain.

[00:39:05.23]

How many of you felt unloved at a very young age and felt unloved most of your childhood? Over and over and over again? The majority of us really. What's happening there is the feeling of being unloved, feeling I'm unloved, I'm unloved again. Eventually you get so hurt inside of yourself that you just get angry about it because we're not releasing the grief and the grief is just happening over again and over again, and so eventually we get angry.

So that's a childhood anger-based emotion, which we often then tried to express and then we got shut down through pain. So we got punished or whatever for expressing it and we got shutdown through pain. So now we've got the blocking emotions of our childhood anger and pain associated with our childhood anger, so that's one of our blocking emotions.

Now if you think about it, what was shutting us down really, even at the childhood level, was fear of pain. It's not actually fear of anger, because we were fine getting angry before we got the pain. It's actually fear of pain associated with anger, that's the reason why we shut down a lot of times. Anyway we shut it down at the childhood level – we're so afraid now of the pain that now as an adult we're protecting our pain all the time. So every time our pain gets triggered, bang, I'm into protecting of my pain zone; I'm in protection of the castle, as it's often called. So we've got this castle of emotions and we're just trying, trying, trying to protect them all the time. So there's our anger.

#### 4.4. *Expectations of others or the environment (continued)*

**Jesus:**

Remember I said there are two reasons for our anger and just to recap them again, one is that we have an expectation that is not being fulfilled, from our environment that is not being fulfilled.

[00:41:00.00]

Now underneath that expectation from our environment is really a feeling that you should fix something that I have inside of me. So if I get angry with you, I'm saying that you're responsible for what I'm feeling – that is really what I'm saying. You're not responsible for what I'm feeling, but I want to make you responsible for what I'm feeling. Why would I want to do that? Because I don't want to feel it myself; instead, I want to make you responsible for causing me to feel it and you responsible for fixing it. So that's one reason for anger.

#### 4.5. *Suppression of fear*

**Jesus:**

The other obvious reason for anger, and in fact the majority of times the second one is the truth and that is – we're just afraid. We're just really afraid, but we don't want to admit to ourselves we're afraid.

What happens when you admit to yourself that you're afraid when you're a little kid at school? Everybody starts picking on you, "You're a weakling and you're gutless." Everyone starts laughing at you and so what do you do, you put on this other facade. The other facade is I'm the brave Johnny and the brave Johnny does everything that AJ wouldn't normally do. So he's the one who looks after me in the end really, but it's really in the end an avoidance of the underlying fear of total vulnerability.

### 5. *Layers of emotion within the soul (continued)*

**Jesus:**

So let's just remove the denial emotions for a moment. We'll just replace it with what we often have illustrated on the whiteboard, which is anger. We remove the blocking emotions and replace it with what we often have, which is fear. So now we're getting down to some causal emotions, and let's replace the causal emotions with this emotion, grief. That's what's normally locked up in us – that process is what's going on.

**ANGER**

**FEAR**

**GRIEF**

[00:43:02.13]

So if I'm finding that I'm slightly annoyed, frustrated, slightly angry, angry, intensely angry, in a rage, murderous, that is up in that bracket there (points to anger). If I find that I'm in fear – that I'm slightly agitated, a bit fidgety, right the way through to fearful, right the way through to terrified, that's in that bracket there (points to fear). Then when in grief, I'm slightly sad, just a little morose, a little bit down, right the way through to sobbing with grief, that's in that bracket there (points to grief).

What we want to do is address why we get into anger: so what I'm really saying is the reason why we're getting into anger is because we're really in fear and we don't want to acknowledge it. While we're in fear, fear is the cause of all of my pain, that's what I need to remember. Also fear is going to prevent you from ever being at-one with God. When you become at-one with God, you will never have fear again.

## 6. *God's Truth is that love casts out all fear*

### **Jesus:**

I just want to read something from the Padgett Messages for you, written by a spirit, one of my friends, Andrew his name is.

He said ...

*"I am here Andrew. I came to tell you that where love is, there can be no sin or unhappiness and fear is not. We who live in the Celestial Spheres know this to be a fact and with all the force and authority that knowledge gives, we declare this truth to you tonight. The love that casts out all fear is the Divine Love of the Father and when a spirit attains that, there exists no such thing as fear and nothing that could create or permit fear to exist."*

[00:45:03.09]

That's a pretty definite statement isn't it, about what love does?

### 6.1. *What "professionals" say about fear*

#### **Jesus:**

Now scientists and psychologists and everyone would argue differently. They would say to you, "No, you actually naturally experience fear". So if you walk across the road and all of a sudden a car hits you, right in that particular moment, or maybe just before that moment occurs, they say you'll experience fear. That's an interactional fear. They define it as what they call "realistic fear" – fear based on a real situation.

Now the next set of fears that they say are the fears as a result of the original thing occurring. So let's say I got run over by a car when I was little, the next set of realistic fears are, "Alright, whenever I come up to a road, I'm going to be careful because the last time I came up to a road when I was little, I got run over or whatever," and so from then on I start to be careful. I start to be living in this fear if you like.

And then as an adult I'm just afraid of crossing the road. So I never jay walk, I always go up to the sign. Here in Queensland where you can just walk across the road and hope everybody stops, but of course you're worried that nobody's going to, so you step out into the road and you wait for them. So now we have these fears come up, these are what are what the psychologists would call natural fears.

### 6.2. *Feeling in tune with the Universe when at-one with God negates fear*

#### **Jesus:**

But what God is saying to us really is in the end we won't have any fear at all, even those kinds of fears. Why won't we? Because we'll already know what to do in every situation. How would you be afraid if you knew what to do in every situation, you couldn't be really, could you? If you know, "Oh there's a guy in that car, he's not going to stop for me," you're not going to walk across the road. If you can feel his emotions before you even look at him, you would know whether to walk across the road in front of him or not. You'd say, "No he's not paying attention, I'll just wait here and let him go past and then I'll go across". But then another person comes along – and you'll feel this in time, you'll just feel totally in synchronicity with all your environment – and you'll be able to just walk up and walk across the road and you know the person behind you saw you and this other person saw you and so of course you won't have any fear at all.



When you're in a state where you've dealt with all your fears, you can actually start feeling all the emotions of everyone around you, much more easily and because of that, because of feeling all those emotions you're now far more in tune with your entire environment, which means that you don't finish up doing things that harm you – automatically, not as a choice because of fear, but it's just an automatic process.

When you're at-one with God, you're in tune with the entire Universe really and when you're in tune with the entire Universe you're not afraid of anything. So someone can threaten you with death and you would not be afraid of it, whereas if you have those other feelings, causal emotions, you would be. So we can get into that state.

### 6.3. *Releasing fear is the only way to become fearless*

**Jesus:**

So really what God's saying to us is, "You don't need to be afraid at all", and so we go, "Oh okay, I don't need to be afraid at all. Okay". So what do we do then? We start trying to not be afraid at all because that's what we're told – at the end of our development we're not going to be afraid at all. "Alright, I'll start acting like I'm not afraid at all". Now that's a very fictitious place to be, because in the end you do have emotions inside of you.

[00:49:05.11]

The only way to actually experience what I'm talking about in reality is to release the emotion of fear inside of you. Does everyone follow that? Because without releasing the emotion of fear, the emotion of fear still exists within you. No matter how much you try to intellectually avoid it, it's going to be within you still, creating your Law of Attraction and everything around you would be happening based on that.

### 6.4. *Societal views on experiencing fear and anger*

**Jesus:**

So it's far better to experience your fear, but that's where most of us freak out, most of us have huge problems with that, because the very first time you experience a fear event, as a causal emotion type fear, as a blocking emotion, a childhood blocking emotion, you will be quite terrified. You might even be on the ground and shaking and all these things happening to your body and your body is all in a cramp, and anybody coming along looks at you and thinks, "Off to hospital." Like that's how people respond to that kind of physical expression of those emotions. So it feels like the whole Universe around you, but it's actually really people on Earth around you, are actually against you fully expressing your fears and of course the only way to go from that, if you can't fully express your fears, is to go with anger.

Do you notice how anger seems to be far more acceptable? Like how many men are in a rage and yet most of society accepts it. We have all of these outlets for anger in society, like sport is an outlet for anger for a lot of men. War is an outlet for anger, isn't it? You see all these outlets for anger, but how many outlets for fear do we have? Do you ever see people very much dealing with their fear in an emotional experience?

#### 6.4.1. *AJ's experiences with feeling fear*

[00:51:01.04]

**Jesus:**

Have you ever done it in front of somebody else for example, yourself? Every time I've ever done it in front of somebody else, they've absolutely freaked out. Now that's not very helpful for me getting to my causal emotion.

I remember the first time I experienced it, I was eighteen years of age, I was vomiting in the toilet and all of a sudden I went through into this fear place, this fear fit thing that I used to have. I had so much fear that I had these fear fits for most of my life, but they started happening in an intense way when I was eighteen and I was trying to open the door of the toilet to yell out to somebody and all of my body just went into complete lock up, there's a medical term for it, but I won't bore you with all those things. I was there I couldn't speak, all of my face was all lined with all my muscles all clamping my jaw shut. All of my muscles in my body caused my legs to go up and I was actually hanging by one arm off the ground in the toilet on the door knob, which was a round door knob, hanging there, not able to let go of the door knob. Bashing my head was the only thing I could do so

I hit my head on the wall trying to let other people know in the house that I was locked in the toilet and was in this state.

It took about ten minutes or so for somebody to answer and this was straight after I had a car accident, this was about maybe four or five days after I had a car accident. So the car accident triggered all this fear, I went into this place emotionally and I'm there hanging by this door in this terrible state of terror, hardly being able to breathe, my body all locked up, all the muscles all locked up and everything, just hanging on the door. Now it took two men to open the door and get me off the door knob. Once I got off the door knob they took me to the bed and they called the doctor of course.

[00:53:05.19]

They called the doctor and everyone's all worried, my sister was there present and she was screaming and everyone else was in a panic. This was about my own fear and everyone else is in a panic. The doctor comes along and gives me a great big shot and all of a sudden I'm out to it for quite a few hours, I think it was sixteen hours or so.

Now that was first terror experience and nobody around me wanted to know about it. I've had a number since then. In fact up until I was around thirty-three, I had about eight of those experiences and what it taught me was that people are terrified of your own terror. So much so that when I could feel these experiences coming on after a while, after the first few times I could recognise the symptoms of me going into this fear state and what happened was, I would tell the people, all the people around me, "I'm going to go into this fear state now, this is what you are going to need to do, this is how you're going to need to treat me," I had to sort of give them a heads up before they'd actually allow me to go through the experience. Eventually I got to the point where I was thirty-three where I started facing the terror face on, like head on.

I had two of those fits a day for three months. So eventually I got through them all. When it started off they were about two hours long. The best way I could liken them was for me it was like I was in cramp, but cramp all through your body for two hours straight. Can't speak, can't do anything else and a lot of times I passed out because I couldn't breathe properly either. I always survived them and the doctors did their thing, the electrocardiograms and the scans and all those different things and found nothing of course, and of course because it's all emotional; it's all driven by emotion.

[00:55:07.16]

Eventually I learnt how to deal with fear and it was an amazing thing to be able to learn how to deal with fear, because after three months, I never had one of those again, one of those fear fits ever again. After that time, I was not afraid of dealing with any single emotion inside of myself. So that was a benefit of experiencing those things. It was the fear that was preventing me from actually assessing other emotions, and so I had to work through the fear first.

## 6.5. *Fear needs to be experienced to access causal emotions*

### **Jesus:**

For many of us in the audience, this is the process you're going to have to go through, maybe not to that intensity, but you're going to have to start confronting these fears that are within you and allowing their experience.

Now I'm saying you'll need to allow their experience, not just the thought of it, okay. Now what I want to do today is give you lots of tools by which you can do this – lots of tools to actually help you get into these fear-based experiences and have the courage and the ability to get your way through them so they no longer affect your life at all. That's the idea. Now who's already frightened? No worries, that's good, by tomorrow afternoon we'll be really there hopefully. The key is that with every one of these experiences you will live through it.

## 7. *The primary fear beliefs*

### **Jesus:**

I'd like to discuss with you two basic errors that we have as a part of our belief system, that from what I've seen are in every single person in the human race and by the way there are literally thousands of spirits with us here, and many of them have exactly the same problem. So it's not just present here on Earth, but also in the spirit world.

### 7.1. *"I cannot cope with all of my emotions"*

[00:57:09.07]

#### **Jesus:**

The first fear-based belief that we have is, "I cannot cope with all of my emotions." Now let's just look at this fear from a practical point of view. If I believe that, can you see how that's going to stop me from having my emotional experiences? If I believe I'm not going to be able to cope with every single emotion that's going to come at me from within myself – because that's the only place they can come from, from within yourself – if I believe that then I am going to start shutting down emotional experiences that I believe I'm not going to be able to cope with.

So what we finish up doing when we're in this state is, we say, "Alright, the Divine Love Path has got to be the allowing of our emotions to connect to God. Love is emotional, so I've got to learn how to love, so that's an emotion too." So I start seeing the relationship between emotions and love and connecting to God.

So I understand all that and so then I go down the track of, "Alright, what emotions can I cope with? Oh, I can cope with, feeling fear about somebody being angry with me. Yes I can cope with that." So what I do is my soul creates an event where somebody is angry with me and I go into my fear about that and I deal with that and I get through that. Then after a while if I've dealt with that from my causal emotion and gone through some grief, what eventually happens is nobody gets angry with me anymore and that's wonderful and I've had some gain there.

[00:59:06.26]

But then I might have been abused as a child and that's a whole set of emotions, isn't it? If any of you have been abused as a child either sexually or violently, you know how difficult it is to work through those groups of emotions. Now with those emotions I might definitely have this feeling that I just cannot cope with them, and so I put those emotions to the side, over there, in that box over there, and I usually put a few books on top of that box. (Laughter) Eventually I make that box disappear from my own consciousness. So eventually I come up to someone like AJ or someone who's connected to their emotions too, and say, "I reckon I've dealt with most of the things in my life." And they can feel this thing and say, "Oh have you dealt with your abuse issue when you were a child?" "Oh, I don't remember being abused when I was a child," "Oh, okay." What's happened? What's happened is that there are so many blockages now to that box of emotions that we can't even connect with the fact that it even happened but that whole box is going to have to be opened and allowed out.

Now if I believe this, that I cannot cope with all of my emotions, I am never going to open that box. You see the problem with that belief? If I believe that, that box is going to stay closed and I'll pass over into the spirit world; and I've talked to literally thousands and thousands of spirits, who still have the same box closed. A lot of people on Earth have this belief that when I pass over into the spirit world, that means all of a sudden I'm all knowing and all of my problems are gone and I don't have any more emotions that are sad anymore to deal with and everything's fine. That's not what happens, because I've talked to literally thousands of spirits, where that hasn't happened.

What's happened instead is they've had this belief that they can't cope with their emotions, all their emotions that got constructed at a very young age in their life on Earth, and they still have that same belief in the spirit world and they live in that state for many hundreds, if not thousands of years.

A few weeks ago we talked to a group of spirits who travelled with Mary and I in the first century and that group of spirits were still locked up in this state. They felt that they couldn't feel some of their emotions about what happened in their interactions with myself, after two thousand years. So don't think that just because

you've had some kind of death experience, or gone and died and everything is going to be fine, because while you have that belief in you, it's not going to be fine. We need to deal with this belief, this number one fear-based belief.

## 7.2. "I am alone"

### Jesus:

Number two fear-based belief: "I am alone." Now I'm not saying to change these beliefs by the way, not intellectually anyway. What I'm saying is we need to recognise these as major impediments to our emotional processing. Now an extension of "I am alone" is "God doesn't care for me", "God doesn't exist", "I haven't got any spirit friends around me in this", "I've got no friends on Earth really who care about my emotions either, I am alone." Now what I'm saying is that that belief shuts you down in a state of fear from experiencing your emotions.

There are many flavours of these beliefs. So, my number one belief is, "I cannot cope with all my emotions." That belief can cause other subsequent beliefs, and other subsequent beliefs are, "My emotions are too big to be able to be felt by one person." The truth is of course quite different to that. If the emotion entered you, then it can certainly exit you, but a lot of times we have these emotions enter us, get stored, another one enters us, gets stored, another one enters us, gets stored, another one enters us, gets stored. What happens then? We've now got five of them and now it's starting to look pretty big. So this is the result of us not being able to release the emotions, one by one.

This second one, "I am alone", is more insidious. This one is basically saying that there is no God, and there's no God that cares for you, you are alone. God doesn't love you – that's a big belief – a fear-based belief that the majority of the Earth has.

FEAR

① I CANNOT  
COPE WITH  
ALL OF MY  
EMOTIONS

② I AM ALONE

Now with these two primary fear-based beliefs, we will not experience causal emotion. You'll get to a causal emotion that you need to experience, and you won't be able to experience it because one of those two beliefs is present in you. So obviously one of the first things we need to do is emotionally experience those beliefs because remember fear can only be released by the emotional experience of fear.

How do you release that you are alone? By actually feeling you're alone and releasing your emotion by actually feeling the emotion. It's only the unfelt emotion that gets locked up or stored inside of you, when the emotions are in motion, when they are actually being felt by you; they are no longer getting locked up inside of you.

## 8. *The primary truth beliefs to develop*

### Jesus:

Now let's look at those things in terms of what the truth is.

## 8.1. *We have been created to experience all emotions, including overwhelming powerful emotions*

### **Jesus:**

Now what I've done is written in the seminar outline some of the truths about this. I wanted to read them because there are some quotes from different people that I want to get right. One is from a lady who wrote a heap of childhood books, her name is Trace Moroney. She wrote a group of books actually. One of these books is called, "When I Am Feeling Scared", and my suggestion is to buy her whole set of books, all of them are excellent books.

Anyway this is a quote from one of these books ...

*"When children trust themselves to handle painful feelings of fear, anger and sadness, they gain an inner security that allows them to embrace the world in which they live. With greater tolerance of painful feelings, children become free to enjoy their world, to feel secure in their abilities and to be happy!"*

You see, you imagine a gift of a little child knowing that no matter what emotion it has to face in its life, it's going to be able to deal with it. That's a pretty big gift, isn't it, and most of our children actually believe that, believe it or not, before we get involved in their lives – they actually believe that – but what happens is all of this multi-generational stuff gets imposed on them and eventually they no longer believe that. So that addresses this error; this fear is addressed by that truth.

[01:07:02.02]

If I have the confidence to deal with every single emotion that's within me, no matter what it is, then of course I'm going to feel like I'm pretty secure within myself. I won't need you to fix my emotions; I won't need you to make anything feel better. I can be alone and still feel totally secure.

The quote from the Padgett Messages is ...

*"From all this you may understand that we spirits who know the truth have a great work to do, to enable these darkened spirits to understand and believe that their false hopes and dreadful fears have no foundation in truth and will never be realised."*

See this is the other problem with fear. If something happens when we're a child and gets locked up inside of us, we then carry that around with us the rest of our life thinking it's going to happen again. But most of the time it never happens again, most of the time the things we are afraid of never happen again, and of course when we get to the spirit world, they can't happen again. So unfortunately a lot of people by the time they get to the spirit world have such a strong belief inside of them that they need to be afraid of these things, that it's now only their belief that stops them from progressing.

### 8.1.1. *An example of being afraid of eternal punishment for doing something wrong*

#### **Jesus:**

So for instance, let's say you were growing up in a religion when you were on Earth, four or five, going along to Sunday School and you get told that if you do a bad thing, if you lie, you'll be in hell, forever. Now many of you have been told this in your childhood. Now you imagine if you come to believe that emotionally. Well for a start there's a whole likelihood you won't do anything wrong by the definition of the people who gave you that belief, but secondly you're now so locked up in fear of doing something wrong that you often will get into the mode of never trying anything at all, just in case you might do something wrong. You'll be so locked up in that belief that you'll even believe if you have done something wrong that you're condemned forever.

[01:09:27.23]

Now these are beliefs that people pass with, over into the spirit world and what's that about? That's all about some underlying causal emotional beliefs which we have some terror or fear about in the end. Many of you will notice even with other things that you weren't afraid when you were little.

### 8.1.2. *An example of working through a fear of spiders*

**Jesus:**

How many of you played with spiders when you were small? How many of those same people found that mum or dad really went into a panic when you did it?

I remember playing with a red-back spider when I was very small – I was about two or so. I put it on my hand and I walked in to my mum to give her the red-back spider, and she went absolutely ballistic. Now many of us would think that's a realistic fear, but it's not really. I wasn't afraid of it and the red-back wasn't biting me, but since that moment what do you think I've been afraid of? Some spiders, and so naturally, sooner or later because of this fear it's going to get triggered, isn't it?

I've had spiders falling on me; all sorts of things have happened with spiders since that time. Before then everything was fine and I was fine with them and ironically the same thing happened to my younger son as well. His mother did the same thing with him and he's in the same state with spiders. So why did that happen? It's because I had this fear injected, if you like, into me and now it's lived with me until I release it.

[01:11:01.16]

So I'm not afraid of them now, because I've had to release that. I've had to deal with that emotion and release it and experience that emotion. How do you do that? You go and get a movie like Arachnophobia. Ever seen that movie? There's spiders walking inside of people's nose and these big spiders, and what you do is you sit down with a movie and you play it over and over again and feel your terror about it and just allow yourself to experience it.

Some of the other things I've done is laid down and just imagined spiders crawling over me and just lying there and not being able to do anything. Just feel the fear that comes up and breathe and diaphragmatically breathe and just feel the fear, feel the fear, feel the fear, until you can get to the point where you can pick one up.

There's still a little more work I feel I've got to do with it, because I still have a tendency to still avoid them a little. So I'm not afraid anymore I can pick them up and whatever, but I still have this tendency where there's an initial, "Oh what's that? Oh that's a spider." So there's still a little bit of fear there, still needing to be dealt with, but eventually you can work your way through all of those kinds of fears.

### 8.1.3. *An example of a participant who is not afraid of snakes*

**Jesus:**

How many of you are afraid of snakes? Well Peter here is not afraid of snakes. What Peter does is he goes along and picks them up by the tail, even if it's a tiger snake. True, I've seen a picture of him doing it, you ask him to have a look at some of his pictures that he's got at home and you'll see him holding up a tiger snake. So he's not afraid of snakes. So why isn't he afraid of snakes?

**Audience:**

He hasn't been injected.

**Jesus:**

By the fear, by the fear. Mind you Peter's been bitten a few times by different creatures, haven't you?

[01:12:59.01]

**Participant Male:**

I have been bitten quite a few times and the cure is worse than the bite. When you go to hospital they're so excited that someone's been bitten by a snake that they just want to inject you with everything they've got (laughter) and if you don't explain to them really carefully which snake it was, then they're going to inject you with brown snake anti-venin, which is like getting bitten by a brown snake, when really you need a ...

**Jesus:**

When you've been bitten by a tiger snake.

## 9. *The creation of fears during childhood*

### 9.1. *An example of the creation of the fear of spiders in AJ's childhood*

**Participant Male:**

Right. But the question I wanted to ask was, when you walked in to your mother with the red-back on your hand and she freaked out, what was your Law of Attraction and how did that happen?

**Jesus:**

Remember our Law of Attraction is our parent's Law of Attraction when we're little, so it's actually my mother's Law of Attraction. I was taking a spider into her, to help trigger her emotional injury. So I'm taking it into her, and instead of her feeling her fears and emotions about that particular emotional injury, instead what she did was connected with a lot of fear within her, with me. So what happened is, I'm not really afraid of the spider, what I'm afraid of is my mother's reaction to the spider and that's what was injected into me if you like. So now when I see a spider, I am afraid of my mother's reaction, I'm trying to nurse my mother's reaction.

### 9.2. *An example of the creation of allergies to cats in AJ's childhood*

**Jesus:**

This happened to me with cats and all sorts of things, and this is why many children get allergies. So with cats for example, whenever my father saw a cat he wanted to shoot one. So me having a nice relationship with a cat was already in disagreement or disharmony with my father's approval. So what am I looking for as a child? I'm looking for firstly my mother and father's approval.

So what happened with me then, every time I picked up a cat, I started having a runny nose, runny eyes and eventually it got so bad that I had these puffy eyes and runny nose, you know what it's like with an allergy like that, and what I had to do there was work through my emotional connection with my father with cats and what I felt there. Once I did that I can pick up a cat and a cat can sleep on my bed or whatever and it's fine. So a lot of times it's actually our relationship with the parent that causes the injection of the emotion.

### 9.3. *An example of the creation of the fear of spiders in AJ's childhood (continued)*

**Participant Male:**

At what point does that change? If you walked in now with a funnel web on your hand and you showed it to your mum, she'd probably still freak out.

**Jesus:**

She would, but now I've dealt with that causal childhood fear of her freaking out. It's not so much the childhood causal fear about spiders, but the causal childhood fear about her reaction. If I get rid of that, now I can show mum a funnel web spider, she can freak out and I'll smile and say, "Oh that's funny." (Laughs)

**Participant Male:**

That's what I do with my mother-in-law and snakes.

**Jesus:**

Yes exactly. So can you see how when we've become an adult, and we've released the connection between the childhood experience and the person, what happens then is that we are totally able to be in our own emotion. Therefore no matter how you react to what I say, it won't affect me in that state.

This is where all of you are headed; if you keep progressing on the Divine Love Path you'll get to a point where you will no longer be worried about what anybody else thinks of you, does with you, does to themselves, any of those things, none of those things will bother you. They won't trigger you and you'll stay in your own emotions in that state and know that there is nothing to be afraid of in that state; and not just know it in your head – you'll feel it inside of you. So the feeling of fear won't even cross your emotional state at all.

#### 9.4. *An example of a participant who is not afraid of snakes (continued)*

**Jesus:**

So in your case with snakes, you obviously don't have any causal emotion too much about snakes, but it was driven by your parent's fear of snakes to a degree.

[01:17:07.09]

**Participant Male:**

Well my mother was terrified of snakes. When I asked her whether it would be okay to collect them, she said absolutely not. So I said well I'll just ask dad and he said yes, that'll be fine. Over the course of some years of her being confronted with snakes – I used to have a death adder in my bedroom, in an aquarium, and she had to deal with that. Once she was watering one of the brown snakes and it got out and she actually caught it by the tail and got it back in, which was a big thing in her life. I managed to get her to touch pythons and green tree snakes and over a period of time, she faced that.

**Jesus:**

So can you see as a child you were really just helping your mum deal with her fear? It began when you were very, very young; and part of your love of those animals and part of your personality is a love of those kind of animals, which was one of the attractions of your mum giving birth to you in the first place. It's about actually helping her deal through those fears and sensations which she felt within herself.

**Participant Male:**

So are you saying then, if my mum hadn't been afraid of snakes, I might have ended up with a different mum?

**Jesus:**

(Laughs) Yes, highly likely, because the Law of Attraction is very pinpoint accurate. So our emotional condition and our personality before we're incarnated, and the emotional condition of our parents, do determine the interaction that occurs.

So when I walked into my mum with the red-back spider, she had a choice. The choice was to experience the emotion inside of herself, or she could then deny that emotion and reflect that back at me and because I was pretty sensitive child in terms of emotions, straight away I interpret that as a disapproval from my mother. So up until recently seeing a spider was always a feeling related to my mother, on reflection.

#### 9.5. *An example being bitten by animals*

**Participant Female:**

My question is about higher order creatures. I was bitten by a dog when I was three. Could you please explain how as a little might that happened? The dogs used to come to visit from across the road, they belonged to a neighbour of ours. My mother had said that the dog was always a very passive kind of a creature, but on this occasion it bit me really badly and I had to go to hospital and all the rest of it. How does that work?

**Jesus:**

Well someone in your family had to have been afraid of dogs.

**Participant Female:**

It would have been my mother again.

**Jesus:**

And she would have been in reflecting that fear. What happened to you was a reflection of that fear. I've been bitten by a dog four times in my life and my mother's terrified of animals. Even my father gets bitten by them as well, and so obviously I had both parents very afraid of those things. My father even got bitten by a cat once, which is related to why he hates cats so much. Then another time he got bitten by a cat and he kicked it over the fence but he's been bitten a number of times by cats and dogs, so there's both of those fears inside.

**Participant Female:**

So the animal would have been intuitive enough when it came to visit to pick up the fear that was already there?



**Jesus:**

Always, and your mum might not have had a personal fear, but a fear of you being bitten by it. You see there are all these different flavours of fears that we have as well, that create Law of Attraction events. So sometimes we're not afraid of something happening to ourselves, but we're afraid of something happening to our children.

[01:21:04.29]

Many of you feel that right now. If your child died right now, would that be better or worse for you than if you died right now? You see for many of you, you would feel it's better that you die first. Some of you feel it's better if your child died, but they are all basically based around emotional injuries and often we have different flavours of emotional injuries that cause these things.

**Participant Female:**

So maybe that might have been a protective issue, a projection from my mother about a fear of wanting to protect me.

**Jesus:**

A fear of you not being protected perhaps, but the key is for you to go into it emotionally and you'll discover the reason. When you visit those emotions everything comes clear very rapidly.

## 10. *The primary truth beliefs to develop (continued)*

### 10.1. *God does exist, wants a personal relationship with me, and cares intensely for me*

**Jesus:**

So getting back to these two primary beliefs, I'd like to talk about the second one a little more. Most of us have the problem that we don't really know God yet. So how do you actually love someone you don't feel you know? That's a difficulty, isn't it? How do you receive love from someone you're not even sure exists, because you've never had a personal experience of God, or you've never seen God? So how do you know that you can connect to God? This is a big issue that we need to allow ourselves to address as a fear as well. So let's look at some of the comments about the second part from a truth perspective.

*"I mean belief in the truth that there is a close relationship between God and the individual which may be established by prayer and the longings of the soul, for the inflowing of God's Love."*

This is a quote from the Book of Truths.

[01:23:00.24]

The truth is that these Celestial spirits are saying that there is the truth of you being able to have a close relationship with God and that relationship is established by the longings of your soul. They're telling you that truth, but when you hear that truth you go, "I don't feel any close relationship with God in my life. I've only had a few experiences that I thought God was involved in, and even then I don't really know whether it was God. It might have been a spirit, for all I know, now that I'm learning about spirits. So I don't really know."

So this is why many of us also get into the pattern of, "Oh well we know that we felt our spirit guide with us," and so we start talking to them instead of God. So we start having relationships with spirits instead. Many of us who have had a history on the New Age path would probably feel that way.

There's another quote ...

*"God's Love is for the mortal, even if he has the passions and appetites which the flesh encumbers him with, and when a mortal fights against the temptations which these burdens impose, and overcomes them, he, when he enters the spirit world, is stronger and more able to progress than when he puts off the great attempt until he becomes purely spirit."*

I've heard many of you say, "Oh, I think I'll put off dealing with my emotions until I pass. It's got to be easier there." And here we have a spirit saying totally the opposite to you, that it's actually easier if you pass knowing how to deal with your emotions; knowing how to deal with your passions and desires, knowing how to deal with your fears – it's going to be easier when you pass.

But often we go down the track, "No, no, it's pretty hard, like you know, gee. Last week I cried for how many hours, four hours or whatever and that was pretty intense when I did that," we might feel, "And I don't want to do that anymore, I just want to have fun." Girls just want to have fun, fun ... you know so off we go and we just go and have the fun avoiding the emotions. The problem with that is that we finish up passing without a real clear idea of how to deal with my emotions, with a lot of fear in me and it's not easier there – the spirits are saying from their own experience that it's not.

Here's another one ...

*"As you are aware, God's Love is all around you and maybe in you and if permitted to flow into your soul, with faith accompanying it, you'll find yourself growing in at-onement with the Father and realise that fact."*

You see often we don't even permit God's Love to enter us because we're in such a state of fear that we don't even want to connect with God.

## 11. *The primary fear beliefs (continued)*

**Jesus:**

So there are all these issues about "I am alone" – there's a big fear. There are whole groups of issues, if you like, involved in that. Now you get into a causal emotion where you're feeling some terror and you will feel very alone in that moment. So then what we have a tendency of doing is saying, "Alright, I'm totally alone and I can't experience this," and then we go into, "I can't cope with this emotion, I'm alone doing this, I can't cope with this emotion," and what we just told ourselves is two complete untruths.

The truth is right at the moment you're dealing with a causal emotion, sometimes even hundreds of people are around you from the spirit world trying to assist you to connect to that, and God is certainly with you as well, so you're not alone.

On top of that, God designed you to experience all of your emotions – that's the way God designed you, so you are designed to cope with everything. That's how you're designed; you don't need anyone else to help you cope with anything, because you are designed to cope with it yourself. These two fear-based beliefs cause huge amounts of problems for us in our own processing.

[01:27:07.15]

Now they are the first two beliefs. If you can deal with those two beliefs and release them emotionally, if you can deal with them, what will happen is the rest of your emotions will flow much more rapidly and each of those has different flavours if you like, but if you can deal with those two base fears, that's the way to go.

## 12. *Practical help with fear*

**Jesus:**

So what do we do in a practical way to face our fears? That's what I'd like to talk about next. What are some practical things you can do? Well let's look firstly at environmental, changing your environment. So I would put this under environment; things that you can do to change your environment so that you can experience fear. Now some of these things are going to be the emotional that you need to do, some of them will be physical things that you can do.

## 12.1. *Drink water*

### **Jesus:**

The first thing is drink lots of water. What's that mean related to fear? Trust me you drink lots of water, you'll start realising why you use your tea and why you use your coffee and why you use your coke and why you use all these other things that you use. You'll start seeing why you use them, and they are all related to fear of dealing with deeper emotion. When you drink water – and my suggestion is four to six litres of water a day. I drink about five a day myself – but if you drink that amount of water you'll need to have mineral salts in your diet. So that's the other thing to remember, just some sea-salts, like Celtic sea salt – that's got minerals.

[01:29:00.05]

So drink water. What does that do? Every cell in your body is like a machine. It's a machine that takes in mostly water and expels impurities and it uses the water to manufacture everything else. It uses the water and a combination of minerals in your diet and vitamins in your diet to keep itself going. Every single cell, of which you've got hundreds of billions in your body, is like a little manufacturing system.

Now I don't know if you've gone to any manufacturing process here on Earth, like you go to a chocolate factory or go to a sheet metal factory or whatever, you know at the base metal place, you'll find that they use huge amounts of water to actually manufacture that particular thing. In fact water is the thing that is used the most in every single manufacturing process almost. The reason why is water is a basis of our planet and forms the basis of our body – it forms the basis of everything. If you don't supply your body with enough water, your body doesn't have the chance to re-generate from all of the things that we're throwing at it emotionally. So just drinking water opens you up emotionally. So focus on drinking some water.

## 12.2. *Eat vegan*

### **Jesus:**

Eat vegan. These are just suggestions; you don't have to do them. For a start eating vegan is the most loving thing you can do to the environment. It uses the least amount of resources in your environment; you're actually being the most loving towards your environment when you eat in that manner. You're also being very loving to your own body, your own body will respond to that.

Now what will happen emotionally is you'll go through a lot of emotional withdrawals, in particular food-based, emotional withdrawals and those emotional withdrawals are all related to different emotions that you're using food to suppress. What often happens is you'll have an emotion come up. How many of you find this happening in a day? Like ladies, chocolate at period time? You see the relationship. Anytime? (Laughs) But you can see it ups usually at certain times of stress, certain times of things going on emotionally.

With guys it's often different things like Coke or some other type of sugar-based drink. For many guys it's alcohol, for a similar reason. We search for some substance to give us the coping mechanism to deal with an emotion that we really need to not cope with and just experience. So give up coping with emotion and start allowing the experience of the emotion, stop using drink and food as mechanisms to deny your emotions.

Now trust me, even just doing those two things – drinking water and becoming vegan – you're going to feel some fear. What I did once was I went on this diet where I just had fruit for a whole weekend – this was way, way back before I even knew about the Divine Love Path and remembered it again – I'm talking in my twenties. By the second day my whole body was shaking, like I had the DT's, my whole body was just shaking and shaking and all this turmoil was happening in my stomach as well at the same time. Eventually I just had to eat, and as soon as I had one thing to eat, the whole thing stopped.

[01:33:05.04]

What was going on there? Me just eating fruit for two days and drinking water triggered huge emotions that I wasn't allowing myself to experience and this is what will happen for many if you do that. So eat vegan. These are practical things to do in your environment.

### 12.3. *Creating a space to experience anger and fear*

**Jesus:**

Number three, have a place that you can experience anger in. So create a place somewhere where you can experience anger. So in our place, because we live in a bit bigger property than just a yard in town, we've just hung a boxing bag on the back wall of the house, we've got a couple of baseball bats, and we've got a metal baseball bat for hitting some metal a bit further out. Whenever Mary or I feel angry, we're out there, connecting with that anger and then allowing the experience of that anger and then trying to drop into the fear of it; what I am afraid of each time.

So allow yourself to do that with fear. You may have to have a quiet sort of a location where you can actually use your imagination to actually go into a certain fear and then allow the bodily experience of it. That might be your bedroom or sometimes it's another room in your house or somewhere like that. Try and arrange something in your environment.

So arrange your home so that you can experience anger and fear without judgement. So if everyone in your family gets upset with you every time you get angry, it's time to consider leaving your family for a while and going somewhere where nobody gets upset with you doing it. Now I don't mean they get upset with you projecting it at them, because if you're projecting it at them you're already out of harmony with love. I'm talking about owning it within yourself and experiencing it for yourself – let yourself experience those emotions. Create a space around you where you can experience those emotions.

### 12.4. *Emotionally love ourselves*

**Jesus:**

What's the next thing we can do? It's no good doing all of these things and then not giving yourself any time to process any of it. So you're going to have to somehow change your life if it's a very busy life, and by the way it's probably busy because you're avoiding your fear. But you have to take active steps to change your life so that you can start getting into the emotions of it, because if you don't get into the emotions of it you're never going to actually release it. So we can do all of these things to trigger ourselves and give ourselves no time to process and we're just going to get into a terrible mess. We need to give ourselves enough love to actually experience it.

So emotionally love yourself. So act in a loving way to yourself, give yourself the time that you have to deal with these emotions.

#### FEAR

#### ENVIRONMENT

- 1) DRINK WATER  
4-6 LITERS  
MINERAL SALTS
- 2) EAT VEGAN
- 3) ARRANGE HOME  
EXPERIENCE  
ANGER & FEAR
- 4) EMOTIONALLY  
LOVE YOURSELF

### 13. *An exercise with the audience to make them feel more connected and awake*

**Jesus:**

Now what's happening at the moment is quite a lot of spirits are here now with us, a lot of you are starting to feel tired and feeling quite disconnected – what's happening is we're talking about a subject of fear, which usually causes the depression of people.

[01:37:00.14]

So what we might do is get you to stand up for a moment. Now you might want to move into a clear space somewhere around you, so you might want to get out from behind the chair and move into a clear space, and what we want to do is put your arms right up in the air, breathe right in, and then as you breathe out, bend over. That's it, go up again and as you're going up, breathe in and then out and this time do it faster. You can bend your legs a little as you go down and then breathe in again going up, breathe out going down. Keep going. You want to get that body flowing. Just keep going, do it a few more times, some of you'll start feeling a bit tingly in your face and everything, don't worry too much about that, just keep doing this a few more times.

If you feel a bit faint then you might want to sit down or go onto the floor, but keep doing it until you feel a little faint – until you feel a little faint, until you feel a bit wonky. If you feel a bit wonky lay down on the floor and just let yourself breathe, diaphragmatically.

How are we feeling? It doesn't take long to feel a bit faint does it? So if you're feeling a bit faint, just grab a chair somewhere and you might want to sit down. How are you feeling now? Are you feeling a little more connected with yourself? Now many of you are now starting to have quite a bit of tension in this tummy area, can you feel that? You try breathing diaphragmatically and you'll find that there's resistance to breathing into your tummy, for many of you. That's your fear. Your fear prevents you breathing into that place.

So if you sit down now, or maybe even lie down if you wish, and just try to concentrate on just breathing into your stomach area of your body, into that tummy area of your body. You want to stay connected with the emotions, so we don't want to get to a depressed state with our emotions, facing our emotions. What we want to do instead is stay in the area where we feel connected with our emotion. So if that means feeling connected with fear, feel the fear.

Now you'll feel it as a tummy turmoil, many of you are already feeling that, so just allow yourself to feel that, allow yourself to feel it. So what I'm showing you now are just some little practical tools that you can use to stay in contact with your body and stay in contact with your fear. So you might like to close your eyes and just breathe into this place, into the diaphragm and I'll just say a few things while you're doing that.

[01:40:52.02]

There are many spirit beings around you at any one time. When you get into a place where you start connecting with your fear many of these spirits get attracted to you. So the more I talk about fear the more spirits are going to be attracted to us, who are also in a state of fear. Keep breathing. Now those spirits will do one of two things for you. One thing they'll try to do with you is to make you feel tired and exhausted. If that's the case the key for you is to recognise, "Alright, I'm feeling tired and exhausted, I wasn't feeling tired and exhausted, before AJ – damn AJ – started talking about this fear crap, and all of a sudden now I'm in this state where I don't really want to be here, I want to go." Understand that's because of some feelings inside of me about the subject of fear. So I need to allow myself to feel what I feel about that.

Now some of us have this intellectual belief that I haven't got any fear any more, and I can tell you categorically that there is nobody in this room that's in that state of not having any fear in them anymore. So the key is to allow yourselves to connect with what's going on inside of yourself. It's okay to be afraid. I'm allowed to be afraid. When you were little you were often taught that you weren't allowed. I'm saying to you that you're allowed to be afraid and I'm not going to tell you you've got nothing to fear, because there are plenty of things from your childhood that you know you are afraid of. So allow yourself to be afraid, you're allowed to feel the fear. How are you going now?

[01:42:58.04]

Now I just want to talk to all the spirits that are with us for a moment too. You're allowed to feel your fear too, rather than affecting the people here in the room with your fear. So rather making them more afraid or tuning out of their fear, what you need to do is tune into your fear; you need to feel your fear too. You need to connect to that fear and release it emotionally – remember that's what it's all about.

Now just as a practical thing for you, you know that breathing is a very, very quick way for you to get re-connected with your body. So if you find in the course of a day that you're not connected with your body, then do some of that breathing and you'll very rapidly get re-connected with your body generally and you'll feel the reason why you're avoiding your body.

### 13.1. *Physical symptoms of fear*

**Jesus:**

The key is to feel the sensations in your body. Fear is in this area of the stomach, right across your midriff, third chakra area if you think of it that way – fear is a lot across there. So when you feel tight in that region of your body you're often in a state where there's fear there. When you breathe like we just breathed, many of you will notice that when you breathed in and went up, you felt this pain across this mid-section area where it felt really tight and uncomfortable. Some of you would have felt a pain there. That's telling you that you are in the state of fear that's not being released, so let yourself feel that.

So how do you feel about that breathing? How are you doing with the breathing?

### 13.2. *Spirit influence and fear*

**Jesus:**

Now what was happening just earlier was that many of you were connecting with spirits who had one of two different goals. One of the goals was to shut you down emotionally – they're shut down emotionally and they want you to shut down emotionally.

[01:45:01.01]

Some of them are your friends who have passed, some of them are your old family members that have passed and so forth and they don't believe a word I'm saying, and they're saying to you, "You shouldn't believe a word he's saying either." They want you to remain like they are, in the hells in the spirit world still, remaining in a state of shut down. So that's one group.

The second group is a state who are in this terror-based place and want you to feel terrified constantly. Some of them are angry and so they want to project that anger at you so that you're terrified and so forth. So the key for you to remember is that all these are just Law of Attraction events.

Now often what we're doing emotionally is we're not recognising what's going on around us and that's often because we're not connected inside of ourselves. What's going on inside of myself? When I'm shutting down an emotion inside of myself, that's when my Law of Attraction is going to be the most powerful about emotion. So it's the opposite to what people tell you. People tell you if you re-experience an emotion of your childhood, that all you're doing is damaging yourself over and over again. What I'm saying is no, that's not the case, if you allow yourself to experience the causal emotion it will be released from you completely, but you need to experience the causal emotion to do that.

### 13.3. *Resistance to fear and fatigue*

**Participant Male:**

Yawning, is that another way of suppressing it? Because I find myself doing that a lot. Kim and I'll be interacting and I'll just keep yawning, especially when and she says, "You don't want to hear me."

**Jesus:**

Exactly.

**Participant Male:**

But again after an hour, maybe an hour and a half, I'm just exhausted and I haven't said a word.

**Jesus:**

Exactly, because there's obviously emotion that's coming out of you to Kim, and emotions coming from her. If you try to re-connect with yourself in that state you'll understand why you're yawning and yes yawning is also a mechanism that our spirit friends ...

I don't know if you've noticed but sometimes people have asked me a question, I've answered the question that's given in the audience and then within five minutes that person who I've answered the question to is asleep. I don't know if you've noticed that happening, but I've noticed that happening from up here, quite a lot. What happens there a lot of times is the person didn't want to hear that answer and then straight away goes into avoidance of emotionally processing that answer and then any spirits who are around them or who also did not want to hear that answer just assist them in that process. You can go to sleep within five minutes or two minutes from that place. So one moment they're being totally absorbed by something, another moment asleep.

The hardest groups I've ever given to an audience have all been the ones around anger and fear. I don't know if you've noticed that, but the last time I talked about fear, a lot of the audience felt very similar to how you're feeling at the moment. The most difficult presentation I've ever done to a group of people was the presentation in Brisbane, where I talked about anger. Almost the entire afternoon was one of suppression by large groups of spirits and a lot of people not wanting to hear about their anger.

So they are two very common suppression emotions that we need to allow ourselves to work our way through. Allow yourself to feel your body.

## 14. *Practical help with fear (continued)*

### 14.1. *Notice physical ailments*

**Jesus:**

So this is a next thing to do on a daily basis is allow yourself to feel your body's pains. Your body often will have pains every single day. When I say pains I'm not just talking about the physical pains either that you feel, but also the internal organ pains that you have sometimes and also the pains you have about your body, when you look in the mirror. Allow yourself to feel every one of those things.

[01:49:04.04]

So when you look in the mirror and you're looking a bit old and drawn today, acknowledge that and allow yourself to feel the emotion inside of you, that responds to seeing yourself in the mirror like that. "Oh, I look terrible." Allow yourself to connect with that emotionally, that's what I'm suggesting to you, and allow yourself to connect emotionally to the physical pains you feel.

Every pain is a result of a fear of dealing with an underlying emotion. So any pain in your body is the result of a fear of dealing with an underlying emotion. So if I've got a headache, that's the result of a fear of dealing with grief. My mind struggles by creating a lot of activity and all of a sudden I'll get a headache because I don't want to deal with the grief.

Every pain in your body is like that, every single pain. Now at any one time, many of you will feel lots of different pains, if you are connected. The key is to not freak out about that and to get upset about that; the key is just to acknowledge them. "Alright, I've got a pain in my left leg. What's that about?" I could go intellectually into it, but the key is to go emotionally into it. The way I'd do that myself is just feel the pain in my left leg. Just breathe and feel it and just say, "I'm in denial of an underlying emotion," and just keep breathing and keep breathing into that pain.

[01:50:50.22]

The other day Mary and I were in the kitchen and all of a sudden by my left arm, my shoulder was so painful that all that happened was I just knelt on the floor in the kitchen and just cried, there was so much pain in my

arm. Then as soon as I did that I knew what the denial was about, as soon as I allowed myself to connect to that, to connect to the pain. Up until then I'd been saying to Mary, "Gee this pain in my arm," I'd had the pain in my arm for a week or two before then, solid, but not to that intensity and I never allowed myself to go into it see, but as soon as I allowed myself to go into it, immediately I knew what it was about. Whereas if I hadn't allowed myself to go into it, I would have been still trying to guess what it was all about.

**Participant Female:**

Oh, I just wanted to say that I've been fighting sleep all the way through your talk up until the breathing and I now feel wide awake. Thank you.

**Jesus:**

No worries. (Laughs) I don't know if you should thank me, it might have been my voice putting you to sleep.

**14.1.1. *An example of migraines***

**Participant Male:**

If headaches are the fear of dealing with grief, then is a migraine a more acute ...

**Jesus:**

Yes a very intense grief under a migraine.

**Participant Male:**

Because I was talking to a lady last night who said that she suffers from a migraine every single day and I told her to look into her childhood for what could be causing that.

**Jesus:**

Deep grief in her childhood. Yes. Obviously different areas of the body mean different things and you can go and get a book like "The Body Is The Barometer Of The Soul", and those kinds of books and see the relationship, but in the end sometimes the fastest way is actually just to breathe into the feeling. When you breathe into the feeling all of a sudden you allow the feelings to flow and you'll find out pretty rapidly usually after that what the emotion is.

**14.1.2. *Physical pain in children is a result of a parent denying emotional pain***

[01:53:02.19]

**Participant Female:**

Funnily enough this week my daughter has just randomly got a headache or a belly ache – headaches in particular. Is that a denial of grief on my part?

**Jesus:**

Yes. So remember, when we're a parent and we're dealing with a child's emotion, it's to do with our denial. Recently we were talking to a mother with a nine year old child who's in terrible pain on lots of different levels, and she goes to her mother and tells her what her mother should be doing for her to get rid of that pain. Often the mother doesn't do that so she gets angry with her mother for not doing that, but almost all the time a child experiencing a pain is a result, a definite result of one or both parents not dealing with a certain pain, and usually it's a Law of Attraction.

So if a child comes to you about the pain and doesn't go to her dad about the pain, then it's yours, but if the child goes to dad about the pain and not you, then it's something to do with dad, usually; you'll see the Law of Attraction working quite well.



# *The Human Soul*

## *Fear Revisited*

### *Single Session Part 2*

**Jesus:**

I'm still feeling a lot of spirits' emotions about this discussion about fear and how much of a large influence they're having. So during the afternoon we may get a chance to talk to some of these spirits. Hopefully those of you don't mind watching that discussion if the opportunity arises, and then what we'll be able to do hopefully is feel a bit more positive about dealing with our fears, rather than feeling so negative about them.

## **15. *Audience questions***

**Jesus:**

Are there any questions firstly that you'd like to ask about what we've presented so far?

### **15.1. *Physical ailments related to fear and anger***

**Participant Female:**

Hi, AJ. You were talking about the fears coming up in our body and I saw you last weekend and you said you were going to talk about fears. So does it come up physically as well? Because the next day I got this heat rash all over my face and my neck, and then I lay in bed and I thought, "I'll go crazy with this." Then the day and a half after that I got absolutely bitten alive on the legs, with extreme pain, and I couldn't sleep last night. Would that be the same?

**Jesus:**

Well rashes and bites are the result generally of suppressed anger, rather than suppressed fear, but remember from our discussion we can see that the anger is suppressing the fear, which is suppressing the grief. So the key is to look at what you're feeling in terms of your anger-based emotions and then look underneath the anger-based emotions into the fear. Both of you have actually had quite a few fear-based reactions in the last week, which has been really good for you actually. So the key is to allow those to continue.

### **15.2. *Bodily experiences of fear***

[00:02:01.24]

**Jesus:**

When you bodily experience your fear you may even do things like vomit and all sorts of things. So it gets pretty intense sometimes dealing with fear and the key is to be prepared for that. So it's no good having a nice carpeted area in your home with no bucket there if you're going to deal with fear because you will need your bucket at some point, I can guarantee you.

So in my case often if I've had a huge amount of fear, what will happen is I'll have this feeling building up of blocked feelings, "I'm blocked, I'm blocked." Do many of you have that feeling? "I'm blocked, I'm blocked," and then all of a sudden I have this breakthrough into the fear. In one case I was really blocked up about emotions about women and how damaging my relationships in the first century with one woman – it wasn't really a relationship it was just a friendship – but how that friendship was damaging to me quite a lot and then working my way through the fear I finished up vomiting for two days, before I actually got into the underlying grief. So that is how much resistance I had to the fear itself and I can feel the emotions I'm dealing with now, it's probably going to end up in the same little process as well.

So the key is just to allow these processes to occur in yourself. Often we have a lot of mechanisms to suppress and once we start getting through them, we really feel these deep agitations and feelings inside of us and then there's an interaction that occurs that's bodily, and often we do need to express those things physically as well, and our body will react. So I've had very few releases of fear where my body hasn't reacted. So you need to be very, very conscious that our body is probably going to react when we start dealing with our fear-based experiences.

### 15.3. *Working through resistance to fear*

[00:04:04.19]

#### **Jesus:**

Now for many of you there's a fear in that, isn't there – being afraid of what the fear is going to be when you experience it, and this gets back to one of those beliefs that I wrote up on the board that, "I cannot cope with that." Many of us have this belief that, "I cannot cope with that." The Truth is you can cope with this, you can cope with your emotional processing work, you can cope with any experience. You will be able to do it and part of the way to get to that point is to actually feel the opposite emotion, which is, "I'm never going to be able to do this." Go into the fear that I'm not going to be able to cope, actually feel the fear of not coping, and feel the fear that you're going to be overwhelmed and you don't know what you're going to do about that.

Now tomorrow you're going to have to be quite brave; if I get the chance to show you some video snippets you're going to need to be quite brave to look at some of them, because some of them are quite confronting. So my suggestion is if you feel a bit worried about dealing with your fears and you're not sure whether you want to go ahead with that, then my suggestion is you might want to avoid tomorrow. Not that I'm recommending you avoid your fears, but come tomorrow prepared, if you like, to connect with some of these fears.

Now just to give you a bit of a run-down about tomorrow. Tomorrow will be connecting with fears about a whole set of different issues, ranging from fears about world change events, right the way through to war, and also right the way through into religious fears as well, which many of you have from your childhood that have been impressed upon you and not released. So if you can allow these things to occur and allow these fears to be triggered.

[00:06:05.03]

What I'll try to do tomorrow is give you as much ammunition as possible to actually face a lot of those fears. I can't bring a bucket for you; you have to bring your own bucket, if you're worried about your bucket. The issue with regards to bodily reactions is we're so afraid of body reactions, we're often so concerned and afraid of them and so the thing is to start allowing yourself to have your body reactions. Start allowing yourself to feel what your body feels. That's a very important part of the process.

Okay. Well my person that was going to channel for me, I've triggered her fears I know and so she's off dealing with some of her fears about channelling in public and so we won't be able to deal with that just yet until she returns and maybe then we won't be able to either.

So what I'm trying to do now with all of my personal interactions with people is when I notice people have different fears and they're really willing to deal with them, I'm then triggering them quite frequently by asking them to do things that they might not normally do and things like that – not things that are out of harmony with love – but just to trigger the fears that are within them. If the person's in the fear place, they'll actually go and deal with that fear first and then come out of that and then we can work together quite easily. So that happens quite a lot around me. So you'll find a lot of these sessions are pretty ad-hoc in the sense that I haven't organised them very much at all and that's the reason why.

[00:08:11.26]

So what we'll do waiting for my friend Monica to deal with those fears that she has, is to start looking at some more daily practical things you can do about your fear. So let's look at sort of like a daily practice if you like. If you're in a state of fear and you know it, what things can you do day-by-day to help address your fear?

## 16. *The pleasure-pain and fear-truth scales*

### Jesus:

Now many of you know from other discussions that there are really a couple of things happening with regard to fear. If we call one the fear scale, and one the pain scale, so pain is up there and fear is up there. The opposite of pain is obviously pleasure, so we'll put pleasure down on this end of the scale, and the opposite of fear is actually?

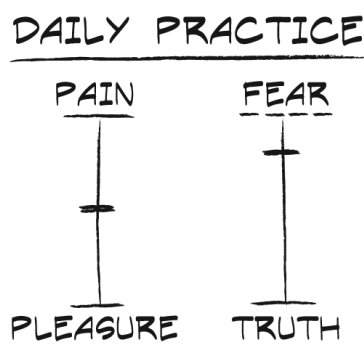
### Audience:

Love.

### Jesus:

Oh yes, interesting isn't it – I don't think love has an opposite, but truth certainly does. Remember if FEAR is False Expectations Appearing Real, then what is the opposite to what is false? What is true, yes? So obviously when you're in a state of truth you're also in a state of love, so that's a part and parcel of that.

But let's have a look at what happens. We might have a level of pain half way between pain and pleasure, and we might have a level of fear close to fear.



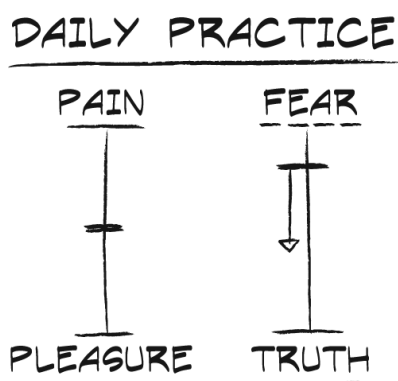
*The pain-pleasure scale and fear-truth scale, with a higher fear level than pain indicated*

Now if that's the case you will not deal with any of your pain. If your fear is greater, or about the same level as your pain, then you won't deal with your pain. So at some point we've got to get to this stage where we're no longer afraid of the pain. We're going to have some emotional pain; you've already got physical pain but see with physical pain, do you know what we do most of the time? What we do firstly is we pop a few pills, like headache tablets or body aches or whatever, but that doesn't work a lot of times because it happens again and again and again.

[00:10:03.28]

So what we do then is often the pain gets worse and by now we're looking at operations, and we even deal with that, don't we? We even contemplate going in to have an operation to deal with something that's now degenerated in our body to the state where it's diseased. Why do we do that? Because we still accept the pain more than we do the fear about dealing with emotion. That's why we do that.

So what we need to do is somehow lessen this fear. So we need some daily practice – something that we can do in a day that helps us reduce the level of fear – because what we want to do is we want to get the fear down below our pain level, if you like, below our threshold, so that we will always deal with our pain.



*The fear level needs to be reduced to lower than the pain level in order to deal with our pain*

Now eventually, you can see that there's two processes involved here – one is a willingness to experience all of my pain and the other is the willingness to start accepting truth emotionally.

So what can we do daily practice wise that can address both of those issues? That's really what we want to look at. How do we start addressing the truth issue and how do we start addressing the pain issue?

## 17. *Daily practices to help release fear*

### 17.1. *Breathe diaphragmatically*

**Jesus:**

So you've already seen a few of those things that we can do – remember just before we were doing some diaphragmatic breathing, you were breathing into this mid-section area of your body. So you're feeling into that area of your body, That is, allowing yourself to do that as a daily practice.

Now most of you work, or you do things around home where it's not easy for you to lay down and do that. My suggestion is just practice doing that five minutes a day, no matter where you are at that particular moment. You might be at work or you might be out partying, or you might be home, or you might be doing some housework around the house, you might be out gardening, you might be doing all these different things, just remember, do some breathing; really start breathing into your diaphragm. So breathing – breathe, breathe properly.

### 17.2. *Feel bodily sensations*

[00:12:07.29]

**Jesus:**

The next thing is to start allowing yourself to feel the bodies' sensations. So practice feeling your body. Be in your body. You need to stay in contact with your body. What we're doing a lot of the time is trying to get out of our body, because our body feels painful so we get out of our body. When you take a headache tablet for example, you're trying to get out of your body. You are trying to avoid why you've got the headache. Allow yourself instead to feel it – even if you do it for five minutes before you take the headache tablet, even if you just do that, that's better.

What you do is you lay down or sit down and just allow yourself to feel that pounding feeling going on. You can even just ask yourself, "What's this pounding feeling all about?" But you just allow yourself to feel it, allow yourself to feel it longer each day if you have it. Allow yourself to feel it. "Pounding again today, what's going on?" Allow yourself to feel yourself to feel, and what will happen eventually is you'll break through into actually connecting with the underlying causal emotion, if you allow that to occur.

So I often feel in pain still and right today, I've got terrible pain in my stomach, really bad pain in my stomach and it's so painful for me today that I'm finding it hard to stay up here and talk, that's how painful it is. But I'm

just breathing, I know what it's about, I'm allowed to feel this underlying deep emotional grief about my own worthiness and I need to allow myself to feel that, and allow myself to stay connected with this pain.

[00:14:06.29]

If I stay connected with this pain, I'm going to eventually get to the underlying emotion. If I get out of this pain by using a technique and some of the techniques are; if I eat, or if I go off and do something else, or I go out and party, or if I go while I've got this pain, I'm actually avoiding this pain now. So I need to reconnect with this pain, reconnect to my body. Don't try to get away from it.

Now sometimes when you do that it feels unbearable. Many of you have felt that, where you started connecting to the pain and it just feels unbearable. So what we need to do when that happens is allow ourselves to stay connected with that pain and just cry about how unbearable it is, just allow those tears to flow about how unbearable it is.

So feel your body. What's next? What do we do next?

### **17.3. *Allow emotions immediately when they arise***

**Jesus:**

Whatever emotions come up from that, we want to try to get into the emotion when it's happening. You see most of the time, what we're doing in our daily life is we're going along in our daily life and an emotion gets triggered and we say, "Oh, I'll put that off to five o'clock tonight, when I'm away from work." We're automatically trying to shift it to another time. The problem with that is we're actually adding another layer on top of the emotion of avoidance. We need to allow ourselves to shift our emotions as they occur.

Now if an emotion is occurring, let it occur. In the world that we live in today this is a very difficult thing to practice, isn't it? Because you're going to get lots of judgement about that and if you're a woman you'll get a different type of judgement than if you're a man. Because a lot of times a woman is allowed to do that in certain circumstances, whereas a man's not allowed to do that at all, often times. So there are lots of different judgements that you'll get if you're a male or a female about those particular things, going into your emotions.

So allow the emotion immediately and that is so hard to practice. So start practicing it with little things. So if you can do that with little things, you'll be able to grow and it'll start growing inside you where you'll be able to do that with all your emotions.

### **17.4. *Pray***

**Jesus:**

Now of course we're already drinking water, so that's part of our daily practice, and we're already eating so that we're not avoiding our emotions; that's another part of our daily practice, we discussed before the break. But there's a major daily practice that we need to do and that is probably the most important one I feel. Pray!

Now what is prayer? Prayer isn't this religious thing that most people talk about. It is a longing directed towards your Creator to assist you with whatever it is that you need assistance with. So what do we need assistance with? We need assistance to get into our fear-based emotions – that's what we need assistance with.

#### **17.4.1. *Being sincere in prayer***

**Jesus:**

So what we need to do is actually start longing to God about dealing with these emotions, but we have to be longing in a state of purity. There has to be a pure emotion. So if my pure emotion is, "I would like to avoid my fear for the rest of my life," that's my emotion. I need to talk about that emotion with God. So instead of saying to God, "Please help me to feel my fear based emotions," what I need to be doing instead is saying to God, "I want to avoid all of my fear-based emotions."

DAILY PRACTICE

- 1) BREATHE
- 2) FEEL YOUR BODY
- 3) ALLOW IMMEDIATELY
- 4) PRAY! PURE

**Participant Female:**

Maybe my prayer would be, "Give me all my fear."

**Jesus:**

Yes, but see if I don't want all of my fear then that's not a prayer that's pure. Can you see that?

**Participant Female:**

No, I actually don't.

**Jesus:**

No, and that's the one thing most people don't realise about their connection with God. You can't connect with God with an impure emotion. When I say an impure emotion, it has to be sincere. If your desire is to avoid your fear, then you need to say to God, "I want to avoid my fear. You help me avoid all my fears." (Laughs) "You know, why don't you help me avoid all my fears?" Get angry with God if you want to get angry: "Why don't you help me? Like I didn't create my fears, other people created my fears. Why do I have to now feel my fears?" So allow yourself to actually connect with that emotionally.

Can you see what I'm saying? See a lot of times what we're trying to do is we're trying to connect to an emotion that we have no real desire to connect to at all. How many of you really want to feel your fear? Really? Like let's be honest, there's not many of us in the audience who really want to feel their fear. The truth is if you really wanted to feel your fear, what would already be happening? I'd be feeling my fear.

So if I'm not already feeling my fear, then I don't want to. So we can talk about this fear all day and wanting to feel your fear, but if you really don't want to feel your fear, what's the best thing to do? To actually pray to God as a pure prayer, "I don't want to feel my fear"; let yourself feel some of the anger. What do you feel about that? Like other people have created all your fear, it wasn't you that created it all; it all seemed to be just a part of you by the time you were five, didn't it? How many of you feel that you went out purposely to create these fears inside of you? Nobody.

So you don't feel like it's your responsibility to feel these fears a lot of times. What we feel instead is, "No my mum should feel that fear. My dad should feel that fear and little boy bully at school that beat me up every day should feel that fear." We have all these feelings in us that, "It's not my responsibility to feel this fear, it's everyone else's responsibility, they're the ones who created it." And then we think, "What about God? God created this terrible system where I've got to feel my fear after they created it. That's not fair. I don't think you're fair actually. This isn't a fair thing to do. What should happen is all of my fear that I have to feel, someone else should have to feel it." And we start connecting with the real emotion we're feeling. That's a prayer.

Do you get the difference between what we're often doing and what we need to do when it comes to prayer? Two opposite things you see. Now when I'm starting to do that I'm now starting to get firstly to this anger I feel about the fear that is within me, and how unjust it is to feel it and all these other things, and now what I'm doing is I'm releasing my blockages about feeling my fear, because I'm experiencing them. I'm feeling the reasons why I don't want to feel my fear. Once I start connecting to those you'll see it happen very rapidly in you. You can connect to that and two minutes later you'll be in some fear a lot of times, because you've released the blockage to feeling the fear, and this also applies to your underlying emotions with fear.

[00:21:58.24]

When you feel your fear and start experiencing it, a lot of times you'll get very rapidly to the emotion underneath that, because it's when we state the truth of how we feel to God, that we start connecting to ourselves

emotionally. Not when we create a fictitious intellectual viewpoint inside of ourselves. It's very important to understand this.

When I'm just saying to God, "Please help me feel my fear, when my emotion is, "Don't let me feel any fear." Then I'm setting up like a lie, aren't I? I'm saying, "Please help me feel my fear," and God's going, "What? You don't want to feel your fear. Like you want to avoid all your fear, I'm not going to help you feel your fear. Your free will's saying to me, 'I want to avoid my fear.'" Can you see, how can God answer that prayer? To answer that prayer would be breaking free will. So I can be there saying, "Oh please, God, help me do this and help me do that," and really be feeling totally the opposite emotion.

And remember it's the emotion I'm feeling that God is hearing. It's the emotion I'm feeling that God is hearing, not the words I'm saying. Now that's very important to understand.

#### 17.4.2. *Feeling fear often exposes memories*

##### **Participant Female:**

When we actually are feeling our fears, are they connected to a memory that we don't remember now, but at the time we are feeling the fear, the memory comes back?"

##### **Jesus:**

Oftentimes that will happen. As soon as you actually connect with the emotion itself, whatever the emotion is, most of the time the memories return. So you don't even have to worry about the memories really at this point. All you need do is allow yourself to connect with the emotion that you feel.

[00:24:00.01]

So if my emotion I feel is a lot of upset and anger with God; like many of you have been coming for some time now and learnt about all these different ones of God's Laws. There's this Law of Attraction thing, well how good's that? You're basically saying with the Law of Attraction, if I don't feel one of the emotions that somebody else created in me, let's face it – most of the time somebody else created in me; basically what I'm telling you that somebody else created this emotion in you and you're now responsible to feel it and the Law of Attraction is going to bring you events to trigger that emotion until you feel it. How fair does that feel to you?

Like for most people in the audience I can guarantee once you ponder about that, you'll feel that's not very fair. You feel really, "No hang on a sec. Why doesn't my mum's Law of Attraction bring that emotion to her? She's the one who created this one in me. Why doesn't she feel it? You see what I'm saying? And so we often have these feelings towards God about that, so talk to God honestly, and that doesn't mean just talking sometimes.

Sometimes you're going to get quite angry and frustrated with God and you're going to be angry and frustrated with this particular law or that particular principle, and you're going to be so upset about injustice. Because remember I've said on many occasions that love isn't justice and you're going to be so upset about that. What? "Eye for an eye, tooth for a tooth," that's what you want in the end. "I want the persons who created this to pay for what's within me now," and all those kind of things.

So allow the underlying fears to be present when you start allowing the emotions, sure the memories will return, but you don't need to worry about that at all. What you will need to worry about is letting the feeling be present. When the feeling's present that unlocks everything else.

#### 17.4.3. *Being sincere in prayer (continued)*

##### **Participant Female:**

So when you're praying to God falsely that you really want to feel these fears ...

##### **Jesus:**

And you don't really ...

##### **Participant Female:**

But no, and you don't really, but you're not aware of feeling any fear about not wanting to feel the fears. If that makes sense?

[00:26:08.27]

**Jesus:**

(Laughs) Yes. Well let's look at it. What often we do with grief or all the emotions I've mentioned, many of us are saying, "Please", to God, "help me get to my causal emotion." We know that if we release causal emotion our Law of Attraction changes. We're going to be happier. So most of us feel like, "Oh, I really would like to connect with some of these causal emotions," so we try to connect with the causal emotions, but we don't really want to connect with the causal emotion, most of the time, because if we really wanted to, we already would be doing it. Right now.

This is something we need to remember as a very basic thing – if I'm not right now connecting with the causal emotions, then I don't want to and I need to be honest and say, "I don't want to. I don't want to connect with this causal emotion."

You know the times that I've said that I don't want to, sometimes within two minutes I've been feeling the causal emotion. (Laughs) It's amazing what it does. It's some kind of psychological thing and I still don't really get it. But basically what it feels like is you're allowing yourself to feel that you don't want to do something and that's more allowing than it is when you're trying to say I want to when you don't really, and to be frank with you, what's actually going on inside of you is it's the truth that will open you up. I'm not just saying God's Truth will open you up, what I'm saying is when you're truthful with God, it will open you up.

You try it even when you're truthful with your family, that's when emotions start coming out. It's when you're all trying to cover it over, no emotions come out then. But as soon as you're truthful with a family member, what happens? Or you start connecting with your sadness about that particular thing that you're talking about, or you're angry about and so forth, because you're being truthful, because you're in a dialogue.

So what I'm suggesting is have this dialogue with God. Initially it's not going to be a very good dialogue. A lot of times it's going to be like angry dialogue towards God, upset about this law and that law, "And why does this happen, and why does this happen to me?" And all these different things, "I don't want to deal with my emotions, someone should have to do it, they're to blame and I'm not to blame." All these different things are going to come out of you. They are your anger blocks in dealing with your relationship with God.

#### **17.4.4. *An example of AJ's emotions about receiving criticism***

[00:28:21.24]

**Jesus:**

After that, you'll start getting into some fears, and so you can start discussing your fears. "I don't want to have to go around doing this teaching work when I'm getting lots and lots of people criticising me all the time." I don't know about you, but criticism doesn't feel that good to me at the moment. So what happens a lot of times, I say I'm Jesus, or I start talking about first century existence or something like that and I just get a barrage from an audience. A lot of times this happens. Now I go home and I go, "Do I really want to be doing this?" Like putting myself in front of a couple of hundred people who half of the time or three quarters of the time just want to spend the time criticising me.

Last week I got quite a number of emails, as Mary will attest to, about all the things I did wrong last week, in the groups and whatever; all the personal things, when somebody came up and asked me a question, what I should have said to them and what I didn't say, and how unloving I was and all these different things. You'd be surprised this happens on a weekly basis. It's part of my Law of Attraction at the moment.

Now I need to work my way through the Law of Attraction, allow those emotions to come up. Well what comes up for me is emotions like, "Wow like I give my time for free." And it's mostly women who do this, so I get a group of women coming up and criticising me about how I'm not gentle enough, I'm not understanding enough, and I'm not kind enough, and I said some things that they didn't like and I get this list of things emailed back to me. Generally it's quite good, because it's a pointed list and it's very clear. (Laughter) And it's amazing how many times that happens.

[00:30:07.27]

So then I go into these emotions, which I still need to feel. "Why do I want to do this? Like I don't want to be Jesus, who wants to be Jesus? Do you want to be Jesus instead? I'll let you be one, that's fine I'll just go into



insignificance." But I love the truth, I love the Divine Truth and this is my problem. See I love the Divine Truth more than I like being hammered on the weekend, sort of thing. (Laughs)

So a lot of the time what happens now is I'm in my passion, speaking the Divine Truth, I get hammered in return back and so what I do then is I allow myself to go into the emotion, and I even talk about that with God. Like, "What do you expect from me? Like I want some help here. I want some help here in terms of, all I want is to be able to present the Divine Truth and not get hammered every time doing it." And so I feel about those emotions.

And I know many of you don't hammer me, so I know many of you feel very appreciative, but see with my emotional injury that I have at the moment, I don't feel that as much as I feel the times I get hammered. This is what happens – until we deal with these emotional injuries, the ones that are the triggering ones are the ones that are exposed the most.

So I have to work my way through that emotion, feel those emotions. Some of the emotions that come up are like a fear of being attacked, so that's a big emotion still, for both myself and Mary; a fear of being physically violently harmed in putting ourselves out there. One of the emails I got this week was pretty violent, an email about how I'm totally disillusioned, of course and of course Mary is too, and then all of these different things about all of this untruth that I'm teaching and woe will be on me, and God will punish me and God will ... all of these things, like just lots and lots of stuff about their own anger really.

[00:32:09.27]

So we often get these kinds of criticisms back of course because we're open with our email address and we're open with all these kinds of things. You just get your Law of Attraction kicking in and what I do is I allow myself to feel the fear of that – like what does that feel like? Sometimes it feels terrible, and I allow myself to feel it. Each time I allow myself to feel I release a bit of that and then the next time it affects me far less.

Years ago when I started doing this, I'd get up in a group of twenty or thirty, and three quarters would walk out part of the way through the discussion generally, with anger and rage, and then the rest would be actually listening for a while, but eventually they too would get into anger and rage about something I'd said. (By the way many of you in the future will get into anger and rage about something I'll say.) And I feel that rage and I feel that anger and before what I'd do is I'd go into this fear about people's anger, like start to tremble and feel shaky inside and feel really terrible inside. So I'd be really worried about all of their anger, and I'd have a terror-based response in other words to their anger that I'd have to allow myself feel. So I let myself feel it, the next time it gets better.

Now I described last weekend how I've had some pretty major people ring me up, threatening to kill me and all sorts of things, and I've had to work my way through those emotions in terms of what that causes or triggers within me with regard to my fears.

## 17.5. *Notice the Law of Attraction*

### **Jesus:**

So the key is to allow your Law of Attraction and that is the next thing I'd like to write down – allow your Law of Attraction to trigger your fear. So notice your L.O.A. I don't like using acronyms, Law of Attraction that stands for. Notice your Law of Attraction.

### DAILY PRACTICE

- 1) BREATHE
- 2) FEEL YOUR BODY
- 3) ALLOW IMMEDIATELY
- 4) PRAY! PURE
- 5) NOTICE YOUR LOA

[00:34:08.22]

So this week I had one man, a male – it's very important what gender too is doing this with you. So this week I had one man who is a religious zealot email me with lots of condemnatory stuff. So I've got to look at that as a Law of Attraction thing. What's the Law of Attraction there? And that one man emailed both Mary and myself, separately. So both Mary and myself have a Law of Attraction with that particular one.

Then I had one lady emailing me specifically, addressing me specifically saying different things about how I was unkind and not gentle and all these different things, and basically the word she used quite often was "uncool", I'm uncool. So that's my Law of Attraction. Now it was a female sending me that email ... so "I'm a poet and I don't know it" (laughs) and none of you caught that one.

So I had a female sending me the email, and that is a very important part of my Law of Attraction, in that particular event. So I've got to look at that and then during the week we had a number of spirit-based events occur for myself and Mary together, where different spirits came to talk and different spirits came to express themselves and they had different emotions and so forth, and so that's part of our Law of Attraction. So we allowed ourselves to feel about that, what fears were involved in that and the key is to work through those particular fears as well. Your Law of Attraction tells you everything that's going on pretty much.

### 17.5.1. *God often responds to prayer through the Law of Attraction*

[00:36:03.08]

**Mary<sup>3</sup>:**

I just wanted to add for the lady who asked a question about prayer that sometimes I just pray to God to show me about this issue, and usually the answer comes in my Law of Attraction, but if I pray it seems to really heighten the experience.

**Jesus:**

Seems to ramp up the law.

**Mary:**

So even if I think, "Oh, I don't really know what's going on with me around this issue, but can you show me what is happening around this issue for me emotionally?" Because sometimes I feel really far from the issue.

**Jesus:**

Yes, there's a lot you can do with prayer, and my suggestion with prayer is to notice when you pray you can ramp up your own Law of Attraction. The problem with fear is we often don't want to. What we want to do most of the time is to suppress our fears, and so we're trying to suppress our Law of Attraction about fear. I quite often have people coming up saying, "But if I ramp up my Law of Attraction about fear, I'm afraid of dying in a car crash. So what do I do with that? Like if I ramp up my Law of Attraction does that mean I'm going to have a car accident next week?" And the answer is well, "Yes, you're afraid about a car accident every single day of your life, aren't you?" So feel the fear.

When you feel the fear of that, it'll actually lessen the Law of Attraction about the issue, not the opposite way around. See a lot of times what we do is we think it's going to increase the Law of Attraction about the issue, when we tune into the emotion, because we're taught New Age teachings again. They go down the track of saying, "No you've got to use your mind and you zen out of that," and it doesn't change your Law of Attraction at all.

I was talking with Josh last week when he was around at our place and he was saying how he went into that beautiful zen state, where you really zenned out, blissed and your Law of Attraction still operated; your computer broke down, your car broke down; they all still happened and it's still happening. But because of the feeling of meditating out of it, you get out of that Law of Attraction.

The truth is the Law of Attraction is happening. If it's happening you haven't dealt with it yet and that's just a very basic truth.

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<sup>3</sup> Mary Magdalene. Also known as Mary Suzanne Luck.

**17.5.2. An example of AJ's emotions about receiving criticism (continued)****Jesus:**

So if you haven't dealt with it yet, let yourself feel, "Alright, the Law of Attraction brought me this week two more criticisms, pretty intense criticisms from one guy, violent sort of criticisms. I've got to look at that. I've got to look at what's inside of me, what emotion inside of me is that triggering," and let myself feel that.

**Participant Male:**

Did you reply to the emails?

**Jesus:**

No what I try to ...

**Participant Male:**

So you just leave it?

**Jesus:**

Yes. What I try to do myself is not project back at the person. So there are times when I've dealt with the emotion that I will then reply to the email, but the majority of the times what I will do myself is just feel the emotion until it's done and I'll just read the email. I print them out and re-read. How people say, "Don't ever read your own hate mail." Well I read all of my hate mail. So what I do is I print it out. Mary has seen me do this quite often. I print it out and I re-read it, go off and deal with it and re-read it again, and in the end once I can read it and I've now dealt with the emotion, you can feel that in yourself where you feel in a space of love with the person.

Now, if I want to I address the issue with the person, whatever that issue might be, a lot of times by then though, they've emailed me back saying sorry. (Laughs) That often happens as a result of you working through your emotion and getting into a place of forgiveness where the person basically works through theirs as well. So that's often happened, but if that hasn't happened, and I feel there are some issues to address in truth, then I'll address those issues and I suggest for you to do that as well.

Try to avoid this re-projection of stuff back at the person, because what you end up with is just a tennis match. You know, one of those tennis matches where you go hit, run to the other side, you hit, and it's like running back and forth and you know sometimes where, "That was a good rally," but sometimes it lasts twenty-five minutes and it seemed a bit boring to watch. That's what happens to our life a lot – we finish up entering into these transactions where all they are is hitting the emotion back and forward, but not actually feeling the emotion.

So stay in the transaction emotionally and feel the emotion. When you stay in the transaction emotionally and feel the emotion you will notice changes in the dialogue, if you enter into a dialogue after that. You will notice changes where one of you shifts, and the other one shifts and so forth. In some cases we've had points where I've had dialogues for ten or fifteen times after I've dealt with the emotion and then in the end we said, "Well that's enough now," basically this person is still projecting anger and hatred and what else and it's time for us to stop and say, "That's enough," and you'll feel that at times inside of yourself when you're starting to be unloving towards yourself, but you won't avoid emotionally what's going on.

So that's why I find it's good to read all the hate mail and deal with all of that emotionally. In the process of that, obviously things change and your Law of Attraction changes, events change, different things get attracted to you and you notice you're attractions changing and you can see, "Wow, I've dealt with that. I've really dealt with that particular issue now."

So now when I'm in a group like this and I get projected at me lots of anger and hatred, I used to get terrible back pain – so bad that I couldn't sit down after the group. So what I'd have to do is sort of bend over and sort of be in a foetal position bending over and just cry until the back pain was released. That was just all unworthy feelings coming from that anger and rage and so forth. So I just allow myself to do that and then I feel like going off next weekend and doing another talk and triggering the same thing. Then you get to a point where, "Wow that's not there anymore," and even though I've got maybe some anger or other projections coming at me, I still don't feel that anymore, and you know then that everything's been released.

## 18. *Weekly practices to help release fear*

[00:42:17.06]

### **Jesus:**

Let's get back to our daily stuff. What I suggest you do too is buy a journal. So if you haven't bought a journal already, my suggestion is buy one.

### 18.1. *Write an anger list*

#### **Jesus:**

In the journal have a page, and you might eventually need two or three pages with this particular one, but in a journal have a page that you go to and whenever you're angry you write down what the event was about. Whenever you're slightly annoyed, write down what the event was about. Whenever you're irritated, write down what the event was about. So what that basically is, is what I would call an anger list.

You don't have to do it all at once. You can just write down what you're angry about, what you can remember, but let it change. It will change with you, as you're changing. Allow yourself to note down the things you're angry about.

So this week what was I angry about ... I can't remember what I was angry about this week, because I was mostly sad this week. (Laughs) What about the previous week? I was a bit upset about the woman who emailed me those things, wasn't I? That was slight annoyance; I'd call that, so you write that on my anger list – slight annoyance, woman sending nasty email, whatever that's about.

You don't have to deal with it at this point, you just write it on the list, because sometimes you're not feeling the emotion of it. But it happened. The event happened, so write down the event – what happened. So write down that, and what did I feel from that event? A bit of annoyance or whatever. Write down that too. But I couldn't get into anything, so another thing happens and another thing happens. Write down all the things that made you angry.

[00:44:08.03]

Then once a week, look at that list. Look at the list for the last week and now use your mind, because at the moment it's pointless using our emotions at this point, because we're disconnected from our fear and we're disconnected from our grief and so forth. So instead use your mind, because that's the tool available to us in this state. Use our mind to make a fear list from the anger list.

### 18.2. *Write a fear list from the anger list*

#### **Jesus:**

So we do a fear list from the anger list. So like, "I was slightly annoyed about this lady." What's my fear? So I have to think about it, just allow yourself to pray about it and let some intuition come to you; this is where your spirit guides can help you a lot as well, and just write down what you suspect it might be about. It doesn't have to be right at this point, because what we're trying to do is open our awareness, that's what we're trying to do. We're trying to stretch ourselves and open our awareness.

ANGER LIST  
FEAR LIST

So open your awareness into the fears that you have and start writing down. In other words, relate your anger to your fear, join the dots together. "That anger is actually about that fear. Ah! Ah that anger that I had there was about me being afraid of that."

So for example, you might be angry that you rang up the plumber today and he didn't come today. Your first thought might be to ring up the plumber again and give him an earful. (Laughs) "You promised you'd come today. Why didn't you come today?" Instead of doing that, you're upset. So write down: what were you afraid of there? What are you afraid of?

[00:46:00.29]

It could be all sorts of things couldn't it? It could be the toilet's not working and you are starting to have a "number two" generate and you're afraid about going outside. It could be just a fear of comfort. You see what I'm saying? A fear of discomfort could be just the thing driving you.

**Participant Male:**

A foul bowel.

**Jesus:**

Sorry? "A foul bowel." (Laughs) You're a poet and you don't know it either, Pete. Mary, what do you want to say, darling?

**Mary:**

I was just going to say that sometimes it's not a fear from me, it's not a fear directly related. Like for me the plumber not coming would be a fear about me. I'm afraid of feeling unloved. So it's not a fear about the plumber, it's a fear about the emotion that the plumber is triggering.

**Jesus:**

Yes often there's no seeming relationship between the two. When I say no "seeming relationship" there is always a reason why you go into anger and it's always fear-based generally. But often when we first look at it, there is often no relationship between the two. So what we've got to do is trust some intuition here. What's this about, what am I feeling about?

**18.2.1. An example of AJ triggering anger in a house guest by not allowing her to use candles**

**Jesus:**

Monica, do you mind me saying something about when you were with us? Monica stayed with us for a few days out at the eco-tent. I said to Monica the night before, "I don't want you to use candles in the tent." What did you feel about that? Jen's okay but you see it depends on what emotion is in you, what you'd feel about that. Monica had some man, who's telling her about free will, controlling her free will. That's what she thought. So she went into the emotion about being angry at AJ. "Hypocritical AJ, doing his stuff." So we're in the anger state here. So this is anger.

[00:48:12.27]

When we started dealing with the fear, when we linked up the next morning, Monica was truthful with me. She said, "I'm angry with you." "Okay why are you angry?" "Because you told me I can't light a candle when I've got free will, I'm allowed to do anything I want." And for a start, that's not what free will is. That's a false belief about free will by the way, because the truth about free will is you're allowed to do anything you want, but there is a consequence to every action you do. That's the second half that we usually ignore. We chuck that one away. We say, "We're just allowed to do whatever we want."

But anyway she comes up and says, "Oh you didn't allow my free will." I said, "Yes I did actually. You had the free will to stay in my cabin under the terms I've given you, or you had the free will to go home. So that's free will, I've given you free will." "No, no, no." We had this discussion, didn't we, Monica? "No, no, that's not true, you know. You're just trying to get away from the fact now that you're trying to control me," and rah, rah, rah.

Anyway I said, "Monica, this is not what it's about at all. Let's delve into the fear of what it's about." In the end it was whenever Monica felt a man didn't give her what she wanted, the man didn't love her and this was related to dad, feeling unloved from dad, and whenever dad didn't give her what she wanted then it meant dad didn't love her. Now as soon as Monica said that, bang, she was in the causal emotion. Weren't you? Like a few seconds, four hours of tears afterwards, wasn't it? So what happens a lot of times is we can get through these layers quite readily and quickly, as long as we're speaking the truth of them.

[00:50:02.24]

So if Monica had come up and I'd said, "How were you last night?" "Oh it was fine." "And what do you feel today?" "Oh I'm okay." Now we wouldn't have got to talk about how angry she was with me for a start, would we? And so we're not in a state of truth now, are we? So can the emotion flow? No, the emotion will not flow while you are in a state of untruth. The only emotions that flow in a state of untruth are self-deception anyway.

So she gets into the emotion, the anger, and now we're stepping down. Now we're starting to step down through the layers. If you avoid all of that you're not stepping down through any layer. So you're never going to get to the basic emotion in the end. Does that make sense to everyone? Yep, okay. By the way when I say the words, "Does that make sense?" It often means that I feel that quite a number of you are not making sense of that, but anyway. (Laughs)

### 18.3. *Focus on one fear*

#### **Jesus:**

So do your anger list, do a fear list. Fear list, very handy – relate it to your anger list. Then the next step is to choose one of those fears, and what I suggest you do is choose the biggest one. So what we often do is choose the smallest one. And if you want to do that you can do that, but to be honest with you the biggest fear is going to have the biggest result when you release it. So what we do is choose one of those fears and we focus our prayer and attention on that fear.

ANGER LIST  
FEAR LIST  
FOCUS ON  
ONE FEAR

Now I don't mean we go, "Please help me feel this fear next week"; that's not focusing our attention on a fear. That's not being truthful necessarily. What I need to do, I need to be honest with this fear for a start. "I don't want to feel that. I don't want to feel this." We talk to God about what we don't want to feel. Why don't you want to feel it?

[00:52:02.11]

Talk to God about why you don't want to feel it. What's going on inside of you that causes you to not want to feel that fear, why are you avoiding this fear? It could be any reason, couldn't it? It could be hundreds of different reasons. "I'm afraid I'll die if I feel that." "It wasn't my fault in the first place that I had this." Say all the things you feel, say them all and then focus on triggering that fear during the week. So set your intention to address the fear.

I don't mean to connect with it necessarily; I mean to be honest about it all week. Focus your intention on being honest about that fear for the entire week. So somebody comes up and says, "Hey how are you going today?" "Oh, I've just realised this week that I've got a really big fear," and say what it is. Then you come home from work and the husband asks, "How you doing?" "Oh, I've just noticed that my fear came up quite a few times today." Talk about the fear. Talk about what it is, allow yourself to stay connected with it during the week.

#### 18.3.1. *Watch confronting movies or read confronting books*

#### **Jesus:**

So what you do then is you go to the movies, to one of the movie places on a Tuesday. Usually that's the cheap movie night, and so what you do is you borrow out your five videos about that fear, and that becomes your focus for the rest of the week. So one of the nights you sit down, and you're breathing diaphragmatically, because now you're going to watch the Emily Rose movie or something, and expose your fear about spirits. So whatever it is that you're connecting with.

So if I'm afraid about being alone, I'll go and watch a movie that's about being alone. If I'm afraid of world change events, I'll go and get movies about Earth change events. If I'm afraid about violence I go and hire five violent movies. If I'm afraid of rape I'd go and hire some movies with rape portrayed in them. And what I do is I connect to the fear of this.

[00:54:03.21]

Now many of you are going to feel like, "AJ's just crazy now; he's suggesting things that are way out of line now." And I can feel those projections, but I'm saying to you that this is how you get under your fears. There is some grief and other emotions in here for you, and if you allow yourself to actually do this, you'll find yourself getting into those underlying emotions.

Now you'll be amazed at what type of movies you choose. Sometimes like with a violent movie, if you're afraid of violence, sometimes you can choose gentle movies and they trigger you. Sometimes it's the flip side that actually triggers you. So use some intuition when you're at the video store, or use some intuition about what other people have told you this week about what movies to watch or good books to read.

So somebody comes up and says, "Oh there's this book called 'Feel The Fear And Do It Anyway'" by Dr Susan Jeffers. You go, "I'm not afraid, I don't need to look at that book." Now there's your Law of Attraction just happened there. Your Law of Attraction just happened. Go and get that book, and if you can't get it from the library go and buy it and then read it. That's your Law of Attraction; somebody's brought that to you. So quite often I've looked at the title of a book and gone, "Urgh, I don't know why this is my Law of Attraction," opened it up and start reading and, "Wow, it's triggering all sorts of things," but not what the person thought. Most of the time it's nothing to do with what the person who's giving me the book thought, but often it's totally different things being triggered, but there's my Law of Attraction.

The same goes with the movies. So tomorrow what we're going to do is spend a bit more time on that. We'll give you some movies, books, whatever and just again, use your Law of Attraction.

One way I do that sometimes, that might work for you, is just read the title out to yourself and just breathe a little and see which titles make your body change. So if you feel a bit teary reading a title, get that title. If you feel a bit anxious reading a title, you get that title – just go through the list. If you feel a bit scared about that title, get that title. Just go through the list like that. Get four or five if that's what you've got the time to do, or one if you haven't, and allow yourself to focus your intention on looking at this particular fear, seeing it for what it is. Not avoiding it, seeing it for what it is.

### 18.3.2. *Praying for assistance and being open about the fear*

#### **Jesus:**

I'm not saying that you'll want to deal with it, because to be honest if you're not already dealing with it, you probably don't want to deal with it. So start talking to God about you not wanting to deal with it. Talk to others about how you don't want to deal with it, be honest about it. You see it's the truth that sets everything free. Everything, including all of your emotions, get set free by the truth and so you're not going to get anywhere saying, "Oh, please help me feel this particular emotion," when in reality you do not wish to do it.

Do the opposite then. "I do not want to feel this emotion," so be honest about that, don't just shut up, but be open about how you really feel inside of yourself. Even with God – remember this path is about connecting with God. This means telling God everything you feel, not just the good things. We're taught from a very young age in religious movements to go, "Only talk to God about the good things, otherwise God will punish you if you talk about the bad things." Often we feel that. That's not how it is, God wants to know everything; God already knows everything about you.

Often in your speaking it, now you know it, when you start speaking it, you see? Often God's there looking down and he's saying, "Hmm, not proud about that particular thing, but that's not what's happening with their Law of Attraction right now. It's interesting that." (Laughs)

[00:58:08.16]

If you can imagine yourself being in that position, like looking down at everyone in humanity and going, "Oh look at that Law of Attraction working there, there, there, there." You imagine one day on your own life, like there's literally hundreds of events, where God's going, "Yes there, there it is again, another Law of Attraction,

skip over, another Law of Attraction, skip over, look at that going on there. Then a person says, "Oh, I want to know about it." Oh God's in action then, "One person wants to know about their Law of Attraction and what's going on!" Trust me this is how God feels. God feels so enthused when one person just wants to connect with their true Law of Attraction, and they want to know about it, of course God's going to do all sorts of things to help you know about that.

"Now the trouble is I can't talk to the person as they are, because they've got so much resistance towards me, but I can talk to Joe Blogs over here, I can get this spirit that you call an angel over here to help him out there, and I can get their guide here to help them out. Their wife's actually quite mediumistic too, I might just be able to manoeuvre that a little." God knows what He can and can't do and so He does it, just to help you connect with yourself. If you can think of God like that, up there, it'll help you a lot.

God feels very personable toward you. God's always interested in your underlying emotional state and God's always wanting you to actually work through the underlying causal emotion. The saying is, "God will move heaven and Earth" – maybe not quite that, because that would be breaking other laws, but God will do quite a few things from a spiritual and emotional and physical perspective in order for you to have that emotion triggered in you, when you really want it.

So start talking to God like that, like a friend and I'm not saying like your current friends, because a lot of your current friends they come up to you and they say, "How are you?" and you go, "I'm okay." I can't tell them how I really feel, because how I really feel is a bit about them actually, (Laughs) and they'll get upset when I tell them that. No, no, I won't say that."

[01:00:21.12]

But with God it's different because God already knows how you feel and we've got to get used to talking to God about how we feel, understanding that. When we understand that, we start connecting with our emotions. When we connect with our emotions, things flow. That's a very important thing to understand.

So, Anger list, fear list and then the next step was to actually do one of the fears. So when we say do it, we focus on one fear. Now my suggestion is to focus on the fear that your Law of Attraction is already bringing you, that's the easiest thing to do.

## 19. *Audience questions*

### 19.1. *Every event that happens to us is the result of the Law of Attraction*

#### **Participant Female:**

Would you say a genetic disease is also Law of Attraction? I'm having one, and my grandmother had it, and my mother and it just hit me five years ago.

#### **Jesus:**

Every event, every disease, every single thing that ever happens to you in the course of a day is all the result of a Law of Attraction. Now the key is to take away blame because most of the time when I say that people go, "Oh so I'm to blame." No, most of the time there's this multi-generational error to blame, but the truth is it's now inside of yourself. The truth is also that any genetic problem can be repaired with God's Love. So if we look at those two truths and we see that, all that's stopping the repairing of this problem is my own resistance, so there's something going on inside of me emotionally that causes it.

[01:02:05.09]

Now where that emotion can come from does not matter, what matters is me connecting to it and releasing it. So this is where you get away from judging yourself about the emotion and start getting into just saying, "I'm allowed to feel my emotions," because to be honest most of the time our emotion never came from our own life. Now the diseases that we get and so forth can often come from spirit attachments and other sources but all of that is still based upon emotional attraction.



**Participant Female:**

So spirit attachment can also release with feeling? Could I talk there? I have tried a lot but ...

**Jesus:**

The only way to release a spirit attachment is by dealing with your emotion. Because what happens often at times is we can talk to a group of spirits who are attached to a certain emotion in us, that group of spirits moves off and all that happens is another group of spirits move in who have the same emotion. This is why many people in the audience who are mediumistic have this constant cycle of certain types of spirits coming in all the time and that's because of our emotions. But if we raise our emotions, experience our emotions and release them, then the same Law of Attraction no longer occurs and when people come to visit us from the spirit world, we also are not affected in the same way by their visits.

# *The Human Soul*

## *Fear Revisited*

### *Single Session Part 3*

## **20. *Audience questions (continued)***

### **20.1. *Every event that happens to us is the result of the Law of Attraction (continued)***

**Jesus:**

So it's a bit like an angry person can come to you now and say a lot of things to you that might upset you, but then when you deal with the group of grief emotions that they triggered, if the same angry person comes to you and yells at you again, you'll have released those emotions, so you won't have the same effect anyway. But it's also highly unlikely that he'll come to you, because he will have felt that you've dealt with those emotions and he doesn't feel like he can say these things to you now and get away with them much, and that's a natural occurrence of the Law of Attraction.

## **21. *Weekly practices to help release fear (continued)***

### **21.1. *Focus on one fear (continued)***

**Jesus:**

So focus on the one fear. What I do generally is I like to focus on the biggest fear, because the biggest fear always has the biggest release. It has the biggest change, you get the biggest joy afterwards; you also feel more confident afterwards. Well if you think about it, if I deal with a big fear then what about all these little fears, are they going to be hard? No, they're going to be much easier now.

Remember I said right at the start that one of the major fears that we have is that we're not able to cope. So if you're able to cope with one of these big fears and you teach yourself you're able to cope, then you're going to be feeling pretty good about yourself, aren't you? And in the end you'll feel so good about yourself that you'll know you can deal with any fear that comes along. It doesn't matter if somebody even puts a gun to your head, you know you're going to be able to deal with it and so you'll be able to work your way through that fear and feel the feeling anyway.

#### **21.1.1. *Focusing on fears that block the experience of other fears***

**Participant Female:**

It's the first fear that you say "can't cope"?

**Jesus:**

Remember that was the biggest fear that we talked about initially, the fact that I believe I can't cope with my emotions and the second, another big fear that we have a primary fear of is that we feel that we're alone. They are often the two big fears that stop us from experiencing everything else.

**Participant Female:**

No my first one I feel is I can't cope in life.

**Jesus:**

Well that's the same thing. I can't cope with my emotion. Can you see the relationship? Why can't you cope in your life? Because you're afraid of the feeling that's going to come up if you do, that's the only reason. So it's all to do with your emotion.

**Participant Female:**

Okay, thank you.

**Jesus:**

So focus on the one fear, let yourself do that. Now I focus on the fear, so I'm praying to God, not about feeling the fear, but being honest. When I say praying, I'm being honest with God about the fear. "I don't want to feel this fear. I don't feel it's fair." Be honest about my emotions about this fear. You'll find that that in itself unlocks something within you and you'll find different events will occur during the week.

**21.1.2. *Experiencing the fear when it is exposed*****Jesus:**

Now when you do this, when an opportunity comes up and the fear is triggered again, allow yourself to experience it in that moment.

[00:04:00.24]

So for example I've got a fear of personal harm. I'm driving along in my car, someone cuts me off and I get into anger. What have I just done? I've just not allowed myself to feel, in that moment, the fear that I have. By getting angry you say, "Oh you f'ing idiot," what am I doing? I'm actually blaming the other person now for the fear they triggered in myself and I'm not consciously seeing the fear that I have. I'm now just projecting it outwards; this is not what I'm suggesting.

So what I'm suggesting instead is, I'm driving along, someone cuts me off, I feel the rage rise in me and that desire to respond and then I say to myself, "Ah, I'm afraid because of what he did. What am I afraid of? What am I afraid of?" And to be frank with you I'd pull over on the side of the road and just sit with that for five or ten minutes. There's nowhere else your soul needs to be but in that moment.

So even if you're late for whatever it is that you're driving towards, you're better off spending that ten minutes or five minutes that it takes just to work out what that fear was about. Because right at that moment you are the closest to that fear, right at that moment. Can you see why that's the case? Because the Law of Attraction happened at that moment. You see it's the Law of Attraction happening at the moment that is driven by all sorts of things going on. My emotions at that moment, my thoughts at that moment, are all a part of the construction of my Law of Attraction. So if I pull over at that moment and feel the emotion at that moment, that's the most powerful time that I have to connect with this. More powerful than any other time.

What most of us do though we drive home, park in the garage, go inside, "Oh there's some things to tidy up from the kids," we do that, we get the cooking going and we get ourselves ready for bed and then at nine o'clock at night, we're going, "What in the hell was that emotion? Don't know, I can't even remember what it was." And then when we try to get to it, it's like, "I've got no hope of getting to it now."

So do you know what has to happen now? Driving along in the car again ... (Laughs) It's sort of like "Groundhog Day", you've seen that movie? I love "Groundhog Day"; it's a great movie. But there are a lot of principles in that movie that we need to apply. One is if we keep doing the same thing every day, we're going to get the same result. Another is, if we keep doing things driven from emotions disharmonious with love, we are going to keep having things not happen the way we would actually desire them in the end to happen. They are really good principles in that movie I think.

So what I would do there is allow myself to stop and pull over and feel the emotion. But now I don't even need to do that – we can be driving along, something happens and I go straight into tears driving along, and I'm quite okay with that and Mary's quite okay with that too now. So we'll be driving along and sometimes Mary's crying, sometimes I'm crying. So when you drive past our car sometimes (laughter) people drive past and they look like you know: "What's going on with those two? They must be having a fight or something," and quite often we're feeling totally different emotions. That can happen quite naturally then and you can be dealing with emotions as you go quite naturally.

So we've done the anger list, we've done the fear list, we've focused on one of the fears and what we're doing is we're praying in truth about this fear, we're trying to focus on this fear with our relationship with God, because it's about our relationship with God in the end – it's preventing it. So focus on one fear and deal with that one fear.

## 22. *Feeling causal grief is natural once blockages have been removed*

[00:08:00.12]

**Jesus:**

Now the issue with fear is that when we know we're afraid it works in a very similar way to anger. When we know we're afraid and we're now totally in truth about our fear, and we no longer have any anger blockages about dealing with our fear, so in other words we've finished swearing with God, we've finished swearing at ourselves, and we've now got into this state where we actually do want to feel the emotion of it, very rapidly after that you'll feel the grief connected with that fear. And you'll find it will happen, like I nowadays if I'm in the right space and I've dealt with those blocking emotions and I say, "I'm just afraid of ..." whatever it is I'm afraid of, within five seconds later I'm generally crying about that thing I'm afraid of.

Once you've dealt with all the blockages that will happen just naturally. So what I'm finding is the majority of us are struggling to get to causal emotions because we think we have to go to causal, "Go to causal." Sometimes I hear somebody saying that, and it's almost like a slogan. "Go to causal, go to causal." And what really needs to happen is we need to experience our blocking emotions first.

So we need to experience our rage and anger for example with God about having these laws. We need to experience what it feels like to be in a state where we're not connecting with an emotion and how frustrating it is. We need to experience what it feels like to be in so much fear and what the fear is about and when we've experienced those emotionally, they are now all gone out of our system now.

[00:10:02.04]

Now the underlying causal emotion that's generating the majority of my Law of Attraction pops it's head up and we can feel it and it's quite that easy, when you actually deal with the blockages first. If you don't deal with the blockages first and you're trying to get at the causal emotion all the time, which is usually causal childhood grief, what's happening is you're trying to get at it, but all these blockages are like lead weights weighing you down from actually getting at the underlying emotion anyway and it's so hard. You've got to almost force yourself into it, and even then it doesn't feel like you've dealt with it.

So this is why many of you feel like, "Oh I tried to get at that cause and I cried for a little bit. Five minutes and I'm out of it again. Then I tried it again the next day, I'm frustrated. Now I'm starting to get frustrated after a week of that." It doesn't need to be that way because all we need to do is focus on the blockages to that causal, rather than the causal emotion itself.

It's the blockages that prevent you from feeling. It's the blockages that everyone around you, the environment around you, created in you, to prevent you from feeling. When you remove the blockages you will feel, just naturally, just like a child does. That's what will happen. Anytime you don't feel naturally like that, it's because of the blocking emotion. The key is to feel the blocking emotion.

## 23. *Different fears to focus on and expose*

**Jesus:**

Okay. So tomorrow in "20091025 The Human Soul – Fear Processing" we're going to focus onto some of the fears and what I'm going to do tomorrow is focus more upon talking about the fears themselves and what kind of things are happening behind the scene.

### 23.1. *Fear of spirits*

[00:11:56.02]

**Jesus:**

Now to give you an illustration of that, what we're going to do for instance with the spirit fear ... you know, many of you have a fear of spirits, that's right. There's a good song, is it Def Leopard, "Fear Of The Dark"? Iron Maiden, "Fear of the Dark". "Fear Of The Dark" is a song about, you walk into a room, nobody's there but you feel like somebody's there. Or you're walking outside in the dark and all of a sudden you get this eerie feeling. You've had that? There's this really creepy feeling. (Laughs) This eerie creepy feeling and you look behind and nobody's there and you sort of feel like going inside pretty rapidly.

Or you're walking along, it might be a lady walking along in Brisbane or something like that in the city and you're walking along by yourself and then all of a sudden you feel a bit creeped out and you turn around and you notice that there are a few guys looking at you and they're projecting some things at you and then you walk a bit further and you notice one of them is following you sort of thing. What's motivating all of that? These are all fears about spirits that can be related.

Or something starts moving in your house. Any of you had that happen? Where something moves in your house, or you put something there on the desk and you know you put it there, for certain and it's not there anymore. You go and ask your partner and no, they never moved it, and your children, no and you know you put it there and then a few days later you find it in a drawer tucked away somewhere. (Laughs)

**Mary:**

Just imagine all the domestic disputes that are all going to be labelled with, "It was a spirit, I so put it there."

**Jesus:**

These things all happen. So what we finish up doing is this starts connecting with some of our childhood fears about spirits, because we have a lot of childhood fears about spirits.

**Participant Male:**

I just had a question, related to that. A lot of people have told me things like, "Oh fairies are moving it around and whatever." Is that really happening? Or are fairies just someone's imagination?

**Jesus:**

Spirits can move things around.

**Participant Male:**

But what's this whole fairy thing?

**Jesus:**

Well quite often people in the New Age beliefs feel that – and this is perpetrated by spirits by the way quite often these spirits are in a poor condition and so what they do is they gather together and create an image that they project at anybody's mind of what they're doing. Sometimes the image is totally different to the person involved in the act and because they have the ability to connect to you emotionally, the ability to connect to your sensory apparatus, which we talked about last Sunday, in 20091018 "Spirit Relationships – Mediumship & Healing S5", what happens is that they can then feed you images and all sorts of things and sometimes people who are mediumistic get these images of these little goblins, or little fairies doing things, and so they call them a fairy. When in reality all it is, is a spirit or a group of spirits just trying to play or muck about. Some of them malevolent, some of them feeling there's no harm to it and they do all sorts of things and sometimes they can move objects. Yes and so they do.

This is what a lot of times the Ouija board's all about. Some of you in the past may have been along to a séance of some kind, where you all sit around holding hands, and there's the board in front and things move and spell out different things. Of course there's completely different ways to connect with you, but that's one way that's a bit freaky and it has its physical impact you see. So a lot of times spirits have all of these different things occurring.

What we'd like to do tomorrow is talk in a little more detail about that and talk about the fears. What I want to do is trigger you with some of the fears about what these spirits actually do. What you do as well. (Laughter)

[00:16:12.04]

And what we'll do is we'll connect with that, and we start feeling our own fears about what's going on here and then we're starting to deal with some of our childhood stuff about spirits. You see every single one of you can see spirits. You have the sensory apparatus to see spirits, you have the sensory apparatus to talk to spirits, you have the sensory apparatus to smell, you have the sensory apparatus to do all of these different things, hear them. We're just not doing it because our fears shut down all those bodily and sensory apparatus functions because of our childhood emotions. So what we need to do is trigger some of those emotions. Some of you have already tried doing some of that, haven't you? And had some benefit from that.

## 23.2. *Earth change fears*

### **Jesus:**

Then tomorrow we'll look at the issue of Earth change events as well and what I'm going to talk to you is about a few of the things that I feel are going to happen. I might be wrong by the way, but hopefully it'll scare the death out of you (laughs) and then you'll start wondering about it. You'll be going home and saying, "Oh, should I sell my house? What should I do with my kids?" You know what I mean, all these different things? And my purpose is not for you to do any of those things, but rather to feel your fears that you have about that. Let yourself feel your fears about it.

[00:17:52.05]

So what we need to do is we need to allow ourselves to connect to some of those fears. If we can connect with some of those fears then the things that we're afraid of happening won't obviously happen, but also we'll get to the causal emotion inside of us as to why we feel constrained. You see when it comes to something like Earth change events, for example, many of us are doing one of two different things. Many of you have heard of it before – many of you have gone to seminars where people have talked about, in detail even, what's going to happen in this region here quite specifically on the Sunshine Coast, for example. And you go home and go, "Oh hopefully it'll happen in a few years' time after I've passed."

We have this tendency to do one of two things; we either overreact in our fear, so we go and sell our house, go and buy this property out there and then twenty years later, nothing's happened and we decide to come back. So we do that, or what we do is we act out of our "bury head in the sand" type emotions, which is, "I don't want to know about that, I don't want to know about that. I don't think it's going to happen to me and it's not going to happen to me," and I bury my head in the sand. In the end when things happen, I'm not going to be prepared in a loving way towards myself.

In the end if I am acting lovingly towards myself I would be prepared automatically actually, if you think about it and we'll talk about some of that tomorrow, but the key is to deal with our fears about the issue.

Now some of you have a terrible feeling about being alone, or terrible feelings of fear about losing your children, or terrible feelings about losing your parents even, or terrible feelings that you're going to be the only person alive of your whole family. Not a single person on this planet will you know anymore when these Earth change events occur. Some of you have got that fear too.

So what we want to do is start addressing these fears and so I'll give you a list of movies. Some of them are just about to be released – there's the movie "2012", just about to be released. I suggest everyone sees it. Everyone. I can't pay for you all to see it though. But my suggestion is for you all to see it, because it's an interesting movie and a lot of the events portrayed in the movie are similar to the kind of events that will be occurring. A lot of this stuff is very much coming from the spirit world at the moment in order to bring up the awareness of the human race, to what's going to happen, and become prepared.

Now of course you can do what you want with that. My suggestion is to go into your fear, don't act upon your fears, go into your fears and feel them; that's what this exercise is about. If we can feel our fears and work our way through them, next month when I start talking about what will happen with Earth change events, you'll go, "Doesn't worry me," like it doesn't worry me, not because I've not got any care about my own life, but it doesn't worry me because I know I'm going to be in the right place, at the right time, with the right resources and everything's going to be fine, because I know that I've dealt with all of that emotionally.

### 23.3. *Religious fears*

**Jesus:**

Now many of us have conspiracy theory things going on and all these other things going on at the moment – that's all fear related stuff and that doesn't help us at all get through those emotions. What it does is it locks us up and a lot of those fears are related to our childhood, that we need to allow ourselves to deal with. Some of you have other fears, like religious fears.

I get many emails of people, you'd be surprised; they've only ever had religion from the age of zero to seven or eight years of age and then they didn't go anymore and yet there are still all sorts of beliefs. "If I'm not baptised I won't be saved." I've had people say, "How important is baptism?" I don't know. I don't know how important baptism is. To me it's not important at all, but if you've got an emotion about it, of course it's going to be important. But if you're asking how important it is to God, do you think God cares about a bit of sprinkling of water on your head, like as if that's going to do something for you? Like now they say, sprinkle a little water on the top of the head, now they've dealt with all their emotions, isn't that wonderful. Trust me if that's how easy it was to deal with your emotions, all of you would get baptised. So that's not how it's going to work at all. (Laughter)

But often we have locked in childhood beliefs coming from our parents and while we laugh about it, these are serious beliefs because they affect us in our day-to-day life oftentimes. So we need to allow ourselves to trigger them. So the goal tomorrow is to try to trigger some of those.

### 23.4. *Fear of anarchy*

**Jesus:**

A lot of us have some issues about anarchy. You know the kind of anarchy that you have in a war, where people go ahead and do things that they possibly wouldn't normally do with the constraint of law; because there's no law anymore, now they do it. Now that's a pretty scary thing for most people, isn't it? And there are lots of different movies about that kind of anarchy now too that you can see to trigger those emotions and they are scary movies some of them.

### 23.5. *Fear of going crazy*

**Jesus:**

A lot of you have a deep fear of losing your mind, on the Divine Love Path.

**Participant Female:**

It's already happened.

**Jesus:**

"It's already happened," somebody said. (Laughter) I mean the type of losing your mind that you're feeling like you'll go crazy, that you're nuts now. "I'm listening to this guy who says he's Jesus, that straight away makes me nuts and then on top of that I'm doing all of these emotional things that are painful, that's a bit nutty," and by the time you list four or five of these things you feel that you are. Well that's the fear.

### 23.6. *Watching movies to trigger fears*

**Jesus:**

There are some really good movies to help you trigger those fears. You've seen the movie "Memento"? Ever seen that movie? Some of you might have seen it. That's an interesting movie to trigger some of those fears of being controlled and manipulated by someone else and not remembering and all those things.

[00:24:11.09]

There's also some other movies along those lines. You've seen "Requiem For A Dream"? Mary feels traumatised from that movie. By the way a lot of the movies that I'll be listing tomorrow – these are all going to be on the list tomorrow – and a lot of the movies are R rated, and are graphic, okay, so you'll have to deal with that

emotion as well. Why would Jesus recommend you to see an R rated movie that's graphic? (Laughter) Go and deal with that emotion.

**Participant Female:**

AJ, I've already watched some of the movies that you've recommended and they're not movies that I would normally want to watch. I just heard somebody say here, "I don't watch scary movies." And that's always been my thing too, so would your advice be if we don't normally, or we don't want to watch scary movies, then we need to watch it?

**Jesus:**

I don't feel that you need to traumatise yourself in different areas. Remember I recommended to you earlier to scan this list that I give you, and to feel the resonant emotion inside of yourself when you read the title. There's a lot involved in that. There are some spirits helping you through the process and my suggestion there is to allow yourself then to trust those emotions about what you should do.

But a lot of times what we do with movies, music, books and all that, is we read a certain genre, or we do a certain thing, because of the set of emotions that are within us that we don't want to trigger. So in other words a lot of the times we're avoiding our fears.

You see a Celestial Spirit can look at every single thing that's happening here on Earth with love. That means he can look at what's happening in Brazil with twelve year old children raping and murdering others and they can look at that with love and there's a movie call the "City Of God" that's about that. Now a Celestial Spirit can look at that with love. So if we can't look at it with love and we have fear or other emotions come up, then there are just emotional things going on for us. The key is to identify these.

This is all about helping you identify your fears. You're not necessarily going to get through them, but after this exercise you're going to be a lot more honest about them and remember you can't feel a causal emotion unless you're honest about your fears capping it.

So this is part of the process, and there are all sorts of movies in this list that we're going to give you that you need to trust some of your intuition with and my suggestion is, yes, if you avoid certain kinds of movies, there's generally something in that.

Quite often people recommend to Mary and myself, they know we like watching movies occasionally and they recommend certain movies and we watch it and there's no emotional reaction in us whatsoever and the person told us that they were crying for three or four hours with that movie.

So you see oftentimes it's not the same emotion that you have that other people have towards something, so don't expect that you'll connect with all of these ones that are in this list. There'll be certain emotions inside of you that connect with certain emotions inside of the movie and if you allow yourself to feel, you'll be able to connect with some of the fears that you have.

Now what we're trying to do is list some of the generalise fears that are going to prevent you in the future from being at-one with God. That's what we're trying to do here. So the goal is for us to be honest about our fears. That's the goal. If you're honest about your fears, you can start to feel the causal emotion about the fear. Does that make sense to everyone, what the goal is?

So what we're trying to do as well is give you a few snippets of some of these movies, to show you what you're up against. Now a lot of them will be quite graphic, so you might not want to have your children with you tomorrow if we do that. We might do it upstairs or downstairs, depending on how the light system goes. So I'm just warning you in advance about that, I don't want to be responsible for re-traumatising your children.

### **23.6.1. *Watching triggering movies with children***

[00:28:19.28]

**Participant Female:**

That's something that I was actually wondering about because you recommended for me to watch war movies last weekend – you said I would have trouble with my equipment. Well I came home and Soul informed me that



the television wasn't working, so I bought a new television this week. But I watched "The Boy In Striped Pyjamas" with him and I was struggling with how much I should involve him in movies that I watch.

**Jesus:**

Well the truth is that when you've dealt with your emotion, your children will not have an emotional response to what you watch. You see your children's emotional response is generally the result of your own emotional response and their interaction with their unhealed emotions with you. So it's very important to understand the interaction that's going on.

But with myself, my feelings are, I deal with my emotions without anybody else being a part of that particular process, except when the other person's involved in the process itself. So I don't expect you to share my emotional journey and I don't expect my children to share my emotional journey, no matter what their age. What I'm trying to do is focus on my own emotion and deal with my own feelings.

So in the case with "The Boy In The Striped Pyjamas", these are actual events that did occur – it's a fictitious portrayal of events that occurred in the Second World War. So these kinds of things happened and they are historically accurate things that happened. My feelings are if there's emotional content in you, then there will certainly be an emotional content in your child.

[00:30:12.17]

**Participant Female:**

He loved it; he thought it was a really powerful movie. So I'm thinking that I'll just leave it up to him, saying, "Look I'm watching this because ...," and leave it with him.

**Jesus:**

Generally your children will be in a better state than yourself to know what's the right movie for them to watch or not, because they themselves are usually much more connected to their own emotions than you are to your own. You see we've got layers of years of denial; our child's got hardly any, and particularly if we've been open emotionally with them, the child's got very little.

So, movies that have traumatised me, when I say traumatised, I've had lots of emotions to deal with as a result of watching them; they have hardly any effect on my youngest son. I went to see "Saving Private Ryan", any of you seen that movie? Yeah, and for the next three days I was suicidal and I had to really keep myself in line to not do anything about it, and just feel the emotion of it. So for three or four days I just had these suicidal feelings, which I cried about for four days and I came out of that and now I've since seen the movie again and not had a reaction.

Mary and I recently watched a very powerful war movie called "We Were Soldiers". It had hardly any reaction on myself but huge reactions on Mary, because by now I've watched quite a lot of these movies and dealt with a lot of the emotions about that, and I'm seeing all this spirit involvement now and all those kind of things too.

### 23.7. *Fear of isolation and spirits*

**Participant Female:**

If I want to trigger my fear is it a bad idea to go stay somewhere by myself and then get freaked out by noises and stuff around me?

[00:32:05.06]

**Jesus:**

Yes, no. No it's good. But again, experience it emotionally.

**Participant Female:**

Yes because I stayed at Maurie's place out at Murgon the other night. (Laughs) The first night I was fasting as well to sort of get into the emotions a bit more, and I was triggered really badly. I was watching one of your DVD's and you said something about the spirits and how they can manipulate you and stuff and that just triggered something. Then I went into my fear, but I was like so fearful that I was kind of crying, but I didn't want to make noise. So I was feeling like I wanted to be aware of the sounds and stuff around me, because it was windy and it was really quite horrible and I was in the dark and I didn't want to turn the lights on, so I

thought, no. I wanted to turn the lights on, but I thought, no, I need to stay in this fear longer. Was what I did the best thing?

**Jesus:**

Yes, that's good, stay in the fear. What I do to is I just long for God to help me now that I'm in the emotion, stay in it as long as possible. So I want to stay in that emotion as long as possible.

### **23.7.1. *Breathing diaphragmatically is part of the fear releasing process***

**Jesus:**

The other thing with fear to always remember by the way, when you're dealing with fear-based feelings, is breathe diaphragmatically, just try to stay breathing. Breathing is part of the releasing process. If you can breathe during fear, you're releasing a lot of the terror, because what terror does is lock you up with your breath. That's how you lock it down, so it's very important to breathe.

**Participant Female:**

So looking back on that night, I don't think I was breathing properly so would that just mean that I wouldn't sort of access the fear?

**Jesus:**

You would have accessed some through what you've done, but you need to go deeper and just breathe, there'll be more of it there.

[00:34:02.14]

**Participant Female:**

And would that have been a childhood fear?

**Jesus:**

Yes.

**Participant Female:**

So it wouldn't necessarily be something below that?

**Jesus:**

No there are childhood fears associated with spirits. Spirits that you saw when you were little, that were in a dark place.

**Participant Female:**

Yes, because I was getting freaked out, like with the doors to other rooms and like I couldn't see into the rooms and I was looking around and I was looking under the bed, and thinking "Argh."

**Jesus:**

These are very childhood emotions and so the key is to allow yourself to feel those emotions as you're working your way through it.

**Participant Female:**

And to breathe, like next time.

**Jesus:**

And to breathe. Always breathe while you're doing it. Many of you have these emotions. So you'll have these emotions of fear and terror about it.

## 24. *Channelling fearful spirits who have been suppressing the audience*

**Jesus:**

I was wondering whether Monica would like to have a chat with these spirits? So Mon, you want to join us?. So you're going to deal with some of these fears.

What we want to do – there's been some spirits with us today who are in a lot of fear, and they've been the ones who've been impressing their feelings upon you – and what we wanted to do is start allowing the connection to at least some of these ones and talking to them. Maybe there'll be a spokesman or two who can speak for a few of them and myself and Monica – Monica will be the channel for them and I'll speak to them.

But one thing in this process by the way, your energy has a lot of effect on this, so the more projection you have at Monica, the harder it is for Monica to maintain the connection with them. She's already feeling through emotions of feeling unworthy to do with this and all those kind of things, that's one of the reasons why she wants to do it, to trigger those fears, but the more you project at her the more difficult this whole thing becomes. What we want to do is try and help some of the spirits who attended today to work through a group of their fears, so that's what we're doing.

### 24.1. *Speaking with spirits who were in a Christian-based religion on Earth in the 1700s*

**Monica:**

There's quite a mixed bunch actually; this is the first time I've experienced such a wide variety of spirits. It's actually quite difficult. There's a man who's come forward initially, he's got a group of maybe about twenty-five to thirty people with him, so maybe we can start with him.

[00:38:03.20]

His main concern, and again it feels like a religious one, is that they're being led astray.

**Jesus:**

So he's afraid of being led astray?

**Monica:**

Yes. They're afraid of walking down the wrong path, that's what he's saying.

**Jesus:**

If they look at the history of that, they'll see that they walked down what they can see now is the wrong path when they were on Earth, and what was the path that they were walking when they were on Earth? Could they tell me a little bit about that?

**Monica (Peter Fiendweld):**

We lived in a small town in America, the country you call America, in a very, very small town. We lived in a small community, we had a small church and our entire life revolved around our religious beliefs and the church was a focal point of our community.

**Jesus:**

And what were your religious beliefs?

**Monica:**

The word I'm getting is ... Municipa ...? I don't know; somebody might have to help me here. It's like municipale, but with 'ality' at the end. Does that make sense?

**Jesus:**

Municipality?

**Monica:**

Yes that's it. That was the key origin of their whole church.

**Jesus:**

So it's a Christian-based belief?

**Monica:**

Yes, and I don't know if it'll help but he's wearing kind of slight ruffles, kind of cotton ruffles on his neck and like a suede type tunic, so again, almost farmer like.

**Jesus:**

Yes, and what year did they pass?

**Monica:**

1706.

[00:40:02.10]

**Jesus:**

Okay. So three hundred years or so they've been living in the state of fear about their beliefs?

**Monica (Peter Fiendweld):**

Yes we have.

**Jesus:**

Yes. So what's attracted you to the group here today?

**Monica (Peter Fiendweld):**

We feel that we're being shown a different way. That the people that we've been listening to up until now are not telling us the truth, and we feel that there's something truthful about what you're saying, but we're really afraid to fully trust what you're saying.

**Jesus:**

Is the main reason why you don't trust what I'm saying because of your fears about God and that you'll get punished?

**Monica (Peter Fiendweld):**

Yes.

**Jesus:**

The feeling I have from you is that you feel basically that you've been punished for the last three hundred years, for your beliefs on Earth.

**Monica (Peter Fiendweld):**

Yes. (Broken voice) We worked so hard to do the loving and right thing.

**Jesus:**

Yes.

#### **24.1.1. *The location the spirits live in is a reflection of their souls' condition in love***

**Monica (Peter Fiendweld):**

And then being sent to this place and it's not anything like we expected.

**Jesus:**

It's not the heaven that you expected?

**Monica (Peter Fiendweld):**

No.

**Jesus:**

And it's not even like Earth, is it?

**Monica (Peter Fiendweld):**

No. No, it's worse.

**Jesus:**

So it's a really dark place.

**Monica (Peter Fiendweld):**

Yes it's very empty and cold.

**Jesus:**

The reason why you are in that place is important to understand. If you think about your religion, a lot of times it was empty and cold with regard to love. Can you remember that?

**Monica (Peter Fiendweld):**

Yes.

**Jesus:**

So quite often it was based around like rules and laws.

**Monica (Peter Fiendweld):**

Many rules and regulations which sometimes didn't allow for kind heartedness at all.

**Jesus:**

That's right. So a lot of times love was sacrificed for the sake of law.

**Monica (Peter Fiendweld):**

Yes.

**Jesus:**

Do you remember that? So it's important for you now to start focusing on this area of love in your life. The reason why you are, where you are, is because of the lack of love in your previous practices. So you can see that if a person's in a state of love then obviously there's going to be a different set of practices, isn't there? When there's law versus love, love will always win.

[00:42:08.10]

**Monica (Peter Fiendweld):**

Yes.

**Jesus:**

Do you see that?

**Monica (Peter Fiendweld):**

But we felt that we were being loving.

**Jesus:**

And that's the area emotionally that you'll need to look at. The truth is that you weren't being loving at the time, and the key is to allow yourself to look at that. Now what happens with the way it works in the spirit world is that when you are in a certain state of love, you are attracted to a location that's in the same state of love. That's why the location that you're in at the moment feels cold and empty.

**Monica (Peter Fiendweld):**

So we were sent to it because of how we feel?

**Jesus:**

Well actually you weren't sent there. What actually happened was you created this location just to mirror your soul condition.

**Monica (Peter Fiendweld):**

(Spirit starts to cry)

**Jesus:**

Now the key is to allow yourself to see that firstly and then we'll be able to help you move beyond that.

**Monica (Peter Fiendweld):**

Yes, it's awful.

**Jesus:**

It's an awful location, isn't it? Well what we need to do is just talk to you about what you can do instead of that.

### 24.1.2. *The fearful spirits meet some Celestial spirits*

**Jesus:**

What we're going to do now is ask some of our Celestial friends, who are bright spirits; they are really bright. You can see them as sort of white lights initially, and then if you focus a little on them you will start seeing them as people as they detune themselves to your state. You can see those people with you now?

**Monica (Peter Fiendweld):**

Yes. They're coming into our little group.

**Jesus:**

Now what these people are are people who have lived on Earth in a very, very similar way to you. These people lived on Earth in a very religious, dogmatic way and they didn't show very much love as a result and what they've done is they've managed to learn about love while they're in the spirit world.

**Monica (Peter Fiendweld):**

In a place like this?

**Jesus:**

In a place just like where you are. In fact they can show you that now if you want – the place where they lived.

**Monica (Peter Fiendweld):**

Was it worse than here?

**Jesus:**

Some of the places, where some of the people are coming to, have been worse than were you live currently, yes.

[00:44:09.05]

**Monica (Peter Fiendweld):**

I don't want to see it. It's bad.

**Jesus:**

No you don't need see it. Where you are is bad enough. But what we need to do is help you come to terms with the fact that if you listen to these spirits they'll be able to help you work through the lessons of love that you need to learn in order to progress. Does that make sense?

**Monica (Peter Fiendweld):**

Yes.

**Jesus:**

But one of the first things you are going to need to deal with is this fear that you have of getting it wrong.

**Monica (Peter Fiendweld):**

Yes.

**Jesus:**

Because you've been in a location three hundred years ... well it's actually nearly four hundred years. Mm three hundred years in the location, that has been very damaging to yourself; you've then gone down the track of not trusting anything as a result. What you need to do now is trust the fact that you've been drawn here to have a talk with us. You've been drawn here to deal with these particular emotions and these other spirits have been

drawn to you to help you through this process. The key for you now is to allow yourself to deal with some of these fears that you have and work through some of those fears emotionally. So partly that's what you are already doing by crying about what you're afraid of.

**Monica (Peter Fiendweld):**

Okay. I feel a damn fool I'll say.

**Jesus:**

You feel a damn fool now.

**Monica (Peter Fiendweld):**

I do.

**Jesus:**

But you see a lot of times we have all sorts of emotional reasons why we don't progress and there are many people on Earth who are in just as dark a place as what you've been here. So the key is to not judge yourself so much, but rather just let yourself feel your emotions and that applies to all of your group.

So the Celestial Spirits are now ready to have a chat with you, they can talk to you about your fears, and my suggestion is to trust them, but it's going to be difficult to trust them, because of this emotion that you have about being afraid about being misled. But if I can just point something out to you – you notice how happy these spirits look?

**Monica (Peter Fiendweld):**

Mm, yes.

**Jesus:**

See how happy they look.

**Monica (Peter Fiendweld):**

Yes we've haven't seen this since we've been here in all this time.

**Jesus:**

And none of you have been happy, have you?

**Monica (Peter Fiendweld):**

No.

[00:46:10.23]

**Jesus:**

So you need to trust at least that these people are happier than you and they must be happier than you for a reason.

**Monica (Peter Fiendweld):**

They must be doing something right I think.

**Jesus:**

They must be doing something right inside, yes. If you can allow yourself to work your way through that emotionally and allow yourself to accept what they're telling you, they'll be able to tell you some of the truths that I taught when I was on Earth, that were misrepresented by your religion. Does that make sense?

**Monica (Peter Fiendweld):**

Yes.

**Jesus:**

And once they work their way through those truths and once you work your way through what you've been taught you'll see there are many errors in what you've been taught. There were some truths in what you were taught, but you just didn't apply it in a loving way and the key is to allow yourself to feel that and work your way through that emotionally. No one's judging you, and not even God is judging you actually.

**Jesus:**

What's happened is you created the location by your soul condition. In other words by your emotions, you created the location you are currently in. When you think about it, there are some positive things about that. Because that means that by your soul condition, or by your emotions you'll be able to create a new location.

**Monica (Peter Fiendweld):**

Something better than this?

**Jesus:**

Better than this, yes.

**Monica (Peter Fiendweld):**

If we listen to your friends?

**Jesus:**

Yes if you have a listen to those friends of mine, they'll be able to help you progress through the spirit world and you won't be locked in one place anymore.

**Monica (Peter Fiendweld):**

And you're sure they'll teach us the right thing?

**Jesus:**

Those spirits who have come to you, they're teaching the Divine Love Path, they talk about that path and that's the path that I taught when I was on the Earth in the first century and that's the path that is the truth of connecting with God. The things that you were taught when you were on Earth about God; a lot of those things are not very true. You know how you've been taught about God being a punishing God and those beliefs that entered you emotionally?

[00:48:03.00]

**Monica (Peter Fiendweld):**

We've blamed God for us being here.

**Jesus:**

Yes, but actually what ...

**Monica (Peter Fiendweld):**

That's not true, right?

**Jesus:**

No, no it's not true. What actually caused you to be where you are is your own condition, that you yourself created through the choices and through the unloving acts that you created on Earth. Does that make sense?

**Monica (Peter Fiendweld):**

Yes.

**Jesus:**

And so all you need to do know is forgive yourself for those things and work your way through a group of emotions about that, and you'll be able to progress in the spirit world as well.

**Monica (Peter Fiendweld):**

Okay. Thank you so much.

**Jesus:**

No worries, it's a pleasure. What is your name?

**Monica (Peter Fiendweld):**

Peter Fiendweld.



**Jesus:**

Peter Fiendweld.

**Monica (Peter Fiendweld):**

Yes.

**Jesus:**

Well Peter I hope yourself and your friends actually allow yourselves to work your way through those emotions and trust the people ...

**Monica (Peter Fiendweld):**

They're talking to your friends now while I'm talking to you and they feel happier already.

**Jesus:**

That's good, and you'll find actually that you'll progress very rapidly if you let yourself feel some of these fears and feel some of the grief that you feel.

**Monica (Peter Fiendweld):**

Yes sir. Thank you.

**Jesus:**

My pleasure.

**Monica (Peter Fiendweld):**

Thank you.

## 24.2. *Discussion about the channelling*

**Jesus:**

What happens is the spirit's emotions connects with Monica's emotion and so Monica then cries because they are crying. There sympathetic emotions, if you like. Do you feel up to doing another?

**Monica:**

Yes might as well go the whole way, I've got over the initial fear of doing it.

**Jesus:**

Got over the initial fear.

## 24.3. *Speaking with a group of female spirits who were oppressed by men on Earth in the 1800s*

[00:50:37.08]

**Monica:**

Okay it's them. (Monica becomes quite emotional)

**Jesus:**

It's okay to feel them. It doesn't matter what the audience thinks.

**Monica:**

There's quite a large group of women who've been badly oppressed by men and who really want to believe what you're saying, but they're really afraid of trusting you as well.

**Jesus:**

Yes.

**Monica:**

A lot of them are fearful, but there are a lot of them crying as well.

**Jesus:**

So in the past you were basically oppressed by men when you were on Earth? This is one of Monica's really big emotions that she's still working her way through, being oppressed by men, so we might not be able to do this particular group perhaps.

**Monica:**

And a lot of these women, it feels like a group from England, kind of possibly London.

**Jesus:**

Yes, and what time period?

**Monica:**

About 1867. Very poor women and a lot of them prostitutes I think. Certainly they have been sexually badly mistreated by men and there's a woman here called Mary, she's called Mary.

[00:52:07.12]

**Jesus:**

What made you come along today, Mary? What's going on for you at this time?

**Monica (Mary):**

We can feel your love but we just find it so difficult to trust that you could be anything but horrid to us and we can see the light that shines from within you, but we're so afraid that if we trust you, you'll hurt us. Men have been so cruel. (Spirit breaks down crying)

**Jesus:**

What if I asked a group of women to come to you and would you feel a bit more trusting of a group of women coming to you?

**Monica (Mary):**

Yes. There are many, many women here who feel the same.

### 24.3.1. *Meeting female Celestial spirits who were oppressed on Earth*

**Jesus:**

What we're going to do though is have the women to come to you who are from the Celestial realms, and many of these women have been oppressed like you've been oppressed, when they were on Earth. So can you see those women now approaching you?

**Monica (Mary):**

Yes, they have the same light as you have.

**Jesus:**

What we are going to show you a little is that some of these women have had the same kind of experiences, just so that you can trust them and what they're going to do. They're going to project into your mind some of the experiences they had when they were on Earth.

**Monica (Mary):**

(Starts crying)

**Jesus:**

You're starting to feel those? Can you see how it's the same kind of experiences that you had.

**Monica (Mary):**

(Crying strongly)

**Jesus:**

It's okay to cry about them. Now I understand it's very hard for you to trust men, it's very difficult and so what I was thinking is that this group of women are going to teach you very similar things to what I've been teaching

you, but because they're women who have been in the same position as you, they'll be able to help you work through some of these feelings and things. But can I make a suggestion to you too?

**Monica (Mary):**

Yes.

### 24.3.2. *Working through inter-gender injuries*

[00:54:16.29]

**Jesus:**

One of the things that you're going to need to deal with at some point in the future is your deep fear of men.

**Monica (Mary):**

(Deep crying)

**Jesus:**

And these women have all dealt with that fear, all of them will know how to deal with that fear and if you can trust them, they will show you how to deal with that fear.

**Monica (Mary):**

Okay.

**Jesus:**

Now there are going to be times when you'll want to be angry with them, because they'll tell you some things that you don't want to accept.

**Monica (Mary):**

Yes.

**Jesus:**

My suggestion is that every time you feel that anger rising in you, remember that you are just afraid and you talk to them about how afraid you are, instead of being angry. Does that make sense?

**Monica (Mary):**

Yes. There's so much anger here.

**Jesus:**

Yes, every time you're angry, even if it's with these brighter spirits, what they're going to do is they are going to leave you for a while, until you calm down in your anger. Then when you get back into dealing with some of your fears, they'll come back to help you. Does that make sense?

**Monica (Mary):**

Yes.

**Jesus:**

So if you can actually allow yourself to go into the fear, rather than keep choosing anger all the time, that will help you a lot to work your way through a lot of these issues with men. Now I know a lot of these men have hurt you terribly and there are whole lots of things that are happening to them in order for them to work through those emotions. The key for you is to not delay your emotional processing and not delay your connection with God, just because the men have hurt you. You don't want to keep doing that, there's no need for you to stay where you currently are.

**Monica (Mary):**

That's really hard. We hear what you're saying; it's confusing because we feel that there are many who are angry at us too.

**Jesus:**

Yes. Well because you're angry with men and where you are that will attract men who are angry with you. So what happens then is you've got this inter-gender war almost going on between the two of you, between your group and the other groups of men that are there and that's very damaging to the both of you.

[00:56:14.17]

**Monica (Mary):**

We feel they started it.

**Jesus:**

Well while that might be true, there is a whole group of emotions in you that you need to allow yourself to deal with about that. At the moment what's happening is, because they started it, you feel that they should finish it by actually being nice. But the problem with that is that you're delaying your own progression based on their condition and when a person hurts you, they are usually in a worse condition than what you are.

So what you're doing is you're waiting for the people in a worse condition to get into a better condition, and you might be waiting a long time doing that. You've already been waiting a hundred or so years, there's no need for you to wait anymore.

**Monica (Mary):**

So then we can do this without having to deal with them? We can just do this ourselves?

**Jesus:**

Well if you deal with the emotions, they will go away from you. Does that make sense?

**Monica (Mary):**

Yes.

**Jesus:**

And if you connect to God, you'll find that they'll no longer be attracted to you and they'll just leave you anyway, but this is where you need to trust these lady spirits who are with you, who are going to help you work through those different emotions. Does that make sense?

**Monica (Mary):**

Yes, thank you. They feel very kind.

**Jesus:**

They have been through the same things you've been through and look at them now. Can you see what the men are doing to them? What were the men doing when they came to you?

**Monica (Mary):**

Nothing, they ran.

**Jesus:**

They ran away did they?

**Monica (Mary):**

They went.

**Jesus:**

See how those men you are afraid of seem to be afraid of the lady spirits who came? The lady spirits who came are happy.

**Monica (Mary):**

Why is this?

**Jesus:**

Well it's because the amount of Divine Love they have in their souls and the Love that they have in their souls actually repels these men from them, because the men are afraid of that Love and so they leave straight away.

**Monica (Mary):**

Yes.

**Jesus:**

A very powerful tool.

**Monica (Mary):**

I can see that, yes.

**Jesus:**

So you don't need to be worried about the men around you and how they're going to affect you doing this.

[00:58:10.07]

**Monica (Mary):**

So we are safe with them?

**Jesus:**

Well you're safe ... and this is where if you receive Divine Love, if you start listening to those things we've been talking about here today a bit and that you've heard in different talks you've come to, and also you start listening to those group of ladies spirits who are with you, you'll find you'll be able to work your way through these things really rapidly.

**Monica (Mary):**

Okay, yes.

**Jesus:**

And thanks for at least trusting me enough to have a chat with me.

**Monica (Mary):**

You're very lovely though. Thank you for helping us, there are so many of us here.

**Jesus:**

How many of you are there here?

**Monica (Mary):**

There's about one hundred and fifty something, one hundred and fifty six.

**Jesus:**

And have you joined others from the same time period?

**Monica (Mary):**

Yes. Many from London, in that time.

**Jesus:**

In the 1800's?

**Monica (Mary):**

Yes. Many of us know each other.

**Jesus:**

Oh right.

**Monica (Mary):**

We lived together.

**Jesus:**

Well I'm sure from now on in the spirit world you're going to have a much better life, so if you'll let yourself listen to those spirits you'll progress really well.

**Monica (Mary):**

We will, thank you very much.

**Jesus:**

My pleasure.

## 24.4. *Discussion about the channelling*

**Jesus:**

(Speaks to Monica) How you doing?

(Applause)

**Jesus:**

So what Monica's trying to do at the moment is working through her fears about dealing with mediumship in front of a group. Because she's been quite fine doing it by herself, a little bit more triggered doing it with a few people, but doing it in front of a group like this, this is like major for her. So what she's trying to do is just allow herself to stay with herself, while she does that, instead of worrying about what's coming from the audience and projections and so forth, just staying with herself.

[01:00:07.05]

What we're going to try to do in future actually is I want to connect to a lot of these spirits who are actually depressing the mood in the audience at times. So when I notice that these kind of things are happening and we have the opportunity to deal with it in this way, we'll be doing more mediumship like this in front of the group, just to help those spirits move on and then we can get back to talking about the conversation without everyone feeling that heavy emotion coming from the spirits around us.

The truth is that many of them are coming because they see the brightness in you growing and so they feel quite attracted to knowing why that's the case, but they don't understand why that's the case. Unless we connect with them emotionally, they can't really hear what I'm presenting. Sometimes it's the same for yourself, isn't it; when you're having a conversation that's just an intellectual conversation, many times you're hearing the words, but you're not really getting what's being said and it doesn't really enter you.

For them it's very much heightened like that, so for them, what happens is when they feel quite disconnected from me emotionally, they're hearing all these words but they're not really understanding what's being said, and we need to talk with them to help them move through.

So in the future I hope that more and more of you mediums will consider doing things like this and we'll help quite a few groups. But as you can see from Monica, it's going to require you actually allowing yourself to deal with your emotions during the process. The beauty is when a group of lady spirits come, Monica just could let herself cry in front of you without getting too worried about that and that enabled those spirits to talk with me far more easily than if Monica had locked all that up inside of herself.

### 24.4.1. *Experiences of the medium, Monica, before and during the channelling*

**Monica:**

Can I share something?

**Jesus:**

Share.

**Monica:**

What's really interesting is when AJ mentioned this and suggested earlier on, I was really cool initially with it and then I just went straight into fear and I had fear. This is why it's so much easier to do it and I just went really deeply into a fear, I have a huge fear of my safety and being killed, but it was a fear in particular of my life being in threat by expressing myself emotionally ...

[01:02:26.16]

**Jesus:**

To the group?

**Monica:**

Just anywhere in public or at home. One in particular which I've been struggling with this week, but I'm getting closer with, was literally I was threatened for a second time by a man with who had literally threatened to kill me if I made any noise at all. So just even having taken the time out ... because I could so easily have sat up here and just tried to fumble my way through it and not connected, but allowing myself to go that more deeply, I just don't feel I was as scared now sitting up in front of people. I think that's why I was emotionally able to release; I would not have been able to do that, had I not taken the time out to do that.

**Jesus:**

That's really good, and I said to the group before that you weren't here because you were processing some of your fear, so they heard that, you didn't hear that, but they heard that, so they knew that. But I could feel you dealing with some of those fears as well which is wonderful.

What you'll find if you want to practice your mediumship skills – just as an aside – dealing with your fears is a major thing, because a lot of times spirits in a poor condition are going to connect with fears and so forth and that's going to be quite damaging to you as well, if you're not releasing your fears and feeling your emotions. But anyway that was good.

## 24.5. *Monica describes a channelling with Michael Jackson*

**Monica:**

Can I add one more thing?

**Jesus:**

You can add what you want.

**Monica:**

(Applause) I think something that was really emotional actually on my way home from the mediumship gathering last Sunday ("20091018 Spirit Relationships – Mediumship & Healing S5") was quite a few people came up to me during the break asking how Michael Jackson was, and I'd only just worked through huge judgements about Michael Jackson. It was only when he passed over I started realising the truth about Michael Jackson and how much love he actually had. I hadn't spoken to him, we only kind of chatted to Elvis about him, so were kind of surmising I suppose a little bit, but was so extraordinary from those, I think it was maybe two or three enquiries from a very loving space about his welfare, and his wellbeing and how he was doing.

[01:04:32.17]

When I was driving home he just popped in for a very, very, brief chat, but it was a very emotional one and he said he felt more love in this room than he felt from most people on Earth at this time and because of that and because of feeling that love, that he was going to do whatever it took to progress as quickly as he could. It was such a beautiful powerful thing, because he feels such shame and grief that people didn't quite understand who he was, which obviously resonates with my own feelings at times, but he was so deeply touched. It just showed me the power that just a small tiny little group like this can have such massive ramifications, not only on Earth, but in the spirit world as well. The amount of people he'll be able to help once he progresses.

**Jesus:**

Yes, that's good.

**Monica:**

My pleasure.

**Jesus:**

Thanks Monica. (Applause)

## 25. *Closing words*

**Jesus:**

For those of you who are mediums and have channelled a little about Earth change events, for tomorrow what I would like is to read out some of those channellings if you have them. I'll just have a look at them first and the scariest ones I'll read out first probably. (Laughs) And that'll be part of our group tomorrow as well hopefully. But thank you very much for your company today and look forward to seeing you tomorrow. (Applause)

### 25.1. *A participant shares her fears*

[01:06:03.15]

**Participant Female:**

I'm standing here with my fear of speaking up.

**Jesus:**

Yes, go on.

**Participant Female:**

And I really would feel it's important for me to share so I can deal with the fear. As that process was going on, I just went from one chunk to the next. I don't hear well, I'm wearing hearing aids. As you were speaking with her, you were looking at her and so it wasn't nearly the amount of volume coming out this way as there normally is, so I was just watching and feeling, "Okay, I'm not hearing." I have fear of not hearing. I have fear of not getting it, fear of being out of the loop, fear of not knowing, fear of feeling dumb, feeling unaware, being out the know, being the only one who doesn't know.

**Jesus:**

Yes. (Laughs)

**Participant Female:**

Fear of being the only one who's not connected with God, fear of not hearing God. I mean it goes on and on, and then it keeps chunking down, it was a great process for me. Fear of if I don't hear then I'll say something foolish, fear of looking foolish and I'm down now I've got to fear of feeling ashamed.

**Jesus:**

Alright.

**Participant Female:**

So I'm just wanting to share the value of that experience.

**Jesus:**

That's wonderful and it's so good that you allowed yourself to step down into those things, because that is a part of the Law of Attraction at work of course. So it's really great that you put that into practice and just started stepping down into it. That's really good and that illustrates the power of the process really. Now that you've got those fears, now you can pray about them and do all sorts of things about them whereas before you might not have been conscious of them.

Thank you very much everyone.