

Relationship with God

The “Way”

This document is a transcript of a seminar delivered by AJ Miller (who claims to be Jesus) as part of the Relationship with God series, describing the principles of The “Way”.

The Way is the only way that we can connect to and become at-one with God.

Delivered By

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The Way: Part 1

1. Introduction

How are you on this coolish summer morning? Don't complain about the coolish! We were just down at Armidale again last week and we have yet to see a summer there. Even though we've been there four times in summer I think, we've still yet to see a summer there. It was cold as; one morning we had to put the fire on, it was so cold. [00:00:50.23]

How did you find the talk about the sleep state? Most of you are still reeling from it actually, have you noticed that? How many of you have not had a nice night's sleep since then? A few of you, and many of you I've noticed have gone into quite a lot of fear about the sleep state experiences as well. Now we're not going to discuss the sleep state today because I want to discuss something that's quite basic with you and that is the principles of The Way, the principles of The Way that God created for you to come to God. So the talk that we're having today is a part of the Relationship with God series and the subject is “The Way”.

2. The Way is the only way to God

The reason I'm calling it The Way is that almost every Celestial spirit calls it The Way and in fact when I spoke of this way to God in the first century, I spoke of it as “The Way to God”; the only Way to God actually, and for that reason almost all of the celestial spirits have used the same terminology over the last two thousand years, referring to what you now call the Divine Love Path. They don't actually call it the Divine Love Path. They call it The Way. And The Way is The Way, the only way to God, to having a relationship with God. [00:02:47.10]

Now we've talked about the path of going to have a relationship with God many times before but what I've noticed is this: Many of you are still not on it, but you think you're on it, which is actually a bit of a problem when you think about it; when you think you're going in a certain direction. It's like you're driving along the road that you think is to Brisbane but you're actually driving to Perth, the opposite direction. And this is what we're often doing when it comes to our spiritual development and that's what I would like to talk to you about. [00:03:32.17]

Somewhere here, I'm just looking for a Bible that I brought with me. Oh no, it's Sunday morning! We can get away with the Bible, can't we, on a Sunday morning? There are certain things that I did say that are listed in the Bible and this is one of them that's quite close to being accurate. It's from Matthew 7, verses 13 and 14 for those of you who are taking notes. It says, "Go in through the narrow gate because broad and spacious is the road leading off into destruction and many are the ones going in through it, whereas narrow is the gate and cramped the road leading off into life and few are the ones finding it." [00:04:31.15]

Now when most Christian religious people read those two verses, they assume they are on the narrow way leading to life, do they not? Now if we think about it, I've said, “Few are the ones finding the narrow way to life,” and how many Christians do we have on the planet around about at this point? About one and a half to two billion, does that seem like a few to you? No. So can you see that many of these one and a half billion Christians must think they're on The Way but not actually be on it if I said, “few are the ones finding it”? Can you see that? Logically that would make sense surely. [00:05:22.00]

Now the problem is that even a few of us have yet to find it; this same path, this same way, what I called in the first century The Way to God. And what I would like to do today is explain to you why that is the case by going over some basic principles that we've already learned through the different presentations that have been done and then re-examining or re-looking at your own life to see whether you're finding it The Way that I've explained it or not. Because quite often we think we understand what's being said and from a logical perspective we get what's being said. But as yet, it's yet to actually hit our heart, it's yet to change our life; our life has not been substantially modified by what we're doing. [00:06:21.09]

And so what I would like to do is for you to consider another verse that is another thing I also said, which is only a few verses later in Matthew 7, verse 21 to 23. I said, "Not everyone saying to me, ‘Lord, Lord’ will enter into the kingdom of the heavens but the one doing the will of my Father who is in the heavens will. Many will say to me in that day, ‘Lord,

Lord, did we not prophecy in your name and expel demons in your name and perform many powerful works in your name?' And yet then I will confess to them, 'I never knew you, get away from me you workers of lawlessness.'" [00:07:02.08]

Can you see it's the same principle? There'll be many people who believe they are doing the right things. They are saying the right things, doing the right things and yet at the end of the day only the persons who are doing the will of God, what I called the “Will of God” at that time, who are understanding the truth about The Way, if you like, only those persons will actually be able to be in the Celestial kingdom when they pass. No one else is able to. Not because God is selective but because the person is exercising their own will and their own desire in different directions to what The Way would indicate to follow. [00:07:48.15]

2.1. The Broad Path and the Narrow Path

So when you look through the Bible at some of the statements that I've made, you will see that I was referring to two separate paths. What I called the narrow gate is what you now know to be the Divine Love Path, that's what many of you are calling it and let's call it The Way to God, or God's Way of Love. That's the narrow gate and then there's this broad gate, which I said... and I did say it... leads to the destruction of the soul generally. Even if you grow, there is still a detunement from the growth of the soul at some point in the future of this path. This is the broad gate that most people are taking. So you now know that as the Natural “Love” Path. And we could put love in inverted comas, as it is man's way of “love”. I would put “love” in inverted comas because it's often what we think love to be and not what it actually is. And it is not The Way to God; it is the way to man's definition of God, which varies quite markedly for many men. Some of them feel that they are God themselves. So for them it's the man's definition of the man's way to themselves. For others they believe that an external God does exist, so it's the way to man's definition of that external God, not to God's definition of God. [00:10:05.03]

So they are the two gates, they are the choices that we have to follow. One way takes us right the way through an everlasting series of progressions that never end as far as we are aware. The other takes us through a limiting process, which usually begins in what I've called and referred to as the hells of the spirit world, right the way through to development in love until you reach the sixth dimension or the sixth sphere of the spirit world, whereas the narrow gate can take us from the hells of the spirit world right the way through to, you could say, infinite development. That's the narrow gate. [00:11:05.00]

Now you notice in Bible it actually said, “Narrow is the gate and cramped the road.” And this is something that a lot of us are still really struggling and having a lot of difficulty with. You see we rebel against a close definition of truth. We would like the truth to be exactly what we would like it to be and nothing more or less than that. And what you would like it to be is often very different to what I would like it to be because of our different emotional injuries and hooks that we have and our different addictions that we have. So when we say, “I don't want to be cramped in any way,” what we're often feeling when we're cramped is restricted by others' definitions of things or God's definition of things. We feel a sense of restriction for some reason and usually those restrictions are all emotionally based, as you'll see in this discussion later. [00:12:05.27]

But at this point, for many of us, we look at this whole definition of “narrow is the gate and cramped the road” and already we have a lot of negative connotations that we're putting on those two words, do we not? We think narrow means we won't have freedom, cramped means we won't have freedom. We automatically have a feeling of wanting to rebel, doing it our own way. The narrow gate is the gate of God-reliance, trust and faith in God. The broad way is self-reliance; the only person we have trust and faith in is ourselves, if we ever do even have trust in ourselves. And these are the two gates that we have the choice of entering or not entering. [00:13:00.07]

**GOD
RELIANCE**

**NARROW GATE = DIVINE LOVE PATH
HELLS-
INFINITE
DEVELOPMENT** **THE WAY TO GOD
GOD'S WAY OF LOVE**

**SELF
RELIANCE**

**BROAD GATE = NATURAL 'LOVE' PATH
HELLS-
6TH SPHERE** **MAN'S WAY OF 'LOVE'
THE WAY TO MAN'S
DEFINITION OF GOD**

Now the reason I called them gates was that there was a transition that needed to happen to enter a gate. There has to be an event that occurs, opening a gate; something that you do, to make a transition from one way to the other way. And for many of you, you've been hearing the definition of the two gates, you've been looking at all of the different talks and everything, but you're yet to actually physically make the transition from the broad gate to the narrow gate because there's something that has to happen emotionally inside of yourself before that transition is actually made. There's an emotional adjustment that needs to be made. And what we'd like to do today is talk to you about that emotional adjustment that needs to be made. It relates to the three basic principles of what you've been calling the Divine Love Path or The Way to God. Do you remember what those three basic principles are? [00:14:26.02]

3. The three basic principles of The Way

Participant: Love, truth and humility. So embracing love, embracing truth and having a willingness to feel all of your emotions. [00:14:36.16]

Okay, now maybe let's just be a bit tighter with our definition about that, shall we? [00:14:49.06]

Participant: A passionate longing for God's Truth? [00:14:54.15]

3.1. Longing for God's Love transforms the soul

Well let's start with what Jen started with; she said love, truth and humility. Let's look at love first. What would it be with love? What kind of love are we referring to? [00:15:06.08]

Participant: God's Love. [00:15:07.09]

God's Love, so firstly we're not just talking about love generally, we're talking about the reception into the soul of Divine Love; God's Love actually entering our soul. So number one is a passionate longing or desire for God's Love to enter and transform our soul. [00:16:06.09]

Now I've added this, “And transform.” Why? Because the reality is that if our soul isn't being transformed, then it's highly unlikely we're receiving Divine Love. If our soul or our nature, our intrinsic nature, isn't being transformed and it's not an automatic thing that's happening, we've got to try hard to do this and try hard to do that and try hard to do this, then it means that God's Love is actually yet to enter our soul, or has only entered our soul in little drips here and there. Not enough to actually fully transform our soul into a new being. Because remember, eventually it's going to transform our soul into the Divine angel, into that at-onement condition with God, the eighth dimension condition. Eventually that's what it's got to do and for that to happen there's got to be a transformation, there's got to be some kind of outward demonstration that our soul is changing and that it's changing towards more love. Not towards more anger or resentment or other emotions; that it's actually changing towards more love. [00:17:16.19]

So that's the first part of The Way. That's the first part of becoming at one with God; our relationship with God.

3.2. Longing for God's Truth opens the soul to Love

What was our second part? It's to do with truth. How would we define that do you think? How would we define the part about truth, if we were more specific? [00:17:38.05]

Participant: I feel almost exactly what you've got written above except to substitute God's Truth instead of God's Love. [00:17:46.12]

Yes. What would God's Truth do though? What kind of action do you feel God's Truth would have upon our soul? [00:17:57.12]

Participant: Open us to God's Love? [00:17:59.09]

It opens us to God's Love, Yes. So the truth has the effect of actually pulling open the soul so that love can enter it. So can you see that there is a different operation of truth compared to love? Love has the effect of transforming the soul into a new creature but truth has the effect of opening the soul ready to transform. That's the different effect that truth has, if we choose to have it that way. [00:18:30.01]

So we could say very similar words, as you mentioned. If we write “a passionate longing or desire for...” ...who's truth? God's Truth, not our own, “...God's Truth to...” what words would we use now? We've got to have the truth enter our soul, don't we? We do want it to enter our soul. To enter and open our soul to love, to God's love to be specific. Truth will have this effect of opening the soul. Now many of you have experienced that with God's external truths already, where you hear one of God's external truths such as the Law of Cause and Effect as we had the discussion about last time and your soul felt more open to God as a result of hearing that truth. Was that not the case? It has that effect on us. And that's the beauty of truth. But to really have an effect though, the truth has to enter us emotionally, not just intellectually. [00:19:55.02]

So truth is very interesting and it has multiple operations upon our soul and our mind. Truth allows our mind to no longer be closed. But even if our mind is open, it doesn't mean that our soul is open. Truth also has the effect of opening our soul as well. It allows our mind to open and it is also the operational thing upon our soul that allows our soul to be open rather than closed. And we need both to occur before we will actually know the truth. [00:20:33.25]

Now many of us believe we know the truth. If I say, “What is the truth about the Law of Attraction?” many of you could probably speak about it for maybe ten, fifteen, twenty minutes, half an hour. After four hours many of you would perhaps be exhausted on the subject. The Law of Attraction is so fascinating you could speak about it for days if you really knew it in your soul. But for the majority of us we don't really know it yet in our soul, we only know it in our mind. So the truth has had the effect of opening our mind but for many it has yet to have the effect of opening our soul. And that is an emotional process; it's not an intellectual one. [00:21:18.21]

So to have a passionate longing or desire, you can see our emotions have to be involved with the truth. So today we're going to talk more about signs that that's actually occurring in our life. The signs that we are actually in this passionate longing or desire for the truth rather than just intellectually analysing: think, “That's a nice way of thinking about it,” or, “Oh it's great,” but then we go on in our lives in the same manner or a similar manner than we always have. That's an indication that the truth is yet to really hit us here in our heart because once the truth hits you in your heart, you'll never be able to continue the same action, ever. [00:22:07.15]

3.3. Humility allows errors to leave us so that Love can enter

Participant: AJ, what actually happens in your soul with the error when God's Love... how does it transform the error itself or does the error leave you? [00:22:16.02]

No, this is the third aspect of our situation. The error can't leave us unless we have the third thing in operation. Truth doesn't have the effect of forcing the error out of us and love can only enter us once the error has gone. So there needs to be a third component that allows the error to leave. What's the third component? It's humility, to be humble.

What does it mean to be humble? It means to have a passionate longing or desire to feel every belief and emotion within ourselves whether it is painful or pleasurable... many of us have just as much problem with pleasure as we do with pain... no matter what anybody else feels about it. [00:24:28.27]

A lot of us are alright with the first bit, or semi alright with the first bit, but when it comes to this no matter what anybody else thinks about it, then we just throw up our hands because we're constantly worried about what everybody else thinks of it. [00:24:39.25]

3.3.1. Seeing ourselves emotionally as God see us

But let's add to it that it means to see ourselves emotionally as God sees us. So in other words once we are truly humble, we would have exactly the same opinion of ourselves as God has of us, on every subject. So anything personal that you could ever think of, eventually, if we were truly humble, we'd get to the point where we see absolutely everything about ourselves the way God sees it. And to be frank with you, most of us have a terrible opinion of ourselves, right, when we compare it with God's opinion of us. God sees us as the pinnacle of His creation and we see ourselves as the dirt of his creation. That's how different it is for many of us. We see this huge gap between how we see ourselves and how God sees us. [00:26:09.28]

Or conversely some of us see ourselves as this brilliant individual when God sees a lot of this darkness that's inside of our soul that we're just totally ignoring. And it means to see ourselves emotionally, not just intellectually. So it's not like going in the mirror and saying, "Yeah, you've got a bit of a wart on your face there, I wonder what that is about?" It's not like seeing yourself physically. It's actually feeling the condition that you see inside of yourself which is very, very different to intellectually analysing the condition. [00:26:47.02]

3.4. Summary of the three basic principles

- 1) A PASSIONATE LONGING OR DESIRE FOR GOD'S LOVE TO ENTER & TRANSFORM OUR SOUL
- 2) A PASSIONATE LONGING OR DESIRE FOR GOD'S TRUTH TO ENTER & OPEN OUR SOUL TO LOVE
- 3) A PASSIONATE LONGING OR DESIRE TO FEEL EVERY BELIEF AND EMOTION WITHIN OURSELVES WHETHER IT IS PAINFUL OR PLEASURABLE, NO MATTER WHAT ANYONE ELSE FEELS ABOUT IT. IT MEANS TO SEE OURSELVES EMOTIONALLY AS GOD SEES US!

Now that is a basic description of The Way and let's summarise each thing. God's Love enters and transforms our soul. God's Truth opens our soul ready to be transformed and our own humility allows the error to leave. Can you see the relationship between each thing? [00:27:18.27]

Love transforms our soul, Truth opens our soul ready for the transformation if we allow it, but humility, depending on our openness to humility, prevents or allows the error to leave, and of course the truth to be accepted as well as a part of that. It allows both things. [00:27:43.18]

So you could say that a lot about the gate is about this quality of humility, can you see that? Entering the gate means entering this quality of humility, and for many of us we're still struggling with that quality of humility because it's not an intellectual place, it's an emotional place. It's not a place that you can pretend you have in your mind. It's a place you either have or have not depending on your soul condition. So we've got to look at each one of these things in terms of what they do. [00:28:21.08]

Now I've often said to you that the path to God or The Way to God is very easy to understand. It's simple to understand but it's not easy to follow otherwise I wouldn't have called it the narrow gate and cramped is The Way leading to life, can you see? So it's not going to be easy to follow but it is simple to understand. The broad path leading off to the soul's destruction in most cases or to the soul's stagnation in others, that path is often very complex and complicated. So it's not simple to understand, but it seems to be easier to do. That's why most of humanity embraces it. [00:29:14.12]

You know how humanity has created religion after religion after religion after religion; I think there's now something like seven and a half thousand religions on the planet. I think there's something like twenty or thirty primary religions on the planet and seven and a half thousand other religious forms on the planet. The reason we create all of those things is that we're all trying to invent a way to get to God because we don't want to accept God's Way. That's why we do it. And our inventions range from atheism to agnosticism right the way through to being a devout Catholic or Buddhist or Muslim. All the way through that range is what man has invented in order to understand his presence in the universe, but it's still not God's Way. [00:30:13.26]

To be humble means that we are going to, at some point, accept God's Way in our emotional condition. In other words we're no longer focussed on just defining our way by ourselves or making sure that we feel our own way as truth, but rather we now feel God's Way is truth. There's a big difference between those two states. [00:30:44.16]

So is everyone okay with the basics of The Way? Many of you have heard them many times and if you haven't there's a whole introductory pack of DVD's at the back there you can take with you which will basically present those three things; the longing for Divine Love, the longing for Divine Truth and Humility as the different parts of The Way.

4. Audience Questions

4.1. How does God view our anger?

Participant: I have problems with understanding what it means to see ourselves emotionally as God sees us; so how does God see us? [00:31:30.13]

The problem with telling you how God sees you is that you will still absorb it as an intellectual argument rather than actually feeling it. To actually make this transition we've got to start feeling how God sees us and when we start feeling how God sees us, we don't question other people about it because we can now feel it. Do you understand? [00:31:54.03]

Participant: But there's also something like “God sees us warts and all”. [00:31:58.13]

Yes. So how does God view your error? So He sees error within all of us. How does He view this error? How do you think He views the error? [00:32:14.12]

Participant: As something I can be repentant about? [00:32:20.22]

No, let's look at how He sees it. I'll just swap this around. Let's look at how He sees it rather than what you've got to do about it because you just told me what you think you've got to do about it rather than how God sees it. It's a good question, Rita, but let's look at the answer to it. How does God see us? How does God see your error? [00:33:02.28]

Participant: I want to say on the Natural Love Path I have had all those beautiful things of how I am and who I am and it was really uplifting and... [00:33:10.28]

And I agree with all that. God sees the beautiful creature that you are, yes. But when you get angry with others, does God think it's beautiful? [00:33:22.20]

Participant: No.

Okay so you see... [00:33:25.02]

Participant: On the Natural Love Path I completely overlooked it. [00:33:28.14]

Of course!

Participant: I didn't even notice it was there. [00:33:29.06]

You see what the Natural Love Path does, because it's our definition of ourselves that we're seeking on the Natural Love Path, we generally only look at the good things. We look at the bad things for other people, but for ourselves we only look at the good things. That's how we treat things with the Natural Love Path. God does see us as a beautiful creature but how does He see the anger in us? What does He feel about the anger that's within you? Can you tell me? Can you see that you can't tell me? [00:33:58.19]

Participant: It's distancing me from Him as soon as I am angry and... [00:34:04.00]

So what does God feel about that? [00:34:08.02]

Participant: I'm not sure if He feels sad? [00:34:10.22]

Well no. You're now guessing because you don't feel what God feels about you. Can you see? [00:34:14.28]

Participant: Yeah!

And the problem we have is that we don't actually feel what God feels about things. We try to guess what God feels and that's a big part of our problem because we're guessing, but we don't actually believe it. There's a difference between what we feel about how God sees our error and what we think about how God sees our error. Now how does God feel about your anger? We think that God feels what? What do you think God might feel? [00:34:55.10]

Participant: Distant.

God feels distant, you think, okay. I'll just write down anything that you feel God feels. [00:35:03.21]

Participant: I've never thought about how God feels. [00:35:05.08]

Exactly, a lot of times we don't need to think about it because it's impossible to actually think about what somebody feels; you have to actually feel what somebody feels to know. But we often think things. So we often think that God gets angry with us for being angry, which is a bit hypocritical when you think about it, but anyway. We often believe that, do we not, as a human race? We feel that God feels... disappointed is a good one. See, some of us think that God feels compassion; notice some of these are very different to others. Can you see when we think we are not very logical? The irony is that we pride ourselves with using our mind to be logical, but can you see we think, “Wow there's quite a few different things I think, some of which are the complete opposites of each other.” And the reason we have to use our mind to sort all this out is that we do not know what God feels about us when we're angry. Can you see that? If we knew what God feels about us, we'd actually feel it every time we're angry because we can communicate with God through our feelings, so we would know. [00:36:43.26]

Participant: So does he feel love for us when we're angry? [00:36:47.07]

Yes, God does feel love for us. [00:36:49.28]

Participant: So if I even feel annoyed about myself because I have noticed my anger... [00:36:53.09]

When you feel angry with yourself for being angry, which many of you do feel, you get really annoyed that you're actually angry, but you are out of harmony with how God feels about you when you're angry. Can you see that? And in that place you're not being humble. Using our definition of humility, being that we emotionally feel what God feels about us at any point in time, we are not humble in that place. When we're angry with ourselves about being angry or angry with ourselves that we were unsuccessful... God doesn't feel that. God feels love, compassion, kindness, and understanding. These are the emotions God has when you're angry, which is the opposite of what we often think God has. [00:37:54.24]

<u>WE FEEL</u>	<u>ANGER</u>	<u>WE THINK</u>
LOVE COMPASSION KINDNESS UNDERSTANDING		DISTANT ANGRY DISAPPOINTED COMPASSION WITHDRAWS LOVE

How we feel and how we think that God views our anger

Participant: Does God feel a withdrawal of love from us when we're angry? [00:38:00.01]

No, that's what we think so we write that in 'What We Think': withdraws love. Can you see how, aside from compassion, these are the ways that our parents often reacted when we're angry? And so we think God's going to act in the same manner as our parents. But then somebody comes along like AJ and has a talk to you about God and God's feelings... and so we talk about the feelings God actually has. So then when I ask you the question, "What do you feel God feels when you're angry?" you then ream those off your mind, which is the only part of you that these things have entered. It's like going to a school, learning things by memory, and then when you're asked a question, saying it all back. Regurgitating it. That's how we are so used to learning on the planet, is it not? Many of you got your university degrees by doing exactly that. Reading some books, listening to some lectures, writing some things down and then regurgitating it when there was a need for it to come back. And how well you regurgitated made you get a distinction compared to a pass or a fail. Give up regurgitation! Nothing ever tastes good regurgitated, haven't you noticed that? You're basically eating somebody else's or your own vomit. That's what regurgitation is, is it not? Let's be frank about regurgitation. [00:39:45.16]

We've got to stop regurgitating, even what you hear from me you need to stop regurgitating. Stop parroting it as if we understand. We either feel it or we do not feel it. So we could say, "Well, Jesus told me that God feels love, compassion, kindness and understanding when I'm angry, that God feels those feelings for me. That's what Jesus told me, but I don't believe a word of what he's saying. I feel that what God feels is distant, angry, disappointed and withdraws Her love as a result of me getting angry. In other words God punishes me when I get angry, that's what I feel." It's really immaterial what we think. The material point is what we feel. [00:40:40.09]

Participant: I meant does God feel a withdrawal of love from us when we're angry? [00:40:45.01]

On the opposite end, yes, certainly whenever we're angry we automatically withdraw love from all people not just from God. So God certainly feels no love coming from us in that moment, certainly. Is God upset about that? No, God has compassion, kindness and understanding about that. But certainly every time we're angry or in fear, we withdraw love from every single thing in our environment in that moment. Love is no longer present. This is the main cause of many of our personal emotional injuries as children. Every time our parents were angry or afraid, we no longer felt loved in that moment. And because we no longer felt loved in that moment we were confused and often our parents then said to us, or chose to demonstrate to us through our or their actions, that we were actually at fault for that particular thing. We felt that we were the person to blame for the withdrawal of love in that moment and so often we were even blamed or punished for them withdrawing love from us. And so as a result we even believe God does that. [00:42:21.15]

Participant: When I'm angry, I still need to feel and experience that anger so that I can get down to the next part of it? [00:42:30.21]

Certainly! When will we feel the same way about ourselves as God feels about us?

Participant: But I also need to be loving, kind, compassionate and understanding of myself that I need to go through this so that I can become a better person and open myself up more to God? [00:42:49.18]

Yes, it doesn't mean to dump it on everyone else. But understand that every time you're angry, which is already in a way a dumping on other people anyway, so you're already doing it, we need to understand that God feels these things and eventually we will actually feel the same way about ourselves as God feels about our anger. [00:43:11.04]

You know how many people in different religious denominations around the earth, whether they are Christian or not, they all have this idea that God punishes you for certain actions. That's because they don't feel God. It's because they think of God and they think that's what God must be. Because if they felt God, if they actually could feel God's emotions for them, they would realise that in that moment they don't feel anger or disappointment or disapproval or withdrawal of love from God; they only feel things about themselves. You'd be able to tell the difference between those two states. [00:43:53.07]

4.2. Why am I angry with God and blame God for man's creations?

Participant: I know I'm still very angry. When you said earlier about all the religions that have led us away from The Way of God, I feel very angry with God. Because I've had all these teachings from everybody else and to me it's like this God's Way didn't work and I'm being punished for all the sins of the past generations. [00:44:22.12]

But can you see how your anger with God is almost illogical? While it's something you need to feel, it is almost illogical in the sense that God never created these other ways, man did. Man wanted to create man's definition of God. And so man in his arrogance decided he'd come up with one way, let's call it science or let's call it evolution or let's call it atheism or let's call it Christianity. Or let's call it the Muslim faith or let's call it Hindu or Buddhist, or let's call it anything that you can think of that man can pursue, right down to tantric sex as a God. Man creates all sorts of things as a God and they are all man's way of thinking. It's man's way to God; many of them do believe they are man's way to God. In the case of something like atheism, they don't believe there is a God so that even takes the whole expression a little further, but it's still the same kind of thing in a sense that it's still a belief system that prevents them from fully embracing themselves and fully embracing their creator. [00:45:28.00]

And we finish up creating a definition and then because we became... when I say we, the people who were the leaders of those defining moments decided in their own arrogance that their way was the best way and in that place they decided to set up a whole following of that particular way and this is where literally thousands and thousands of religions were created; by having a following after a person who created a way that he believed was the right way. And of course he had a whole emotional condition that caused him to believe that it was the right way, which then attracted other people who had the same emotional condition to believe him. And that's how error, in terms of truth and error, Divine Truth and error arrived on the planet. It wasn't God's creation but rather man's desire to create for himself. [00:46:27.20]

Participant: So I'm really angry at the people who went before and changed everything, I'm not really angry at God.

Yes, well, you're unwilling to be angry at the people and would like to blame God for their actions. [00:46:37.25]

Participant: Because He's my father figure? [00:46:43.18]

No because you don't want to feel the grief of being told lies most of your life, do you see? The only reason we get angry with God is that we don't want to feel the grief of being told lies about God, about other things, about our life, all of our life up to the point that we learn the truth. And God doesn't deserve the rage of that. The people who created the untruth deserve the rage of that. We have grief as a result of that untruth and we need to be humble enough to experience that grief. That's the creation. [00:47:27.17]

4.3. Understanding free will in our interactions with others

Participant: Yeshua, where does free will fit into this equation? In an emotional place, do my choices distance me from God? [00:47:48.14]

Jen can I make a statement, which is getting back to the first statement I made to Rita, and that is if we've got to ask the question where free will fits in, then we are yet to emotionally understand free will. Because once we emotionally understand free will, we will know where it fits in everywhere. Once you actually feel the truth about free will in your heart, you will know where it fits. [00:48:14.27]

Now I'm not saying you have to, I'm just saying we need to firstly grasp this main point and that is that if we're asking the question, there's a high likelihood that it's telling us we don't yet feel the truth of it. We're still grappling emotionally with the truth of what we're asking the question about and we are okay to do that from God's perspective. God says, "No that's

fine, that's actually a good thing," but we need to understand that we are yet to understand free will in this particular question. [00:48:47.10]

So you asking the question demonstrates to me and to anyone who's present and to God and to yourself that you're yet to fully understand free will as a principle, as a loving principle of God's. so your question is born out of that lack of understanding emotionally. In other words what you're trying to do now is intellectually understand free will, right? That's so that you can, hopefully, get it down into here (AJ points to his heart), so that you can feel it at some point in the future. And what I'm saying to you is that it's impossible to intellectually understand free will and get it into your soul at the same time as using that process of intellectual understanding. There has to be something that happens emotionally that allows the understanding to enter your heart, rather than just being an intellectual concept. [00:49:41.20]

4.3.1. An example of anger towards condescending men

Participant: It seems for me that I get into a space where I make the same decisions over and over and over again and I know that God's there knocking here (Participant points to her head). [00:49:58.15]

Yep, intellectual knowledge that God is there. [00:50:03.01]

Participant: And I seem to keep making specifically with, say what you were talking about anger... [00:50:10.17]

With anger the same decisions. [00:50:12.29]

Participant: Almost like it's more comfortable for me to make the same decision over and over or I'm in a state of being conditioned and I'm not sure what else is there. [00:50:25.19]

You need to be very careful here; the first statement was very correct. You are more comfortable making the decision towards anger than you are to doing something in a different direction. Don't go down the track of saying, "I am conditioned to do so". That is now taking the choice away from you and to be frank, placing the blame on something external to you. The reality is that "I have anger inside of me" if that's the case and often, when I get into the same situation, I am angry in a very similar manner to the last time I was in that situation. So, for instance, if the situation is that the man treats me just with a little bit of condescension, I'm in a rage. Let's say that's the situation. [00:51:15.29]

Participant: Yes, that's true.

And then I go and cry and everything else about it and then the next time a man treats me with condescension I'm in a rage again. [00:51:23.10]

Participant: Yes, I make the same choice and the same result occurs. I cry and it doesn't help. [00:51:27.04]

That's right and there must be a reason why it's not helping and we'll go through that in a minute. But can you see that the next time I make the choice a man treats me condescendingly I get into a rage again. Now I've done this three times in a row now, so that should tell me that what I'm crying about isn't the truth. [00:51:54.01]

I know you're feeling emotional but that doesn't mean that every emotion in you is the truth. You see you can have emotions that are linked with lies inside of you too. Many of us do. Every time you go into a demand of another person you have emotion in you that is linked with a lie. And you know what a lie is? Other people have to do what I want, that's the lie, that's the feeling that's inside of us. Every time I go into demand with another person, I'm actually feeling that feeling as a truth. I think that everybody should follow my demands and the reason I get angry is that they're not following my demands. What's wrong with them? They're not doing what I want. Don't they know that I'm God and I... and not even like God... that I should get everything I want anytime I want it; every time I just have a feeling for it somebody else should supply it to me. That's the feeling inside of me that I need to release, but we don't. You know what we finish up releasing? We start crying because we're not getting what we want. [00:52:59.12]

Participant: So is what you're saying specifically relevant to me, to my emotional journey?

Yes, and three quarters of the audience. Yes.

Participant: Okay. So you're saying that I have this emotion of demand inside of me... [00:53:18.17]

...that you are not releasing. So when a man treats you condescendingly, you have a feeling inside of you, “He shouldn't treat me condescendingly.” And I put back to you if you actually understood the Law of Free Will you would understand at an emotional level that he's allowed to treat you however he wishes. [00:53:36.15]

Participant: How then can I exercise my free will?

You don't have to be with him.

Participant: That's big.

You can leave him so then he doesn't affect you, he affects somebody else. Do you understand? [00:53:53.21]

Participant: Can I do it any other way?

Can you see we can understand with our mind what I just said, but when next you're in the situation where the man treats you condescendingly, I can guarantee to you that you'll go back into anger. And that's because a change hasn't happened in the soul. Once the change happens in the soul, when someone treats you condescendingly you don't get all upset about the condescension. You go, “Wow, he's just treated me condescendingly there. Gee, I have some compassion for that man. He must have had a hard life with his mum to treat women like that. Or he must have a father who was quite abusive towards women to treat women like that. Shall I tell him or not? Yeah I think I'll tell him that.” So you go up the man, no matter what his condescension, and you tell him, “You know you must have had a pretty hard life with women or your father must have been pretty bad towards women.” And he gets in a rage with you and says, “What are you talking about?” And you feel the anger coming at you then. And if you were at-one with the way God feels, automatically there would be no rage in you, no resentment in you, nothing like that. There would automatically be the feeling, “Wow, he's angry at me now. Wow, doesn't that show how resistive he is to dealing with that emotion and how much resistance he has towards that truth?” And then if he kept doing it, you'd go, “Do I really want to be with this man? What I'll do is, I'll say “Look,” and if it's a partner you'd say, “Look, I really love you but you don't love me very much. You barely love yourself very much either, because you're getting angry all the time and you treat women condescendingly all the time. So what I feel I need to do is to withdraw from you for a bit so that you can just feel that on your own because you're not feeling it when you're with me.” [00:55:51.28]

But you know for the majority of you ladies in the audience you don't do that because you have all these feelings of insecurity that you don't want to feel and you have all this rage and anger about men's condescension that you don't want to feel and a whole heap of grief about yourself that you don't want to feel when somebody's condescending to you. So you don't do that. Instead you get angry back because that's the way to handle it. That's the way you've always handled it in the past. That's the way mum might have handled it and that's what you do. Or it's the feminism way to handle it. You've picked it up from the world and the way it handles things now. [00:56:31.05]

All of those things are demonstrating that we have yet to have the truth of free will enter our heart. None of those things indicate anything but the lies that we still believe in our heart. So we can intellectually go, “Yes, I fully believe in this free will, I should have free will.” And we can go on like that. But it's not in our heart yet and so it cannot transform our life yet. It's only an intellectual concept with which we have presented ourselves and we obviously still have this resistance to it entering our heart. Otherwise there would be a permanent change and we don't have to try to understand. [00:57:20.28]

Participant: So is there not a split second choice where you can choose anger or you can choose something else? [00:57:27.16]

No, that's what the Natural Love Path tells you and the answer is “no” because once Divine Love has transformed your soul, you'll be unable to be angry. It won't be a choice; it's just impossibility. You can see the reason we're often faced with choices in our day-to-day lives, and we're told “I have to choose love rather than choosing fear or anger”, and the reason we have to make the choice is that the truth is yet to be in my heart. If the truth were in my heart, there would be no choice; it would automatically just be in love. Automatically, without any choice being made! [00:58:13.04]

4.4. Implementing the three basics of The Way

Participant: I still don't know how to get there.

Ah, but this is the thing. We have discussed the very simple way to get there, Jen. And what I'm saying to you is that we are obviously resistive to that simple way because we're not there yet. So let's go back to the simple way, shall we? (AJ turns to the whiteboard). [00:58:43.10]

1. - A PASSIONATE LONGING OR DESIRE FOR GOD'S LOVE
TO ENTER & TRANSFORM OUR SOUL

2. - A PASSIONATE LONGING OR DESIRE FOR GOD'S TRUTH
TO ENTER & OPEN OUR SOUL TO LOVE

3. - A PASSIONATE LONGING OR DESIRE TO FEEL EVERY BELIEF
AND EMOTION WITHIN OURSELVES WHETHER IT IS PAINFUL OR
PLEASURABLE, NO MATTER WHAT ANYONE ELSE FEELS ABOUT IT.
IT MEANS TO SEE OURSELVES EMOTIONALLY AS GOD SEES US!

Participant: But none of that's simple.

It is simple. What's complicated about that? We're talking about the rest of your eternal life and I've summarised the rest of your eternal life in terms of eternal growth in one page of three or four simple sentences. [00:59:03.13]

Participant: But when you're in a place of such, well, anger, that's not simple. [00:59:14.12]

Yes it is. It's quite simple, you're not being humble. [00:59:20.00]

Participant: Black and white.

Yes. Would God get angry in that situation? No.

Participant: No.

So if I'm not doing what God would do in that situation, I'm out of harmony with God, am I not? [00:59:30.23]

Participant: Yes.

Yes, it's quite simple. Now if I'm automatically choosing anger, this tells me that in my heart the transformation has yet to occur. So I've got to be honest about it. My heart hasn't accepted the Law of Free Will. [00:59:46.12]

Participant: And I must believe that anger is better than this way. [00:59:49.27]

Of course you believe it otherwise you wouldn't continue doing it. Why would you ever continue doing something unless you believed it was right? [00:59:58.29]

Participant: I understand.

Of course you wouldn't. So for the majority of us we still believe anger is the right way. You get a tricky situation, a hard situation, what do you do? Bend to anger. So you must believe it's the right way otherwise in your heart you wouldn't

even be able to engage anger anymore. It wouldn't even come up in you anymore for you to have to squash in an interaction. It wouldn't even come up any more. [01:00:39.11]

4.5. Does God withdraw Love in the moment of our errors?

Mary: I think this is a question or a feeling that I'm grappling with. But on the other side of the board you had how God feels; what we think God feels and how we feel God feels. And I feel like at times I do feel God even when I'm angry or resistive or in a state of fear. And I do feel those beautiful things that you wrote, the love and the compassion and tenderness for me that I feel I lack with myself most of the time. But I also feel another quality within. I feel it's a quality within love that I haven't understood because of the way I was brought up this time, and it's a sense of 'constantness'. I don't know if it's the right word. It's not harsh, but it's unyielding in the quality of truth and love. That is, it reflects to me, “Yes, my daughter, you're afraid and that is an error. Yes, you're angry and that is not right. Yes, you know that that is not love.” [01:01:53.19]

So God's not withdrawing love from you in that moment because you can still feel God's Love. [01:01:56.29]

Mary: I feel loved but I also feel this constancy from God about what love is and how I can connect with Him. And I feel that this is something that prevents me because of this third element you were speaking to Jen about, this desire to feel everything within me. Because of that desire I receive that love from God that also gives me this message about what love is. But because of the level of fear within me, it makes me contract away from God again. I feel like, “No, no, no I can't feel everything that you're reflecting to me is not loving and...” [01:02:43.24]

But if you flip it over and you actually felt everything that God was reflecting to you, what would you finish up doing? [01:02:49.21]

Mary: I would feel all of my fear and terror. It would flow out of me.

Your heart would burst in grief, wouldn't it? It would just flow out. [01:02:57.12]

Mary: Yes, absolute grief and I know that I would stay in that connection. And so it seems to me... I think I've answered my own question, but it seems to me that courage is to stay with the truth that I know even intellectually, with God who's given me that emotional truth in that moment to then be with myself. [01:03:22.13]

Certainly, it takes courage to be humble, certainly. And I'm not saying it doesn't, but it is simple. [01:03:28.16]

Mary: No, I know, I'm sorry.

No, no, no, but you're right, babe. What happens a lot is that we feel the constancy of God's Love in a certain situation and then because of our own condition we withdraw from God purposefully because we don't want to feel the error. [01:03:50.10]

Mary: I guess I just feel that so strongly. That, I'm not doubting God, and when I open myself I feel all of that from God, but I just feel my own lack of courage to stay in that connection because of my fear. [01:04:05.09]

Yeah, because of your fear of the error, because of your inability to maintain a painful emotion for any extended period of time. Yeah. [01:04:15.22]

Mary: Thanks, babe.

5. How to live The Way

Now, obviously I've only just introduced this topic at this point so there's a lot more for us to discuss on each one of these issues, and I would like to do that as we go. But is everyone starting to get the understanding that we can talk about the

truth and we can think we know the truth, we can think we are doing the truth and we can think that we're doing the right thing and at the same time be in complete error on all of those subjects, and not understand that in our soul is where the transformation needs to occur?

Divine Love, when it enters our soul, will naturally make that transformation. All we've got to do is allow the love to enter us and the transformation will begin. How do we allow the love to enter us? By being open and having a longing for the truth, which is the thing that opens our soul to love entering us and being humble because that's the thing that allows the error to leave us so that the truth can enter us. These are just a few basic things that we keep forgetting in our day-to-day life. [01:05:41.12]

Many of us are trying to receive God's Love without being humble. Or for most of us we're trying to receive God's Love without having a desire for truth or without being humble. That's what we're trying to do. And it's a physical impossibility to do such things. You might as well just give up the Path right now if you're going to continue doing that because it's a physical impossibility for love to enter and transform your soul without you having a longing for truth and without your humility. [01:06:25.05]

Can you see that we often desire God's Love, we come along to these sessions, we're thinking about God's Love but we're noticing in our lives that we keep doing the same pattern of things. We feel all confused about it and distressed about it and we feel like, “This is not getting me anywhere,” and all of those kinds of things. But we're not coming face to face with two facts. And that is, “I'm just not being humble” and “I just don't want the truth”. And that's why it isn't working. We're just off base when it comes to acknowledging the basic principles of The Way. And that's what we're doing. [01:07:12.18]

So what we need to do is to start allowing ourselves, even intellectually at this point, to analyse what's going on. Do you want to spend another three or five years or however long you've known about the Divine Love Path before you make the actual opening of the gate into the narrow way? Well I don't know about you but I would think that's a bit of a waste of my time. What we like to do is actually make the physical transformation into the gate that leads on the narrow path, The Way that leads to God. Even though it seems to be narrow and cramped, we still want to get on that path. [01:07:58.26]

5.1. God's Love transforms our souls; we do not

Now to get on that path, all three things must be engaged. You don't have to worry about the transformation of your soul because God's Love will do it for you. Do you understand? You don't have to force yourself to change because God's Love will change you. You do need to allow the change to occur using your will. You do need to allow humility and truth to become a part of your being before these transformations will occur, because love cannot enter you without these other things. [01:08:41.06]

So we need to go back to this basic understanding that I presented earlier and that is, God's Love transforms the soul. You do not have to do it for yourself because God's Love will do it for you. That's number one; God's Love will transform your soul. It's a guaranteed fact that God's Love will transform your soul. There are billions of spirits in the Celestial kingdom who know that for a fact because their own soul has been transformed by that love. You do not have to worry about your soul being transformed. You do not have to try to transform your own soul. You don't have to make your own soul transformation yourself. Have I made that point clear? Okay. [01:09:42.12]

However, you do need to have an opening for the love to enter in order for the transformation to take place. Can you see the difference? There needs to be an opening inside you that allows the love to transform your soul. You don't have to try to transform your soul; you just need to allow the love to do its work.

Now how do I allow the love to do its work? By being desirous of truth inside of my soul, having a passionate desire in my heart to actually be in truth. And once I'm in that space and I'm also in this other space of being completely humble to all the error that's in me, so the error can just flow out naturally, because I'm open to truth and I understand that the truth will open my soul, my soul is now automatically open and there's space in it in order for the love to flow. And the love will transform me. As long as I can receive it, the love will transform me. [01:10:59.06]

You see for a lot of us; even though I've presented these truths to you before, a lot of us have yet to understand them. We think we understand of them. We think, “Yeah, yeah, this is what I'm trying to do.” But we do not understand that we do

not have to try to transform our own soul. You don't have to do that. Instead we need to allow the soul to be transformed, which is a process of being open to truth, which opens our soul, and being humble to our emotions, which allows all the negative crap, all the error, to just leave us naturally. We don't have to try to do it. It will happen naturally if we're completely open and humble. [01:11:52.07]

Many of us have been doing the opposite, haven't we? Can you see that? Who thinks they've been doing the opposite to that? Yeah, quite a few of you! Because we've been trying to receive God's Love, and we're trying to make our soul different so God's Love will enter us. God's Love transforms the soul; you don't need to try to make things different. And to be honest with you it's impossible for you to actually make things different without the reception of the transforming power of God's Love. But you need be open to its reception. There has to be openness inside of your own soul to receiving the truth and to allowing these negative emotions that we've picked up along our path, along our way, to leave us so there's space for love to enter us. [01:12:50.24]

5.1.1. The analogy of the bottle and our soul

It's like we're like a bottle, upended if you like. So I'll just draw a bottle. There's the bottle of our soul. At the moment, for many of us, we have all this emotional experience filled to the very brim. And then for many of us we also have a very firm cap or cork on the top of that brim because we don't ever let any of it out.



And then we're longing for Divine Love. And God's trying to pour the love on this closed bottle that's already full of other things. And then we're going, "I've been doing this now for two years and nothing's happened. There have not been very many substantial changes in my life. I still have as much problem with my relationship as I had two years and I still have as much problem with my friendships as I did then. I still have as much problem with money as I did then. I still have as much problem with happiness as I did then. I still have as much problem creating what I want to create. I still get pretty annoyed and angry and frustrated every time I don't get what I want." All of the same things that used to happen are still happening. And then I go, "There must be something wrong with this path. There must be something wrong with what I'm hearing. Sounds alright, but there must be something wrong." [01:14:41.00]

So we leave it for a while and nothing else out there satisfies us so we come back to it and then we leave it. And we come back to it. And over a period of a few years we might leave it and come back to it many times. Sometimes we feel convinced; sometimes we don't, and so forth. And you know what the problem is? Our lack of humility has placed this cap on top of our crap, because we're not humble to experiencing it, we don't want to, we can't release it. And so there's not any space in the bottle, there must be some of this that has to be cleared out in the bottle for something to be poured in. And if there's no space in the bottle, the law of physics - and there are laws of physics governing the operation of your soul - the law of physics prevents the love from entering or anything else for that matter from entering. [01:15:43.15]

And as a result the soul doesn't have the capacity to expand either, to transform. The love entering our soul is like transforming that bottle into an elasticized container that the more you pour in, the bigger it gets. That's the effect that the love has on the structure of the soul, but we don't even worry about any of that because none of the love has entered for us to have experienced that particular shift. [01:16:18.24]

5.2. Summary of the process

So what can we do about that? Well the first thing we need to do, and I want to summarise this again for you so that it's nice and solid, at least in that regurgitating machine you've got going up there, is that God's Love transforms your soul. You do not have to transform your own soul, number one. You just need to be open to God's Love entering it. Now the two things that determine your openness to God's Love entering your soul is

1) Your desire and longing for truth. There is this physical mechanical thing that happens to your soul when you desire truth in that your soul starts opening, your heart starts opening to the absorption of love as a result of the openness. The truth is the thing that opens your soul. It makes you more aware of your environment and your life and everything that's going on in it; that's the effect of the truth. It opens you to your true condition and nature. It opens you even to acknowledging the truth of the different emotions that exist within you, of the errors that were pounded into you via your environment. It opens you to that. [01:17:51.04]

2) Now it's okay if our soul is open but if it's full of crap, something has to happen. When it's open and tipped over it will automatically flow out if we are humble, if we have this desire and passion to actually feel every single belief and emotion that exists within us, rather than just intellectualising everything. If we allow that, no matter what our environment says to do and no matter what anybody else feels about us doing that, from that moment on we have a chance. In fact if we allow that condition permanently, we will permanently continue to receive Divine Love, even if it's only at a dribble.

But what happens is we ebb and flow. Sometimes we get to a big truth and we go, “Wow, that's just pretty hard for me to accept,” so I don't accept it for a while. Now of course my soul is closed to receiving more of the transformational love from God. So from that moment onwards I am not going to transform. I might keep that closed for six months and then when I look back over the last six months I might go, “Yep, I have certainly not changed on that particular issue.” And if I keep it closed for five years, then it will be five years. And if I keep it closed for a thousand years, it will be a thousand years. Simple as that! When I choose to have the opening to the truth, now I have the ability for the love to flow again. [01:19:49.19]

Now I have ability for the love to flow, but if there is error-based emotion inside of me, or a belief system that is totally opposite to what that truth is saying inside of me, I'm going to have to allow myself to experience some pain in its release. I'm going to need to allow myself to feel the release of that pain rather than just going, “Yeah I've got a lot of pain about how my mum treated me or my dad treated me, or this situation or that situation,” in our heads, talking about it here (AJ points to his head) without feeling it here (AJ points to his heart). [01:20:28.13]

So this is one of the problems we face. We can talk about crap until, as the saying is, the cows come home; until evening when we go to sleep and we wake up in the morning and we can open our mouth and talk more about the same crap. But until we are actually opening our heart in humility and opening our heart to the truth, in our heart and not in our head, nothing can be transformed. Nothing! This is the reason why most Christian faiths experience a very short transformational period. Every person who enters that faith enters a very short transformational period in their soul. And then the instant a truth comes up that they do not wish to accept, they close their soul, and no more transformation is going to take place and they'll be stagnant for the rest of their life or potentially existence if they don't make a change. Billions of people in the spirit world are in that condition. There are billions in the sixth dimension of the spirit world in that condition, not wanting to accept one particular truth and therefore completely closed to further change, unable to progress beyond that point. They believe themselves to be happy when the comparison of happiness is such that the eighth dimension is thousands of times better than the sixth, but they won't even accept that because they do not want to be open to the truth. [01:22:20.00]

Participant: When you were saying before that I don't have to change my own soul, how do people go with the resistance to feeling that God loves us so much that She'll actually do that for us? [01:22:39.00]

Well that is an emotion or a belief. So I need to be humble to that belief and feel it. [01:22:45.09]

For example, if I do not believe that God will make the transformation or give me any love, then I need to feel that. I need to have a good cry about the fact that I believe that God will not give me any love. That's a part of being humble. Once I release that pain, this belief I have that God will not love me because I'm no good for some reason, I'm worse than any

other person on the planet and that's why God won't do it, once I release those beliefs... Or I might believe that there's no such thing as God. That might be a belief, so I need to release that belief... Once I release the belief emotionally, now it will automatically flow. If I have a longing for it, it will flow automatically. [01:23:31.01]

So you can see, can't you, that a core part of the principles of Divine Truth are humility and the truth itself. The love will flow and transform automatically when we have humility and a desire for truth. This is why it's the truth that sets you free. Because the truth is what allows the love to enter and if you're humble it will enter; but it requires deep humility in order for that to occur. [01:24:07.09]

So how about we discuss each thing point by point. We'll look at this passionate desire for love and the understanding that it transforms us. How about we look at that and then after that how about we look at the longing for truth and the effect that truth has on our soul, and then, thirdly, at this aspect of humility again. We'll just revise this aspect of humility and what it means to be humble and what it does with error; how we actually process through and release this error within us. We'll look at those particular three things. [01:24:55.10]

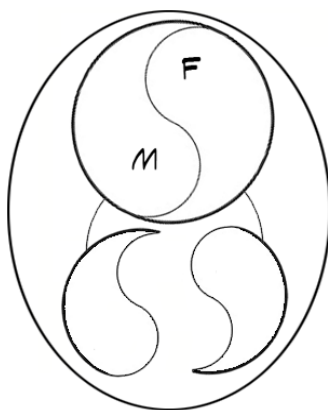
6. Longing for Divine Love

Let's start with the first one, which is this passion or desire for God to give us love, God's Love and its power.

1) A PASSIONATE LONGING OR DESIRE FOR GOD'S LOVE TO ENTER & TRANSFORM OUR SOUL

Many of you understand that when you were first created as a soul, you were created as a whole soul which had basically masculine and feminine qualities and the soul split in two. When the soul splits in two, we split into these two halves and we incarnate on this planet. [01:25:48.23]

Now there can be two male halves and two female halves as well as that masculine and feminine split, as I've described in other talks. Now that soul has a finite capacity to experience life in this moment. What I mean is that God has naturally designed this soul, the complete soul, and the process of the individualisation process; God has designed all of that.



During soul incarnation our souls split into two halves

6.1. Only Divine Love can transform our souls from having a finite capacity

But the soul itself, the individual half in this case, has a finite capacity; do you know what I mean by finite capacity? In other words, it's limited by its design. [01:26:40.20]

If I can give you an illustration of being limited by design: many of you have a car, yes? It usually has four wheels? Yes. And four tyres? Yes. And it usually has a place where the occupants of the vehicle, varying in number, can sit in relative comfort depending on the vehicle. It has a motor, in other words some driving force, to get you from A to B, does it not? Okay. So the vehicle has a finite capacity. Your seating capacity might be five, let's say, in comfort. When you add six,

what do you find then? It's now uncomfortable for one or more passengers. Let's say you try to put twenty-five in there. Now I've seen that happen. Somebody tried to put twenty-five people in a Mini Minor and I think there is a picture of it on the Internet actually. Now that is an extreme degree of discomfort, is it not? But it's still possible. But you try to add a hundred and fifty people to the car. Now it's a physical impossibility. That's what I mean by a finite capacity. Your soul was originally designed in its natural form with a finite capacity. That finite capacity is reached when you enter the sixth dimension or the sixth sphere of the spirit world or into that same condition while you are on earth, which is possible. From that moment on you experience the finite capacity of the soul without any other external influences. [01:28:35.02]

Now God has also designed a system where the finite capacity of the soul can be increased. It can be bigger than its original design. It's like having a car that stretches according to the number of people that you want to put in it. So imagine that you've got twenty-five people over for dinner. And you decide you're going to pick them all up and all of a sudden your car is a bus and you manage to pick them all up, and then drive them home. Now you don't need your bus anymore so it goes back to five people. And now you only need the car for one person so it's now a one-person car. And then you want a hundred people to go in the car and it expands for the hundred people and all of you can get into the car in comfort. So that's the kind of soul God designed for you, a soul that can expand and grow to further capacity. It no longer has a finite capacity but this finite capacity, the limited capacity, can now grow. We have an option to grow the soul. [01:29:47.08]

FINITE CAPACITY GROW THE SOUL

To grow the soul, the soul has to transform into something else. It can't stay as it was originally designed. If it stays as it was originally designed, it has its limitations and they are the same limitations as how your car was originally designed. It's got a finite capacity. [01:30:09.13]

God has a method to grow your soul and this is, by the way, a scientific truth, not just a physical one or a spiritual one, it's a scientific truth that God's Love transforms the soul into a different type of thing that can grow beyond its finite capacity. God's Love does that. When God's Love enters the soul, your soul can now grow beyond its original conception. God has created this ability for the soul itself to receive something that actually causes it to transform into an elasticised creature, something that can grow and have larger possibilities and potentials. That's what Divine Love does. That's the operation of Divine Love on your soul. [01:31:10.14]

Can you see that it's impossible for you to transform your soul? If you try to do it by yourself without God's Love entering your soul, you can never go beyond your original finite capacity which is the sixth dimension. You cannot grow beyond the sixth sphere; the sixth dimension in the spirit world or on earth. You cannot grow beyond that because that is the finite capacity of the soul that God originally designed. Just like your car, when you bought it, had a finite capacity that was originally created by its designers, exactly the same principle. Nothing can occur; nothing can get better than that. And that's why when you buy your car the very first day you drive it home, that's probably the best time you're ever going to have in your car, because it cannot grow beyond that, it cannot change beyond that. But God designed your soul to receive something that could change it and enable it to grow beyond that and that is God's Love. That's the importance of God's Love to your life. [01:32:35.11]

So my suggestion to you is this, with regard to understanding the transformational effect of God's Love: give up trying to transform your own soul. Many of you have yet to give this up. Many of you think if you try harder, you make more effort here, you make more effort there, if you try harder here, you try harder there, you try to be good, something's going to change. It's not going to change beyond its original finite capacity. It might change from beyond where you are but it won't change beyond the original finite capacity, that sixth sphere capacity. It can't change. In fact it cannot change without the reception of God's Love. It cannot change. [01:33:33.28]

So give it up, give up the desire to be personally responsible for the transformation of your own soul because you can't do it. You will not ever enter the seventh dimension of the spirit world, either on Earth or in Heaven; you will not enter that state until you give up the thought that you can transform your own soul. Because you can't, you can't do it. [01:34:02.28]

6.1.1. *Developing a desire for God's Love*

So what would a person who really understands the Divine Love Path do, if you really got it in your heart? [01:34:14.24]

Participant: I'd be praying for a greater desire for God's Love to enter and transform.

Awesome! Yes! We can actually improve our desire for it, can't we? That is something we can change because that's something under our control. That's under our control. Being passionate and having a desire or longing are under our control. We can be passionate, longing, and desirous. That's all under our control. We can long for the substance that transforms us; that is under our control. [01:34:52.15]

Participant: AJ, when we pray for a stronger desire, when our desire gets stronger, is that an intellectual desire or is it...? [01:35:05.23]

Well firstly, can God give you more desire?

Participant: I want to say no, it's mine.

I'd agree with you. God can't give you more desire. When your soul transforms into a new bigger thing, it might have more desire then but God's not actually giving you more desire right at the moment before it happens. So when you pray for an improved desire, how effective is this prayer? Have you found it effective in the past? How many of you have found the prayer for more desire effective? Yeah? Why would it be effective for you? [01:35:59.12]

Participant: Because we open ourselves up to more Truth.

Ah, yeah. See, we're saying to ourselves, “I realise that I need to have a stronger desire inside of myself,” and this is a basic truth. It's called the truth of the Law of Desire. The truth of the Law of Desire is that if I have a stronger desire, I will have a stronger effect and that is a basic truth of that law. So I realise that if I just sit on my... what's the saying? Laurels, is it? I probably have a more crass way of saying it than most of you. If I just sit on my backside expecting things to come to me without exercising a desire, will things ever come to me? Well, my suggestion is for you to try it if you believe that that is occurring. See, the problem is that many of us do believe that that should occur with love and spiritual truth. But the reality for all of us is we all understand that it doesn't occur with physical things. You try it with physical things; see what happens if you sit on your backside the whole of next week, you don't go anywhere; you're just a couch potato and see whether somebody feeds you. [01:37:18.23]

Now unfortunately for some of you somebody might feed you and that's a bitter shame for both you and the person who's doing that. But for the majority of you, you will find that you will not get fed. Particularly if you're by yourself, you'll definitely not get fed. You'll sit there and after two days you'll probably start feeling really hungry. For most of us it might be after four or five hours. And you'd start feeling really thirsty and actually after five days you could be in very serious trouble if you didn't have at least a drink or two in that time. You can be in very serious trouble after only five days. Five days of not having a desire to feed yourself and you can be almost dead if you also don't drink. And if you keep on going without any water, within a few weeks, parts of your whole body will start closing down and causing major drama to your entire body. [01:38:24.27]

So all of you have learned, through your personal experience, that if you're hungry you'd better do something about it and if you're thirsty, you've got to do something about it. Is that not true? You're driven by a desire to feed yourself, yes? Okay. [01:38:42.15]

And yet we have this belief, with God's Love, that we should be able to just sit on our backside and do nothing, and it should all just come to me. That's what we believe. We believe what is not in actual fact happening in any physical sense in the universe and yet we believe it should happen in a spiritual condition. How logical is that? If it's not happening in your day-to-day life with other things, it's highly unlikely that sitting on your backside without doing anything is going to have an effect in your relationship with God either. And that's partly the Law of Desire, there's a law that governs that. If you desire something passionately, it will come to you. But to desire something passionately do you sit on your backside? Definitely not! You take affirmative action to getting it, do you not? And you don't wait until somebody else gives it to you; you take action for yourself, do you not? And that's something we need to do with God's Love; the same principle. [01:40:00.29]

6.1.2. *Becoming God-reliant*

Participant: AJ, with taking personal responsibility and desire to look after yourself, I can see it slipping into self-reliance very quickly. [01:40:16.29]

There's a difference between personal responsibility and self-reliance.

Participant: So where do we draw a line between God-reliance and self-reliance?

Well, God's Love transforms our soul. If I understand that at the soul level, I will not be attempting to transform my own soul. If I am, I'm being self-reliant. How many of you are being self-reliant? Almost all of you at this point because you have been trying to transform your own soul. That's self-reliance. [01:40:46.06]

Participant: So how do we let go of that?

How do you let go of that? You have to come to some kind of emotional understanding, not an intellectual one, that God's Love transforms your soul. There have to be these qualities of faith and trust that we've talked about many times before, but not in yourself, in God. God has made this beautiful system where you do not have to transform your own soul. God's Love can do it for you as long as you do a few things that are to do with your will, that are to do with the expression of your desire. [01:41:26.15]

FAITH } IN GOD
TRUST }

I see people trying to transform their soul and they think they're being humble, but people trying to transform their own souls are not being humble. Because it is actually against one basic truth of the universe and that is that God's Love transforms your soul, nothing else can. There's physically nothing else that can transform it. Only God's Love can! So every time I am trying to transform my own soul by some kind of physical, emotional or spiritual effort, I am actually in self-reliance and I'm not having faith and trust in God because I'm in self-reliance. I'm actually thinking I'm doing it and I can't. It's a physical impossibility because it's only God's Love that transforms the soul. I can't transform my own soul beyond that sixth dimensional condition. I cannot transform it. [01:42:26.08]

We often have a different definition of self-reliance, you see. A lot of people are saying that they have God-reliance but they don't yet accept this one truth in their heart that there's actually nothing I can do to transform my soul. Nothing I can do will transform my soul because God's Love is the thing that transforms it. All I can do is either receive God's Love or reject it. That's all I can do. So I can use my will to receive or reject God's Love, but it's God's Love that does the transformation. [01:43:04.27]

Participant: Is there a bit of a difference then with God's Love transforming my soul compared to growing in love? Is it a very different thing? [01:43:17.24]

You can personally grow in love but only to the sixth dimension. That is the extent or the limitation of your original design. You can and many do, and let's face it, most of the Earth is in this place. Every religion is pretty much in this place on the planet at the moment, where they are trying to be good, trying to be more loving, trying to be more this, trying to be more that. And they're trying because God's Love isn't transforming their soul because they're not receiving it. So they have to try; however the truth is you can try to become more loving but only to the pinnacle of your own existence. The finite ability that God originally gave you was to be in the sixth dimension with regard to your love, that's the limit of your development. So you can do it to that limit but that is a limit that cannot be increased without God's Love entering your soul. [01:44:16.00]

Participant: So transforming my soul is something just completely different to that then, is it?

Allowing God's Love to transform your soul is something completely different to that. The whole Natural Love Path is all about transforming your own soul, attempting the process. [01:44:31.09]

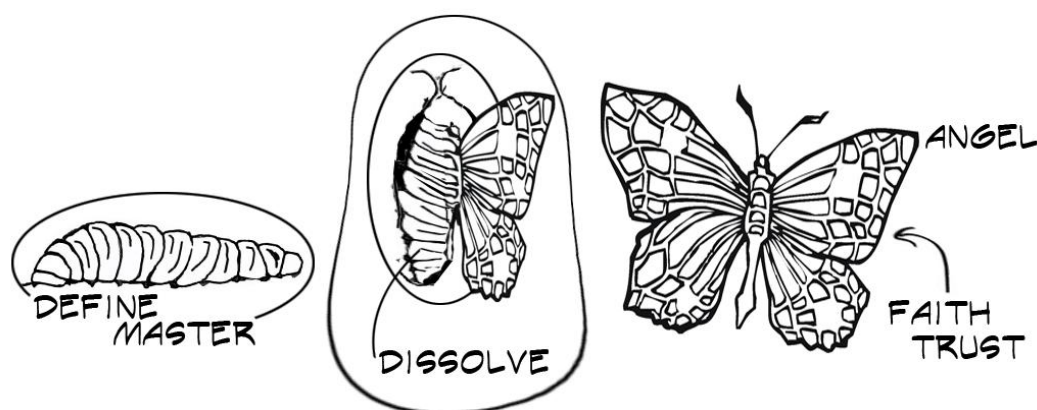
Participant: And yet no one's ever done it.

No one's ever done it fully on Earth but billions of people in the spirit world have transformed their own soul to the sixth dimension, to their original finite condition, or limitation. Billions of people have done that. Billions of people are still doing it in the spirit world and on Earth. But what I'm saying to you is that to actually transform your soul requires something further than that; to actually develop your soul beyond that condition requires the transformation of the soul itself. [01:45:07.23]

6.1.3. *The analogy of the moth and caterpillar*

Myself and Mary, when we went up to Cairns, we went to a butterfly house, the Butterfly House up at Kuranda. Has anybody been there? It's really lovely there, isn't it? It always has an emotional effect on us, myself and Mary, the first time we enter the place. So Mary spent most of the time crying in the Butterfly House this time just like I did the first time I entered it. But here we have a caterpillar, merrily munching away on life. He grows to his finite capacity. In the case of the Monarch Moth, it's a pretty big capacity. No, the Hercules Moth, pretty big capacity. We had one of the grubs in our backyard, the Hercules Moth and, no joke, he was about so long and about that thick by the time he stopped eating. But he did stop eating, because he could not grow beyond that capacity and he could never become the moth, he could never fly, he could never do things that the grub is not able to do. You understand? Then he had to go through a pupa or whatever, a chrysalis stage. Let's draw it.

For him it's a stage where he's wrapped up in leaves and stuff like that and sitting there for... potentially the Hercules Moth can sit like that for up to three or four years. And do you know what happens inside it? It completely disintegrates and goes to a liquid. It doesn't have a skin anymore, doesn't have the structure anymore. Inside of that it completely goes to a liquid. Every butterfly does this; every caterpillar does this turning into a butterfly. And then, due to a chain of events in the case of this moth, if there's a big rain generally, it then comes out of its chrysalis state and into the huge moth that it is, not quite that big in the case of a Hercules, but close. It's about that big for that particular moth. Giant moth! [01:47:45.01]



A caterpillar (left) has to dissolve itself in a chrysalis to transform into a moth (right)

Now in this state it has the ability to fly, it has the ability to experience far more things. It even eats different things. Did you know that? The grub eats leaves, what does the...? [01:47:58.13]

Participant: Nectar.

Yeah, nectar! Very different! It even eats differently. Everything's different. Now God's Love, if it's not received, will only ever allow you to be the biggest possible grub that you could ever be. That's it. This transformational effect of the chrysalis, in this case inside of your soul, can only occur by the grub deciding to receive God's Love. That's the only thing that can occur. Without it doing this transformation, it is impossible for it to ever become the angel God designed for us to become. And I don't use that in a, “Holier than thou” way, but rather it's a complete transformation from the original possibilities. Exactly the same! [01:49:20.02]

Mary: To me that's the difference between self-reliance and God-reliance. For me, what I feel like I'm coming up

against constantly lately is how much I want to be the best grub I can be and there's no trust in me. [01:49:34.25]

You want to define that place.

Mary: I want to define it and I want to master it and it's all about me making me good. And why I find this whole process so moving is because of the trust involved in becoming the chrysalis and completely dissolving every concept of what I think a good ‘me’ is, so that God can create this me that's far above and beyond anything I could conceive of as the grub. And for me that is the difference between self-reliance and God-reliance; I'm a grub and I can be a good grub and I know what a good grub looks like, but that grub can't even imagine the butterfly. And God-reliance is in the chrysalis, the sweaty dissolving part of I don't know what's going to happen next. [01:50:27.18]

Yes and that is the key part, isn't it? For myself and Mary, when we went into the butterfly house, what we felt the most was the trust and faith involved in that process. The grub trusts completely that if it completely dissolves into a liquid it's going to come out something different at the end. [01:50:53.19]

Mary: It can't hold on and go, “Hang on, I'm losing a leg!” It just has to let it go. [01:50:57.24]

Another leg gone, another one gone, another one bites the dust! Yeah. This is what we need to understand about God's Love, you see. You see, most of us are trying to do our own transformation. We try and try and we try and try and you can continue doing that if you like, but you are still on the Natural Love Path; you're still on it. That's what we do on the Natural Love Path. We try and try and try until we reach the pinnacle of our original creation. Which is the limitation, the finite limitation of that sixth dimension. That's it. That's the full extent that we're ever going to go while we continue to do the same thing, yes? [01:51:58.14]

To do this requires something different happening. It requires some physical transformation to occur that shifts us from just trying to be the best we can be into being what God created us to be. [01:52:20.01]

Mary: And it feels like to me there has to be an acknowledgement of the Truth of God in that, that I am God's creation and not my own. And I think the injury of self-reliance screams about that because it feels like there's no control and yet it's the most beautiful thing that we can end up acknowledging because someone much more powerful, loving, creative than this finite soul put an imprint... [01:52:47.17]

Intelligent, I would add to that.

Mary: Intelligent, yes... put an imprint inside of me that is going to make me something amazing... beyond what I can imagine, but only if I acknowledge Him in that process. [01:52:58.23]

Only if I engage the process.

Mary: And acknowledge His creation is me, yeah.

Exactly, yeah.

6.1.4. Developing faith and trust in God

So to actually have a pure longing for God's Love requires, can you see, quite a number of emotional shifts in our awareness? It requires us to see the difference between self-reliance and God-reliance. It requires us also to be humble to the release of emotion so that love can enter us and it requires that we have openness to truth. But what we need to also have is some faith and trust that this condition can be reached. And to have faith and trust requires releasing a lot of false beliefs about our parents and what a parent was and our definition of a parent. [01:53:53.18]

If our definition of a parent is someone who's never going to love us unless we try hard, can you see we're on the Natural Love Path still? Because that's not how God is. God loves us even if we don't try at all. And in fact we can't try to transform our soul; we can only do things that prevent the transformation of our soul. We can't try to transform it because we have limitations, personal limitations, every single one of us. [01:54:20.24]

Does everyone get the principle of that first step? Isn't it interesting how you can listen to truths about Divine Love for two, three, four years and some very basic things do not dawn on you? You find that fascinating sometimes? How some very basic things don't dawn on you; they sometimes don't actually settle inside of you emotionally until much, much later in the process. I just find that remarkable at times because you can see that words lack power don't they? Like many of these words I've said to you before; they lack power and they can't have power. Words are like that. It's only emotions and feelings that can eventually have the power that we need. You look at your life; you can't enjoy your life with your intellect. You will enjoy your life when you feel enjoyment of your life and sometimes that might be enjoying your intellect, emotionally enjoying your intellect, but we need to emotionally engage our life. [01:55:27.02]

So a thing that I'd like you to consider, perhaps while you're in the break; is this basic principle that we cannot transform our own soul. We must receive Divine Love if we wish our soul to transform beyond its original capacity. And then after the break we'll spend an hour discussing each of these truths about truth and humility. [01:56:10.21]

6.1.5. Sixth sphere spirits cannot progress further without Divine Love

Participant: I have a feeling, I'm sure it's an error, but I'd like to ask it anyway. I feel like God allows the facade of people to believe that they're in a better space than what they really are, in being allowed to go to the sixth sphere. [01:56:31.05]

When you say God allows the facade, well God allows everything to occur potentially if we use our will, but God doesn't ever accept the facade. [01:56:42.22]

Participant: So why are they allowed to get to the sixth sphere? Why don't they get to the third sphere and say, "Well you haven't learned these basic things and you're not allowed to go any further?" [01:56:52.13]

Well, to learn everything needed to go higher requires a transformation in the soul and you're allowed to choose to not make that transformation. So you're allowed to get to the sixth dimension and not make a transformation. That's what God has originally allowed in your original design. [01:57:09.21]

Participant: I think this question is spirit-driven because I feel like most of them in the sixth sphere are actually not wanting to go backwards because they are so entrenched in the facade. [01:57:21.11]

Yes, that's their choice.

Participant: Thinking that they're in a good state, to which they have been allowed to progress. [01:57:28.12]

I'm not saying they're in a bad state because the reality is that in the sixth sphere state you are being the best that you were originally created to be. That's the reality of the sixth dimensional state. You are being the best that God originally put as your finite condition or capacity and the sixth sphere state is the best of that state. So it's the best you can be without actually engaging a different process. What I am suggesting is that if you engage a different process, you can now progress beyond that state into additional further states but only by learning some very basic principles that you could have learnt when you were in the third dimension of your existence but you chose not to. [01:58:17.08]

Now for our sixth sphere spirit friends, I'm not saying to them that that state isn't a beautiful state because it is a beautiful state. It's the best state you could possibly be without engaging this other process. It's what God designed you to be if you chose to not engage this other process. It's the best you can be by developing yourself. But what I am saying is for most sixth sphere spirits and most spirits on the Natural Love Path, they have a certain kind of arrogance and pride that they personally achieved that state by themselves, which by the way they did do. Because it's only God's Love that can transform their soul beyond that state and they need God to do that transformation beyond that state. But they did accomplish their sixth sphere development by their own effort and I acknowledge their effort. However I'm saying there is a limit to how far they can go with their own effort. That's all I'm saying. [01:59:22.10]

Participant: They're very reluctant to step backwards; they feel they're being punished.

No they're not being punished because remember they made the choice to skip over some basic principles in the third dimension and the fifth dimension where they could have learned more about the transformational effect of God's Love and they would have not had to try as hard. The problem is that they've become addicted to their own arrogance; their

own feelings about themselves and what they've created and they're going to need to let that go. The letting go of that occurs in the third dimension on the Divine Love Path, on The Way. And so they will need to revisit that dimension, they will need to revisit that condition in order to do that. However, they could go back to the sixth dimension at any time they wish. So they're not being punished. It's a choice they will need to make. A choice to start allowing God's Love to transform their soul rather than believing they can progress further without God's Love entering them.

6.1.6. Praying for the release of fear increases desire

Participant: I just wanted to go back and clarify on the prayer for desire because I didn't feel clarity on that. I've not been under the impression that I could pray for more desire and have that response from God whereas I can pray for more emotional truth or... so I just wanted to sort of wrap that up. [02:00:51.27]

I feel it would be more accurate to pray for a development of desire rather than actually pray for desire. The reality is that God will not give you desire. You need to develop it within yourself, but God can help show you how to develop it within yourself. The primary way in which to develop your desire is to release fear. Fear will always control desire if it is present. So if we were praying for desire, it would be more accurate to actually pray for the help to release fear. Fear is what prevents all desire. Let me give you an example. [02:01:54.20]

DESIRE RELEASE FEAR

Many women, by the time they reach their forties, feel very little desire for sex. And what I'm saying in this particular principle is that actually fear is the problem; not to pray for desire to have more sex, but rather to release the fear they have about sex. Now for many women the fear that they have about sex, for example, is a fear that if they give their heart completely, completely open to a male in particular, that the male will use and abuse them and so they try to maintain a closed heart while they're engaged in sexual activity. That eventually causes them to have no desire for sex as a result. [02:02:43.12]

So in this case, the example I'm giving, fear is preventing a desire from being present. So when we pray for a desire, in most cases it would be advisable to pray for the release of fear that prevents the desire. You see it is fear that prevents most of our desires. [02:03:14.10]

So if we have no desire for God's Love to enter us, there can only be fear stopping the desire. My fear could be a belief that if I open my heart to God's Love, God will finish up controlling me. So in other words I'm afraid of being controlled by God, I'm afraid of not having my own free will anymore. These are false beliefs but they are beliefs that have entered our soul from our environment. That's what happened with our parents; when you opened yourself up to your parents' love most of the time it meant opening yourself up to being totally controlled by them. So we have a lot of these kinds of beliefs, which we impose upon God. [02:04:06.14]

In answer to your question about desire, my suggestion is God will not give you more desire. However, through the operation of all of Her Laws God can help you address the issues of fear so that you automatically have more desire, if you're willing to engage that process. [02:04:34.10]

Participant: Just recently I put myself forward for an opportunity and was determined to allow God, just be God-reliant rather than self-reliant, and I became really quite agitated that I was losing control. So then in the same way we obviously have the fear of losing control if we receive God's Love and not maintaining our natural love. [02:05:01.04]

Yes, so that's exposed. You started exercising a desire in a certain direction and that exposed your fear and your fear will prevent you from having further desire in that direction. And in fact your fear can totally shut down all desire. We can go totally numb because of our fear, because we don't want to experience our fear, we can go totally numb to all desire. We can become listless and hopeless our entire life in fact and many people by the time they reach the seventies or eighty years of age of their life have accumulated so much fear through their life, that now almost all desire has gone and that's the result of the fears accumulating in their life and not being released. [02:05:50.04]

The Way: Part 2

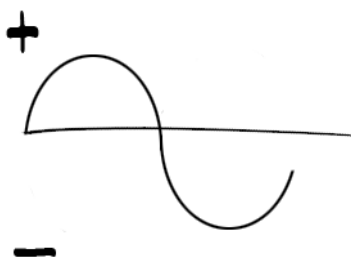
I have typed up an outline that is not specifically for this talk but covers some of the things that I'd like to cover in this talk. Hopefully the outline will be downloadable from the Internet along with the talk in a few days time. The outline will present some things that I have not presented with regard to the subject of The Way and that I won't be getting to present today. But I just wanted to let you know that the outline will be on the Internet along with the talk because lately I haven't been doing any outlines. However I thought this talk was important enough to merit one. Important to have something that you can refer to in print. So it's available. [00:01:09.26]

7. When we understand The Way we allow our emotions when receiving Truth

One of the things I've noticed when giving talks recently is that many of you often have this polarised feeling when you come to a talk. Sometimes we discuss a subject that you feel quite happy about discussing and quite enthusiastic about and you go away feeling really uplifted and positive and rearing to go. And then at other times we deliver a talk on a different subject, something different that you may not have considered or thought about and often you come away from those talks feeling really scared and frightened and unsure of yourself and so forth. [00:01:55.13]

And this emotional instability in you that surrounds the truth entering you or being presented to you is a part of a lack of understanding about The Way. You see when we receive truth and we really understand the benefit of truth, when we fully understand the benefit of truth, we never respond to it in the manner that most of us do. [00:02:38.07]

Most of us have this very cyclical, or we should say, if we can call this midpoint here (AJ writing on whiteboard), let's call that emotional stability shall we? And above there, let's call it positive, happy, desirous, also a feeling of hopefulness and a feeling of passion for the subject. Many of us have that with some subjects but unfortunately if we look at the negative side, if we could call that side a feeling of hopelessness, despair, despondency and those kinds of emotions.



Emotional cycles we can go through when hearing about certain subjects

Many of us, after other subjects (and particularly after the subject when we talked about our spirit life while we're asleep in the sleep state, that was very noticeable), we go into this place of despondency and despair. And many times we want truth to always feel good. Have you noticed that? And there is in fact that definition on the Natural Love Path that most of us have absorbed, that if it's the truth it will always feel good. There's this thought that truth will always feel good, rather than just feel. So we have this belief system that says for something to be truth it has to feel good. [00:04:17.10]

Therefore every single time we're presented with something that has a flavour to it that causes us to confront ourselves personally, particularly confronting our personal truth, we have this strong tendency to resist and reject that particular truth. [00:04:41.07]

8. Longing for Divine Truth

Now this brings me to the topic of the second subject on this matter of The Way that we want to discuss more. That is, remember the second one? It was about truth, wasn't it? Having a passionate longing and desire for God's Truth. Now I haven't said exactly the words I said right at the beginning because I want to add and embellish this thought a little. [00:05:38.04]

2) A PASSIONATE LONGING OR DESIRE FOR GOD'S TRUTH TO ENTER & OPEN OUR SOUL TO LOVE

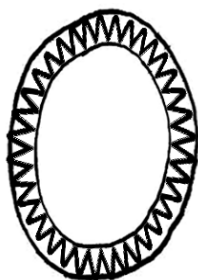
8.1. God's Truth opens our souls to God's Love

Remember that truth opens our soul to love and in this place; let's be more specific, to God's Love. To open our soul to God's Love we need to begin to accept within ourselves God's Truth. [00:06:00.20]

Now God's Truth is a wide subject, as many of you are now starting to understand more clearly. Divine Truth permeates all parts of our life. It permeates our physical life; it permeates our scientific belief systems. It permeates our spiritual life, our emotional life and all of our belief systems in both of those areas of existence. It permeates the scientific truths of the universe itself as well as the truths about our own personal existence and our own personal state. It is all-encompassing. It has no holes. It has no loopholes either, as well as no holes. The Truth is such that it is the main force of power for good in the universe. [00:06:56.28]

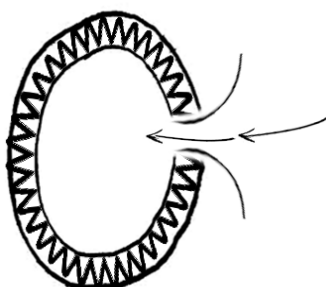
Now when I say that it's the main force, I'm saying that the truth has its power because without it love is not possible. You can't open your soul to love without truth being present. And for that reason truth goes hand in glove with love, as the saying would go. So we want to really check up on our feelings about truth. [00:07:28.02]

Now on the Natural Love Path we have a tendency to absorb truths that are palatable to our tastebuds from an emotional perspective. We like the taste or the sound of it and so we accept it. Whether it is actually truthful or not, our level of acceptance is totally controlled by whether it feels good to us or not, and that is a problem. Because if the truth does not feel good to us for some specific reason, and I'll put to you later that actually many times the truth is not going to feel good to us, then we're not going to accept anything that doesn't feel good. We're not going to emotionally open to anything that doesn't feel good. And when we do that we are severely limited in our ability to receive love, because remember the role of truth on your soul? The role of God's Truth is to physically create the opening. Imagine that this is your soul (AJ draws on the whiteboard) and then this is the hard shell, eggshell around the outside of your soul where you've become self-reliant and you're not going to let anything in unless it feels good. [00:08:53.28]



Self-reliance creates a shell around the soul

Truth creates a vortex or an opening somewhere that allows us to have a way in which external information can infiltrate the soul. Truth actually creates this opening. It breaks down the hard shell of lies and untruth and resistance and instead creates a permeable layer within our soul that allows things to go through it.



Truth creates an opening in the shell around our souls

It's a bit like osmosis. You've heard of osmosis? You've probably heard of reverse osmosis, which is a way of filtering water. Well, osmosis allows liquid to penetrate through what is seemingly an impermeable membrane. And truth is the thing that opens our soul to allowing the love to actually flow into it. It creates this gap or this opening in our hard shell. Without truth our soul is condemned to stagnation, and yet so many of us still hate hearing the truth and that is an indication that we're addicted to the Natural Love Path, the broad way. [00:10:33.28]

8.2. Fear of the Truth limits our desire for Truth

You see if at the emotional level we really understood the importance of truth in our day-to-day lives, would we be as resistive to it as we currently are? Now I am not talking about somebody coming along and telling you the truth, yabbering at you about what they perceive the truth to be. I am talking about the truth actually being a part of your soul, actually inside of your soul itself. [00:11:10.18]

You remember earlier in our presentation today there was a series of questions asked about different subjects? One was about anger; another was about free will and so forth. And in each case the asking of the question demonstrates that the truth about that subject has yet to enter my soul because if the truth about that subject has entered my soul, there's no more need to ask questions about the subject. Now that makes sense from a logical perspective, doesn't it? For example, if you knew everything there was to know about building a car engine, then you'd be able to build a car engine from scratch even if that meant manufacturing the parts and everything else. And you'd know what to do, you'd know what materials you'd need, you'd know where to get them from, you'd know everything about the subject. And once you know everything that there is to know about a particular subject you can do it quite easily can't you? You can create quite easily; everything changes from that time. [00:12:13.04]

Now we could argue that many of us don't know everything there is to know about any particular one subject, but the reality is that if you had a thousand years to learn about a car engine, do you think after that time you'd know a fair bit about it? Of course you would. My own father knows a fair bit about engines generally, he's worked on them all of his life; and I think he's now turning seventy, I think it's in a few days time actually, his birthday's in December or January, I can't quite remember which because he doesn't celebrate his birthday. But he's seventy years of age and for a good fifty or sixty years of his life he's spent working on car engines. So he has a pretty good working knowledge of those particular things. Imagine if you added another thousand years onto that, by the end of that you'd know a fair bit about the whole subject, about how far you could go with an internal combustion engine. And as a result of that knowledge, we can absorb and be familiar with all the knowledge but we can also create quite well once we have that particular knowledge. [00:13:34.12]

Now my father, in his desire to understand the engine, never felt any fear about the subject. I've seen my father being so absorbed with an engine, in this case a model aeroplane engine, that he actually stuck his finger through the propeller while it was going in order to adjust the fuel. And he finished up ring-barking two of his fingers and having to have seventy-something stitches to put all the skin and flesh back on from those two fingers, just because he was so absorbed in the subject. You could say he was also a little spirit influenced in the subject obviously, to be so out of his body and not be aware that this screaming engine was still going in front of him while he was putting his hand through it. But he was so absorbed in the subject that he could even do something like that. He had no fear at all, of the blade spinning around at fifteen thousand revolutions every minute. No fear at all. It didn't cross his mind! But that's what sometimes a passion does, isn't it? You don't have any fear at all and sometimes we take that to an extreme on our planet, we don't even have any sense of ourselves as a result of that. Obviously if we were connected with ourselves we'd at least have a sense of ourselves. But we often have no fear about any subject that we desire passionately to investigate. [00:15:05.24]

And I put to you that if we have fear about receiving Divine Truth then we may not be as passionate about the subject as what we believe. Can you see that? Because why would you have fear about something that's going to transform your life into something beautiful? Obviously we don't think it's going to transform our life into something beautiful, that's why we have the fear associated with it. [00:15:41.07]

So we need to start questioning ourselves with regard to this subject of truth to a degree here. We need to ask ourselves questions about what really is our passion and desire when it comes to truth? Do we have a passionate longing for it if we have so much fear surrounding it? So the question we need to ask ourselves is this; can desire and fear be in harmony if we long for truth? If we really, really want truth, can we desire it and fear it at the same time? This is what I'm asking. And if I fear it, can I see that that must be hugely limiting the opening of my own soul? [00:17:29.04]

CAN DESIRE & FEAR BE IN HARMONY IF WE LONG FOR TRUTH?

Now if my soul has to be opened by Truth in order for me to receive Divine Love, and if Divine Love is the transforming power of the soul, then can you see that unless I open the door to Divine Love flowing, I am forever consigned to be the limit of what I can be, the finite creation that I was originally created, the sixth dimensional being. That's as far as I can go with my development. [00:18:01.06]

Can you also see that unless I'm willing to open the door to God's Truth about every single subject including my own condition, I am limiting the flow of Divine Love into my own soul? I am using my free will, as we often call it that God gave us, to stop or prevent or resist the flow of love into my soul. And we need to be honest here. Many of us still think we can ask questions in fear. Many of you come up to me and the very first words out of your mouth are, "I'm really afraid to ask you this but..." And do you know what I'm tempted to say almost straight away? "Go away and come back when you're not afraid to ask it." Because when you're afraid to ask things and then you go ahead and ask, the truth of what's being said to you will not enter you because your fear prevents it from entering. [00:19:23.09]

For many of us the reason we ask question after question (and many of us have asked the same question over and over again); it's not because we want to know the answer, but rather because we want a different answer to the previous one that was given. That is the case for many of us. [00:19:59.17]

8.3. Humility is required to be open to Truth

Participant: AJ, does that mean that if I really desire truth it will enter my soul instantaneously when it's delivered? [00:20:11.00]

Yes. Yes; now of course the probability of that occurring while we have so many emotions of error to release is highly unlikely, and this is where there is a symbiotic relationship between truth and humility. If we have no humility then truth cannot enter us under any circumstance. We have to be open to its entering us. And the only way we can be open for truth to enter us is to have error leave us at the same time that truth enters us, and that is an emotional process. The error leaving us has to leave with an emotion and therefore the truth can enter us at that moment. So if we were always open to feeling our own emotions, being humble, we would probably also be very open to receiving truth. And once we receive the truth, the truth wouldn't be just an intellectual thought, something that we could intellectually and logically digest, but rather it would enter us as an emotional condition inside of our soul. The truth will enter us as an emotional condition inside of our soul. Can I illustrate how this occurs with some of the addictions that we might face? [00:21:40.17]

8.4. Engaging in addictions prevents truth from entering our souls

Many of you have said to me or have said to others that you're passionately on the Divine Love Path. Let's call it: we're passionately on The Way to God, to our relationship with God. And at the same time you are aware of physical addictions that you retain and enjoy retaining. [00:22:07.06]

So for example, for some of you the physical addiction might be like cigarette smoking. I'll give that as an example. Please understand for those of you who are still smoking, I'm not picking on you specifically, just using it as an example. So let's say I'm passionately longing and desiring God's Truth in this manner and I am smoking and I realise, intellectually again - it must be only an intellectual realisation because I'm still smoking - I realise that smoking is bad for my body and it demonstrates a lack of self love; because I'm harming my body with something that, if I didn't have it, my body may live a lot longer. In fact there seems to be and definitely is documented evidence at this point that your body might live ten to twenty years longer by not smoking compared to smoking. So I know there's some issue of love involved. [00:23:05.07]

Now if I were having a longing desire for God's Truth on that matter, I would realise that the addiction prevents many things from happening. While I am engaging the addiction, I am never going to have a love of myself. I'm engaging the addiction because I'm masking or covering over a feeling that I don't love myself and that is evident because I'm slowly committing suicide by smoking. I'm slowly committing suicide; I'm reducing my life expectancy, so therefore I must at

some level be intellectually aware that this habit or addiction is not good for me. But I continue doing it. And that tells me that I am yet to have the truth enter my soul. Because if the truth had entered my soul, I would instantly be unable to smoke one more cigarette because of the love issue that it confronts if I do; I would be out of harmony with love if I did. [00:24:30.03]

So what we need to do is understand that while we feed our addictions we are actually denying truth from entering our soul. Now I'm not just talking about physical addictions here, I'm talking the addiction that many of you ladies have, for example, that you want a man who you can control and manipulate, that addiction. And I'm talking about, for many of the men here, the addiction that you have to give to a woman so that you get from them sexually, that addiction. And I'm talking about the addictions we all have generally to not say the truth in what we call delicate situations, that addiction. We are feeding all of those addictions. [00:25:31.24]

Now I put to you that while you continue to feed your own addictions, whether they are spiritual, emotional or physical in nature, you are not opening your soul to truth. You're not letting the truth enter you because the layer of addiction is the error that we still want to stay in and since that's not entering us any more we have no openness to Divine Love coming into our soul and transforming our soul. We have no hope to change. [00:26:08.13]

You see many times we create our own hopelessness by the actions we take. In other words, we are frequently feeding our addictions; we feed the addiction rather than confronting the addiction, which would be the truthful thing to do. We feed it and it becomes the thing that guides our life now. We are under its control but, unfortunately, because we are under its control, there is no prospect for change. Yet when somebody comes along and tells us, "You have this emotional addiction." "No, I don't. No, I don't." It's like the smoker while he's having a cigarette; somebody comes along, "You're still smoking." "No, I'm not. No, I'm not." One thing I like about physical addictions is this; at least you can see that you have them. With emotional addictions, you know what happens? Most of the time we deny their very existence. We can't see we have them and the problem with that is that if we don't acknowledge the truth of anything then love cannot flow. We're using our will to block the flow of love. [00:27:36.05]

8.5. Emotional reasons for our resistance to Truth

Participant: I'm not really sure how anyone else feels but like the first definition, number one's great. As soon as we got onto number two, I'm really struggling to stay awake and I'm getting a lot of spirit influence now that we're starting to talk about truth because I feel spirits in particular don't want us to hear truth too. [00:27:53.01]

Yes. This is the problem we have in the world today. All of us think we want love; we'll talk about love and we're fairly well open emotionally to a discussion about love but as soon as I begin speaking of truth, which is the doorway into love, everyone closes the door, closing the door to this basic understanding of Divine Truth. What I'm saying to you is that without Divine Truth, without God's Truth, you have no hope of your soul ever being transformed. And yet as soon as we even start talking about truth there's a contraction of our very soul and we've got to look at why. We've got to look at why we are so resistive to hearing the truth all the time. Why is it such a burden for you to hear the truth? Would you like to express why it's such a burden? [00:29:05.15]

Participant: For me, maybe also for others, the only time I heard truth as a child was twice from my father and - twice that I recall, it might have been more - I was so totally condemned. [00:29:18.18]

Okay, so usually a parent has condemned...

Participant: Like I was in a box and I could never, I could never get out of this box. I was just bad. [00:29:34.25]

Or they judged you.

Participant: Yeah.

So the problem is that oftentimes when I start talking about truth, there's this automatic feeling inside you that you're going to be judged or you are being judged as bad, useless, pointless. So that is a basic reason we are resistive to being open to truth. [00:30:18.22]

Participant: I just feel really hopeless and really powerless as though I can't change and just end up giving up. [00:30:24.17]

So you have a belief that you cannot change. By the way that is a true belief while you resist God's Love. That's why we have a tendency to feel it then of course. [00:30:57.00]

- A) PARENT CONDEMNED OR JUDGED
- B) BELIEF THAT I CANNOT CHANGE
- C) CANNOT FACE MY TRUE CONDITION
- D) I FEEL OVERWHELMED

Participant: There is a fear of seeing the level of unlovingness within me. [00:31:01.27]

So third thing, we don't want to see our true condition or let's put it this way, I have a feeling that I cannot face my true condition. [00:31:21.00]

Participant: I feel like I'm still going through a lot of fear, especially after the sleep state talk, of seeing the truth of what's happening there for me. [00:31:28.07]

Yes, it's a real struggle to feel our true condition. The trouble is when we struggle to feel our true condition we bury our head in the sand in denial because we don't want to actually see or feel our true condition. [00:31:58.26]

Participant: When I see the truth about myself, sometimes I feel overwhelmed that it's so big and I feel powerless to change anything. [00:32:09.16]

Okay, so there are two issues there really, but let's look at the first one. I feel overwhelmed. [00:32:19.13]

Participant: Overwhelmed by the badness. I guess I judge it as well. [00:32:24.15]

Right, you see I wouldn't call it the badness; I'd just call it the emotion within me. So, I feel overwhelmed. We want to talk more about these feelings in a minute because we're going to focus on some of these feelings in the humility section of the talk. But can you see how some feelings are preventing us from even allowing the truth to open the door to love? We're not even getting to the point where we're opening the door to love because we're rigidly holding onto the door which is truth, not wanting it to open because we're afraid of what we're going to have to feel if it opens. So we don't open it. But we consign ourselves to stagnation and then we punish ourselves for being stagnant. Why would we bother with that entire process? Why not stop that entire process and start acting differently? That's what we need to do, isn't it? [00:33:33.08]

Participant: Last night I felt very weak, like I was really weak to be able to actually connect with God and allow the process. The feeling of weakness, but at the same time that feeling allowed me to see that I was actually connected at the same time. [00:33:54.23]

So weak is the opposite of power isn't it, so let's say I feel powerless. But what are you feeling powerless about, Nora? [00:34:17.19]

Participant: I can't remember what it was at the time, I'm just remembering, just concentrating on what you're saying and one of the feelings was not powerless but I said weak, yeah. [00:34:29.29]

Yep, weak. I suggest to everyone who feels powerless or weak or controlled, or any of those emotions related to that, that actually all of those emotions are what I would call furphy emotions or emotions of self-deception, and underneath them is the real emotion. And if we're talking about powerlessness or weakness, the real emotion is usually how much we were controlled through our entire life and we don't want to feel the pain of that. So when we don't want to feel the pain of one emotion, we create another one so we don't have to feel the real emotion. Many of you are doing this and this is

something I'd like to talk about when we talk about humility. Many of you are doing this; creating an alternative emotion and being totally absorbed in that alternative emotion rather than feeling the actual one. [00:35:33.17]

So for yourself, Nora, your mother controlled you all of your life. This is why you feel powerless and weak. Instead of allowing yourself to feel mummy's control of you and how unpleasant it felt, you would prefer to feel powerless and weak; rather than feel the pain of being controlled by another person all your life. This is what we do with many emotions, we substitute more acceptable emotions so that we do not have to feel the real pain and hurt underneath. Now later I want to talk more about that subject. I'll list some emotions that we're doing that with and one of them is this emotion of feeling powerless or weak. Another one is feeling unheard. Feeling unwanted. They are often emotions that have very strong feelings underneath them that we need to allow ourselves to see. [00:36:41.28]

Participant: One of them that came up for me is witnessing someone being in trouble for doing something and the parent being angry at them about it, demanding the truth, so they're already receiving anger and then they say they won't be punished if they just tell the truth, nothing will happen. Then they tell the truth and the truth just confronts them so much they get angry and smack them. [00:37:03.03]

Yep. So in other words we've been lied to so much about allowing truth in our lives. In our entire lives we often get punished for the truth. When we tell a lie, then we get away with it. You notice that? Particularly we learn this as a child. You know, the parent comes up, "Did you do that? Did you do that?" Now already you can feel the violence in the question right, and so you're already shaking in your boots. "No," seems to be the right answer at the time, even though, "Yes I did do it" is the truth. "No" feels to be right because you're so worried about the potential violence associated with either telling or receiving truth. So this is another reason why we're resistive to truth - because in the past the truth was often associated with violence. [00:38:15.14]

Participant: Yes, similar to Tim. I know I had a fear of getting into trouble because I'd done something wrong and I also had a fear because I'd get ridiculed if I did something right. So either way... [00:38:28.16]

Ridiculed if you do something right because it wasn't right enough? [00:38:36.15]

Participant: I've had lots of situations in my life where I've done something outstanding in my passions and desires and been ridiculed. [00:38:42.23]

And ridiculed for the passion or desire, ridiculed for the emotion associated with what you did? Yep.

Mary: I feel like there are two reasons why I resist God's Truth. One is this issue with humility that I have, this feeling that all love will be withdrawn from me if I feel my true feelings. So when truth comes to me, it triggers my feelings. And because I feel like I can't, I'm afraid of the punishment of feeling, I resist the truth and that also prevents truth entering me emotionally. But the second thing is that in my family there's almost a prejudice against truth. There is no one truth. There are many sides, two stories, and if you know a truth you are arrogant and you're dogmatic and... [00:39:36.25]

So let's call that a confusion with truth.

CONFUSION WITH TRUTH

Mary: There's actually huge grief in me in that I feel like truth has been a dirty word all my life and I felt so lost around truth that now there's all these blocks to just allowing myself to receive truth. [00:39:57.23]

So for example what Mary's saying, when a person states in her family that this is the truth, the family says, "No that's not possible because everyone has their own truth, there's truth in everything and there's..." [00:40:12.27]

Mary: Two sides to every story.

“There’s two sides to every story.” And I put to you that there are not two sides to every story. There are actually three sides to every story, but anyway that's a different discussion. And this is all surrounding issues of truth. We have all this fear and confusion associated with truth, confusion in the sense that emotionally I'm not allowed to even consider that something could be the absolute truth because of the family environment or the different other emotions that I've grown up with where that is immediately condemned as a concept. And for many for us that has been the case. By the way, the three sides of truth are...?

Participant: God’s, mine and theirs.

God's, mine and theirs, and mine can be God's, can't it? Or yours could be God's. We have the ability for one of us to be in harmony or in line with God's Truth, so then there'd be two sides to truth; truth and the error. But unfortunately for many of us, both of our sides are often in error, and God's Truth is often somewhere else, undetermined by both individuals, unable to be accepted by both individuals. [00:42:01.22]

8.5.1. Physical ailments are a denial of Truth

Participant: When you're talking about these furry emotions where we would rather feel weak than the true emotion, does that stand true for physical illnesses? For example, I would rather have chronic fatigue than face a depression or the control? [00:42:18.15]

Yes, definitely, all of them. This is something I wanted to present in this aspect of truth. If we truly understand The Way, we understand that every physical ailment, pain, disease or sickness inside of our body is the direct creation of our own denial of truth. Every single one! So if you've got a little tiny twinge in your back, direct denial of something. If you've got a larger, more chronic ailment like chronic fatigue or something that doctors don't necessarily recognise or other ailments that doctors do recognise like cancers or heart disease and so forth, they're all indications that we are in complete denial of a truth. And if we're on The Way, we're not focussed on curing effects; we are focussed on examining and finding the cause of the denial inside of ourselves that creates the particular problem. [00:43:34.07]

And yet how many of us still take a pill when we're in pain? How many of us still go to the doctor when we have a problem? Or a dentist when we have a problem? How many of us still do these physical things? Now I'm not saying not to do them, it's up to you whether you do them. What I'm saying is, if you're engaged in doing them, there's an indication within you... and don't change your actions, because remember it is pointless changing your actions... there's an indication that the truth has yet to enter your soul yet. That's all. And I'm not condemning that state, I'm just staying that you're still on the Natural Love Path if the truth has not entered your soul yet. [00:44:21.25]

So we're here listening but not actually putting into practice what we're hearing and you're allowed to do that. And what does God feel about that? The same as God felt about your anger, remember, that we discussed earlier? Love, understanding, compassion, and kindness. There are no feelings in God of rage or anger or condemnation. There are no feelings in God that God wants to withdraw love from you. But unfortunately, we are in denial of some truth and while we are in denial of truth, the opening of our soul cannot occur. And if we understand that, we would be less invested in trying to stay away from the truth. We'll have a longing to go towards the truth rather than say, "Don't tell me the truth, don't tell me the truth," all the time. We'd have a longing to go into it rather than try to run away from it all the time. That's what we would do. [00:45:33.17]

8.5.2. While we resist Truth God’s Love cannot flow

But for the majority of us we're not even longing to accept the truth in our soul. We're not wanting to and if we don't want to, then how can the love flow? Do you remember right back at the very first talk I gave? I think it was The Secrets of the Universe talk that many of you would have heard. It was the very first talk I gave. I talked about the Holy Spirit. And I talked about this force that God has through which the conduit of love flows. And I talked about how if you're out of harmony with truth, that connection, that plug cannot occur. You cannot connect to God's Love without being harmonious with truth on a particular subject. Can you see how we limit ourselves so much? [00:46:31.01]

We get so resistive on this subject of truth that love is now impossible to flow. And you know what we do then? We try to fool ourselves that we're receiving love. So when we're asked, "Have you received Divine Love?" "Yes, I've received Divine Love." "Oh yeah, what did it feel like?" "Oh, well I'm not really sure." You can't really define it. And then, "How's it changed your life?" "Well, it probably hasn't actually changed my life very much now that I think about it." And I put to

you; you probably haven't received Divine Love then, because Divine Love transforms the soul into a new creature. And you're trying to manufacture the feeling of it rather than have the real feeling because you don't want to come face to face with the truth. Truth is just an essential part of your existence without which your soul cannot open. [00:47:44.10]

8.5.3. Anger towards Truth demonstrates a lack of humility

Participant: Yeshua, I go into rebellion.

Rebellion; why do you feel that is?

Participant: I could tell you a whole long story about my childhood, but it's not about that. [00:48:04.04]

Well in the sense that things have happened in your childhood that cause you to have a predisposition to go into rebellion it is partially. But the reality is that if I'm going into rebellion it tells me that I have huge fears associated with truth. Rebellion is like anger towards truth. When we go into rebellion, we're really quite angry about the truth and so that's telling me that I am quite resistive to actually receiving truth on any level. Is there a question associated with it, Jen, or did you just want to say you go into rebellion? [00:48:54.16]

Participant: Just why? Why do I choose to...?

The blunt answer! You're not humble. This is why we have to have the third part of the equation put into place. You notice that when we discussed love we were all quite open to that subject, were we not? You felt quite open; you could feel the audience generally quite open. Now that we're getting onto truth, we're less open. We're less open about the subject of truth. How open do you think we're going to be about the subject of humility? And yet, the three things are essential for us to be transformed. [00:50:03.24]

I was tempted when I thought about doing this talk with you to discuss them in the opposite sequence; humility first, and then truth next and then love. But the only problem with that is that you wouldn't have understood right from the beginning that you don't have to try and transform your soul. You would have thought, all through the discussion of humility, that you had to try to be humble and all through the discussion of truth thought you would have tried to be truthful and then we would have got to love and would have had to throw all that out. So I decided we've got to start where God starts and that is with love, that's the transforming effect. Truth is the thing that opens the door to that love and so we need to look at why we are so resistive to truth. [00:50:59.16]

8.5.4. An example of giving truth to a company that sells juicers

It was funny yesterday. I bought a juicer the other day and this juicer isn't designed very well. We have juice every day, so I bought this juicer, and it's one of those low impact juicers. It was the same model as the previous one that I'd had and we needed a second one because we're now travelling back and forth between New South Wales and Queensland quite frequently. So we have one in one place and one in the other instead of carrying our whole kitchen down every time we go down. [00:51:34.20]

So I thought I was buying the same thing, but unfortunately they upgraded it. And you know that with most upgrades what tends to happen is that they tend to “improve” the design and when they “improve” the design usually that means that the design is severely impacted negatively, which I found out to be the case in this juicer. [00:51:55.25]

So I emailed the truth to the person from whom I bought it. This is what I said: “This juicer has not been designed properly,” and I described how it hadn't been designed properly and then I said what I felt like doing to the juicer. I said I feel like getting out an axe and chopping up the juicer, which is exactly what I felt at the time. The main reason I felt that was that my previous juicer only took me half an hour to juice all of my fruit but this juicer, because of its design flaw, now takes me an hour and a half to do exactly the same job. After a few times of doing that and trying to be patient, I gave up being patient because my real feeling was one of frustration. And so the next thing I did was modify the juicer a little. That did actually help the juicer. It didn't break the juicer or anything like that, it did actually help it, but it still didn't cure the problem. The time to do my juice went from an hour and a half to an hour and a quarter or so but it didn't fix the problem at all. So I felt the need to send that email off. [00:53:18.08]

Now I didn't expect anything. I said to the lady, “I don't expect any warranty return because I've modified the juicer. I don't expect anything else; I'm just saying to you that you shouldn't be calling it a five star juicer because it's got a design flaw.” Now what do you think the lady did with that? Well the lady who was on the other end of the email, and I won't say the company name, has a personal emotional investment of her worth in this juicer. She felt that I was attacking her personally. So what did she do? What do most of us do when we're getting attacked or we feel we're being attacked personally? We just attack right back. The lady told me I was basically an idiot and I didn't know how to use a juicer and she told me all of these other things. Lovely customer service I felt, which I emailed back to her and told her. I just said well that might be your customer service, but I assure you that if you continue to have this kind of customer service, that you're not going to have too many customers in the long term. [00:54:35.09]

Anyway she emailed me back because by this time she was enraged and she was very, very sarcastic and bitter, and I won't go into all the things she stated. I was tempted to reply but I thought “no, it's probably gone far enough already”. But what I'm getting to is that if this lady was emotionally open to the truth, she could have said, “I am so sorry that your juicer doesn't seem to work properly. Have you tried this or that?” Not assuming that I hadn't and not accusing me of not doing it, she would have said, “Have you tried this and that?” To which I could have replied, “No I have not tried, or I have tried those things.” I had tried those things, but we could have had a dialogue that wasn't involving her being angry and upset. [00:55:37.04]

No matter how angry and upset I might have been we could have engaged in a much more loving way. But because of the resistance to basic truth and the emotional investment in maintaining a stagnant condition, we often engage a person in anger or wrath or fear. And what I'm stating to you is that this problem with truth is such that we often have an emotional investment in maintaining our façade. Because of this emotional investment we have in maintaining our facade, we are completely resistive to acceptance of any truth. And the unfortunate thing is that while we are resistive to the truth, no love can enter us. [00:56:36.26]

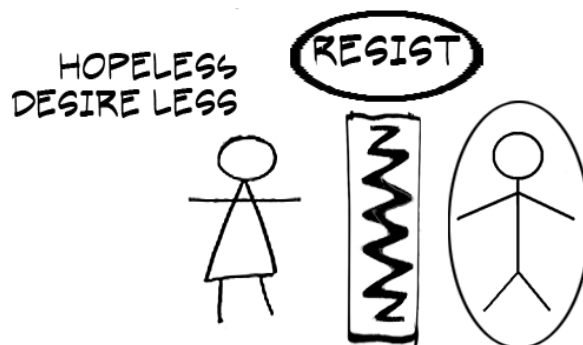
Now I put to you that as a result of my emailing this lady back and telling her the design flaw of this particular machine, they could have improved the design of the machine and that may even have resulted in more sales than they currently have. But they have an entire website designed to extolling this particular machine, to highlighting the virtues of a machine that is basically flawed. Now do you think that in the long term they are going to have much success like that? You see potentially every single person in Australia could buy one of these machines. It could be the best machine that you could ever think of getting if you were thinking of juicing, but now it's not. Now it's one of a number of failures because there is no acceptance of truth. And then on top of that do you think I'm going to return to her company as a customer? No. In fact I've bought two other manual juicers that they actually had from a different company as a result of that interaction because of the lack of love in the interaction and the lack of desire to receive the truth. [00:58:14.06]

8.6. Resistance to truth prevents the truth from entering us and our ability to change

If we can consider that in our own lives, it would be very beneficial. If we can see that when we have so much of a wall up to truth, people just come up to that wall and look at the wall and go, “Wow, do I want to engage the truth with this person?” Would you want to? So you withdraw. [00:58:39.09]

If you think of it for many of you, you see you've put this resistive wall up around the soul towards accepting truth. Now I'm not just talking about the truth from somebody who you admire or honour, I'm talking about, for example, your little child coming up and saying, “Mummy, why did you get nasty with that lady next door?” There's some truth coming at you. Or when your husband or wife comes up to you and says, “Do you want to really know why I don't want to have sex with you? Do you really want to know that I actually don't feel like sleeping with you half the time and do you want to know why?” For most of us we go, “No I don't want to know why, just sleep with me,” and ignore all the truth. And we resist the truth, but unfortunately we're creating a rod for our own back. Because of this resistance to truth, we're not allowing the change that's possible in our own life as a result of having the truth enter us. [00:59:59.00]

So we're sitting behind our little brick wall as truth comes to us. You're a person here on this side of the wall, let's say this guy is your partner, and you're trying to share the truth with him and he's got this wall up.



A wall of resistance to truth between two partners creates hopeless and desire-less emotions

Now what would you do? Would you just keep bashing your head against the wall going, “I hope this works sometime in the future?” Well what would you generally do? What normally happens when people have a wall up to truth like that, what do we do? We just throw up our hands in the air, go, “It’s all pointless!” And usually we have a few expletives in between those two, “It’s all pointless.” And then we just allow the whole thing to grow over because we feel nothing is going to change. How do you feel when nothing’s going to change? Don’t you feel these feelings: hopeless, desire-less and so forth? Aren’t those the emotions? This is what the wall of resistance creates in our life. It creates this hopeless feeling that we’re never going to be able to change; it’s never going to get better, and our relationship’s never going to be able to grow. Some of us will stay in that place because we’re too afraid to do anything else. And we stay in that place all of our physical life and then frankly a lot of our spirit life unfortunately. We stay in that same hopeless, desire-less place. And that happens because of the resistance there is on this planet and in the individuals towards actually receiving the truth. [01:02:06.26]

Participant: Yeshua, I was just wondering, the wall of resistance, does it keep putting more resistance up the more you resist it, if that makes sense? [01:02:14.28]

Well you see one of the things we need to understand about resistance is that resistance is born in fear. Every time we resist something it’s like building a brick wall with another brick. Every time we resist the same thing again, we put another brick on top of the wall towards that particular thing. [01:02:35.01]

Participant: The resistance towards that grows so it’s harder and harder. [01:02:37.23]

The resistance continues to grow until we’re in so much pain that we decide to take the opposite action. [01:02:47.05]

8.6.1. Our bodies demonstrate our resistance through aging and death

Participant: And in that growing of the resistance, does that also harm our bodies and our spiritual body as well? Certainly!

Participant: We just keep damaging ourselves every time we resist. [01:02:58.10]

Yes. Our body will begin to demonstrate the resistance. You know when we’re very young we have very little resistance in our bodies; generally they are quite healthy unless our parents have a lot of resistance. Then as we grow into our twenties and thirties, we start to get a few little aches and pains here and there and so forth. Then we get into our forties and fifties and now we’re starting to feel a lot more aches and pains; our bodies have already started to deteriorate now. We’ve got lines everywhere where we shouldn’t have and aches in parts of our body everywhere that we shouldn’t have. And this is the resistance coming out now. It’s demonstrating itself in our body. So by the time we’re seventy or eighty, often even our mind starts to close down now. You don’t even want to know anything anymore, remember anything anymore and so forth. The resistance gets so heavy that the majority of people on the planet cannot live above eighty to ninety years of age. That’s the result of the resistance. [01:03:57.27]

Now scientists don’t even understand why we can’t live beyond that age. They call it the longevity gene. It’s the gene associated with how long we live. And they call it the death gene. They don’t know why our body seems to want to die even though it’s got the capacity to completely replicate itself every seven years; they don’t understand. And I’m saying

the reason is that our resistance to truth closes down every system associated with our soul. It closes down our spirit body. It closes down our physical body and eventually we end up in so much pain that we die. Our body cannot sustain its own life anymore because of the amount of resistance we've piled up now in our soul. [01:05:05.21]

At this stage the average person passes over into the spirit world. Do you think anything's changed aside from a body? Nothing's changed. They still have that same level of resistance. Therefore they have the same pains in their spirit form. The same physical pains; many of them believe themselves to be dying of a heart attack every day after they've died of a heart attack because of the resistance to the truth associated with that condition. [01:05:36.13]

8.6.2. Resistance is created by fear

Participant: Does that also become like an addiction, the resistance to truth? [01:05:44.00]

Well I feel it's the resistance to feeling fear that has become an addiction. Remember that this wall is constructed because of fear and the only thing that destroys fear is truth. Truth is what destroys fear, you see, and before we will feel our fears we need to actually hear the truth. And a problem that we face is that the false expectations that appear real to us have higher importance to us than the actual truth has to us. So what do we do? We resist the actual truth, wanting to maintain the false that appears real, the façade; the lies that we've now maintained for most of our life. As a result of that we stack more bricks on the pile of resistance. [01:06:39.18]

Participant: So if we received some truth and just straight away felt it and allowed it, then we wouldn't have to work through all the walls of resistance that we put up? Or do you still have to work through all those walls of resistance too? [01:06:51.10]



To break down the wall of resistance we need to feel our fear

The walls of resistance are only there because of fear so we have to allow ourselves to feel our fear. The only way for this wall to begin crumbling is for us to feel the fear rather than living in it. Most of us live in fear rather than feeling the fear. We act in harmony with the fear. What the fear dictates is our life. We do everything the fear says. If I feel unsafe, I want somebody to make me feel safe. If I feel unwanted, I want somebody to make me feel wanted. If I feel unheard, I want somebody to hear me. And I create a life around me where every one of my unmet feelings becomes my life because of my resistance to feeling the fear of those feelings. [01:08:04.12]

Participant: Yeah, I get it. And that's where the truth sets you free instantly. [01:08:08.11]

Instantly. The truth has the ability to set you free. [01:08:11.08]

Participant: I have an addiction to being liked and therefore I compromise the truth with that. [01:08:27.27]

Every addiction is related to a fear. So what's the fear? Rather than telling me the addiction, tell me the fear. It's the fear of being... [01:08:36.18]

Participant: It's the fear of being un-liked.

The fear of being disliked.

Participant: Or disliked, so therefore I compromise the truth with that.

Exactly.

8.6.3. Living in addictions is not being truthful

Participant: My question is: while I'm in emotional addiction, I'm not being truthful? [01:08:52.28]

You're not being truthful and the truth can never enter your heart. And if the truth never enters your heart, there'll be no opening to love. We finish up maintaining these states of lack of humility, which are all based around our fear. And we maintain that state, which prevents us from having the truth. And because we don't have the truth, we're now prevented from receiving love. And so you know what we do because of all of that? We go into a barter system with love, which is not love at all. [01:09:26.14]

We create an alternate universe about love. And the alternate universe is “as long as you give me what I want, I'll give you what you want and we'll all feel loved”. But we still don't feel loved because there's this terrible feeling and it is that we're unloved. And it's a terrible knowledge that if I've got to get something or give you something in order to get something, then I'm not being loved in the first place. Yet we engage that as a belief system because we prefer that rather than actually being humble to the emotions of fear that we have; that's why we engage it. [01:10:01.00]

We create this alternate universe, this different universe to the one that God created. The universe God created is completely harmonious with love but we create an alternate universe that's all harmonious with barter. We create a bartering system and then hope that we're going to be happy somehow. That's what we do. And it's all because we're resisting the truth. We want to stay away from truth. [01:10:28.16]

Before I answer a few more questions, I want to add a few more things to this subject of truth. [01:10:52.18]

8.7. Divine Truth can only be known emotionally, not intellectually

8.7.1. The example of God's Laws

You know how we've talked about the laws of God? We've talked about the Laws of Free Will, the Law of Desire, and the Law of Cause and Effect just recently. We've talked about the Law of Forgiveness and Repentance; the Laws of Love. I'll talk a little bit about some of those laws in a minute, but every one of those laws we've talked about for hours. And it's likely that after you've listened to the discussion, you've gone off home and talked about it for hours. But the very next day there's often a cause and effect event that occurs that we don't understand. Or there's a free will event that occurs that we don't understand. Or there's an issue of forgiveness that we don't understand. And what does that tell us? It tells us that the intellectual understanding of a law has had next to no benefit to our soul. It's only when we emotionally grasp the law in its full capacity that we have the ability to actually understand it and then we don't need to discuss it because we live it. [01:12:18.05]

Many of us have been presented with all of these laws. For example how many of you are afraid of the Law of Attraction? Be honest. A good half of the audience still. That tells us that we are yet to have the law in our heart. The laws not in our heart, it's just an intellectual understanding at this point. [01:12:47.03]

The Law of Cause and Effect, which we discussed in our last seminar: how many of you are confused with the Law of Cause and Effect? Something happens and you try and work it out. Why did that happen? Why did that happen? Okay. [01:13:05.11]

What about the Law of Desire? Do all of you believe you understand that law? Have all of you got exactly what you want right at this moment? No one has that? Someone has that? If you haven't got exactly what you want in all areas of your life right at this moment, then you don't understand the Law of Desire. So that's another law. It's not understood at the soul level, that's what I'm saying. [01:13:39.10]

LAWS – ATTRACTION
 – CAUSE & EFFECT
 – DESIRE
 – FORGIVENESS
 – REPENTANCE

How about the Law of Repentance? Forgiveness is about what others have done to you. They've harmed you or hurt you or whatever. Repentance, what's that about? What you've done to others. How many of you engaged that law? Sometimes? So all of you have all of your children, all who love you dearly and they have no blockages with you whatsoever, is that right? No? Well perhaps you're not engaging that at all yet if that's the case. And all of you are in a relationship and you have no problems with the relationship at all, is that right? No? Then you're not engaging that law yet, at the soul level. Because if you were, there would be no blockages to your partner to your soulmate. There are all sorts of reasons why there are blockages and it's because of what others have done to us and what we have done to others. And those two laws are all associated with the most powerful law, the laws of love and that's the most powerful law in the universe. Yet we still don't understand them. [01:15:37.22]

So you know what we do instead? We engage this law of compensation. How many of you are familiar with that law? Yeah, that law is the one that we're most familiar with actually because that's the law of Natural Love and that's what we do most of the time. We don't engage forgiveness or repentance at an emotional level, so we're trudging through our life with all this weight of all of the things that we've done and what others have done to us on our shoulders and every time an event happens, one of these things that we're carrying on our shoulders gets triggered or gets pushed around like a sore that's getting prodded. Imagine a big open wound and somebody's just sticking their finger in it and wriggling the finger around a bit, that's what it feels like, doesn't it? There's the law of compensation happening for us and again and again and again and again and again until such times as we engage one of these laws. [01:16:46.22]

Now the majority of us think we've heard the information and we think we get it. But we don't because if we'd engaged those laws this wouldn't even be happening. You would be walking around with nothing needing to be compensated for because everything's been resolved by the other laws that are higher in their nature. [01:17:14.08]

Now the reason I'm bringing this up is that for truth to really be known in the sense of, “I know the truth”, it has to be in my heart. And if it's not in my heart yet, I'm going to have to try. But when it's in my heart, I don't have to try any more. So that can relieve me of lots of stress and lots of pressure. How many of us feel pressure about being on the Path? Lots of us feel pressure about it all the time don't we? It can relieve us of all pressure if the truth was in our heart. How is the truth going to get into our heart? It's got to go in emotionally. What's got to come out first? The error. [01:18:27.07]

So now we have the problem of an intellectual understanding of the first aspect of truth, of the first aspect of Divine Truth or the first aspect of The Way. The emotional understanding we have of that is this; that only God's Love can transform our soul beyond what it was originally created to be. Only God's Love can transform us. We can't do it ourselves, that's the fundamental truth. [01:18:57.18]

So then we realise that we need to be open to that love flowing into us and that brings us to the second point, that to be open or what creates the openness in our soul to receiving love is truth. Therefore we need to have openness to truth. But then we also realise that many of us don't have openness to truth because we are holding onto error and the error is filling up our bottle, filling up our soul so much that there's no space for truth to enter. That brings us to what we need to do with the third aspect. [01:19:55.15]

9. Humility

The third aspect is humility. Let's talk about humility. What was humility again? It's a passionate longing and desire to feel all of my beliefs and emotions whether painful or pleasurable no matter what anyone else thinks or feels. So it's seeing yourself as God sees you from an emotional perspective. [01:22:08.07]

3) A PASSIONATE LONGING OR DESIRE TO FEEL EVERY BELIEF AND EMOTION WITHIN OURSELVES WHETHER IT IS PAINFUL OR PLEASURABLE, NO MATTER WHAT ANYONE ELSE FEELS ABOUT IT. IT MEANS TO SEE OURSELVES EMOTIONALLY AS GOD SEES US!

This is where, can you see, we have the most work to do. This is where our will is engaged or not engaged. It's our humility that is the problem. It's not the same as being humiliated, is it? That's somebody else taking actions to make you feel bad. We're not talking about that. We're talking about you being completely open to experience every single thing that's within you that's in or out of harmony with love. It doesn't matter which, just everything. Not selective. Not wanting to control it. Not being afraid of how other people view it. Just feeling it every single time. [01:23:03.04]

Now can you see the effect that this is going to have on the two previous points? If we're humble, then we'll be open to receiving truth because the only thing that stops us from receiving truth is that we're worried about what the truth could be. And if we're willing to feel our emotions about what the truth is about then we'd receive the truth. And if we can receive the truth then the truth will open our heart and then God's Love will flow if we have a longing for it. So that's all quite simple really. Everything is dependent upon our humility; how humble we are, how willing we are to actually feel all of our feelings. [01:23:49.28]

Now there's quite a lot I can say about this subject, a lot that I've said in the talk about humility in the past that's worth listening to again if you want to listen to that. Today I'm trying to help you see within yourself the relationship between these three things, humility, truth and love, and how important it is to fully grasp and understand these basic principles of The Way, the path to God. The Divine Love Path as you call it. If we fully grasp these principles, those three primary principles, this being the third, we will understand that everything is dependent upon my will. How fast I progress is completely dependent upon my will, nothing else. And I'm not saying that you have to progress fast or slowly because I'm not saying there's a competition involved, it's an everlasting process so why compete with anyone about it? I'm saying, what's the point of not progressing when you could be happier if you do? [01:25:05.07]

You see much of our unhappiness on the so-called “Way” is that we are not actually on The Way. We're not actually on the path; we're not actually on The Way to God's Love. We're actually on the Natural Love way still and we've just called it a different name. We've learnt all of these principles, learnt all of these laws and we've done it all intellectually just like we've learnt everything else in our lives and so we're still on the same path. Just because we've learnt the terminology of something, it doesn't mean that we understand it here in our soul. And we can talk terminologies all day, even start with the acronyms. How's your LOA? And what about your FW and how did it go with your C and E? I've got no idea. You're still trying to work out the C and E? Cause and Effect. [01:26:10.12]

The point is that we can even create a language that describes a path and still not understand the path, and many of us have done that. And what's this about being *your* Law of Attraction? Who's Law of Attraction is it? God's Law, that's right. That just came straight of the head didn't it? Is it in your heart? If it were in your heart you'd trust it, wouldn't you? You'd trust that the Law of Attraction's bringing you every event perfectly to correct your soul. What a wonderful law. You wouldn't be going, "Oh no, what's my Law of Attraction going to bring next?" You'd be going "Let's embrace life and see what happens next and whatever happens next is exactly what I need to have happen because the law is perfect in its operation. It's going to correct my soul. It's going to change me if I embrace it." This is where we need humility. [01:27:17.18]

9.1. Humility is not humiliation

Now what does humility feel like to you? You see I notice that for a lot of people humility feels really bad. It feels like 'humiliation' is probably a better way to describe what most people feel. It doesn't have to be humiliation; it's just what most of us feel. Whenever we're humbled into a state where we have to feel something, we often feel at the same time quite humiliated rather than feeling humility. [01:27:51.02]

You see humility would eventually result in you not feeling humiliated in any situation. So somebody might come up to you and say, "I heard five years ago that you slept around and you did this and you did that and now you're with your wife. Does she know?" And the person just talks about it, instead of feeling these waves of, "How does he know about

that? I tried to cover all that over. What's going on?" Instead of feeling all of that, you'd go, "Yeah, yeah I did. My wife already knows. We've sorted through the issues emotionally." You'd feel relaxed, would you not? You wouldn't feel humiliated because you have the humility to admit the truth of your life to others. So you wouldn't feel humiliated. If you feel humiliated you have no humility. You have no humility if you feel humiliated. [01:28:51.27]

And how often do we feel humiliated? Frequently, for many of us still. And yet if we had true humility, we would be okay with stating the truth about every single thing in our life; as the saying goes, “warts and all”, because we would actually love the process of humility. We would understand that it is the grass roots quality that allows the growth of Divine Love in our soul. It allows us to be open to truth, which allows the love to flow. The truth opens our soul. [01:29:33.21]

I've made a list of different things with regard to the desire for truth and the desire for humility on this handout. And rather than going through them individually with you and treating you like you don't know how to read, what I would like to do, once we get the handout on the net, is ask you to get it yourself and to look through the questions that it asks you about truth and humility. There are many questions it talks about. [01:30:14.08]

9.2. How to engage the principles of The Way with Humility

I don't know if you realise but this is the last talk we will be giving in Australia for three months, so over the next three months you have a perfect opportunity to fully engage the principles of The Way in your personal life. You have all the space and time necessary. See, there are beautiful waves of love coming through the universe at the moment, you've felt them but unfortunately for many of us we feel pressured rather than feeling it as waves of love. But there are these waves of love coming through the universe right now that are helping you get into more harmony with love if you engage the process with humility. And you can allow yourself over the next three months, to use it as homework, something to engage in your personal life over the next three months; the aspects of humility, truth and then longing for love. You don't need to worry about changing your soul, God will do that for you if you allow the other two things to occur, if you allow humility and you allow the openness to truth. Let yourself feel Divine Truth. [01:31:39.01]

I'd like to encourage you to engage this process sincerely and passionately over the coming three months. We're trying to set up events that you can be involved in, things that we can do which will engage some of this process with you. And we're trying to encourage the team leaders and the team assistants in the God's Way of Love Organisation to focus you on the principles, the basic principles of The Way, God's Way of Love. We're trying to focus on those principles for each individual who engages the God's Way of Love team activity. There will be events created even while we're away; we'd love you to be involved in them in such a way, and ask that if you are going to get involved you engage the three things when you do so. That you engage firstly your humility, and then secondly your desire for truth in this process, and then allow or desire God's Love to flow and you'll notice some effects in you for a change. [01:32:58.11]

It's when we don't have humility, where we're shut down or we're shut down to truth, that there is no way for us to change except with a lot of personal hard effort. And many of you are getting tired with the effort, that's what we notice. Just tired with the effort and I understand that. I had to go through this process in my own progression where I gave up the effort to change, understanding that God's Love is the transforming power and all I've got to do is engage humility and truth. That's my part, that's the role I have to play and I can use my will to do so. [01:33:52.18]

With the aspect of humility, if you think about it, if we have a passionate longing and desire to feel, we won't be taking actions to avoid our feelings all the time. Many of you are still planning your life to avoid feelings or discomforts instead of planning your life to do the opposite thing, to engage feelings; we're planning our life to avoid them. And when we plan our life to avoid them, we are automatically in a closed place with regard to our soul and no truth can enter now. [01:34:32.23]

We are also not feeling all of our emotions whether they are painful or pleasurable. Many of us are having trouble with even the pleasurable ones, let alone feeling the painful ones. Many of us also have so much trouble feeling painful or pleasurable emotions that we create alternate emotions to feel. We create emotions of self-deception. [01:35:06.29]

9.3. Examples of emotions of self-deception that demonstrate a lack of humility

Here's one emotion of self-deception. Self-punishment is an emotion of self-deception. Many of you have become experts at it. Self-punishment always covers deeper grief associated with how you've been punished by others. You can't learn to punish yourself without somebody first punishing you. So self-punishment prevents feeling pain about our parents, it shuts us down to the truth. The truth is that our parents treated us badly on many occasions and as a result we learnt to punish ourselves in order to avoid their punishment of us. We actually learnt to go through this process of becoming self-punishing rather than feeling the grief associated with the unloving behaviour of our own parents. [01:36:45.18]

And so every time you go into self-punishment, understand you are now avoiding grief, not actually feeling it. Nothing can change while you are punishing yourself. Nothing! And in fact the unfortunate truth about self-punishment is that it just teaches us that we can go and do the same things again and even do the same things to other people. And the problem is that we often do what others have done to us because we deny the pain of what they've done to us. And then we act out that pain in our relationship with others. [01:37:29.28]

That is an emotion of self-deception. You can cry all day and be self-punishing all day about how terrible you are and how bad you are and all of those kinds of emotions and at the end of the day it's highly unlikely, if you're avoiding the underlying emotion about your parents, that you'll feel any better. And a month later you won't feel better and your Law of Attraction will not have changed. When I say your law, God's Law of Attraction will not have changed on your soul because your soul has not changed. So, self-punishment is a way to avoid an emotion rather than to embrace it. [01:38:14.29]

**SELF PUNISHMENT PREVENTS
FEELING PAIN ABOUT OUR
PARENTS**

BLAME OF OTHERS

Here's another one: blaming others. Whenever we blame others, we are forgetting a fundamental truth and that is that everything we create comes from within our own soul. Now others may have placed it there, but they cannot release it for us. Every time I blame another person, I take away from myself the power to change my feelings by releasing them, by feeling them; every single time. It's another deception that we often engage. So we get angry with them, resentful of them and so forth. We can't forgive them and while all of those things are happening, no more truth can enter us. We're going to be stagnant. Love cannot enter us and transform us in that state. [01:39:19.08]

There are many other examples I could use; they're just a few. If you think about it, we need to start examining ourselves more carefully with the aspect of humility. How do I really feel? Not how do I know I should feel? There's a big difference between those two things. We hear all the Divine Love Path and we go, "I should never get angry with another person again." But how do you really feel? For many of us we still feel angry every single day for lots of different reasons. Be honest about it and humble about the anger that you feel. A person who feels that anger would allow themselves to feel it and understand that there must be some terrible fears underneath this anger. At least they'd understand that and then if they were really humble, they'd let themselves feel their terrible fears rather than expecting people in their environment to change their fears for them. [01:40:22.09]

Can you feel that discussion about the aspect of humility has now closed you down completely? Right now, can you feel that the majority of you are really closed to the discussion? Can you see that the further we go - we talk about love, pretty open, talk about truth, closed down, talk about humility, now we're in the business end. And this determines whether we really have the will to change, whether we really have the will to allow God to transform our soul. [01:41:09.01]

9.4. Surrendering to the feeling of pain reduces resistance

Participant: You mentioned earlier about it getting to the point where the pain of not feeling it is greater than the fear? I feel like that; I've got that in spades all of the time. How can I make that pain worse so I can deal with it, it sounds like the opposite? [01:41:29.06]

If you loved yourself would you want to make your pain worse? [01:41:33.00]

Participant: No.

Okay. So if it's taking huge amounts of pain before you feel, my suggestion is lessen your resistance to the pain. [01:41:47.09]

Participant: So deal with my fears about feeling fear or something? [01:41:51.11]

I'll give you a practical demonstration. When you were a child and you were two years of age and mum gave you a knife to try out and you started cutting things up and then you cut your finger, what did you do? [01:42:04.24]

Participant: Cried.

Cried, immediately! Didn't you? Threw the knife away. [01:42:12.12]

Participant: I can't remember.

Well you know every single person that gets cut the first time generally cries, as a child that is. What do you do now when you cut yourself? [01:42:22.29]

Participant: Get angry.

“Argh f...” you know and a lot of expletives come out right and then you hold it, wrap it up with a band aid and get on with your life. Can you see the difference? [01:42:38.07]

Participant: Yep.

One is a place of complete humility. Complete humility to the actual pain. The child who just breaks down and cries does not get angry and isn't afraid; it just breaks down and cries. The other is a complete resistance to humility and we're so desensitized that we cut ourselves and we can't even cry anymore. That's how desensitised we've become at the soul level. We can cut ourselves and not even cry anymore when we used to cry at the drop of a hat as soon as we cut ourselves. [01:43:15.19]

Now we need to learn to allow ourselves to submit and surrender to the pain whenever we're in emotional or physical pain; that's what humility does. But I put to you that most of us are in so much resistance to the pain that the pain levels have to get so great before we submit. My suggestion is to reduce the level of resistance so that the pain levels only have to be moderately big or even barely noticeable before you feel the emotion. Do you follow? [01:43:53.05]

Participant: Yes. I guess I just need to know, get in my heart how to reduce the resistance. [01:44:00.07]

Well at the moment there's your resistance to pain (AJ drawing on whiteboard). [01:44:05.03]



We have a wall of resistance to feeling our pain that is created by fear

Participant: You might want to draw it a bit bigger, AJ. [01:44:10.22]

I haven't got enough space! There's your resistance to pain and what you want to do is to increase it before you feel it. That was your question. You said, “How can I make my pain even bigger so I can feel what it's all about?” Now that wouldn't be a loving thing to do. The loving thing to do surely, if I really love myself, would be to reduce my resistance to pain so that I feel it more easily. Now the question is, and it's a valid question, how do I reduce my resistance to pain? [01:44:48.22]

Participant: Yep.

By dealing with all of my fears associated with it, that's how I reduce my resistance to pain. So what's one of my fears associated with pain? If I cry, everyone will laugh at me. That's one of my fears associated with pain. [01:45:09.00]

Participant: Yes.

So what do I do? I can either to choose to cry and ignore the fear or I can embrace the fear and not cry and therefore make myself more desensitised to pain. I can do one of those two things; that is my own choice. This is where I can make a choice. I don't have to worry about the transformation of my soul. All I need to do in this case is just make the choice to cry when the tears are there and to cry no matter what the situation. And if other people are angry with me or upset with me or think I'm an idiot or laugh at me, then I cry about that as well. [01:45:49.11]

Once we cry it all out, when somebody laughs at us, we won't need to cry again. They laugh at us and we go, "No worries, I'm okay with you laughing at me, that's fine." We'll get to that point once all of the actual emotional fear and the actual grief about being laughed at has been released. Then we'll get to the point where we no longer feel that other people's projections at us will stop us from doing anything and at that point we will no longer have any grief to feel either so we won't be crying all the time anymore. [01:46:28.14]

But we've got to be prepared for the interim bit. Here's where we are now, here's at-onement with God and in between those two states is a lot of pain. Why is there a lot of pain between those two states? Because of the error and the error is in me emotionally; it has to come out emotionally. There's no other way for it to exit, and my humility will determine my ability to actually feel it. If I'm really, really humble I'll feel it easily. If I'm really resistive, I'll take thousands of years to do it. [01:47:23.19]



There are some of you in the audience today who are going to take a thousand years to do it because of your choice. I have people from my first century life, friends of mine and Mary's from our first century existence, who are still in the hells and they have not yet decided to do it. And they've come up with a lot of reasons why they shouldn't. One of them is blaming me quite extensively. But they're still not doing it because they're not prepared to just be humble and feel their own pain. We need to not be resistive to it. It doesn't mean immersing ourselves in pain because the reality, and this is the amazing thing about pain, is that if you feel it and release it, you actually feel pleasure afterwards. You actually feel good. [01:48:22.07]

9.4.1. Our pain is finite

A lot of people believe, and many of you have this false belief, that if you start feeling pain it will be never-ending. It's a physical impossibility! Your soul's only finite, remember? It can only have a finite amount of pain in it. So it's a physical impossibility for it to last forever, unless you don't feel it at all and then it's going to stay in you for as long as you don't feel it. But it's finite. It's a certain size and it can be released and once it's released it will be gone, forever gone. You won't ever have to re-visit it. [01:49:04.24]

Now I don't know about you but I would personally prefer to choose that kind of option to holding onto my pain, making my pain bigger so that I have to feel it, forcing myself into feeling. These are all things that we construct or force ourselves into doing and really we're not allowing or surrendering anymore. What we're doing is forcing and pushing. You cannot stay on the Divine Love Path; you cannot stay on The Way by forcing and pushing yourself through everything. You can't. Sooner or later you're going to get to something that you can't force or push yourself through and you've got to surrender to. [01:49:46.29]

So what we need to do is learn to surrender to the error, to the pain, to the emotion of the error, the emotion of the pain. When you fully surrender to the emotion, that's what humility does; the emotion flows through you in a finite amount of time and exits you completely. And from that moment, now that you've released the error, there's space for truth to enter. And in that moment of releasing error, you will realise many truths in your soul. [01:50:33.14]

SURRENDER

You won't have to work them out intellectually anymore. You'll go, "Wow, I just released all that pain about my mum and dad controlling me and now I understand a lot more about free will. All of a sudden I understand more about free will without having to be told anything about it, because my blockages to understanding free will were all about the emotion of control and manipulation that I was still holding on to about my parents. And once I released that emotion, the blockage I had to my emotionally understanding the principles of free will are gone and now I get it." [01:51:13.03]

And you'll have these amazing periods of realisation inside of your soul, not just in your mind, where you actually get it. And you go, "Wow, I've been talking about it for four years and I only just got it." And many of you have had this happen to you already about some things, yes? Where you go, "How did that four years go past without me getting that?" And it went past by our not being humble to the emotion that prevented the truth from entering. [01:51:52.19]

9.5. We can change ourselves by developing humility

Remember if we get back to our original summary or premise and that is this: Divine Love transforms our soul. But Divine Love can't enter our soul without truth being present in our soul. And the truth can't be present in our soul while the error is in it because truth and error cannot exist on the same subject in the same place at the same time. What we need to do is release the error and our willingness to release the error is called humility. [01:52:32.03]

LOVE TRUTH HUMILITY

So of all the things that I need to work on, surely humility is the greatest in terms of what I can do to change. See, Love is what God does to change you. Truth opens you to that love, but humility is what you can do to change you. [01:53:01.23]

And when you understand that, then humility is a key thing to develop in your own personal life, if you get the process. Because once you release the blockage, once you release the emotional error... and you release it by not intellectualising the error and talking about the error. You don't discuss the error and you don't intellectually realise the error; none of those things will actually change the error. What actually changes the error is to feel the pain, surrender to the pain of the error. That allows you to feel the error. [01:53:41.17]

Once you feel the error, you have space for truth to enter. And all you've got to do is to have a longing for it and it will enter you immediately and it will be a part of your very existence. You will carry it around with you everywhere you go. You won't have to read a book about it, you won't have to listen to a talk about it, you won't have to study anything about it, it will be present in you and as you walk around everyone will know. "Gee that person seems to know everything about free will. I don't understand how they know that." And then when they ask, you'll say, "It was my humility that allowed me to get an understanding of that truth." [01:54:24.06]

And my humility is this; being completely open to experience every emotion whether it is what I call good or bad, painful or pleasurable. No matter what anybody thought, I was willing to go there. No matter how much I was laughed at, no matter how much I was ridiculed, no matter how much I wasn't accepted, no matter how much I was condemned. Or

whether I lost all my friends or all my family, no matter whether different people wouldn't talk to me for periods of time in my life, I was still willing to go there. And once I was willing to go there to that degree, then I was in the place of surrender. [01:55:06.18]

When I'm in the process of surrender then I'm feeling and releasing this pain and I'm in this beautiful state where the truth can enter me. And because the truth can enter me, when I have a longing for Divine Love. Divine Love just comes into me and does its stuff and transforms me into a new person, a person that I barely recognised or even knew existed beforehand, just like the caterpillar turning into the butterfly. Exactly the same! [01:55:43.12]

So I hope today's talk has inspired you to go back to the basic principles of the path, the basic principles of The Way to God; The Way to your life. If you choose this Way it will be a continuously expanding existence. You'll get to the eighth dimension and pain will be no more. Quoting from the Bible, “And neither will there be outcry or tears anymore.” All those former things have passed away. You've become a new person, a person who no longer experiences pain anymore because you've surrendered and released it all. And because you've received Divine Love you've now been transformed into this condition of at-onement with God. Your heart of stone has become a heart of flesh. And in this condition with God you now see everything with wonder and desire and passion and there are no longer any impediments of pain associated with your former life. You have been transformed from the grub or the caterpillar into the butterfly, never to return to such a condition. That's the ability you have. [01:57:24.18]

And if you engage the process of The Way and just allow yourself to really settle with it over the coming months, you'll find that it is simple to understand and that humility isn't as hard as you believed it to be. You see for many of us we believe that surrender is a fearful place. But all we need to do is get through the fear of it and we will surrender. And when we surrender to the pain and error and we just let it flow out of us without fear dominating or controlling that process, now we have the ability to transform very rapidly. And that's what I'd like to encourage you to do. [01:58:17.22]

Participant: I've been quite terrified that I'll lose some of my base self and just a few days ago somebody channelled John Lennon, I'm not sure how accurate it was and he said, "I'm still a radical." It felt that meant about sticking up for humanity or whatever, "But I've now been purified." So it felt to me that perhaps we're not going to lose part of ourselves. I don't know about anyone else but that's how I feel that by surrendering; I'll lose something that God gave me. [01:58:54.24]

Yeah, he's now a loving radical. And that is true you see, many of us are afraid, dearly holding on to what we are now because we're afraid of what we will become if we let go of that. And what I'm saying to you is that God designed you to go through that stage, that transformational stage where you become the butterfly. That's what God designed for all of you. You don't need to fear about what God designed. In fact if you were going to fear anything, it's what you are right now. That's a lot scarier than what you'll become. [01:59:33.02]

Many of you, in a thousand years' time, will be looking down on the earth (and perhaps you won't be), but you'll be looking down there and go, "Gee, look at what I used to be. I can't even believe that was me." Honestly many of you will not be able to even believe that the person you are currently was the real you at this point in time. You'll look back on the whole process - and you see the beautiful thing about distance is that it allows you perspective - and you'll look back in perspective and go, "Wow, you know that really hard time on Earth, you know just before the time of Earth changes and just after the time of Earth changes when I was just going through heaps of crap and my relationship was breaking up and I was so distressed and everything was happening and I was feeling really bad about myself all the time and everything was bad, I had to have all of that to be the person I am now, but I can't even relate to that person anymore." That person's gone because it was never the real you in the first place. [02:00:49.25]

The real you is the person that God designed you to become; that's the real you. And for most of us we are yet to even see a smidgen of the real us because we're still holding on to the definition of ourselves in the hope that somehow we'll become, through our own effort, a transformed being. And we have no reason to suppose such a thing. [02:01:21.02]

You will never become more than what God originally designed you to be unless you receive the transformational love of God. Never! And we need to just come to accept that, come to accept that what's blocking that love from flowing into our soul is the truth, that we're not accepting the truth. And we need to come to accept that the reason we're not accepting the truth is that we're just not humble. We just don't want to surrender to our pain. And we need to learn to surrender to everything, including our pain. If we can do that, everything will change. Everything will change. So that's what I would

love to encourage all of you to do over the next three months; surrender to your pain. Surrender to your pain. Don't come along to another one of these sessions without having surrendered to your pain at some level at least. [02:02:34.19]

9.6. All souls are capable of becoming at-one with God

Participant: I'm just struggling a lot with doing God's Way and I'm just wondering why some of us find it so hard? I'm just wondering about those qualities of desire for truth and humility, whether that's actually part of the personality of some people's souls and that's why that they can do God's Path because you've mentioned with your soul... [02:03:04.15]

So what you're telling me is that God designed a path, which is the only pathway to God, and then God designed some souls that would find the path as hard as possible. [02:03:19.12]

Participant: I feel like He's designed some souls that can do it and mine is one that can't unfortunately and that's ...yeah. [02:03:26.25]

And that is just a false belief. It is an untruth.

Participant: So is it just my fear? Because I reflect about what's different about me with then about people that are doing God's Way. Is it just my fear and that my parents have so much resistance? [02:03:44.18]

It's because you have resistance.

Participant: From my parents?

It doesn't matter where it's from, does it?

Participant: I guess not. I'm probably just trying to compare. [02:03:55.26]

And why would you be trying to understand it? Because you don't want to feel it! You see, this is what's happening for many of us. For some reason we believe that God, in Her infinite love and wisdom that we intellectually grasp but we don't yet feel... we intellectually grasp that God has this infinite love and wisdom and so therefore God created a system and created our souls in this scope of everlasting and incredible infinite love and wisdom. And then we say that then God created a whole heap of souls who would find it as hard as possible. And God did that for what reason? To torment those particular souls I gather. Is that the reason? Which is perhaps what our parents might have done but it's certainly not what God would have done. [02:04:49.03]

God didn't create this to be harder for Kate than it is for Mary. Never! God never created it that way. God created it consistent, right across the board. It's the same Way that all of us, if we wish to be at one with God, need to embrace. We need to embrace this particular Path. I'm saying to you that if there is resistance to the path and love is not flowing into your soul, then it is completely and utterly under your own control. [02:05:27.18]

9.6.1. If God's Love is not flowing into the soul, the only thing that can prevent it is me

Now I know it's a fairly hard truth for some of us to accept but it is the truth that if God's Love is not flowing into the soul, the only thing that can prevent it is me. I am the only impediment to the process and the only thing that will cause me to have an impediment to the process is my humility. So if I'm finding that things are not progressing for me, I need to examine my humility. Remember humility is often prevented by fear. It's your fear that stops you from being completely humble. In other words your fear prevents you from having a passionate longing and desire to feel all beliefs and emotions whether they are painful or pleasurable. [02:06:23.07]

So work on your fear. Stop using fear as an excuse to justify false belief systems that then cause you to justify why you can't do it. You're using your fear of feeling everything to justify this untruth that you've created, that God has created some souls who will have it harder than other souls. This is an untruth and your fear creates it and it's the fear of your real feelings that you don't want to surrender to that creates that feeling. [02:07:03.07]

Participant: So it's just another of my ingenious ways of avoiding my feelings? [02:07:08.09]

Yes, Kate, that tells me you are a very clever woman.

Participant: What do you mean?

Because you've come up with a very clever way of avoiding some emotions! [02:07:17.01]

Participant: But it's not very clever really is it? [02:07:18.20]

That's the problem. Intellectually it might seem clever to us because it prevents pain for a shortened period of time but it doesn't stop the pain of our entire life and it leads to its own negative creations as a result of the pain that exists. So while it may appear to be the best course of action to our mind to nurse ourselves through a period of hardship, it's certainly not the best course of action for our soul. This is where our mind is pretty hopeless really when it comes to understanding matters of the heart. It's our fear that dominates most of our thinking and unfortunately it dominates most of the untrue belief systems that we hold onto because we don't want to feel. [02:08:08.14]

It's amazing what we do to not feel. I don't know about you but I've been absolutely blown away sometimes at the extent to which I will go, to not feel. And I'm a pretty humble person. You haven't had to tell me when I've been unloving to you. And yet I often enter this state, even with some of my emotions recently, particularly some of my emotions recently, where I'm not in the state of humility because I'm so afraid to deal with some of the emotions. I'm so afraid to feel them. [02:08:49.09]

We need to stop creating alternate belief systems in order to not feel. We're experts at it, and our parents taught us to be experts at it, and their parents taught them to be experts at it, and it goes back for generations but that doesn't justify the condition. Does that answer your question though, Kate? Because there's still a feeling in you that God must have created you differently, isn't there? [02:09:23.01]

Participant: I can understand what you're saying.

This is what I'm getting at though, Kate, while you have this feeling in you that God created you differently and has made it harder for you to feel your feelings, while that feeling exists in you and doesn't come out, then you're going to carry that belief with you into all of these things that you do. So you do need to feel that feeling; how much you feel that God made you different to everybody else. Now once you fully feel that feeling, which is an error-based feeling, you'll begin to release it and then you'll realise how much it's tied into your parents and how they treated you, and what they believed and so forth. You'll start having all these different truthful realisations that enter you and when those truths enter you it will open you up and now when you long for some love, some love will enter. [02:10:26.13]

If you choose to not feel it and intellectualise it and go, "No I'm just not going to have that belief anymore," which is a state that's only imagined and can never be actually done, if you choose to do that then you're not ever going to feel the truth. So you do need to feel the emotion that God created you different and God purposely did it to traumatise you in some way. [02:10:52.12]

Participant: Is that relating to my illness when I was a child?

9.6.2. False beliefs that God is punishing have been passed down from generation to generation

Yes, and your parents' belief about the illness and your parents' belief about how they felt that they were being punished or condemned by God for you, their child, having this illness. Remember that many people have grown up with very steadfast religious beliefs, but these are beliefs about God and God's nature that have been passed down from generation to generation to generation of people. And a lot of people now believe that God's nature is punishing. You know people who don't even believe in God think God's punishing. [02:11:31.20]

We had a discussion with an atheist. And in every discussion I've ever had with atheists they've always gone back to the fact that God, the way the religions portray Him, doesn't exist. And when I agree with them, they get all confused because they think I'm saying that the God of the Bible exists or the God of the Koran exists. That God doesn't exist. But they

have created their belief system, the atheist belief system, based on the fact that God potentially, according to these people, does exist and then they argue against the existence of such a thing and I agree with them totally. There is no such thing and yet they still carry on their beliefs because of the multigenerational system that has been present for thousands and thousands of years, before Christianity even came along, to be frank. This belief, that God was a punishing God that we had to appease and that if we didn't appease this punishing God that my progeny, my children, would be damaged or hurt or harmed in some way. [02:12:38.21]

They used to, even in those times, get the firstborn of their own children and sacrifice them with a knife to the very God that they were appeasing. In some cultures every firstborn generally died to that God. That's how strong that belief is in humanity. And that's carried forth into all religions, this idea that God wishes to destroy and punish the people who are wicked. And nobody knows who's really wicked because nobody really knows what's wicked and so they're all trying to guess and they create ideas of what's wicked as a result. And that emotion is in you. [02:13:22.01]

Participant: So, because when I was... I just remember saying to my mum, "Why did God make this happen to me?" I felt I'd done something wrong, but I was only six at the time so do you think that idea just came to me from my mum's feelings about it? [02:13:40.15]

Yes. All of the openness in a child to accept a certain concept comes from the emotional damage that is in the parents at the time. So, yes. And now you feel that you're different from everybody else; that God wants to punish you. And it's very, very hard to connect to a loving God who you don't believe is loving. So if you're humble to that emotion, you'll release that emotion and feel that God's not loving and after that you'll actually realise that God is. [02:14:15.24]

So you can see from these discussions we've had that the reality of humility is very different from the words of it or the thought of it? The reality of humility is to actually embrace the true emotional condition, the truth about you at this point in time, warts and all. And once you embrace that condition, from then on you have the ability to change because you're now accepting the truth. [02:14:53.00]

9.7. Humility is “feeling what I’m feeling now”

Participant: I was talking to Dave Robinson just a couple of days ago and he was sharing with me something that they've taken up as an exercise down in the Armidale area. And that is to ask yourself every hour, “What am I really feeling now?” And he said they've actually felt some real changes in people doing that for a week. So it sounds like a good one. [02:15:16.12]

So they're saying, “What am I really feeling now?” And I feel that doesn't go far enough because humility would actually feel what I'm feeling now. [02:15:46.25]

Participant: I think that was the implied next step.

I know it's implied, but unfortunately it rarely happens. And that's what we need to do. We can talk about what we're feeling, we can try to work out what we're feeling right now but until we feel it, there is going to be no change. And so we need to get out of even having to ask ourselves what am I really feeling right now and just feel it instead. And can you see that would be much simpler than having to ask yourself every hour? If you just felt every moment what you're really feeling, then are you going to have to ask yourself once, five times a day, ten times a day what are you feeling? No, because you'll be feeling what you're feeling in every moment, do you see? [02:16:42.17]

1) WHAT AM I REALLY FEELING NOW?
2) FEEL WHAT I'M FEELING NOW

Participant: Okay, well we're just in kindergarten so it's a good first step. [02:16:48.01]

Well it's a first step that while it might appear to our mind to be beneficial, the next step is the only one that is going to have any effect. [02:17:06.11]

Participant: Just on this question, I feel like you know we're rehabilitating our ability to feel from centuries and centuries.

I agree.

9.7.1. Our fear prevents us fully embracing The Way

Participant: So I agree with Jenny that we need... I felt when I started, I started in baby steps and I'm still doing baby steps to actually feel. [02:17:25.07]

Yes, but why do we take baby steps when we're emotionally capable of taking the steps of a full grown man or woman? I'm suggesting that we do baby steps because we're afraid. That's the only reason we do baby steps. And we even justify doing the baby steps by saying, "I'm only just a learner," and that's why I'm going to do baby steps. And I'm saying well, you're full grown men and women most of you now, in terms of physically at least. Why not make the biggest step (AJ taking a huge step) possible because you'll get there a lot faster than if you do this (AJ taking tiny steps). You can see that, can't you, physically that if you do this it's going to be a lot slower process, a lot more frustrating? If you do this (AJ taking a big step), now we've got some ability to make some big changes. The only thing that determines that (the big step) is my fear. And the only thing that determines my fear is my lack of humility. The only reason I want to take baby steps is that I'm too scared to be humble enough to make the bigger step that I could choose to make if I fully embrace the truth. [02:18:46.27]

And this is what we've got to stop doing. We've got to stop justifying to ourselves how slow we're going and we've got to start looking at the real reasons why we're going slowly. And the real reasons why we go slowly are all to do with fear, and our level of humility controls our fear. If we're humble we can feel any fear. [02:19:21.03]

So when we allow fear to dominate our choice and decisions, to dominate our movement, of course we are going to be quite slow. We've yet to make the transition into seeing fear as just another emotion. We're still in this mindset of thinking that fear is the most powerful emotion of the universe and we've somehow got to make our fear go away before we make a step. [02:19:53.16]

I suggest to you that if you choose to do it the opposite way, you will benefit greatly. The opposite way is to realise you have fear, allow yourself to feel your fear and still make the step. And that's what the majority of you do not want to do. And even when I say it, how much does the fear of it even come up in you? It's quite strong, my just saying that. So allow yourself to have the humility to feel your fear because when you do that, you'll see that your fear is just another emotion. You don't have to keep constraining your life based on your fears. [02:20:41.20]

So I agree with Dave's recommendation that, “What am really feeling?” is a good question to ask ourselves but it's far better and in fact far more effective to feel what I'm really feeling now rather than asking myself what I'm feeling now. And in fact I would suggest that if I've got to ask this question, I am not actually feeling and I'm probably afraid and there's something I need to deal with, with my humility about my fear. [02:21:15.08]

Participant: So does it mean when I feel only what I'm feeling now that I might be impolite and rude and walk away from a conversation because it doesn't suit me or I am not pleased or if something is boring. Maybe I can say, “Look, you're boring to me, just go”? [02:21:34.01]

How many of you are bored now? Honestly? How many of you have heard enough of this now and you just want to go home? Honestly? See that's half the audience, if they're honest. So why haven't you walked out yet? Because you're afraid! Did that hit you? All of those of you who put their hand up saying you're bored now, you really want to go home now; you haven't walked out because you're afraid. No other reason. You're afraid of what it might look like getting up and walking out, what AJ might think of you getting up and walking out, all sorts of fears could be confronted in this very moment. All of the fears could be confronted in that very moment you see? You can confront these things straight away. We are addicted to looking a certain way and it's our addictions that are covering these fears. [02:22:37.21]

Participant: So you and your choosing, that was just you being you and you being true to how you felt? [02:22:43.01]

Yeah, if you've got a sore bum, you're allowed to stand up, it doesn't matter where you are. You know if you're bored, you can go. If you're in a relationship where the other person's terrible to you, then leave. You're allowed to do anything you

wish, right, but do it in love. You're allowed to do these things in love. So if I stand up because I've got a sore bum then get out of the way of everyone else who's sitting down, that would be loving. You're still getting what you want; they're still getting what they want. [02:23:20.03]

You see we do not want to engage truthfully, and that's what humility is. Humility is truthfully engaging everything we feel truthfully and recognising when it's out of harmony with love and doing something about it if we want to. That's humility too. But we need to do that. And can you see that if you were like that, how quickly you'd deal with your fears. They'd be like bang, bang, bang, you know a month later you'd be fearless if you did that every single moment. You'd hardly have any fear in you at all if you just engaged those situations. [02:23:57.12]

10. Closing Words

So rather than my talking more about it, for the sake of those people who are bored, I think it's time for us to finish. It is time. But I just want to remind you, don't try to transform your own soul because it doesn't work. Let God's Love transform your soul and if it isn't doing the job, it's because it's not coming into your soul. Address the reasons why it's not coming into your soul rather than trying to put on more of a facade just in a different direction. [02:24:32.26]

Stop the facade, stop trying to put on something in a direction and start just living what you feel. I'm okay with that. That's what I'm teaching you to do. Of course I'm going to be okay with that. I'm okay with you getting up and walking out. I'm okay at the end of the discussion if we have ten people just down the front still here and talking if that's how long I want to speak and that's how long they wish to listen. I'm okay with that. So let yourself engage all of that. [02:25:05.14]

That's what we'd like to encourage you to do for homework over the next three months. Does that sound alright with you? That's great. Thanks. [02:25:31.29]

Mary: It was an awesome talk, babe; so good. I don't want to hold anyone up; I just want to say... AJ usually gets to do this. Thank you so much for all of your donations over the past year. Little and big, they're all big to me. It really means a lot and I never get to express that, so thank you so much.