

Overview

Series:	Education In Love
Group:	Developing My Loving Self
Theme:	The Creation Of My Façade
Presenter(s):	Jesus
Description:	Jesus explains how the choice to refuse to feel terror and to be emotionally overwhelmed by pain creates a façade that causes more sin and pain, where this emotional refusal came from, and the techniques that we develop, maintain and use to deny pain

2:10pm *Lesson In Love*

My denial of pain is unloving and causes more sin & pain

The denial of all pain (physical or emotional) is a lack of love of self, others and God
Physical pain is the result of the suppression of emotional pain
The denial of pain creates motivations to create pain for others
The denial of pain is a rejection of how God created us to live
Suppressing pain causes a general suppression of all emotion

Refusing to feel my fear of pain is unloving and causes more sin & pain

Refusal to feel the fear of pain is a global problem with far reaching unloving consequences on the individual and society collectively

2:12pm *Erroneous Version Of Love (EVOL)*

Evol believes the denial of pain creates happiness and pleasure

Evol chooses to deny pain and accept pleasure
The problem with this is no amount of pleasure can make up for the pain
Evol then chooses to get pleasure at any cost for self and others

Evol believes the fear of pain is realistic and sensible

Evol believes that avoiding the emotion of fear is the best possible action

2:15pm *I Was Taught To Fear My Pain*

Fearing pain (physical or emotional) is not natural, but rather is learned

A child by nature does not suppress or judge emotion
A child by nature feels all of its own emotion until emotion is released
A child by nature is comfortable with experiencing emotion
Parents & society teach the child how to suppress emotion, that it is dangerous to feel emotion, and use abusive techniques to suppress or prevent the child's emotion

My parents & society's example of fearing their/its own pain

My parents became very distressed having to feel causal painful emotion
My parents are afraid of overwhelming painful emotional experiences
My parents desire to suppress their own pain
My parents attack any person who encourages them to feel pain
My parents use any means at their disposal to suppress pain

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e.g. addictions, substance abuse, sex, false beliefs, false definitions of love

My parents & society's desire to fear & control my pain

Due to their own desires to suppress, parents actively suppressed my pain

e.g. Physical violence or the threat of physical violence

e.g. Mental and emotional abuse

e.g. Ridicule and condescension

e.g. Education about my parent's definition of love from parents

e.g. Education about my parent's definition of truth from parents

I was taught that it is dangerous to be with parents and feel pain

I was taught that it is normal to reject emotional pain

I was taught that my parents' definitions of love and truth are real

2:25pm My Choice To Fear My Pain

The sources of my desire to fear pain are:

An all pervasive deep emotional terror of pain

Lack of desire to forgive parents & society for their sin

Lack of desire to be repentant for my own sin

I developed and maintain a very strong fear based will

To prevent painful experiences and emotion

To only have what I believe are pleasurable experiences

To maintain my own false definitions of love

To believe my own false beliefs about myself

To have the world believe what I believe about myself

To have my beliefs imposed upon the world

I developed and maintain a very strong will to meet my addictions

To remain blocked to an education from God

To live in and believe in my painful experiences

To live in and believe in the pain created by the world

To agree with and serve the world

To get the world to agree with and serve me

To get what I 'need' from myself and the world

To only believe my own 'reality' and 'truth'

To live in my own definition of love

2:35pm I Develop, Maintain & Use Techniques To Prevent Feeling My Fear Of Pain

Techniques include:

Deny, Lie, Excuse, Minimize, Justify, Shift the Blame, Punish & Judge

All techniques are driven by emotional fears

I choose to use these techniques in daily life

I refuse to stop using these techniques

I refuse to develop tools to allow pain to be released (emotionally & physically)

I use these techniques to prevent truth

About my fear of pain

About what kind of pain I have

About where my pain comes from

About how my pain feels

About who needs to feel my pain

About why I am in pain

About my sinful desires and passions that create more pain

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About how my judgement of pain prevents its release
About how I punish self and others for exposing my pain

All techniques are not taking personal responsibility to feel my own pain

My fear of pain drives my desire to make others responsible for feeling my pain
Only I can accept, feel and release my own pain
No-one else is able to accept, feel and release my pain for me

2:45pm My Techniques To Deny Pain Create My Façade

Relationship between the 'hurt' (pain) and the desire for 'façade' (sin)

Fear of pain (protection of the hurt self)

The manager, dictator, tyrant, controller, organizer, maintainer

Façade (driven by the fear)

Driven by the fear of emotional & physical pain

The slave, lackey, robot, labourer, servant

The façade serves the hurt in order to 'prevent' more pain and gain pleasure

I deny how I really feel

How I really feel is afraid of emotional & physical pain

I am not being honest with self, the world or God

I am not being sincere with self, the world or God

I am not being humble with self, the world or God

My denial of how I really am automatically creates my façade

My façade is created with:

Self (I maintain strong false beliefs about myself to prevent painful emotion)

The world (often different façade with different persons and situations)

God (I maintain false concepts and interactions with God)

2:55pm My Refusal To Use Tools To Release Pain Maintains My Façade

Tool 1: Faith

I resist the development of faith

I use doubt as a technique to maintain my façade

I refuse to believe in a loving God

I resist developing a relationship with God

Tool 2: God's Truth (and feeling my own "truth")

I resist the discovery of God's Truth

I resist feeling the truth of my own emotional condition

I tell myself intellectual stories to avoid the fact that absolute truth exists

I refuse to tell myself the truth about pain and my response to it

Tool 3: Loving action

I resist taking loving action to feel and experience my painful emotion

I use my techniques to avoid acting in harmony with love

I use my will to make unloving decisions and take action about those decisions

Tool 4: Honest & sincere emotional expression

I actively use medications and activities to avoid my painful emotions and feelings

I actively use my will to suppress my painful emotions and feelings

I create self-delusional conditions and then 'experience' those emotions

I create 'false emotions' to avoid the experience of the real emotions

Understanding My Unloving Self The Creation Of My Façade

3:00pm **My Choices Create More Sin**

My choice to fear and deny pain creates & maintains my façade

My façade is a lie presented to myself, the world, and God
My façade creates more sin, and therefore more pain

My unloving will based choices and decisions result in more sin, and therefore more pain for myself, others, and the world environment

My unloving choice to live in fear of pain rather than release personal pain
My unloving choice to suppress personal pain
My unloving choice to avoid feeling personal pain in a loving manner
My unloving choice to express & act upon personal pain in an unloving manner
My unloving choice to actively engage my addictions
My unloving choice to use techniques to deny the experience of personal pain
My unloving choice to maintain my façade at all costs

More sin = more pain and suffering

Sinners create more pain and longer term suffering
I then attempt to suppress this greater pain and suffering by using even more extreme suppressive techniques
The more extreme suppressive techniques involve even more sin, and the cycle continues in a downward spiral of self-degradation of the soul

Façade = capsule around pain & suffering, reinforcing pain within the soul

Fear of the experience of my pain & suffering
Fear is a capsule around my pain and suffering
Fear reinforces pain as my primary motivation in life
A capsule around my false beliefs (fears) reinforcing them as real
A capsule around my false definitions of love (evol) reinforcing them as true
A capsule around the engine within me that drives unloving decisions and actions creating more sin, pain and suffering
I believe I am protecting myself when in fact I am degrading myself further

3:05pm **Conclusion**

As an adult it is my will based choice that maintains and develops my facade

Although many people have contributed to my façade only I can release it

Lessons in Love

Learning that my denial of pain is unloving and causes more sin & pain
Learning that my fear of pain is unloving and causes more sin & pain

3:10pm **10 Minute Break**