The Human Soul

Fear Revisited

Single Session Part 1

Delivered By
Jesus

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

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# Table of Contents

1. **Introduction** ................................................................................................................. 1
   1.1. Examples of fears in audience members ........................................................................ 1
   1.2. AJ's current emotional state ....................................................................................... 2

2. **Layers of emotions within the soul** ............................................................................... 3
   2.1. Causal emotions ........................................................................................................... 3
   2.2. Blocking emotions ....................................................................................................... 3
   2.2.1. The impact of suppressing emotions on physical health ........................................... 4
   2.3. Denial emotions ........................................................................................................... 4
   2.3.1. Anger ...................................................................................................................... 4
   2.4. Causal emotions create the Law of Attraction .......................................................... 5
   2.5. Intellectual suppression of emotions ........................................................................... 5

3. **Blocking emotions and emotions of denial must be felt before causal emotions can be accessed** ......................................................................................................................... 6
   3.1. Giving up intellectual suppression ............................................................................... 6
   3.2. Physical ailments heal when dealing with causal emotions ......................................... 6

4. **Reasons for anger** ......................................................................................................... 7
   4.1. Expectations of others or the environment ................................................................. 7
   4.2. Being afraid to access anger ..................................................................................... 8
   4.3. Childhood anger due to repeated unloving behaviour .............................................. 8
   4.4. Expectations of others or the environment (continued) .......................................... 9
   4.5. Suppression of fear .................................................................................................... 9

5. **Layers of emotion within the soul (continued)** ............................................................ 9

6. **God's Truth is that love casts out all fear** ...................................................................... 10
   6.1. What "professionals" say about fear ......................................................................... 10
   6.2. Feeling in tune with the Universe when at-one with God negates fear ....................... 10
   6.3. Releasing fear is the only way to become fearless ................................................... 11
   6.4. Societal views on experiencing fear and anger ......................................................... 11
   6.4.1. AJ's experiences with feeling fear ........................................................................ 11
   6.5. Fear needs to be experienced to access causal emotions ......................................... 12

7. **The primary fear beliefs** ............................................................................................... 13
   7.1. "I cannot cope with all of my emotions" .................................................................. 13
   7.2. "I am alone" .............................................................................................................. 14
8. The primary truth beliefs to develop

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

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

8.1.2. An example of working through a fear of spiders

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

9. The creation of fears during childhood

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

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

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

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

9.5. An example being bitten by animals

10. The primary truth beliefs to develop (continued)

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

11. The primary fear beliefs (continued)

12. Practical help with fear

12.1. Drink water

12.2. Eat vegan

12.3. Creating a space to experience anger and fear

12.4. Emotionally love ourselves

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

13.1. Physical symptoms of fear

13.2. Spirit influence and fear

13.3. Resistance to fear and fatigue

14. Practical help with fear (continued)

14.1. Notice physical ailments

14.1.1. An example of migraines

14.1.2. Physical pain in children is a result of a parent denying emotional pain
The Human Soul
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1. Introduction

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

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

1.1. Examples of fears in audience members

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

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

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

So that's part of the problem. Then many of us have problems like multi-generational fears that have been passed down from generation to generation. Let's say your mother had been raped and then some time after the rape gave birth to you, so in other words there was this multi-generational emotion in her that she may not have

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1 Also known as Alan John Miller, or AJ.
dealt with, that's been passed down to yourself. Then you'll have fears about rape or abuse inside of yourself that
you won't necessarily understand, nor where they came from – but they'll be there and we need to be able to
release them, we need to be able to let go of them somehow. How do you let go of that? It's such a difficult
thing to even consider letting go of.

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

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

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

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

Participant Female:
Are you going to be around on Monday?

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

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

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

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

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

I'm finding with that emotion I'm really happy about it, because it's affecting so many parts of my body and has
done for such a long time, that I'm really happy to be starting to get to it. It's just come up at this time when
we've got this presentation – that's the way things go sometimes in your life, isn't it, and so I'm trying to stay in
the emotion that I'm feeling while still presenting this subject to you. So hopefully we'll see how we go with
that.
Now there'll be the seminar outline for the presentation that I do today and tomorrow, which I'm typing up at the moment. They'll be on the Internet and they're available on the www.divinetruth.com website, under seminar downloads. You'll see the PDF document as well as the MP3 from today. The PDF document I hope to have completed by Monday, because the PDF document tomorrow is going to give you a list of movies and books that you can watch and read, purposely to try to trigger certain types of fears. Initially we thought we'd only come up with ten or twenty, but at the moment its way up there and I'm still going – so I don't know when we're going to get it finished between today and Monday, but there is a long list of different types of movies.

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

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

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

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

   [00:21:17.09]  
   **Jesus:**  
   Let's look at what's happening with fear.

2.1. **Causal emotions**

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

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

2.2. **Blocking emotions**

   [00:23:01.09]  
   **Jesus:**  
   Now on top of that we usually have blocking emotions. These are the emotions that we were taught to use, usually by our parents, but also by our environment; we were taught to use these blocking emotions to avoid the experience of the causal emotions.

   Now the biggest blocking emotions are fear related – your fear. I'm terrified of dealing with this causal emotion and so straight away I'm now blocking the experience of that emotion.
Blocking emotions, of which fear is a major one, prevent the experience of causal emotions

2.2.1. The impact of suppressing emotions on physical health

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

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

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

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

2.3. Denial emotions

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

2.3.1. Anger

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

So if we look at anger in particular, the anger is the method we use to suppress our fear, or even to deny our fear exists.
Anger is a common type of denial emotion

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

2.4. Causal emotions create the Law of Attraction

[00:27:14.17]

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

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

2.5. Intellectual suppression of emotions

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

[00:29:05.11]

So you talk to a person, "You're very angry." "No I'm not". You've got all this rage coming out of them and you can feel it coming out of them a lot of times, and just being with them is uncomfortable, and they'll say, "No I'm not angry". Now why do they do that? Because they are now using the intellect to actually suppress all emotion.
Now when we use the intellect to actually suppress all emotion, when we get into that state where we start suppressing anger, which is suppressing fear and so forth, that's when we're starting to get into the depressive states as well, where we start suppressing all emotion. Actually all depression is the result of our desire to suppress anger-based emotions.

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

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

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

3.1. **Giving up intellectual suppression**

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

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

Jesus:
In the end we need to address the cause. If we address the cause, we'll address the cause and we'll feel good all the time on that issue, we won't have to go back anywhere, our body won't have to have the same pains in it any more, all of those things change.
So what I'm finding with my body is that if I don't deal with an issue my body lets me know now really rapidly. Are many of you finding that too? Really rapidly I'm getting shown to me what's going on. The key is to listen to your body; your body's a very good barometer of what you're denying. So I go along and do some spiritual work or some emotional work. For instance I used to have headaches and for a week or two I still have headaches and then I don't have headaches, but then I start getting headaches again. Is the cause dealt with? No, quite simply.

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

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

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

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

4. Reasons for anger

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

4.1. Expectations of others or the environment

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

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

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

**Participant Male:**
AJ is it possible to have fear to get into anger?

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

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

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

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

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

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

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

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

4.5. **Suppression of fear**

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

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

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

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

![Anger, Fear, Grief]

So if I'm finding that I'm slightly annoyed, frustrated, slightly angry, angry, intensely angry, in a rage, murderous, that is up in that bracket there (points to anger). If I find that I'm in fear – that I'm slightly agitated, a bit fidgety, right the way through to fearful, right the way through to terrified, that's in that bracket there (points to fear). Then when in grief, I'm slightly sad, just a little morose, a little bit down, right the way through to sobbing with grief, that's in that bracket there (points to grief).
What we want to do is address why we get into anger: so what I'm really saying is the reason why we're getting into anger is because we're really in fear and we don't want to acknowledge it. While we're in fear, fear is the cause of all of my pain, that's what I need to remember. Also fear is going to prevent you from ever being at-one with God. When you become at-one with God, you will never have fear again.

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

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

He said ...

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

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

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

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

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

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

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

**Jesus:**
But what God is saying to us really is in the end we won't have any fear at all, even those kinds of fears. Why won't we? Because we'll already know what to do in every situation. How would you be afraid if you knew what to do in every situation, you couldn't be really, could you? If you know, "Oh there's a guy in that car, he's not going to stop for me," you're not going to walk across the road. If you can feel his emotions before you even look at him, you would know whether to walk across the road in front of him or not. You'd say, "No he's not paying attention, I'll just wait here and let him go past and then I'll go across". But then another person comes along – and you'll feel this in time, you'll just feel totally in synchronicity with all your environment – and you'll be able to just walk up and walk across the road and you know the person behind you saw you and this other person saw you and so of course you won't have any fear at all.
When you're in a state where you've dealt with all your fears, you can actually start feeling all the emotions of everyone around you, much more easily and because of that, because of feeling all those emotions you're now far more in tune with your entire environment, which means that you don't finish up doing things that harm you – automatically, not as a choice because of fear, but it's just an automatic process.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Jesus:**

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

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

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

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

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

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

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

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

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

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

A few weeks ago we talked to a group of spirits who travelled with Mary and I in the first century and that group of spirits were still locked up in this state. They felt that they couldn't feel some of their emotions about what happened in their interactions with myself, after two thousand years. So don't think that just because
you've had some kind of death experience, or gone and died and everything is going to be fine, because while you have that belief in you, it's not going to be fine. We need to deal with this belief, this number one fear-based belief.

7.2. "I am alone"

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

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

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

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

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

8. The primary truth beliefs to develop

Jesus:
Now let's look at those things in terms of what the truth is.
8.1. We have been created to experience all emotions, including overwhelming powerful emotions

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

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

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

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

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

The quote from the Padgett Messages is ...

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

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

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

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

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

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

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

I've had spiders falling on me; all sorts of things have happened with spiders since that time. Before then everything was fine and I was fine with them and ironically the same thing happened to my younger son as well. His mother did the same thing with him and he's in the same state with spiders. So why did that happen? It's because I had this fear injected, if you like, into me and now it's lived with me until I release it.[01:11:01.16]

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

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

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

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

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

Audience:
He hasn't been injected.

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

[01:12:59.01]

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

Jesus:
When you've been bitten by a tiger snake.
9. The creation of fears during childhood

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

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

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

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

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

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

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

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

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

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

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

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

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

[01:17:07.09]

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

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

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

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

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

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

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

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

**Participant Female:**
It would have been my mother again.

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

**Participant Female:**
So the animal would have been intuitive enough when it came to visit to pick up the fear that was already there?
Jesus:
Always, and your mum might not have had a personal fear, but a fear of you being bitten by it. You see there are all these different flavours of fears that we have as well, that create Law of Attraction events. So sometimes we're not afraid of something happening to ourselves, but we're afraid of something happening to our children.

[01:21:04.29]
Many of you feel that right now. If your child died right now, would that be better or worse for you than if you died right now? You see for many of you, you would feel it's better that you die first. Some of you feel it's better if your child died, but they are all basically based around emotional injuries and often we have different flavours of emotional injuries that cause these things.

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

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

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

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

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

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

This is a quote from the Book of Truths.

[01:23:00.24]
The truth is that these Celestial spirits are saying that there is the truth of you being able to have a close relationship with God and that relationship is established by the longings of your soul. They're telling you that truth, but when you hear that truth you go, "I don't feel any close relationship with God in my life. I've only had a few experiences that I thought God was involved in, and even then I don't really know whether it was God. It might have been a spirit, for all I know, now that I'm learning about spirits. So I don't really know."

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

There's another quote ...

"God's Love is for the mortal, even if he has the passions and appetites which the flesh encumbers him with, and when a mortal fights against the temptations which these burdens impose, and overcomes them, he, when he enters the spirit world, is stronger and more able to progress than when he puts off the great attempt until he becomes purely spirit."
I've heard many of you say, "Oh, I think I'll put off dealing with my emotions until I pass. It's got to be easier there." And here we have a spirit saying totally the opposite to you, that it's actually easier if you pass knowing how to deal with your emotions; knowing how to deal with your passions and desires, knowing how to deal with your fears – it's going to be easier when you pass.

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

Here's another one ...

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

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

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

*Jesus:*

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

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

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

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

12. **Practical help with fear**

*Jesus:*

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

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

[01:29:00.05] So drink water. What does that do? Every cell in your body is like a machine. It's a machine that takes in mostly water and expels impurities and it uses the water to manufacture everything else. It uses the water and a combination of minerals in your diet and vitamins in your diet to keep itself going. Every single cell, of which you've got hundreds of billions in your body, is like a little manufacturing system.

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

[01:33:05.04] What was going on there? Me just eating fruit for two days and drinking water triggered huge emotions that I wasn't allowing myself to experience and this is what will happen for many if you do that. So eat vegan. These are practical things to do in your environment.
12.3. Creating a space to experience anger and fear

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

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

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

12.4. Emotionally love ourselves

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

So emotionally love yourself. So act in a loving way to yourself, give yourself the time that you have to deal with these emotions.
13. An exercise with the audience to make them feel more connected and awake

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

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

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

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

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

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

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

Now some of us have this intellectual belief that I haven't got any fear any more, and I can tell you categorically that there is nobody in this room that's in that state of not having any fear in them anymore. So the key is to allow yourselves to connect with what's going on inside of yourself. It's okay to be afraid. I'm allowed to be afraid. When you were little you were often taught that you weren't allowed. I'm saying to you that you're allowed to be afraid and I'm not going to tell you you've got nothing to fear, because there are plenty of things from your childhood that you know you are afraid of. So allow yourself to be afraid, you're allowed to feel the fear. How are you going now?
Now I just want to talk to all the spirits that are with us for a moment too. You're allowed to feel your fear too, rather than affecting the people here in the room with your fear. So rather making them more afraid or tuning out of their fear, what you need to do is tune into your fear; you need to feel your fear too. You need to connect to that fear and release it emotionally – remember that's what it's all about.

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

13.1. Physical symptoms of fear

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

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

13.2. Spirit influence and fear

Jesus:
Now what was happening just earlier was that many of you were connecting with spirits who had one of two different goals. One of the goals was to shut you down emotionally – they're shut down emotionally and they want you to shut down emotionally. So when you feel tight in that region of your body you're often in a state where there's fear there. When you breathe like we just breathed, many of you will notice that when you breathed in and went up, you felt this pain across this mid-section area where it felt really tight and uncomfortable. Some of you would have felt a pain there. That's telling you that you are in the state of fear that's not being released, so let yourself feel that.

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

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

13.3. Resistance to fear and fatigue

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

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

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

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

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

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

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

14.1. **Notice physical ailments**

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

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

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

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

The other day Mary and I were in the kitchen and all of a sudden by my left arm, my shoulder was so painful that all that happened was I just knelt on the floor in the kitchen and just cried, there was so much pain in my
arm. Then as soon as I did that I knew what the denial was about, as soon as I allowed myself to connect to that, to connect to the pain. Up until then I'd been saying to Mary, "Gee this pain in my arm," I'd had the pain in my arm for a week or two before then, solid, but not to that intensity and I never allowed myself to go into it see, but as soon as I allowed myself to go into it, immediately I knew what it was about. Whereas if I hadn't allowed myself to go into it, I would have been still trying to guess what it was all about.

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

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

### 14.1.1. An example of migraines

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

**Jesus:**
Yes a very intense grief under a migraine.

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

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

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

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

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

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