

Relationship With God

Understanding Your Emotional Self

Session 2

Delivered By

Jesus & Mary Magdalene

*This document is a transcript of
a seminar on the subject of
how to become, and the importance
of becoming, a completely emotional being.*

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Relationship With God

Understanding Your Emotional Self

Session 2 Part 1¹

Jesus²:

So this is session 2 regarding emotions and your relationship with God and understanding your emotions. We feel we've got a lot more sessions we need to do on this subject, because we feel most people don't really get it even after we've talked about it generally.

1. *Emotions and the “Way”*

[00:14:52.16]

Jesus:

Let's cover a few basic things about your relationship with God. There are two things you need to understand about emotions in relation to your relationship with God. Do you know what those two parts might be? With two people, or in this case if you've got a relationship with God, who's involved? You and God. So part 1 has to refer to God, and part 2 has to refer to you. So the subject of part 1 is God. And the subject of part 2 is me. I want a relationship with God.

Now what is it with part 1 that we need to know about emotions with God? Well with God, everything is emotional. Everything is based on our soul; it's all emotional. Everything's about God's Feelings, God's Emotions, the way God feels is a feeling of love for you. You can't receive that Love unless God felt that Love for you first. So everything about God is emotional.

So if I am going to connect to God, if I'm going to engage the “Way” to God, how is my intellect going to function here? As a tool.

[00:16:46.25]

Participant Female:

My intellect is only going to help me as a tool to work out where I'm not emotionally connected to God.

[00:16:54.29]

Jesus:

So my intellect is just a tool. Now if I have thoughts for God, is God going to receive those thoughts and act upon them?

[00:17:09.10]

Participant Female:

No. Unless they're with an emotion.

[00:17:12.04]

Jesus:

Correct. So unless the thoughts have triggered an emotion, then of course every thought I have, from God's perspective, is your thought. “You're allowed to have it, but it's not going to affect Me, because there's no emotion in it”; that's how God sees it. God lets you have every thought you have right now, that doesn't have an emotion connected to it, but it has no effect on God until there's an emotion with it.

¹ Time codes restart at the beginning of each part of a session.

² Also known as Alan John Miller, or AJ.

So with me, what I have to understand firstly, I am emotional: so for me to have a relationship with God, what do I have to do? I have to be emotional in my relationship with God. I have to have some feelings, some desires, some passions, some longing. That's why prayer is a "longing for God's Love". It's a longing, a feeling that comes out of you towards God.

2 THINGS

PART 1: GOD IS EMOTIONAL

PART 2: I AM EMOTIONAL

INTELLECT JUST A TOOL

[00:18:09.06]

So the intellect is just a tool to help you be emotional. It's a tool to allow you to make logical choices and decisions, but bear in mind that they're not going to be very logical, unless you're emotional. A lot of people think the opposite of that.

Many of you ladies are trying to be men when it comes to your emotions. You've lived in a world where the intellect has become dominant and your true nature is emotional, and yet the intellect has become dominant, and for the majority of you now, you look down upon emotion. You don't even let yourself have it. You look down on it so much. Yet God created you in such a way that your nature is emotional, and you're shutting that down. Of course God created all of us with an emotional nature, but in particular a woman has more of a connection with that by nature. The male also has the intellectual part of his emotions in play, whereas the women have the emotional part of the emotions in play more often. Yet you're shutting that down and becoming like men.

[00:19:07.21]

Mary³:
Trying.

[00:19:22.13]

Jesus:

Trying to, yeah. It's not very successful. Can't change your body, because that's still a woman, one. And you can't change your soul's nature. Yet you're trying. So it's very counterintuitive.

1.1. *Connecting to God emotionally*

Jesus:

So if part 1 is God is emotional and part 2 is I am emotional, then obviously the connection is this: as long as I bring my emotions into harmony with God's Emotions, that is, in the end, going to be my connection, or I will become at-one with God. If my emotions are out of harmony with God's Emotions, then of course I won't be at-one with God. So it's really simple as to what makes me at-one with God, in comparison to what makes me separate from God, and that is our emotions are different.

So if my emotions are different to God's Emotions, then we – God and myself – cannot be at-one with each other on a certain subject, but if my emotions are the same as God's Emotions, maybe to a lesser degree, but the same in terms of its quality about the same subject, now I can be at-one with God about that particular subject.

[00:20:49.08]

Participant Female:

So can I just clarify for yourself, AJ, there would be emotions in you that you are at-one with God presently ...

Jesus:

Correct.

[00:21:03.11]

Participant Female:

... but you're just refining the ones that are left that aren't?

³ Mary Magdalene. Also known as Mary Suzanne Luck.

[00:21:06.25]

Jesus:

Yes and in fact my particular problem at the moment is all to do with how I view myself. I am completely out of harmony with how God views me at this point in time almost. Although I am more in harmony with how God views me than you are, with how God views you (Laughs), I still feel like I am completely out of harmony with how God views me.

[00:21:28.11]

Mary:

I also think you're quite in harmony with how God views others.

[00:21:30.21]

Jesus:

Definitely. I have more of an honour with God with how God views other people, than I do with how God views myself.

[00:21:39.15]

Participant Female:

So in this process, you can become at-one in different areas as you progress.

[00:21:46.03]

Jesus:

Correct, you will.

1.1.1. *Progressing through the spheres*

Jesus:

In fact that is the way you're progressing; emotionally you become the same as God on different subjects. And the more subjects you became emotionally the same as God, the more you've progressed.

[00:21:59.15]

Mary:

You're going through spheres.

[00:22:01.01]

Jesus:

You're going through the spheres. That's what it's all about. So when you make the transition between the first and the second sphere, you become at-one with God about how God views fear. See when you're in the first sphere, you honour fear. You do what the fear says; it dictates to you something, so you go ahead and do it. When you enter the second sphere, you might still have fear, but you don't honour it anymore. You don't do what it dictates anymore. So there's a big transition there – the way God views fear is the way you now view fear. So you made a transition into a new dimension.

[00:22:41.09]

Mary:

It doesn't mean you don't have any fear anymore, but you view it the same way God does – that it's just an emotion; it's something that can leave you.

[00:22:48.00]

Jesus:

Yeah. When you make the transition between the seventh and the eighth sphere, you lose all fear. So between those two states, the second sphere state and the seventh sphere state, you are working on different fears that you no longer honour and act upon but you now release. That's what you're doing between those spheres.

If you look at how God sees free will, it's the same. If you look at how God sees truth, it's the same. The transition between the second sphere and the third sphere is a lot about truth; your desire for it in comparison to your tolerance of it. Remember yesterday we talked about tolerance, allowance, and then desire. Well for most of us we tolerate truth, barely. Is that not true? You know when someone tells us the truth, we go, "Eew," we make all these grimaces in our face, and we're all just sort of "Argh," pushing it away all the time, or whatever we're doing with it. We basically barely tolerate truth. Well that's a first sphere thing. A first sphere thing is you barely tolerate truth. In the second sphere, you sort of allow it, but you're not really that keen on it, you just allow it. The third sphere ...

[00:24:00.09]

Mary:

I know it's good for me ...

[00:24:01.28]

Jesus:

In the third sphere, you start to love it, you desire it. Now you've become more like God on the issue of truth. You've received some of God's Emotions about truth, and you've let go of some of the emotions that prevent you from seeing things that way.

It's similar between the transition between the fourth and the fifth spheres. You start to have God's Emotions about your soulmate. Now you can work on those emotions earlier, if you want, but the majority of people don't, and so they work on them in that transition because you can't enter the fifth sphere without some of God's Emotion about soulmates. You just can't.

So it's like God's just helping you by sharing some of His Emotions with you and there needs to be some allowance inside of you to receive those emotions, to accept the truth of those emotions. [00:25:00.11]

[00:25:02.01]

Mary:

It's pretty cool, hey, that there's someone who's already at-one with God on so many issues.

[00:25:06.06]

Participant Female:

That's just blown me away because I look at at-onement and I look at the totality of my errors, and throw up my hands, whereas if I've just got to keep progressing and keep stepping into a more loving ...

[00:25:19.06]

Jesus:

Yeah one thing at a time. And as you do, you will make different transitions, and you'll feel some of the major transitions, because some of the transitions, particularly the transition between fear and no longer honouring fear, is a major transition. The transition between fear and not having it anymore is a major, major transition. (Laughs)

The transition between allowing truth and really loving truth, that's a major transition, and you really feel it. It changes every one of your interactions with every single person. You can no longer have an interaction where you do not honour truth because you feel the desire to honour truth, but also you feel a terrible feeling when you don't. Now most of you feel a terrible feeling now when you don't to a degree at different times but you'll get to a point where every single time you don't, you feel terrible. And every single time you do, you feel great, you feel over the moon about it, and what it accomplished, no matter what the results are. But most of the time the results are good, much better than what you believe they're going to be. That's just you becoming at-one with God on different subjects.

Eventually you'll become at-one with God on most of the subjects you can conceive. Once you're even at-one with God, you're not at-one on all the subjects God could conceive. You're at-one with God on the subject of love. Once you become at-one with God you are now at-one with God on the subject of God's Love and the human love. You now have the same way of feeling that God feels about love. To a lesser degree, of course, because you don't have the power God has, but you have the same way of thinking about it. The same way of feeling about it as God does.

1.1.2. *Becoming happier as we progress*

[00:27:15.15]

Mary:

You can see how if you don't value the quality of love or growing in it, progression towards God is going to be pretty tricky.

[00:27:24.10]

Jesus:

It's going to be impossible.

[00:27:26.11]

Mary:

I see a lot of people not valuing that.

[00:27:29.16]

Jesus:

Love, yeah. Every time you don't value love, you're not giving yourself an opportunity to make a transition in having some of God's Emotions about that particular subject in your soul. And every time you have God's Emotions about a particular subject in your soul, you will be happier. Your life will be happier. You'll have more joy, you'll have more satisfaction. Things will be accomplished more. You'll have more satisfaction in what you accomplish in your life. That's an automatic result of that process.

So we've got to stop seeing it as work, work, work, work and then, all of a sudden, surprise, surprise, we become at-one with God. (Laughter) That's not how it is. You can feel yourself becoming at-one with God throughout the period on different subjects. And you can then feel, to a greater degree, the disharmony that exists within you on the other subjects you're not yet at-one with God on.

[00:28:27.02]

Mary:

Yeah. This is why, I think, it's such a fulfilling part, if people embrace it really. Because you do have increased feeling of reward and satisfaction as you continually grow. It's not like a marathon where you finally get to the lovely paradise. It's a growing thing all the time. And I think people who feel really disillusioned at this moment, and stuck, feel that way because they're not truly engaging the path, because if they were, they'd feel change.

[00:29:00.07]

Jesus:

And they'd feel happy about the change. There's no way you can avoid the happiness, because every time a change is happening where you've received another emotion from God about a certain subject, you're going to be happier. You will be happier every time.

1.1.3. *An analogy of learning to drive*

Jesus:

This is the way we see it. I often think of becoming at-one with God is a bit like a probationary period. So the time from the first dimension to the seventh dimension is like our probationary period.

Now you imagine if you were a p-plate driver here in Australia, which is a probationary driver here in Australia, and it's the first day of your probationary driver-ship, shall we call it that. Basically you're not too confident. You're driving on the road, a car comes rushing up behind you and you go, "What do I do, what do I do, what do I do?" You're worried about what's going to happen and then a car comes, "What do I do now, what do I do now?" And you're trying to change the gears, "What do I do now?" and everything is really uncomfortable. Usually in Australia, we have a learner process obviously that helps us get rid of a lot of those things. But still when we were the early probationary driver and we're by ourselves for the first time, it can be a pretty scary thing, especially if you jumped on an American freeway and then tried to get off at the turn off that's right. That's a pretty stressful thing when you're a first time driver. But as time goes on, you work through different limitations and so forth and you grow in your ability and your growth in your ability means that you become less and less fearful of the process. And when you get to the point when the probationary period is finished, generally you're a much more confident driver.

[00:30:46.23]

Mary:

And things come naturally to you there as well.

[00:30:48.05]

Jesus:

And things come more naturally, everything's coming naturally, the gears are like fully flowing, everything's fine, mirrors, all those things that are a part of driving are all part of your consideration. And a lot of it, by this stage is now automatic.

And that's the way it's going to be with God actually. By the time you make the transition between the seventh and the eighth dimension, you will automatically be at-one with God on all the things that are loving. So you actually will have already made the changes necessary to make the transition. In other words, God doesn't force you into a transition unless you've already made the transition within yourself. God does not force you to make any transition; no transition is possible unless you've already made the transition prior to the transition.

[00:31:40.02]

Mary:

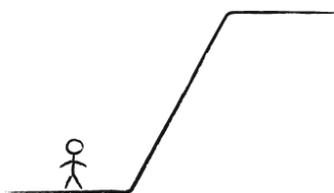
You've used your will to engage the process.

1.1.4. *An analogy of climbing a hill*

[00:31:42.20]

Jesus:

How can I illustrate that better? Let's say, that this is what it's like, you're climbing a hill. Now when you start, you're right down at the bottom. You're looking at the hill in front of you, and you've got to have a pretty good motivation to start the process of climbing it. Obviously you want to get to the top of it for some reason, even if it's to take a photo. So there's some kind of motivation that causes you to do that. So you start on the process.



A person at the start of climbing a hill

Now once you get a third of the way up the hill, even though you haven't climbed the hill, in the sense that it's completed, the reality is you have completed a third of the process. You've made a third of the transition, a third of the things you had to accomplish, have been accomplished.

[00:32:38.04]

Then when you get two thirds of the way up the hill, two thirds of the transition has been made. You're still not on the top of the hill; you still don't have the full benefits of being on the top of the hill.

[00:32:50.18]

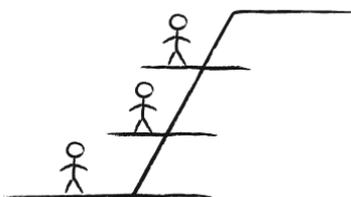
Mary:

You'd probably get a pretty good photo from there.

[00:32:52.05]

Jesus:

You might get a fairly good photo from there, but you still won't be as good as what it would be at the top. You don't have a view that's exactly correct yet of what it would look like, but you've made two thirds of the transitions necessary to get to that point.



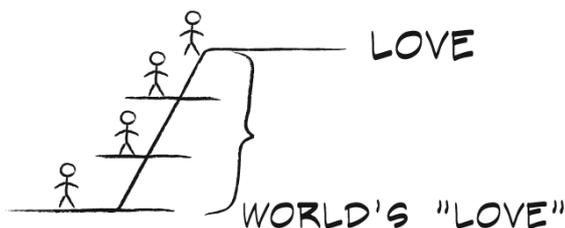
A person at different stages of climbing the hill

Now, of course, you could be just one meter below the top, you're still not at the top, so you still don't have the view that the top has, but you've now accomplished like 99% of all the things you have to accomplish in order to be at the top. Well this is very much similar to your transition in becoming at-one with God with love.

So if you think about it, God's standard of love is the top of the hill, while the bottom of the hill is the world's standard of love that you've grown up in at the moment and I'll put the world's standard of "love" in quotation marks because I use the term very loosely, because it's not very loving at all.

[00:33:49.17]

Each time you make a transition up; you are changing from the world's viewpoint of love to God's viewpoint of love. And even though you might be right at the pinnacle, just about to make the change into being right at God's position of love, you can see that you've had to make all of that change before you got there, without fully having the reward of being at the top.



Climbing a hill from the world's definition of "love" to God's definition of love

It's exactly the same with your emotion. Exactly the same.

[00:34:24.25]

Mary:

So I love that God has such faith in our capacity to love that He created this whole way that we can learn through all these spheres.

[00:34:38.16]

Participant Male:

So you're basically saying that for the transition from the world's love, you have to have the goal that you want to be as loving as God.

[00:34:49.09]

Jesus:

Yeah. As God does.

[00:34:50.17]

Participant Male:

And if that's not your goal ...

[00:34:52.03]

Jesus:

... then you won't become that.

[00:34:53.01]

Participant Male:

And also the transition of getting through fear and all that, and start to become at-one with God in ideas, or in feelings about ...

[00:35:00.25]

Jesus:

... feelings about fear, truth, all those things.

[00:35:02.12]

Participant Male:

... that all can be done in small emotional steps.

Jesus:

Correct.

[00:35:06.24]

Participant Male:

Like you've taken steps up the hill.

[00:35:08.16]

Jesus:

It's impossible to do it in one great big emotional step. To be frank, if we tried or attempted it in one great big emotional step, that's when you would kill yourself, probably. And even then, you still wouldn't be dead, but you'd still be pretty stressed. (Laughs) So the reality is it's a physical impossibility to make an instant transition.

[00:35:27.15]

Participant Male:

Which is why God has custom made the Law of Attraction to ...

[00:35:32.08]

Jesus:

Correct ... to help us make gradual transitions. Yeah. So we need to stop being disappointed that we're not there already. We're coming from this place, which is a pretty dark place. You can't expect yourself to go, "Oh I heard Divine Truth yesterday, today I should be at-one with God." It doesn't work like that, as you now know. It doesn't work like that, but the reality is we can't even expect it to work like that. That's not how it's going to work.

[00:35:57.25]

Mary:

And just further to Fab's point, yesterday we talked about emotions as a means to an end. We talked about how for some of us our end is "I want to have a happy relationship" or "I just don't want to have any problems anymore". And in that case, love is not the end, so you're not ever going to reach this point ...

[00:36:21.04]

Jesus:

To be honest, if you do it right, by the time you half way up the hill, you'll have a happy relationship.

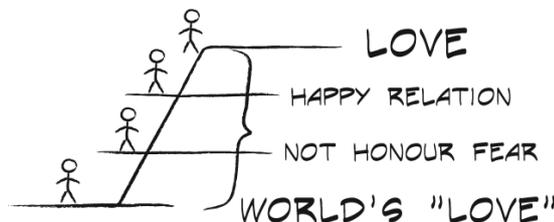
Mary:

Yes.

[00:36:27.29]

Jesus:

And if that was your goal, that's where you're going to probably stop. If your goal was to no longer honour fear, then that's where you'll stop.



If we only aim for a happy relationship, or to no longer honour fear, we won't reach the pinnacle of loving as God does

[00:36:43.04]

Mary:

But I would even put to you that if you don't have the goal to really refine yourself in love, what you define as the happy relationship might be just blissful co-dependence.

[00:36:56.25]

Jesus:

And as soon as you obtain blissful co-dependence, you no longer progress.

[00:37:01.18]

Mary:

Yeah. I'm happy now, but really it's not a state of love. And really this same diagram works in the same way that we've been talking about becoming this truly emotional being. It's not like you guys heard the talk yesterday and went home and went right, okay I'll do that ...

[00:37:19.26]

Jesus:

Today I'm an emotional being.

[00:37:20.28]

Mary:

Yeah, today I'm totally emotional. (Laughing) It is a gradual process that we're going through. And there will be a moment though, when you take that final step, and ...

Jesus:

... and bang! That's when a large transition occurs. It's like making the last few meters at the top of the cliff and all of a sudden being at the top, and being able to see.

[00:37:30.01]

See before you when you're climbing a hill or climbing a cliff, you're very concentrated on what you're doing during that process generally. You generally don't observe as much of what's around you because your goal is to get to the top. But once you get to the top, often you'll just sit on the edge of it and just have a good look. And often that's how it is when you make the final transition, and now you can see what you were really going for. Now you can see everything about it. But you couldn't before then.

[00:38:08.25]

Participant Male:

So it's like saying that, even as you go up, you'll end up getting more love for yourself because you can turn around and look and go, "Oh that's good, I've come so far" and I'm going on a bit further, and desire grows and it sort of snowballs uphill.

[00:38:26.11]

Jesus:

Correct. Now there's a lot we can say about that.

1.1.5. *Knowing God's Truth in the soul versus intellectual knowledge*

[00:38:35.20]

Mary:

Something to mention there is that, we were talking before in how Jesus is at-one with God on many issues and so he can get up and give a lecture about all of those issues.

[00:38:51.06]

Jesus:

Without needing any notes or anything like that for most of the issues for two or four hours – it's all there because I feel it all.

[00:39:00.10]

Mary:

Yes. And that's the difference. You feel it emotionally. But someone could come to a lecture, sit and listen diligently, go home, memorise it all, and get up and give the same lecture. Would they be at-one with God on those same issues? No. So the key point we really wanted to make here is that at-onement with God is emotional and never intellectual. It doesn't matter how much intellectual knowledge, and lots of people have lots of intellectual ability to parrot truths of God, but until they reside within our soul, we're not at-one with God on that issue. And when they are residing in our soul, they'll affect everything we do, the way we act, the way we respond to things, the decisions we make. If we're at-one with God on that issue, we will be reflecting God's attitude on that issue.

[00:39:52.01]

Jesus:

So any person who reads the Padgett messages will have a great intellectual knowledge about some of God's Truths. But it doesn't mean anything actually. Unless they have felt those truths, and felt the transition in their soul and it impacted upon their personal life, and they have actually become at-one with God on those particular subjects, basically they're still going to be in the world's definition of love, which is in the hells. Every day they'll still act out their own definition of love, thinking that it's God's definition of love, but it's not because they haven't made the emotional transition.

1.1.6. *Summary of becoming connected to God emotionally*

[00:40:39.19]

Mary:

Just to summarise part 1, we've said it's impossible to be at-one with God from an intellectual standpoint. It's impossible to connect to God intellectually. The intellect is only the brain of the spirit body. The soul's mind is its emotional core. The intellect is a tool of the soul's mind. So the soul's mind ...

[00:41:04.08]

Jesus:

... is actually it's emotional processing core.

[00:41:06.11]

Mary:

... is it's emotional core.

[00:41:07.29]

Jesus:

You know, what it does with emotion.

[00:41:09.21]

Mary:

Yeah. The intellect is a tool of the soul's mind.

[00:41:13.16]

Jesus:

Yeah. So if that's the case, and if we think of God as the Grand Emotional Being, God's not trying to have an intellectual connection with you. God knows that intellectual connections mean nothing. You don't feel anything with an intellectual connection. You only feel something with an emotional connection of some kind and God knows that. That's why God created "this way" as "The Way." Without this emotional connection with God, there is no connection.

Now for many of us, of course, we try to have an emotional connection with God. That doesn't work, and some spirits come along and they are happy to give us any of our addictions met. So we enter an emotional connection with the spirits, thinking they're God. Of course that's not what we're recommending here either. There are a lot of people on Earth who think they're at-one with God that are actually at-one with spirits who are giving addictive emotions to them and they've just in a co-dependent relation with a spirit calling himself god. That's not what we're recommending either.

[00:42:16.05]

To be at-one with God, you've actually got to accept all of God's definitions on every subject emotionally, and particularly, as we pointed out, the subject of love. Now many of the people who claim to be at-one with God, they don't have God's definition of love in them emotionally. So the fact is whoever they're having an interaction with is not God, it's someone else. And we don't need to worry about that, we know that as we progress towards God, our definition of love will become more purified.

Therefore we will get to a point where we know straightaway, and usually it's when we make the transition in the second or third sphere, generally, we know that we've gotten rid of pretty much most of the spirits who have been in an addiction with us emotionally. They're no longer giving us the nice emotions we had and we no longer accept them anyway, because we've already got God's definition of love on those addictions by that stage. So we no longer enter a co-dependent barter with another group of people, whether those people are people we can see or not see. So you get rid of those kinds of connections early in the piece of your progression. So you don't have to worry, if I'm in the seventh dimension, or sometime in my future I feel like I'm in the seventh dimension, but really I'm just connecting with an imaginary god of my own making or a god who's claiming to be god but is just a spirit. You don't have to worry about that because that only happens in the lower spheres. Once you work your way through the issues of the lower spheres, those things disappear. God's made it that way. So that way you're never fooled by anybody, unless you choose to be. (Laughter)

1.2. *Becoming an emotional being*

Jesus:

So let's look at part 2. There are a few extra things we want to say about part 2.

[00:44:18.15]

Mary:

Yeah. Okay. It's impossible to connect to oneself from an intellectual standpoint; it's probably an important point.

[00:44:27.27]

Jesus:

Okay. So if I am not emotional, this is the thing we need to bear in mind, if I am not emotional, I cannot do a number of things. What do you think those things are that I cannot do? I'll help you get started.

1.2.1. *Without being emotional, we cannot be ourselves*

Jesus:

You cannot be yourself. Can you see why? Because without your emotions, you're not yourself, because you're an emotional being. That's how God created you to be. So without your emotions, you're not ever going to be yourself, you're not ever going to know yourself even.

1.2.2. *Without being emotional, we cannot know God*

Jesus:

So what else can you help me with? I cannot know God. Now knowing God is about being connected to God. How do you connect to God emotionally? If I'm not being emotional, then it's impossible for me to connect to God who is emotional. So now I can't know God. So I can sprout about God, like many people in many religious movements do, sprout about God, all holy and everything else, but they know nothing about God.

The proof of the pudding is, what do they do with their day-to-day life? Well they go off to war, no worries. They go off, murder somebody who murdered their child, no worries. They'll even consider rape and pillaging under certain circumstances, if they feel God justifies it. I don't know of God doing that. They don't know anything about God. And that's why these people who are often religious can often do some very, very dark things, because they don't know God. They're not connected to their emotions and are never going to know God under those conditions.

1.2.3. *Without being emotional, we cannot know our soulmate*

Jesus:

What else?

Participant Male:

Know our soulmate?

Jesus:

So isn't your soulmate yourself? You're never going to know the other half of yourself, or yourself, if you're not feeling emotional. So all these people who go, "Oh I think I met my soulmate." I go, "You think you met your soulmate, interesting comment. But, go on. Let me hear about that." "Ah yes, this and that happened, and I just worked out that we were together then, and we were together then, so it probably means that we're soulmates." "So do you know or not?" "No, I don't know." So why are you saying you think you've met your soulmate when you have no idea yet because until you feel, you're not going to know. You can't know.

1.2.4. *Without being emotional, we cannot know others*

[00:46:40.24]

Jesus:

Okay, what else? Okay, so you can't know others. You know some of you think you've got best friends – you don't know them. Unless you're connected to them emotionally, you're not going to ever know them. You don't know what they've done, what they've done in their life, how they feel about all sorts of things because unless

you can feel them, you don't know. You're just hearing what they say and even half the time what they say isn't what they actually feel, because they don't know themselves either.

So somebody comes to me and says, "Oh you know I really feel like I want to do that," and I go, "No you don't. Why do you think that for? I can feel from you actually that you want to do this." And they go, "Oh yeah that's true. How did you know that?" And I say, "Well how did you not know that?" And how we do not know things is because we're not letting ourselves feel our emotions. That's how we don't know things.

[00:47:39.25]

So if you're really confused about what you know and what you don't know, the problem is you're not letting yourself feel your emotions.

1.2.5. *Without being emotional, we cannot love*

Jesus:

Okay, what else can't we do? We can't love anyone. We definitely can't love anyone. Love is an emotion, and if you're detuned from your emotions, how can you love? That doesn't make any sense. So obviously we can't love if we're not emotional.

I read things quite frequently with people saying, "Love is not an emotion." We read a Christian thing not long ago, where they said love is not an emotion. I'm going "What! Love is not an emotion? How did you come up with that intellectual concept? That is one of the most craziest intellectual concepts I've ever heard!" that an emotion of love is not an emotion. So it's a thought: this person was trying to say that it was a thought. No, you can think love all you like, but nobody's going to feel it from you, until you actually act.

[00:48:45.19]

Mary:

It's very common in some New Age teachings as well, you need to be free of emotion so you can love.

[00:48:51.16]

Jesus:

It's not true. You need to be free of unloving emotions so that you can love. That's true.

1.2.6. *Without being emotional, we cannot know anything*

Jesus:

What else can't you do? There are some big issues here of what you can't do. You can't grow, that's true, but even before you grow you won't know any truth. You won't know anything.

[00:49:22.00]

Mary:

You can't discover anything, can't do anything ...

[00:49:23.18]

Jesus:

... or know anything. That's how global it is, it's not just know one thing, it's know anything. You can't create anything.

PART 2: I AM EMOTIONAL

I CANNOT: BE YOURSELF
 KNOW GOD
 KNOW OTHERS
 LOVE
 KNOW ANYTHING

1.2.7. *Anything that is out of harmony with love will eventually be destroyed by God's Laws*

Jesus:

The way God's Universe has been designed is that anything that you attempt to create that's out of harmony with love, God's Universe will attempt to destroy it. Isn't that interesting? All the laws are set up for it to not survive, in other words. This way everything that's created that's unloving eventually dies. So you've got a business idea that's unloving; if it's unloving, God's Laws are already set up against it. How is it going to survive in the long run? It's not going to survive in the long run, and you'll be push and push and push and pushing against all of God's Laws, and go, "Why isn't this working? Why isn't this working?" Push, push, push, push, push, and then you get angry, and then push, push, push, push. And it's still not working and eventually we throw up our hands generally. Sometimes these things have lasted thousands of years, but they still die.

Anything that's set up out of harmony with God's Laws is consigned to a death at some point in the future. And I'm talking about any concept, any idea, any creation, any action, any emotion that you set up outside of God's Laws. All of them are consigned to get destroyed at some point in the future.

[00:50:58.02]

Mary:

How far away are we, as a world, from understanding that? We even have a saying, "All good things must come to an end," which is the exact opposite of the truth.

[00:51:08.23]

Jesus:

Exact opposite. The real saying is, from God's perspective, "All unloving things will come to an end."

[00:51:17.16]

Mary:

Which is exciting.

[00:51:20.22]

Jesus:

And when we say, "All good things will come to an end," that's not God's opinion on the matter. We're never going to be at-one with God with that opinion, are we?

So this is the thing. What I'm trying to illustrate here is not just a simple matter of something to do with your relationship with God. It's your relationship with every single thing in the universe, including yourself, that's affected by this: every single thing. It's not just your relationship with God, or your relationship with other people, or your environment or any of those individual things, it's absolutely everything that's going to be affected.

[00:52:00.20]

Mary:

It's your relationship with reality, actually. You can't actually know what's going on around you, if you just believe the facade and feel nothing because whole other things can be happening, and are happening, and if you feel, you'll know what they are. But if you don't feel, you don't even have a grip on reality.

[00:52:22.15]

Participant Female:

All this fear I have about going insane through feeling my emotion, I'm already there, you know, like I'm insane already.

[00:52:33.14]

Jesus:

You're insane already, so why are you worried about that.

[00:52:36.12]

Mary:

It's like the conversations, it's already happened.

[00:52:39.09]

Jesus:

It's already happened.

[00:52:40.10]

Mary:

Still worrying.

[00:52:41.26]

Jesus:

Like the whole planet is basically crazy at the moment. Really.

[00:52:45.26]

Participant Female:

And all civilisation seems to implode, if you look at so-called great civilisations.

[00:52:51.18]

Jesus:

Of course they implode because they're all set up out of harmony with God's Laws. God's Laws are created to try to attempt to deconstruct those particular things that humans have constructed. That applies right down to your own personal life.

1.2.8. *Civilisation and mankind are currently insane*

Jesus:

You think about how crazy this world is – like we charge for water. That's crazy. Anybody who loved wouldn't charge for water. There's plenty of water on the planet for everyone to share, drinking water in particular, but any type of water really. But we charge for it. Then we charge for food, that's pretty crazy. Why would you charge for food? Food's an essential, after two or three days you start to starve, after two months most of us would be dead without food. Without water it's two, three, four days, depending on our environment, a week at the most. We're dead without water. Why would we charge for it? Like that's crazy; we are crazy.

As a civilisation, we are crazy. We do a whole heap of things that are totally nuts. And then we say, when somebody's talking to a spirit, he's nuts. That's a bit strange. The spirits actually are alive, and you actually can talk to them. So I don't see why he's nuts, but I certainly see why you're nuts when you're charging for water. (Laughter) Again, we don't have God's view on the matter at all.

We don't actually know anything if we detune from our emotional state. We don't know anything. And we can know nothing, actually. All the concepts and ideas we come up with, which are all being guided by our intellect or our mind, and most probably driven by some very, very dark, usually unhealed emotions, cause lots of destruction on the planet as a result, as well.

[00:54:52.02]

So yeah, many of us are worried about becoming crazy, but we're already crazy. We need to become sane. And why would you worry about that? Well, a crazy person worries about becoming sane. Isn't that interesting too? (Laughter) That's how it works isn't it? We're all worried maybe we'll become a nutcase if we do this. No you're already such. How can you go further down that track, sure eventually you could become psychotic, that's possible. But not if you progress towards God. It's not possible at all.

1.2.9. *Gaining clarity when we are emotional*

[00:55:22.14]

Participant Female:

Just thought I'd share that as a child I was into crying over nothing. So last night I said, "I'm just going to cry over nothing," because there's so much to cry about I couldn't pinpoint it. Normally I categorise what am I

feeling but I found myself just going I'm crying over everything. Like it's nothing, but it's everything. I cried for an hour last night in bed, and then I woke up this morning, and wrote an email that I never even thought would be possible even yesterday afternoon. And it just flowed; it just came to me.

[00:55:57.20]

Jesus:

Yeah. Straight out of you. Everything's easier after that.

[00:56:00.24]

Participant Female:

But I never really thought that I could just be emotional, just let it, like it's nothing to cry about but it doesn't matter what it is ...

[00:56:08.13]

Jesus:

Yeah, and it doesn't matter even why. It's an emotion, you need to feel it, get rid of it, if it's an emotion that doesn't belong in you, it will go. If it's an emotion that's in harmony with God, it'll stay, and flow, again. You know when I say, all emotions come and go, but the emotions that are in harmony with God will be felt more often, and the emotions that are out of harmony with God, as you progress, will be felt less often, and eventually, not at all. Wonderful system. God's a wonderful creator: very, very clever. If you look at the marvel of the human soul and how it's been created, it's just amazing; far more remarkable than our human body, how the soul's been created, it's just amazing.

[00:56:54.21]

Participant Female:

Can I say, because it's exciting, even when I was writing the email, I didn't even stop to think what word I would use or how I would write it ...

[00:57:00.08]

Jesus:

Correct. Because it just "blah blah blah blah ..."

[00:57:02.13]

Participant Female:

From start to finish, it was three pages and it all made sense and spelling was right and I was like, "Wow!"

[00:57:08.13]

Jesus:

Exactly. Everything runs smoothly. Everything just joins together seamlessly. It's just an amazing place.

Now you'll have glimpses of it as you deal with different emotions, but more and more, as you go along, you'll get to the point where you know everything that's going on with every single interaction and can respond to it and everything. That will happen before you become at-one with God. You'll know what's going on around you, know what everyone's thinking about you, know what everyone's feeling about you; you'll know which bits are in harmony with love, and which bits are out of harmony with love from God's perspective; you'll know what you want to respond to because you can feel your own emotions, and what you don't want to respond to because you don't really feel like you want to go in that direction.

You'll know all those things and you won't be confused. You won't be confused – Ever. Like, confusion is a place that's caused by all of these disharmonious emotions that are all trying to compete for your intellectual time. Once all of those disharmonious emotions are released from you, it doesn't happen anymore. You don't feel confused on any subject; you don't even feel confused on subjects you don't know, because you don't know them and you don't judge that you don't know them; you just know you've got to learn something about them; you don't feel confused about them.

It's just an amazing place to live. People don't know how amazing it is to live, of course, because for the majority of us, we're living in this insane environment, thinking that we're sane, and at the same time having all of these emotions competing for our attention emotionally and intellectually. We're totally confused most of the time, and then we wonder why our life is not very smooth and it's very confusing and everything doesn't work. It's impossible to work under those circumstances.

[00:59:04.27]

Mary:

So we've created a list of all the things that can't happen when we're not emotional.

[00:59:16.28]

Jesus:

Unless we're emotional.

PART 2: I AM EMOTIONAL

I CANNOT: BE YOURSELF
KNOW GOD
KNOW OTHERS
LOVE
KNOW ANYTHING

Mary:

Unless we're emotional.

1.2.10. *Only sharing information is possible when we are living in our intellect*

Mary:

What is the only thing that can happen when we're living in our intellect? (Laughter) What can we achieve?

[00:59:29.16]

Jesus:

From God's perspective?

Participant Male:

Achieve natural love?

Jesus:

Well not really, because natural love is an emotion, so you're going to have to involve some of your emotions. So even a person who's completely without God, progressing towards the sixth dimension, has to feel some emotion. Otherwise they won't love.

[00:59:51.11]

Participant Male:

Sin?

[00:59:52.10]

Mary:

Sin. Yeah that's possible.

[00:59:54.07]

Jesus:

Definitely.

[00:59:55.13]

Mary:

Definitely possible. So there's more than one. But, say Jesus and I are standing here and we're both completely emotionally closed, and we have a conversation. What can we do?

[01:00:05.00]

Participant Female:

Share information.

Jesus:

Correct.

[01:00:08.15]

Mary:

That's it, yeah.

[01:00:09.12]

Jesus:

That's all we can do.

[01:00:10.13]

Mary:

We can share information intellectually between each other.

[01:00:13.21]

Jesus:

That's it.

[01:00:16.04]

Participant Female:

Like robots.

Mary:

Yeah.

[01:00:19.06]

Jesus:

Two computers can share information. In fact I've got a computer sharing information with Teresa's right now. There's a computer we've got in the States is sharing information with Teresa's computer, and that's all you become once you become intellectual.

[01:00:32.19]

Mary:

If you think about your favourite teachers at school, they did more than just share the intellectual information, didn't they?

[01:00:39.13]

Jesus:

They always had some passion for the subject that they shared.

[01:00:42.05]

Mary:

Yeah. They had emotion.

[01:00:43.06]

Jesus:

If you think about it, there's not really any single person on the planet who doesn't have an emotion about some subject. In all of my existence I have not ever found a person who actually is emotionless on every subject, because I feel it's probably impossible given the fact that our soul is created to be emotional. But we can be emotionless on many subjects that are painful in particular – that's where we choose to be emotionless, generally. It's the pain that triggers that.

1.3. *Acquiring harmony between our emotions and intellect*

Jesus:

So can you start to get a bit of a grasp about how big it is in terms of importance in your life? It's much more important in your life than I feel most of you have been aware of. You know, we can talk about humility and what it means, and give you all the theories about all those kinds of things, but unless there is some emotional feeling about all this material, you're not going to see the importance of everything that's being discussed even: It's going to be very hard. Once you connect emotionally to the material, then you can have some feeling about the importance of it.

[01:01:56.26]

Mary:

Especially in the past, I'd be laughing at myself because we'd have a conversation about an aspect of truth or error that was inside of me. This was especially when we first met, and I'd be like, "Yeah, yeah, got it, got it, got it." And then sometimes it was a month later, or a year later, two years later, three years later, I'd say, "Now I

get it! No, I really get it! No, I didn't get it, I said I got it, I didn't get it. Now I get it!" And that's the difference. When you connect emotionally with the truth ...

[01:02:26.20]

Jesus:

But I would even say further is that, now sometimes six years after you had that, "I get it," You realise you didn't even get it then, (Laughter) because it was just one of those buoyant, intellectual, with a bit of an emotional realisation, but no processing to remove the opposite feeling. And so because there's no processing to remove the opposite feeling, the actual feeling, of the prior belief remains with you, even though you've intellectually accepted a new type of thought.

That's a problem because now your feelings are completely in disharmony with your thoughts and that's a really difficult place. Many of you are in that place, where your feelings are in disharmony with your thoughts all the time, and that's causing a lot of distress. It's only when your feelings and your thoughts coincide, and that can only happen once you've released the negative emotion that drives another type of thought: once your feelings and your thoughts coincide, that's when you start knowing things, really knowing them.

1.4. *Working through resistance to receiving truth*

[01:03:35.08]

Mary:

I feel it's really good to honour that, when you feel, "Oh my thoughts and my emotions are in separate places on this issues." It's important to honour that, and to recognise that emotionally about yourself. "Okay, this is what I'm aspiring to, what I want, but really where I am now is here." It's tempting to kid yourself, very tempting because you get all of these other addictive feelings of like, "I'm getting somewhere," or, "Oh I was bad then but now I've got it." That's all just avoiding other fears and judgments, that are just things that can be worked through anyway. I'm much more at peace now, interestingly, with saying, "Yeah I hear you, but I don't get it," whereas when we first met I was very investing in getting it, because that would make me a good girl. Now I have more of a feeling that God loves me, no matter what my condition and I just have to earnestly be honest about where I am right now.

[01:04:31.22]

Jesus:

So often Mary says to me things like, "I know, I can hear the words, but I don't understand what you mean." You're not going to understand what anybody who has progressed in their emotions means until you've progressed to the point that they have. That's the reality.

[01:04:54.25]

Mary:

And, if I can explain, that's perfect for the feeling that I have sometimes. In the past I used to really grapple, almost like my intellect was a machine, and I would get it to work harder to understand what was being presented to me, to a point where I could avoid the panicky feeling or the confusion feeling I had about what was being presented to me. Now I feel because I more want to honour my emotions, I'm more willing to go, "Yeah don't get it, I'm not even going to try to get intellectual gymnastics to make that, to rectify this disharmony that's happening here. I want to honour the fact that I need to feel about this, rather than trying to use my intellect to dampen the feeling that I need to feel about this."

[01:05:44.27]

Participant Female:

So as a practical example of that, when Jesus shares a conversation with you and that exact thing happens, do you immediately just melt into tears in that "I don't get it"?

[01:06:07.00]

Mary:

I have, I have gone through that ...

[01:06:10.02]

Jesus:

But that's judgment really.

[01:06:11.09]

Mary:

That's what I was going to say. The big crying, "I don't get it," that was part of me feeling panicked that somehow I'm bad if I don't get it.

Participant Female:

Okay.

[01:06:18.22]

Mary:

And that happens for you, Paige.

[01:06:21.07]

Participant Female:

Yes. That's why I'm asking.

[01:06:21.09]

Mary:

... where you go, "I don't get it! I should be getting it!" That's a block that you need to let yourself feel, so it's good to cry.

[01:06:28.07]

Participant Female:

So feel that if it's there.

Mary:

Yes.

[01:06:30.28]

Jesus:

Yeah. But once you get through that you won't feel that anymore, once you get through the reason for that. So crying about the fact that it's happening is not getting through the reasoning.

[01:06:43.07]

Participant Female:

But rather than just intellectually trying to push through and understand it, to actually connect with, "I don't get it and I'm freaked out."

[01:06:54.27]

Jesus:

Well that's fear, you're crying about the fear. So cry about your fear, but understand that it's not the real reason why you're afraid.

[01:07:02.07]

Mary:

It's the block to your feeling. Now it's more likely that we'll have a conversation and I'll go, "Oh I can feel the emotion that doesn't want to receive that." I can feel the error now. It's less panicked ... like I really want to hold on to that other belief, that's why this belief is challenging me. Sometimes that's emotional immediately, but sometimes it has to sit with that, because I'm already resisting it, if you think about it.

[01:07:26.28]

Participant Female:

Yeah I just wanted to clarify because, from where I'm at, right now, is if I had a conversation and something challenged me and I suddenly freak out ...

[01:07:34.20]

Jesus:

Every conversation we have with you, Paige, challenges you.

[01:07:36.15]

Participant Female:

Exactly. The panic comes ... so rather than intellectually trying to know, I can figure this out, I can understand it. Let myself feel ...

[01:07:45.06]

Jesus:

Just let yourself feel how confused you are and how ...

Mary:

... worried you are ...

[01:07:50.05]

Jesus:

... worried you are that you don't get it, because there's a lot of judgment in that.

Participant Female:

And then that will ...

[01:07:55.08]

Mary:

Yeah if you think about that, if you do that every time we have a conversation. Like the other day when we were on the phone, I said, "I think I just need to go and let you feel about that." If you do that every time, then ...

[01:08:05.24]

Participant Female:

And that was brilliant. That's the first time I've ever done that.

[01:08:09.10]

Mary:

Eventually you'll get to the point where you go, "Oh Mary's giving me some truth now. It's challenging but I'm not so panicked about understanding, I'll just be able to receive."

Participant Female:

Yeah.

[01:08:20.19]

Jesus:

Once you release the actual reason why you get panicked about truth, then actually you'll love to hear the truth. So most people at the moment don't love to hear the truth, we have tolerance or barely tolerance for truth, and that's because of the different emotions of error that we have within us surrounding truth.

Usually every time we got told the truth when we were a young child, we got belted. So there's a lot of violence associated with telling the truth. We also usually got yelled at, "You tell the truth, you tell the truth otherwise I'll do that." You tell the truth and they did it anyway. So there's a lot of betrayal in feelings inside of us about truth, where we feel we're just being betrayed. And there are a lot of other emotions, too, if you think about your childhoods, and what's happened with response to truth.

[01:09:11.29]

Mary:

Being judged and punished as an association with truth.

[01:09:17.08]

Jesus:

So those emotions have to come out of you before you're going to be willing and desirous of truth.

[01:09:23.18]

Mary:

It is such an awesome gift to have someone tell you the truth. I think back on so many years where I was like, "No don't, not another truth." And now I think, "Wow, like thank you!" I do, I say, "I'm so triggered but ... thank you." Because it's access to reality, it's access to emotion, it's life-giving.

[01:09:44.03]

Jesus:

Well that's how I feel too.

1.5. *Receiving truth from God requires humility due to God's gentleness*

[01:09:51.29]

Jesus:

One of the deepest frustrations I've had in my own progression is that there's no one around to tell me the truth because once you get to the state where you love it, you just want to hear it from everywhere. There are plenty people around who want to tell me lies, but not many around who want to tell me the truth. And that's where I've found it quite difficult at times because if you're always discovering truth by yourself, every single time.

This is what it's like to be first – every new truth you discover you share with somebody else, so they don't have to discover it, they only need to work their way through accepting it. When you're the person who's discovering most of it, it's a completely different feel, particularly before you're at-one with God because it's like you want it, but there's no source of it that you can communicate with. So you have to be so much more humble because you've got to see what is going on, before anybody else can see it really. You've got to see what's going on as it's happening. You've got to see what the Law of Attraction is bringing you every moment. You've got to be really observant, and to be really observant requires a lot of humility.

So the benefit is that I get to have a lot of humility through the process because I have to. If you think about it, God's trying to communicate to each of us but it's the level of humility that we have that will determine how much communication actually occurs because God is like a very quiet voice: God's totally waiting for everything to be in harmony with desire before we can receive. In contrast another person can sit us down and grab us by the shoulders and sit us down and say, "You've got to listen to this." You go, "Okay." You sit down and listen. But God doesn't do that with you.

God doesn't have that level of control over you, which is really great because it demonstrates how gentle God is. But God is so gentle that most people cannot hear God at all. You think about the world in which you live, most of us listen to the loudest person. Is that not true? Like who do you serve first? The angry person, because they're the ones that you're afraid of the most. Almost every interaction we see with other people, we see the angry person gets the first thing, in every case. And why does that happen? It's because it's the quiet, gentle people that don't even get noticed. Now if God is the quietest and gentlest and most loving of all, then you can understand why God doesn't get noticed at all, and why a lot of God's Emotions don't get felt.

Relationship With God

Understanding Your Emotional Self

Session 2 Part 2

[00:00:29.05]

Jesus:

So let's move on to the next bit, which is about emotions, and the proper understanding of emotions. So what we've just covered was "Emotions & the 'Way'", where we looked at the two parts involved in that. And we are now looking at – "Proper understanding of emotions."

2. Proper understanding of emotions

[00:00:55.20]

Jesus:

Now given all the information we've already shared with you, yesterday in "20140208 Relationship with God – Understanding Your Emotional Self Session 1" and today, if you don't have the right way of seeing emotions, if you're in error around emotions, what would you do? You'd cease the emotion, that's true; you would try to control it, but how does that then affect you. You would try to get rid of the emotion altogether, or you'd try to control it. You would try to do one or the other.

2.1. Investing in emotions

[00:01:26.29]

Mary:

This is if you're in error around it.

[00:01:26.29]

Jesus:

If you're in error around emotion, you're trying to either get rid of the emotion altogether, or control its expression.

[00:01:26.29]

Mary:

Yesterday we talked about some of the ways that when we do that, we come to view emotion. Can anyone remember what we talked about then?

[00:02:23.22]

Jesus:

How do we come to view emotion when we try to control emotion or we try to get rid of emotion? We view it as painful, a weakness and we judge it.

[00:02:41.10]

Mary:

And what do we do in relation to ourselves for? With judgment?

[00:02:54.10]

Participant Male:

We try to shut the emotion down.

[00:02:58.24]

Jesus:

Yes, so we try to control it.

- CEASE/CONTROL EMOTION
PAINFULL
WEAKNESS
JUDGE IT

But what are we doing in this place? We're really saying that the emotion and preventing it becomes the highest priority in our life. In some ways, we're investing in it so much, aren't we? Remember yesterday we used the term "investment in emotion." By seeing the emotion as the thing we have to control, we then begin to invest in the control of the emotion.

[00:03:34.21]

Mary:

So our focus becomes; all of our actions are all invested in controlling.

[00:03:39.02]

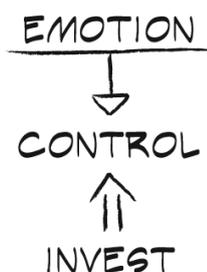
Jesus:

Controlling or deleting this emotion out of our life.

[00:03:42.05]

Mary:

Avoid, deny ...



[00:03:43.26]

Jesus:

It's actually the opposite thing we need to do. See if we allowed the emotion to flow, we would stop thinking that every emotion is going to be a terrible experience. But because we're trying to stop the emotion from flowing, we think that every emotion is a terrible experience. It's like we can talk about emotion for 5 years, and there are a few things that you probably have never realised about emotion, and that is every time you think your emotion is more important than anything else, you're investing in it, and preventing its flow.

I still don't feel we've got that yet today in this discussion.

[00:04:36.27]

Participant Female:

I was just feeling that I sometimes make it wrong as well.

[00:04:40.05]

Jesus:

Well of course you going to because there are all sorts of investments we will eventually place in it. As soon as we have any kind of investment in the emotion itself, we start putting the emotion above the rest of our life, and more correctly, we put the prevention of the emotion above the rest of our life.

Now surely, like, if you had a \$1,000 in the bank, and you invested it on the stock market, you would probably grab the whole \$1,000 and put it on the stock market. But if you invested the \$1,000 on your soul, you'd probably grab the whole \$1,000 and put it in helping you to grow emotionally. Now imagine if you got the whole \$1,000 and put it on the stock market. Just one thing has to happen, and what's happened to your whole life? Bang, it's just gone, like that, all of your money's gone. And if it happened to be money that you needed for living, you're now in a disaster. You're now bankrupt, through that one action.

[00:05:44.19]

This is what we do with our emotions. We're investing in our emotions so much that we put all our emotions, or the prevention of all our emotions in one basket, and then of course, when we do that, and we're successful doing that, or it fails, either way, we are so tied up with the investment of that, that we will fight everything else, in order to make that happen.

[00:06:06.01]

Mary:

Imagine if your sole purpose was not to feel anything, nothing. All I'd have to do is come up and go push you slightly on the shoulder, and what would you be willing to do?

Participant Female:

Deck you.

Mary:

Yeah, in an extreme circumstance, you might deck me or shoot me.

[00:06:20.03]

Jesus:

You'll even perhaps be murderous. And there are people on the planet who do that. You go up and you've just got to push them, and they'll turn around and floor you. You've just got to look at some people and they'll floor you. That's how much rage they have in them about protecting some emotions. This is the trouble with trying to control emotion; the control itself becomes our investment.

[00:06:47.27]

Mary:

So we do anything to control.

[00:06:51.22]

Jesus:

So in a way, the desire to not feel the emotion becomes the most important thing in our lives. And this happens every day to you. Every day. Every day there are emotions inside of you that become the most important emotions in that moment that you want to deny, and you'll do all sorts of things in that place. You'll sometimes have sex with people who you don't really want to have sex with. You'll sometimes feel murderous feelings towards other people. You'll sometimes go and do something unloving because of an emotion that you didn't want to feel. And it comes up – bang, bang, – every day there's different emotions inside of us that we are so invested in preventing, that they rule our lives.

2.1.1. *Viewing emotions as “just an emotion”*

[00:07:45.10]

Participant Male:

What I'm not understanding is you said that the emotion becomes the investment. Does that also follow that fear is your investment?

[00:07:56.27]

Jesus:

What do we need to do with our emotions, Fab?

[00:08:00.24]

Participant Male:

Feel them.

[00:08:01.08]

Jesus:

Feel them. To feel them, we're going to have to see them in some way. What are we going to have to see them as?

[00:08:07.21]

Participant Female:

As an emotion.

[00:08:09.27]

Jesus:

As just an emotion. Now when we see something as just an emotion, what are we seeing it as? Something that's do-able. Something we can accept. Something we can feel and allow; something that can flow, that we don't have an investment in staying on top of.



[00:08:34.01]

Participant Female:

But if we made fear, or whatever emotion, as not just an emotion, but as everything, we wouldn't have to feel it?

[00:08:40.13]

Jesus:

Well, not only will we never feel it, it will now control the rest of our lives in our attempt to avoid it. Now bear in mind that we're talking about any emotion here, whether it's what you classify as good, and remember our definition of good from yesterday is often flawed, and what you classify as bad, which also is often flawed, as well.

The way you're going to allow the feeling of it is by seeing it as just a feeling, just an emotion, just something that will pass through you and leave you. If you don't see it as that, can you see you're not going to want to feel it? If you don't want to feel it, it's not going to pass through you and leave you; it's going to dictate the rest of your life, which it does. This is what I'm saying.

[00:09:37.13]

Doing the opposite to that is investing in the emotion rather than just seeing it as just a feeling that will pass through me, and another, there goes another feeling and we don't go, "There goes," you actually feel it passing through us, so we feel the emotion, we don't do the New Age thing of going, "Oh, look at that other emotion, there," that kind of stuff. We don't do that. We do the thing of feeling the emotion pass through us. So if it's tears, sadness, you might cry. If it's shame, you'll feel ashamed. If it's fear, you'll feel terrified. Whatever the emotion is, you'll feel it; but if you see it as just an emotion, rather than seeing it as something that is a terrible, terrible thing, or a terribly, terribly good thing, where it's just an emotion in either regard, then you'll feel it.

[00:10:19.12]

Participant Male:

Does that go with good emotions as well?

Jesus:

Of course.

[00:10:22.03]

Participant Male:

Say for example, if you've got this excitement, and you hold that, because you don't want to let that go, then you're invested in controlling it.

[00:10:29.25]

Jesus:

Yeah. You're trying to control it: as soon as you try to control it, you've invested in it. Now when you no longer feel excited, you feel disappointed, you feel terrible; or when somebody doesn't go along with your excitement, you feel terrible and disappointed; or you feel upset or angry; but if you feel the emotion and let it pass through you and let it express itself how you wish to express it, you don't feel any of those things.

2.1.2. *Judging emotions*

[00:10:51.16]

Participant Female:

So is judgment, control?

[00:10:58.26]

Jesus:

Of course, but it's a control that's been enforced by your environment generally; so in other words, your judgment of emotion usually comes from somebody else teaching you to judge that emotion. The way you control your emotion a lot is by judgment: that's how your parents controlled your emotions. They said, "Now that's really bad, I'm giving you a belting for that." "That's really good, you can do that." And the good thing might have been not so good from God's perspective, and the bad thing might have been good from God's perspective. But you now judge each one based on what your parent taught you.

[00:11:32.06]

Mary:

A lot of us have that, if I put everyone else's feelings first, then I'm good. If I put myself first, now I judge myself. When actually when we honour our emotions, we have to honour ourselves first in order to feel them. It's quite insidious ...

[00:11:46.05]

Jesus:

Yeah eventually you will not be selfish with your emotions though.

[00:11:48.20]

Mary:

Yeah. It won't be self before others.

[00:11:53.10]

Jesus:

But you need to honour your own emotions otherwise you won't even feel when you're selfish. Many of us do selfish things every day and we don't even know we're being selfish because of the judgments we have and the fact that we don't want to feel certain emotions.

[00:12:09.12]

Participant Female:

What about an error emotion?

[00:12:15.14]

Jesus:

Same applies, Catherine, like so if we're fear, let's say it's fear. It's just an emotion.

3. *Audience questions*

3.1. *An example of a participant wanting to be invited to the seminar*

[00:12:20.26]

Participant Female:

I've been crying most of the morning about everything being my fault. I know that it's not all my fault, but it's just about, if I might mention. I was talking to Phillippa, and she asked me whether I'd been invited to this, and I said yes. And I thought about it, and instead of ringing her back and saying, "Why don't you ring up and find out why you haven't been invited?"

[00:13:09.23]

Jesus:

Yeah. Which might be just an innocent oversight, but go on.

[00:13:13.26]

Participant Female:

So I rang Susan up ...

[00:13:17.11]

Jesus:

Yeah. So why did you do that Catherine?

[00:13:21.02]

Participant Female:

Because I felt it was probably unfair that she hadn't been invited.

[00:13:30.27]

Jesus:

So you felt it was unfair.

[00:13:32.29]

Participant Female:

I've got a feeling that it's unloving that everyone cannot come and listen to it.

[00:13:42.24]

Jesus:

Well, see, that is out of harmony with love though, isn't it?

Participant Female:

Yes.

[00:13:46.01]

Jesus:

Because sometimes, what if people who wanted to come wanted to just come here to attack me and Mary? Is that okay?

Participant Female:

No.

[00:13:53.14]

Jesus:

Because we're giving a gift, that's not okay.

[00:13:55.13]

Participant Female:

No. So that's an untruth as well.

[00:14:00.27]

Jesus:

What I'm saying is your action to do something about Phillipa calling you, was driven by an emotion in you that's out of harmony with love.

Participant Female:

Yes.

[00:14:10.29]

Jesus:

So you need to feel about that. But, Phillipa calling you in the first place and discussing it with you, when she knows the number of all of the Lytton-Hitchins family – that's unloving. She involved you in a situation that needed to be her ...

[00:14:26.02]

Participant Female:

She didn't ask me to ring her or anything like that, that was my ...

[00:14:29.23]

Jesus:

No see where you go with this. If Phillipa is honest with herself about her motivation, she could have called the Lytton-Hitchins family immediately. She had all their numbers. Instead she calls you ... why?

[00:14:49.21]

Participant Female:

I don't really know.

[00:14:51.10]

Jesus:

Well should we ask Phillippa why? I can feel why, but Phillippa needs to feel why. So let's ask Phillippa why do you think that happened?

[00:15:00.23]

Participant Female:

I said to Catherine yesterday it was very unfair of me to bring it up with Catherine because I was ...

[00:15:11.07]

Jesus:

Yeah, you know that now, but let's just forget all that, so stop all the judgment. Do you see what I'm saying? All of you need to stop all the judgment. This is just a situation that occurred. Let's look at the motivations. Forget the judgment, because the judgment is not helpful. Let's look at the feeling you had at the time. What was the feeling you had?

[00:15:29.00]

Participant Female:

Rejection, I guess.

[00:15:30.13]

Jesus:

That you didn't want to feel.

Participant Female:

Yeah.

[00:15:32.14]

Mary:

Otherwise you would have felt it and not picked up the phone, hey.

[00:15:36.15]

Participant Female:

I was justifying not picking up the phone because I knew that I then had that feeling, and then that's why I didn't pick up the phone to ring Sue or Eloisa.

[00:15:43.24]

Jesus:

But you picked up the phone and rang someone else. So let's look at firstly the rejection feeling was the feeling that you felt right at the start. You didn't choose to feel it.

Participant Female:

Correct, yeah.

[00:15:58.23]

Jesus:

Correct. So what then caused you to ring Catherine? So you felt rejected, that's fine and you didn't choose to feel it, that's fine too. You know you're allowed to do these things because you have free will. But what caused you to involve someone else in the process now of your rejection?

[00:16:16.23]

Participant Female:

Probably because I wanted to feel better.

[00:16:23.03]

Jesus:

Well what do you feel about Catherine?

[00:16:27.06]

Participant Female:

What do I feel about her? I think she's beautiful.

[00:16:35.11]

Jesus:

You do, but keep going, you feel she's ...

[00:16:40.25]

Participant Female:

Maybe like a mother figure.

[00:16:43.09]

Jesus:

Okay, someone who's going to agree with you, and maybe feel the same way about your rejection.

[00:16:48.23]

Participant Female:

Yeah, and probably make me feel better about myself.

[00:16:52.08]

Jesus:

Yeah, and also you know that Catherine knows the family still.

Participant Female:

Yeah.

[00:16:58.15]

Jesus:

So you know that somehow this information is probably going to get back to the Lytton-Hitchins family.

[00:17:05.01]

Participant Female:

Yeah. I didn't consider it, but yeah I think that's ... yeah.

[00:17:10.08]

Jesus:

And so if that's the case, then you knew that there was also this roundabout method to actually air a complaint without actually having to do it with the Lytton-Hitchins family.

Participant Female:

Yeah.

[00:17:21.11]

Jesus:

Which was what your choice was to do, was to involve Catherine in your complaint. So rather than judging it, Phillippa – again, you're trying to get back into judgment there, and you don't need to. You've got to go, okay, what was I avoiding? What was I avoiding? I was avoiding just ringing up the Lytton-Hitchins family and finding out that, yes, they had rejected me. And you might have found they hadn't, if you'd rung. You might have found that instead that all they thought was you weren't around or you were somewhere else, or who knows. They might have even just forgotten you from the list for some averted reason. There might be a simple explanation for it, but the emotion in you decided the real truth was rejection.

[00:18:13.17]

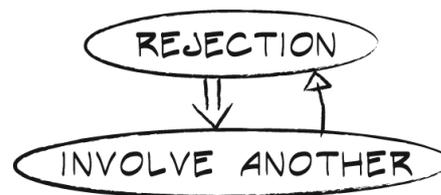
Participant Female:

Yeah, that was the truth for me that I wasn't wanted.

[00:18:16.07]

Jesus:

Yeah. And then you made another decision to involve another.



We do this all the time, if we're honest with ourselves. Like you have a problem with me, but you can't say it to me, so you say it to Mary. That's a common thing. You'd be surprised how many people come up to Mary and say, "Would you be able to tell AJ blah blah blah blah," and Mary goes, "Go and tell him yourself." We involve another. Why do we involve another? Firstly, because the real reason why we've involved another is because we chose to not feel the original feeling, that's one reason; and there's a second reason why we involve another, we're usually looking for commiseration of some kind, and we want to involve another without any consideration about what involving them in the situation means to them and how much pain they might then have to endure as a result.

[00:19:15.18]

It's a great Law of Attraction because it triggers Catherine and her feelings, "Oh this is unfair, what's going on here." And then it triggers another feeling that she has, which is another stronger feeling sometimes that she has, that I'm responsible for things going bad for people, I've got to fix this. That then causes her to go and take the action that you could have taken in the beginning, but didn't.

Now all of this involves emotion; all of this happens because of the emotion. We need to understand that every time that we suppress the emotion, try to control it, we now honour that emotion over everything else. It's now become our god, that we bow down to, and do everything that it dictates. That's how we need to see this. We start seeing, in this case, rejection became your overwhelming concern, instead of just feeling it and letting it pass through you. After you've done that, you probably would have rang up Peter and Eloisa and said, "Hey, you guys, I heard you're having a thing Saturday. Can I come?" And they'd go, probably, "Yeah." You don't know whether they might have done that or not because the feeling of rejection was already in play and it became your god.

[00:20:29.15]

For Catherine the feeling that she's responsible became in play, rather than just feeling that, feeling about how she feels responsible for anybody who's being treated unfairly, and just having a good feel about that, she's now preferring to feel punishing of herself for a different reason and that's because of honouring one emotion over the other as well. And then when you ring up Sue, she feels all guilty.

[00:21:02.07]

Mary:

And what does Sue do?

[00:21:04.20]

Jesus:

So what does Sue do? You don't feel your guilt.

[00:21:08.12]

Participant Female:

I didn't feel my guilt and I didn't feel the fear of not being approved of by Phillipa ...

[00:21:14.26]

Jesus:

So what did you do instead?

[00:21:16.16]

Participant Female:

So I just went headlong into ringing you and ...

Jesus:

Exactly.

Participant Female:

... okaying it.

[00:21:21.25]

Jesus:

And I'm going, "What? Whose place is this? I can't remember whose place it is now. Is it mine now?" I've all of a sudden inherited a 17,000 acre property, isn't this wonderful. (Laughter) It's all my responsibility.

[00:21:35.10]

Participant Female:

Yeah. I didn't feel anything. I just went into panic.

[00:21:38.29]

Jesus:

Correct. So you didn't allow yourself to feel the guilt feeling and the feeling that someone would disapprove of you, or see you as bad when you hadn't really done a bad thing, and so you didn't want to feel that. So what you want to do is put that on someone else, and onto someone else. So now can you see how everything becomes so long winded now? Now there's you, there's Catherine, there's Sue, there's me involved ...

Participant Female:

... and David.

[00:22:07.03]

Jesus:

... and David, yeah it started from David telling you in the first place I gather. So now there are five people.

[00:22:13.14]

Mary:

Lincoln who told Phillipa, who told ...

[00:22:14.10]

Jesus:

So now, wow, wow, now there are five people involved in a simple one minute phone call saying can I come. Yes, No.

[00:22:24.16]

Participant Female:

It was just a fabulous Law of Attraction because you'd talked to us about this the day before and obviously I didn't get it, because I just behaved in my normal way.

[00:22:36.15]

Jesus:

In each case, we go into this straightaway. Like if I were David saying to you, "There's a thing on Saturday, are you going?" And you said, "No." "Why don't you give him a ring and find out whether you can go." That's what I'd say. But already you're in the feeling, and it's already going. And then Catherine's in the feeling and Sue's in the feeling, and then she's asking me about it. And I'm going, "What? It's got nothing to do with me." (Laughs) I'm okay with anybody coming, it's fine, particularly someone who wants to come. There are plenty who probably don't want to come, but I'm happy if someone wants to.

Participant Female:

It really showed me completely how I behave.

[00:23:20.20]

Jesus:

Yes, what happens is the emotion becomes the god; it becomes the thing that you're only concerned about in the moment, and by doing that we've now invested in the emotion, rather than actually let it pass through us, rather than just let it go.

When we let it go, we then will choose the simplest course of action available to us. That's the beauty of it. You become so logical after you've let the emotion go. Before then, it's a mess emotionally and logically, but after then, once you've connected emotionally to the situation and let it go, you do the most logical thing at that moment.

So the most logical thing then would have been straightaway ring one of the Lytton-Hitchins up and say, "Can I come?" "Yes, No." "Okay." If it's "No," feel some more rejection. If it's "No" if you had dealt with all your emotion, you would actually ask why. (Laughter) You wouldn't be afraid of knowing the reason why. It might have been just a simple matter of "Oh, we forgot," or, "Oh we didn't realise you're in town," or, "AJ didn't want you to come," or whatever the answer is. Then you would go through that emotion and allow that to pass, as well. It actually makes your life much more simple. You imagine with this thing, of how much time was taken in this process now.

[00:24:50.28]

Participant Female:

It's pathetic. I just couldn't believe that I ...

[00:24:54.26]

Jesus:

Well it's not pathetic because it was all done to trigger an emotion that none of you actually felt.

[00:24:59.26]

Participant Female:

Yeah. I just couldn't believe the panic that ...

[00:25:02.08]

Jesus:

So we've got person #1 doesn't want to feel rejection. Person #2 doesn't want to feel her feelings of guilt about being responsible. Person #3 doesn't want to feel her feelings of guilt either about feeling responsible. So she passes on to person #4 who just feels he has no involvement whatsoever about the issue.

- ① REJECTION
- ② GUILT
- ③ GUILT
- ④ ...

Can you see that all of that happens for a good Law of Attraction reason, in that if you were all focused on growing emotionally, you would have treated it as a wonderful opportunity to get into some pretty hard emotions, because they triggered some pretty hard emotions. This is the thing, if we had the focus "Of I am growing emotionally here? This is a wonderful opportunity for me to feel this emotion that I feel," which is rejection, and then after you felt it, then you would have taken some action that would have been the most logical course of action, and it would have been all ironed out within a minute.

3.2. *Substituting emotions*

[00:26:05.05]

Mary:

Can we just go back to Catherine for a minute? Is that okay Catherine?

3.2.1. *An example of a participant who chooses to self-punish*

[00:26:15.09]

Jesus:

You're blaming yourself and it's your preferred option.

[00:26:20.10]

Mary:

So rather than feeling what really came up for you, in this interaction, now you're feeling worse about it than Phillippa, and Lincoln and David and Susan all put together. Really, it was an emotion that was triggered when Phillippa made the phone call to you that you avoided that caused you to call Susan and that's the emotion to focus on, and it's almost the reverse of the emotion that you're feeling.

[00:26:48.19]

Participant Female:

Well I know that I'm feeling the wrong emotion, but it's just ...

[00:26:53.12]

Jesus:

When you say you're feeling the wrong emotion, let's talk about this more, shall we? We do, in an effort to control one emotion, substitute it with another.

[00:27:08.12]

Mary:

So we feel more comfortable – I'll just go to this comfortable place, where nothing's really leaving me, like you've identified at the start of your question.

[00:27:18.04]

Participant Female:

It hasn't been very comfortable, I assure you.

[00:27:19.09]

Mary:

Yes, but it is more comfortable, Catherine, than the other emotion. So you actually prefer the emotion that you're in to the one that is really triggered.

[00:27:30.03]

Jesus:

Can I show you what the other emotion is?

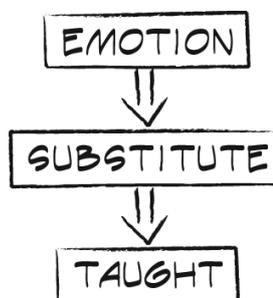
Participant Female:

Thank you.

[00:27:32.08]

Jesus:

Okay, so the reason why we substitute is really important for you to understand. We choose substitutions because that's what we were taught to do by our parents. [00:27:43.21]



[00:27:44.19]

So the question you need to ask yourself then is when I become self-punishing, what emotion am I substituting the self-punishment for? This is how your mind can help you find the other emotion. You were taught to substitute self-punishment by a parent.

Participant Female:

Yes, it was all my fault.

[00:28:08.23]

Jesus:

Correct. So what's the real feeling you needed to feel? Whose fault was it that Phillippa rang you?

[00:28:22.26]

Participant Female:

Well it wasn't mine.

[00:28:25.01]

Jesus:

Correct. It was Phillippa's fault. It was her decision. Whose fault was it when things happened to you as a child?

Participant Female:

It was always my fault.

Jesus:

No it wasn't.

Participant Female:

No it was like ...

Jesus:

Whose was it?

Participant Female:

I was ... my mother's ...

Jesus:

You were blamed, yes.

[00:28:38.10]

Participant Female:

My mother and my father's fault.

Jesus:

Correct, and you don't want to feel that: you don't want to feel it was Phillipa's fault.

Participant Female:

Right.

[00:28:46.10]

Mary:

I actually feel it was two things here. You don't want to feel it was Phillipa's fault. You also don't want to feel how you felt about how you perceived Phillipa was being treated. So can you see in your childhood you were taught to blame yourself, rather than feel the truth of how you were treated. And then when Phillipa tells you a story where you feel like, "Oh that's not fair," there are many emotions in you where you feel the way you were treated was not fair. But you don't want to feel them so you're quickly acting to stop the perceived injustice. Instead of going, "Okay my sister's called me, that doesn't feel good what I'm feeling about that, that doesn't feel good." That could lead you into, "Yeah, as a matter of fact, I feel like lots of people get overlooked in life and actually, when I really feel about it, I was completely overlooked in my childhood."

[00:29:47.01]

Jesus:

And that's the grief you don't want to feel because that's the most painful.

[00:29:51.09]

Mary:

You prefer self-punishment to that one.

[00:30:03.11]

Jesus:

Yeah, and if you know, if Phillipa had rang myself, I wouldn't punish myself for Phillipa ringing me. I'd go, "Phillippa why don't you ring the Lytton-Hitchins and find out?" Just a simple thing, and I wouldn't assume the Lytton-Hitchins did the wrong thing. I wouldn't assume they did something that was unjust. I wouldn't assume that either. Those assumptions only come from the fact that, in your childhood, there were a lot of unjust things that happened, and so there is the presumption, inside of you, that most things that happen are unjust.

[00:30:29.28]

Mary:

It creates the filter where you start to see the world through full of potential injustice.

[00:30:34.14]

Jesus:

So it's very important to understand that we choose all sorts of techniques to avoid the actual emotion, and most of the techniques that we choose were techniques that we were taught to choose. So that's why we're good at it because we were taught it over many years; we were taught how to do that right from an early age of childhood.

3.3. *Common dynamics within families for getting certain outcomes*

Jesus:

So, for example, one very common thing that happens in a family, when you don't get what you want from one parent, what do you do? You go to the other one. And because they don't communicate very well, generally you get your own way. So when we're an adult, and we don't get what we want, what do we do? Go to someone else, we'll get what we want from them. It's an automatic response. It's something we don't even consider or think about because we were taught to do it from the time we were born.

In my family, if you had an issue that you had to raise with dad about wanting to do something, you got your sister to do it, because dad had a bit of a favouritism towards my sister, and her name's Jenny, and so if Jenny went and asked dad, usually it happened. But, mum (my mum's name is Maxine) and Jenny didn't get along so well all the time. Jenny would often steal her clothes and use them, so not so good there. If you wanted to talk to mum about something, then you come to Johnny, which is me, AJ, Alan John Miller – they used to call me John. So you come to John and he has to sort that out with mum; then something will happen there.

[00:32:30.23]

This is how most families work. There's a favourite child for both parents, usually even a different favourite child. You go to that favourite child if you're another one of the siblings, and that's how you get a bit of things that you couldn't get before and then you go between mum and dad, because if you go between mum and dad, one of them will feel guilty, surely, at the end of the day, and you'll get what you want.

Also, if that doesn't work, then go to grandma and grandpa, if they're alive – they have control over mum and dad most of the time so you'll probably get something what you want from them, and if that doesn't work, what you do is you complain about it at school with the teacher and she raises it with the parents and then everything gets real complicated, and so forth and so forth.

The whole process is not very loving, but we've been taught to try, because there's a general inconsistency across the board with the way everybody does things and says things and how they feel. They've all got their own emotions they haven't healed. And as a result they're going to respond individually to the same situation differently.

[00:33:32.21]

Mary:

No one's at-one with God yet.

[00:33:33.23]

Jesus:

No one's at-one with God. If you were at-one with God, you'd probably respond to the same situation in the same way as God would, and if we were all at-one with God, we would all probably respond to that situation very similarly, if it were a situation that was out of harmony with love, but that's not how we were brought up.

This is where you've got to be careful with judgment, because many of us have been taught a lot of things about what we should do way before we had any intellectual development. By the time we were seven years of age, it was well established what we should do: well established. And most families are completely unaware of these well-established rules and methods of control and getting what you want. But now we live them the rest of our lives. That's the issue. And rather than judging that, we need to just examine: is that loving? No, it's not loving. Let's go ahead and work through our issues to get it so that it is loving now: that's all we need to do.

3.4. *Expressing emotion creates action in harmony with the emotion*

[00:34:36.19]

Participant Female:

I'm just wondering, Mary, in a talk quite a while ago, you were talking about almost riding the emotion. I have a compulsion to act. So you were saying, it's not sitting in the emotion, but allowing the full extent of the emotion before you act.

[00:34:56.14]

Mary:

I was talking about desire, wasn't I?

[00:34:58.07]

Participant Female:

Desire, yeah but I was thinking maybe it applies to everything.

[00:35:02.24]

Mary:

Well, when I was talking about desire, I was talking about the fact that we get a little bit of desire, then we get afraid, and then we quickly act to try and just prevent the level of desire, and sometimes we act in a positive direction, like towards the desire, and sometimes we act away from the desire; but in both ways, we're not allowing ourselves to feel the full amount of desire that we have for that thing before we start to embrace it. When we allow that I feel we naturally move towards embracing it. So it's not like allow the full amount and now I'll act.

[00:35:39.09]

Jesus:

Yeah I just want to comment, because to me that sounds all intellectual. The reality is if you fully express an emotion, you will instantly act on the emotion.

EMOTION
↓
ACT

[00:35:52.28]

Mary:

But there is a difference, isn't there, between acting to suppress the emotion or acting to ...

[00:35:58.12]

Jesus:

You will act in harmony with the emotion.

[00:36:00.10]

Participant Female:

You just need to make sure that you are feeling to the full extent.

[00:36:04.21]

Jesus:

Now see that it's involving your intellect and of course you're asking that question because that's how you do things, but it's again not how you'll do things when you're fully emotional. When you're fully emotional, it's like, "Oh, I have a feeling, I act on it straightaway." It's not like I'm going to consider it even.

Now the only consideration I ask myself is, is this loving? But you don't even have to ask that after a while, because you know it is. So you don't even ask that, you just feel it, and act straightaway. It's not like, I want to give Mary a hug, what am I going to do? Feel that feeling, feel that desire. Yeah, that's a nice desire. Now just check with Mary, make sure she's okay with all that. And now I give her, ah, maybe she's not okay with that. Oh now, honestly, by the time we've done all that, if you're really feeling the emotion, the emotion's probably passed.

[00:36:56.16]

Mary:

But you're not even feeling the emotion in that action, are you?

Jesus:

No.

Mary:

You're in your intellect in fear.

Jesus:

You're in your intellect.

[00:37:02.05]

Mary:

And that's what I was trying to explain about desire is when you allow it properly. It is the same for all emotion, but you have to be careful about setting up a rule of going, "I can't act until I've had this emotion to the full extent," because that's about your will, and if you're having to push yourself in either direction, your will is already not engaged to feel the emotion to the full extent.

3.5. *Involving others in our emotions*

Mary:

So with Phillipa's actions, her will was already, "I don't want to feel it," and so that created the action.

[00:37:33.13]

Participant Female:

Better off to acknowledge to yourself, "I don't want to feel this. I feel rejected."

[00:37:38.01]

Jesus:

I feel rejected and I don't want to feel it: that would be a more powerful place, because at least you're acknowledging what the real problem is.

[00:37:45.10]

The problem with ringing another person, or phoning another person, or going and talking to another person, is really what you're starting to do is blame them for the problem. You're starting to engage the other person in the problem. You're not seeing it as a feeling inside of yourself, so you start engaging other people in your problem.

3.5.1. *An example of politicians*

Jesus:

People in the world do this all the time, that's what gossipers are good at – engaging everybody with the problem. Politicians are great at it; they engage 50% of people in the problem. That's how they get elected. (Laughter) Isn't that true, though? You don't hear very many positive things being shared, where they go, "Oh I'm going to get elected on this positive issue." No, engage 50% of the voters in the problem, and you'll get elected, because they'll all agree with you. So it's not about solving problems, it's about actually just engaging the emotions of people in the problem.

[00:38:52.28]

To be frank with you, if I wanted to be a politician in Australia, if I was willing to compromise a lot of principles, I could get elected next election. Because once you know the emotions of everyone, you know how to manipulate them. And if you had an unloving feeling in you, you could manipulate them, and once you manipulate people's emotions you can pretty much get anything you want. It's not very loving of course, so you wouldn't do it. If you really loved, you wouldn't do it.

4. *Proper understanding of emotions (continued)*

Jesus:

Remember we're talking here about the proper understanding of emotion. We're trying to understand an emotion, that's our primary goal. So let's try to get back to the topic because it's really important that we have the proper understanding of emotion.

4.1. *Emotions pass through us and do not stay with us*

[00:39:56.08]

Jesus:

Now what have we basically said is that the proper understanding of emotion is that emotions pass. So they are not important to hold on to, they're important to feel and let them pass. There's a big difference. When you feel they're important to hold onto, now you're investing them, and now you'll do anything to protect them, and that's not good. It's not a good thing for you. You're going to do a lot of very unloving things doing that. When you let them pass, they pass. You don't have to act upon them even, if they're negative. You don't even have to act on them because you just feeling them. When I say act upon them, I mean if you feel anger, you'll get out and punch something, but you won't punch a person, or you won't kill a live thing, or anything like that if you're fully in harmony with love, while you're feeling the emotion of anger. So you'd fully express the emotion, but you wouldn't take further damaging actions about the emotion if it's unloving. And that's all about fully feeling the emotion; letting it pass through you. Let yourself feel it, really let yourself feel it. Don't hold back with the feeling of it.

4.2. *Denying the emotion in the moment*

Jesus:

Sometimes we have discussions with people. They come around and we have a long discussion about what one of their sadnesses or one of their griefs are about and we get to the point where they're just about to cry, and what do they do? Get that back down again and get it under control. Now that entire two hour conversation was just a waste of time. It might have been two, three, four, five or six people involved in it, it's all just a waste of time now because the actual emotion that was uncovered during the discussion never got felt.

[00:41:41.05]

If you chose to feel it in the moment you would have just run off, have a big bawl, and just have a feeling of grief for maybe an hour or couple of hours. Sure everyone else might have gone home during that time, but the conversation would have had an end result, a purpose, and that is to help a person get to an emotion and let it pass through them. Much better choice, isn't it?

[00:42:18.08]

Participant Female:

I do understand when you just said that it was a waste of time, because it was ripe in that moment, but because of that, the body actually knew what was coming up, does it also create an opportunity for that emotion to be felt, or those circumstances then have to ...

[00:42:35.26]

Jesus:

No, actually the person had to put up a stronger barrier in order to not feel the emotion, so it actually made the situation worse for the person. This is what you don't realise. Every time you're shutting down an emotion in a situation, you're making it harder to access the next time it comes around.

[00:42:53.26]

Participant Female:

So when we don't want to cry in public, especially in the settings when we're with you guys, to get through that cap would be really beneficial, especially if we're doing assistance groups and we're going to be around that so much.

[00:43:06.26]

Jesus:

Definitely, all you have to do is just walk out the door and have a good cry, come back in. You don't want to interrupt other people from having the session, so you just leave and have a good cry and come back.

The reason why a lot of us don't do that is because we think we're going to miss out, which is another emotion. We think that somebody's going to condemn us for it, judgment, another emotion.

[00:43:26.28]

Participant Female:

"I'll go I'll do that later when I ..."

[00:43:29.18]

Jesus:

"I'll do that later," which is a bit of a furphy – usually that's because we don't want to do it now. So that's another emotion. Really there's a whole series of emotions that stop us from doing that generally, and we need to allow ourselves to feel those too, if we're ever going to become a fully 100% emotional being.

4.3. *Working through layers of emotions*

Jesus:

Can you see how like we compound the problem by a level of resistance? If an emotion is getting exposed, let's say behind a wall of fear – do you remember the wall is fear? Behind the wall is the emotion you have to feel, the one that's going to heal you, just straight behind the wall, and the wall is generally fear of something: be specific, it's not just a generalised fear, it's a fear, of this particular emotion behind the wall. In front of the wall are the addictions and you're here.



We have addictions and a wall of fear between us and our healing emotions

[00:44:31.03]

What are you going to have to do? If a feeling is on feeling an emotion it's about becoming 100% emotionally, what are you going to have to do? If you want to get to the healing emotion here, where I heal when I feel that, what am I going to have to do? Just help me through the process.

[00:44:59.01]

Participant Female:

I'm going to have to go through these addictions ...

[00:45:02.15]

Jesus:

I'm going to have to feel ...

[00:45:03.13]

Participant Female:

I'm going to have to feel them ...

Jesus:

... the addictions.

Participant Female:

... to their full extent.

Jesus:

Correct.

Participant Female:

... how much I want them.

[00:45:07.14]

Jesus:

What happens when I feel them?

[00:45:08.25]

Participant Female:

They're going to get bombed out of there.

[00:45:10.16]

Jesus:

And then I'm face to face with my wall. So I'm here now.

[00:45:18.00]

Participant Female:

Then I'm going to have to feel through my fear.

[00:45:20.19]

Jesus:

Correct. What does feeling my fear do?

[00:45:24.01]

Participant Female:

Eliminates my wall of fear.

Jesus:

All right, so now I'm there.

[00:45:31.08]

Participant Female:

And then I reckon you're probably not going to have much problem in actually feeling the actual emotion.

Jesus:

Exactly.



When we work through our addictions and our fear, then we can access our healing emotions

[00:45:36.06]

When I feel that emotion, my body heals, my love internally that I have – that I can reflect – grows, and then I'm in business. I've gone through that emotion. Now that I've healed, I've no longer got that emotion in me, and it's no longer affecting the rest of my life. It's no longer governing my decisions, it's no longer determining my thoughts, it's no longer determining how I interact with every person around me, all of that's stopped. It's all gone, when I take those steps.

Now what the majority of us want to do is this. Here's our wall, that's fear. Here's our healing emotion that we need to feel. Here's our addiction. The healing emotion is our grief usually, or shame, or whatever it is. And here's us. What do we want to do? You tell me Phillippa what you want to do. What do you want to do with it?

[00:46:49.18]

Participant Female:

Either not feel it at all or bypass it.

[00:46:54.14]

Jesus:

Correct. We want to skip to after the healing emotion. Somehow, I don't know how you're going to do it, to be honest, but somehow you want to get from before the additions, across to after the grief, by somehow digging a tunnel, and getting under the whole lot, by somehow avoiding all of that process, from an emotional perspective.



Many of us want to bypass feeling our emotions in order to get to place that is after the healing emotion (grief)

Do you know one way that most New Age people have experimented with to get from the beginning to the end? It's really, really easy way that most people have used. They tell themselves they're already there. (Laughter) That's what they do. And of course it's not real. It's completely unreal but they tell themselves they're already there. They're already over the addictions, they don't have any fear, they don't have any grief to feel anymore. It's all gone, isn't it wonderful. We're in a wonderful world, it's so lovely. The reality is everything they do is coloured by the emotions that are still within. So it's all fake, it's all not real.

[00:47:57.10]

That's what the majority of people try to do. We tell ourselves we haven't got it. We tell ourselves we don't need to do it. We tell ourselves that we shouldn't do it. We tell ourselves that if we do it something bad is going to happen. We'll come up with a hundred different explanations if we have to.

4.4. *Choosing to become 100% emotional*

Jesus:

What I'm suggesting, if you want to be 100% emotional being, you won't choose to do that. You won't choose to avoid anything. You won't choose to try to get to the end using some unknown method that hasn't been created by anyone, including God. You will do the method that God created, which is feel the addiction, feel the fear, feel the grief. You will go through the emotional process; you will choose to, because you want to. That's what you'll do.

The majority of us don't do that, really. What we do is we try to circumvent it. We work out how to do it, we discuss it with somebody else, "Do you know how to get around this addiction somehow? Do you know how to get over this fear somehow, without actually going through it? Do you know how to get rid of this grief? Is there some magical solution?" This is why we're addicted to magical solutions. "Wow there's a potion that gets me through all that! I'll take the potion." You know, "There's a pill that I can take called antidepressants, I'll take that." Get over all that.

We do whatever we can do physically to avoid the process. We do whatever we can do emotionally to avoid the process. We do whatever we do sexually to avoid the process. We engage all of these ways and means of

controlling the process, when all we've got to do is choose to be a 100% emotional being and go through the process.

Sometimes I look at what people do in their lives and I go, "Yeah, wow, if my life were that complicated, I don't know what I would do." I know I'd get rid of the complication, that's what I'd be focused on first. But I just look at some people's lives and go, "Wow how complicated can you make your life." To turn something that's so simple into something that's so hard and complicated and difficult, and then you're dealing with compensatory effects of all of that as well.

Every unloving choice that's made in that space has to be dealt with, has to be felt and it's just like making a mountain sometimes out of a molehill with regard to our emotions because we believe the molehill is a mountain before we begin; and it's only a belief.

You see if we had the right proper understanding of emotion, we wouldn't believe the mountain is a molehill, or the molehill is a mountain. We would say, "A mountain's a mountain, and a molehill's a molehill." It's just an emotion, every one of them that we can feel. Some of our emotions are large, but it's just an emotion we can feel, and some of our emotions are very small, and we turn them into making them large. That's not very honest, but it's also just an emotion we can feel. That's it.

5. *Having an improper understanding of emotions*

Jesus:

Now there are many other things we'd like to mention to you in this section. So what's the next one baby?

[00:51:04.12]

Mary:

Okay, we were discussing, a while back, what happens when we have an improper understanding of emotion.

[00:51:12.25]

Jesus:

So this was the wrong attitude towards emotion.

5.1. *Investing in emotions (continued)*

[00:51:16.21]

Jesus:

One of the things we said is that we invest in it. And now do you understand what I mean by investing in it? Basically what we've just explained is all about the investment. When you feel that it's just an emotion, you don't feel that investment in any emotion. So you allow each one to flow. You're not spending half of your life trying to prevent it from flowing. So what's next?

[00:51:43.16]

Mary:

Okay there are a few good ones here, but would you guys like to keep contributing things that we do? What things do you tend to do?

Participant Male:

As the wrong attitude?

[00:52:06.10]

Mary:

When you have the wrong attitude, what happens?

[00:52:08.17]

Jesus:

What do you do? What have you been doing?

[00:52:10.02]

Participant Male:

Busy myself.

[00:52:10.23]

Jesus:

Busy yourself, yes. But what's that?

Participant Male:

Is that what you mean?

Jesus:

Some of the things ...

Participant Male:

I distract. Yeah, distract.

WRONG ATTITUDE:
 INVEST
 BUSY
 DISTRACT

[00:52:21.03]

Jesus:

Yes. I suppose what we've been thinking is a bit deeper than that.

Mary:

More broader ...

Jesus:

Broader than that. If we give you some clues.

5.2. *Identifying with emotions*

[00:52:28.16]

Mary:

We identify with the emotion. Do you know what I mean by that?

Jesus:

What do we mean by identify do you think?

[00:52:40.09]

Participant Female:

I think it's that I make it me; like I am bad.

Jesus:

Yes.

[00:52:48.05]

Mary:

I feel this therefore I am yucky.

Participant Female:

Yeah. And that's all I am.

[00:52:52.12]

Jesus:

So what is the proper attitude?

[00:52:55.27]

Participant Female:

That I'm the pinnacle of God's creation and the truth of what that is.

[00:53:00.12]

Jesus:

True, but in the moment that you're feeling fear, you are fear, aren't you?

[00:53:03.19]

Participant Female:

No, aren't I just feeling the fear that was put into me?

[00:53:08.23]

Jesus:

Yes, but in that moment, if it's a feeling you're truly feeling, that's all you'll feel. So in the moment, you are fear, but you're not fear. Do you understand?

[00:53:19.02]

Participant Female:

Yeah, okay, so if I'm feeling the emotion then yes I'm fear in the moment, but what I'm doing when I identify with it is I'm saying I'm fear all the time.

[00:53:25.29]

Mary:

And therefore I'm not feeling it, because I don't want to face it.

5.2.1. *Believing the emotion is permanent*

[00:53:28.16]

Jesus:

There's a difference between feeling the fear the permanent belief and the temporary state.

Participant Female:

Well yeah I'm not sure I've really done the temporary ...

[00:53:38.20]

Jesus:

A person who has a wrong attitude towards emotion believes it is a permanent thing, not a temporary state.

WRONG ATTITUDE:

INVEST

IDENTIFY ⇒ PERMANENT

⇒ TEMPORARY STATE

So that's what we mean by identifying. We identify: what we do is we make it a permanent condition inside of ourselves, rather than just a temporary state, a belief that we're in a temporary state of feeling terrified. It's not going to last the rest of our lives. It's actually impossible to last the rest of our lives if we allow it to flow through. But if we don't allow it to flow through ...

Participant Female:

... it ends up permanent.

[00:54:17.16]

Jesus:

Of course. It's actually because we have the wrong attitude that it is permanent, it ends up being permanent due to our attitude; not because of the emotion itself, but because of our resistance to feeling it. Isn't that ironic? The very thing we're afraid of becomes the truth because we're not letting the emotion pass.

5.2.2. *An example of a participant who believes all men are out to impose on her life*

[00:54:43.12]

Participant Female:

Is that why a lot of women, and myself included in this, never feel their anger and their rage?

Jesus:

Because you're afraid it's going to be a permanent condition. Yeah.

Participant Female:

Yeah. So it's like well why even go there.

[00:54:56.20]

Jesus:

Yeah. Mind you all I feel from you is anger and rage. If I'm a male in your company, that's all I feel. So while at times you have gentle ...

Participant Female:

... it's a permanent ...

[00:55:07.19]

Jesus:

Yeah. It feels permanent to me, until you allow the emotion to pass through you. It feels like I'm just going to get a barrage. I'm a male so I'm already bad and wrong and whatever. You think about the recent experience you had with the bookings. You had a man – very lovely man, actually – say to you, "I'm willing to pay whatever it takes and you can put me wherever you want to." And I go, "Yeah, that's a fairly lovely man. Basically I can shove him anywhere. This is wonderful." What did you feel?

[00:55:43.01]

Participant Female:

That was in there. But then after that was, "He's making me choose for him."

Jesus:

Yes, so you got all upset going ...

Mary:

... it's an imposition.

[00:55:54.25]

Jesus:

He's imposing on my life now. I'm saying, "How is he imposing on your life? He just gave you ultimate freedom." (Laughter) But this is how the emotion inside of you with your dad and stuff causes you to believe now that a male's imposing on your life, when he was giving you ultimate freedom.

Participant Female:

Yeah. And I don't see it. I don't see the gentle people; I assume they're all the same.

[00:56:17.02]

Jesus:

And because you've identified permanently with this emotion, every man you have an interaction with is a mongrel who's just imposing upon your freedom.

Participant Female:

Yeah.

Mary:

And if it's not clear now, you've got to watch for it.

[00:56:29.22]

Jesus:

Sooner or later it will come, you watch.

Mary:

That's the feeling you have, yeah. Whereas with women you are much more ...

5.2.3. *An example of a lady being unloving when making a booking for an assistance group*

[00:56:38.03]

Jesus:

Yeah we had another lady who emails you a deposit, and doesn't give you any way of finding where she put her deposit. What an unloving thing to do. And you go, "No worries, I'll check in the blah blah blah ..." No problem there. (Laughs) If it were me, I'd probably would have rang her up and said, "Until you can learn to be loving, you're not coming to the event." Mary emailed her and Mary said, "Look, you were very unloving there because you didn't read any of the instructions." The lady emailed back and said, "Yeah, I didn't either."

You know what my next course of action would have been? And I'm not going to book you in the event either. Not out of resentment, but she's just being unloving and she just admitted it and she has no desire to change. And what's the purpose of the event? To change your unloving condition. And she can't even do the booking in a loving way, for the event that's going to teach her how to be a loving person. That doesn't make much sense. Don't come then. If you've got that poor a feeling about even doing the booking, then why would you even want to come to the event under those circumstances? If she went off and had a cry and went through a process of repentance, then you can say, "No worries. I'll put you back on." But you didn't do that because women are allowed to get away with murder, aren't they? Yeah, because they're women.

[00:58:05.16]

Participant Female:

And if I did, then I was afraid of their rage too.

Mary:

Yeah.

Jesus:

Correct. There's some fear involved too. Not quite as simple sometimes.

5.3. *Refusing to feel emotions***Jesus:**

Okay. Another thing.

[00:58:16.06]

Mary:

What about fear? What would your attitude be to your fear emotions? If you had the wrong attitude you'd go, "I can't do it. I'm terrified of it," rather than recognising this is just something I'm going to feel. It will pass through me and I'm not afraid of it.

[00:58:37.29]

Jesus:

How many times do I hear that? Man. I say, "You've got this ..." "I can't feel that. I can't feel it." Not, she's not saying, "I can't," really what they're saying is "I won't," or even more specifically, "I refuse to," is really what you're saying.

WRONG ATTITUDE:

INVEST

IDENTIFY

I CAN'T

I WON'T

I REFUSE TO...

Now a person with the right understanding of emotions wouldn't say, "I'm refusing to deal with every emotion that comes along." If you were 100% committed to being 100% your emotional self, then that is completely the

opposite of what you need to do. So you wouldn't do that. But how many of us do that? Pretty often. "I can't, I can't, I can't."

5.4. *Being afraid of other's emotions because we are afraid of our own emotions*

[00:59:31.29]

Mary:

How does it affect our relationship with other people and their emotions?

Participant Female:

And their emotions?

Mary:

And our emotions.

Participant Female:

So how does that affect other people and our emotions?

[00:59:48.06]

Mary:

Our relationships with other people in regards to emotion. So how do we deal with emotion when we're around others? When we have the wrong attitude?

Participant Female:

You don't feel it. You try and get out of it. You think, "I wouldn't ..."

Participant Male:

You alter how you feel to suit them.

Mary:

Yeah.

[01:00:14.26]

Jesus:

It's not what I see most of you doing. Most of you blame them, don't you? Anyone's around you, and you feel something, well it's their fault. Isn't that what you do? You blame the person you're with because they're easier to blame than your mum and dad. Isn't that what we do a lot of the time? No? You don't do that? Okay so I'll rub that off the whiteboard. That doesn't happen. (Laughter) That doesn't happen.

[01:00:47.20]

Mary:

I agree Lincoln you do that thing that you just mentioned, though.

Jesus:

What was that?

[01:00:56.02]

Mary:

With certain people, he alters himself to suit certain people. (Laughter)

[01:00:59.28]

Jesus:

I agree. But if you look at even that, isn't it sort of almost a passive-aggressive way to just get what you want? Why would you alter yourself? Why do you alter yourself?

Participant Male:

To please them.

Jesus:

To please them. Why do you want to please them?

Participant Male:

To get what I want.

[01:01:29.01]

Jesus:

To get what we want. What is it that you want?

Participant Male:

It could be admiration, acknowledgment, sex ...

Jesus:

Yeah, sex, approval, acceptance. So what is it you're actually avoiding?

Participant Male:

Feeling the real emotion.

[01:01:46.28]

Jesus:

Which is? I'm not going to be admired unless I do this. I'm not going to be accepted unless I do this. So it's a great way to avoid some emotions. But it's a passive-aggressive way of avoiding emotion. You're really, in a way, blaming the other person for the fact that you've changed your life for them. So in other words you're lacking the courage to just be yourself, and let them have their response.

Participant Male:

Yeah, in case they don't like me.

[01:02:14.18]

Jesus:

Yeah. So you don't want to feel that they don't like you and so you lack the courage to feel your own emotion. It's not about them really, it's about you, you see. This is where it's a passive-aggressive way of blaming someone else. When you change your behaviour, your demeanour, in order to please another person, it's a passive-aggressive way for you to avoid certain emotions inside of yourself about how they may act if you were yourself.

Then in the end, when you live with them for a while, you go, "I've done this for you. I've done that for you," because you're addicted to what's coming back to you. That's why we do it. We don't have the courage to actually go, "No, I'm going to be myself, and if you're just angry about that then, be angry about that. If you don't like me, don't like me. If you don't want to have sex with me, don't have sex with me." We don't want to take the consequences of the person's response to us being real.

[01:03:16.23]

We wouldn't do that if we were 100% emotionally involved, would we? We'd go, "Okay, this is not about preventing her response," in your case, her response mostly, or someone else's response to your emotions. It's not about that. She needs to have her emotion, and I need to have mine. That's how you would feel if you were 100% into feeling the emotion. Let them have their rage, let them have their sadness, let them have their shame, let them have their whatever it is that they're feeling, let them have it because that's the gift you can give them by allowing them to have an emotion without your judgment and without your investment in them feeling something.

[01:04:03.27]

Mary:

So when we have the wrong attitude to emotions, we are often afraid of other people's emotions.

[01:04:08.13]

Jesus:

And fear of other people's emotions is really just fear of your own emotions because that is really just fear of my own emotions. Why are we afraid of other's emotions? Because we're afraid of our own response to their emotions; so that's just really fear of my own emotions.

WRONG ATTITUDE:
 INVEST
 IDENTIFY
 I REFUSE TO...
 AFRAID OF OTHER'S EMOTIONS
 ⇒ AFRAID OF MY OWN EMOTIONS

Can you see how narcissistic and selfish we are? If you sit down and explain to somebody, "Do you see this, and do you see that and do you see this and that?" A lot of its self-absorbed because the reality is you're trying to prevent the other person from feeling something, so that you don't have to feel something that they're doing. Did I say that too fast? Do you notice how I can say things fairly fast, because I understand these things.

We're often just so invested in feeling the other person and helping the other person not have an emotional response, and we're only doing it for selfish reasons. We're only doing it so that we don't have to feel something if they were to feel something different than they feel. When you're 100% emotionally engaged, you want the other person to feel everything, and you want yourself to feel everything. You don't want any of you to avoid it.

[01:05:43.05]

Mary:

It's actually quite abusive to do that and to then say, "I'm doing this because I just need to be truthful," or, "Because I love you," to come and tell you something so that you stop doing something that's bothering me.

5.4.1. *Speaking truth to others in harmony with love*

[01:05:58.17]

Jesus:

The only purpose you should have for telling another person something about themselves that they do that's out of harmony with love is so that you can help them to become more loving. If you were truly a loving person, the only motivation you would have is to help them become more loving. You wouldn't have a motivation of having them stop what they're doing to you. You wouldn't have a motivation of making your life easier or better. You wouldn't have any of those motivations. You would just have one single motivation: I love you and I want to help you get over this problem. That's all you'd feel. Now in most relationships that's not what we feel, we go, "You've got this problem, you've got that problem, you've got this problem".

[01:06:49.25]

And the other person would say, "You've got this problem, you've got that problem, you've got this problem." "Sure I've got this problem, but you've got that problem, too." And, "Sure I've got that problem, but you've got this problem." And the only reason why we're telling each other what problems we both have is so the other person stops their behaviour so I don't have to feel about what they're doing, which is actually a selfish motivation and that's why it ends up in an argument in the end.

[01:07:16.19]

Mary:

It's a lovely feeling to reach the point of feeling gratitude for truth because the experience that I'm having now is that I feel like because I feel truth is a gift when I receive it, and I have so much gratitude for the truth that I've already received, from God and my soulmate, so there's a whole new motivation in when I tell truth to others. It's actually a feeling of like, no, if you're open to receive this, I'm going to tell you as much as I can because I know how life changing it is and it's actually the thing that motivates me through a lot of fear sometimes, because I can see the beauty in the gift of truth. Whereas before, I was very afraid and I sat in the fear, because I didn't even really know if, from a soul perspective, it was so great to actually receive truth.

[01:08:11.23]

But now that I feel so excited about truth, I feel really drawn to – whenever there is an opportunity and a sister or brother is open to hearing from me – I'll say a truth, even if I might be afraid of how they're going to respond to it because it's awesome.

[01:08:31.21]

Jesus:

I just feel like sometimes don't you realise that I'm pretty frightened about some of the things that happen. Honestly, I get asked all sorts of questions. For most people I know, if I respond truthfully, I know what they're going to do beforehand. I can feel the emotion in them, so I feel what the primary motivation's going to be. I feel like they're going to probably do with the truth that I give them.

So let's say you knew in advance that someone was going to bop you in the nose if you said a certain thing. What would you do? For most people they'd try to not say it. They'd try to say it or they'd say it in a roundabout way, so the person doesn't even understand, or they try to tone it down for public consumption, or whatever it is. I can't do that because I can feel that when I do that I harm my relationship with God. So what I try to do, instead, is I try to say exactly what the problem is, fully knowing what that person is going to do with the information I've just given them.

[01:09:32.02]

I know when people are just going to go off, and there are people who right now who are dedicated to writing on Internet sites about me that are just about how bad I am, and I know they're going to do it beforehand. I can feel the emotion in them that would cause them to do it. I know they're going to do it beforehand, and they've asked me for some truth. What do you do? Well if you love them, what would you do? You'd give them the truth in the best possible way that you're capable of giving it at the time. That's what you'll do. You won't be concerned about what they'll do with it. You'll hope in fact that even though they have that emotion in them that you can feel, that they might act differently. They have a choice to act differently and you're hoping that their choice will be engaged differently. You empower their choice. That's what you do.

[01:10:24.29]

Mary:

Yeah. Without knowing truth, sometimes they're not even aware of the choice to deal with the error or not. And by showing them the error that's there, you give them the choice to decide: okay I could look at that or I might not. But without speaking up, there's no choice.

[01:10:44.03]

Jesus:

Yeah. When you withhold giving people truth, you've already made a decision for them that they're not capable of receiving it. So you're basically saying to them that you believe that they're not capable of actually receiving that truth. You've made the decision for them. You've actually taken away their free will actually by making the decision for them.

You see it happening all the time in relationships where one party makes the decision for the other party, not from an outward perspective that I'm making a decision for you Mary, but rather by withholding information from the other half, so the other half doesn't have an emotional response of some kind. That's making a decision for the other half to not feel something. You've already made the decision before it began.

[01:11:43.21]

If you had the proper understanding of emotions, you'd never do it because you want the other person to have a full emotional response to the thing they're faced with and to go through it; to experience it and to release it. That's what your desire for them is, even though it might not even be their desire for themselves. That would be your desire for them. So you'd engage that.

5.5. *Involving others in our emotions*

Jesus:

Okay what's else on the list? I think we've covered most of those things on the wrong attitude list.

[01:12:11.15]

Mary:

Yes. We're afraid of our emotions. We involve others in feeling our emotions with us. And we talked about that already.

Jesus:

We've talked about that a bit – involving others.

WRONG ATTITUDE:
 INVEST
 IDENTIFY
 I REFUSE TO...
 AFRAID OF OTHER'S EMOTIONS
 => AFRAID OF MY OWN EMOTIONS
 INVOLVE OTHERS

[01:12:21.01]

That example of your own, Phillippa and Catherine, was a good example of how we involve others. It's like a great example of what we do when we don't want to feel our own emotions – we try to tie in everybody else into the emotion. That way we feel somehow validated by not having to feel our own emotions somehow. It's quite a damaging thing to ourselves and others, so we involve others. Also by involving others, as we pointed out, we finish up taking a long time to do something, when it could have been just a little time to do something when it comes to our emotions. So we need to see that. So that's the wrong attitude to emotions.

6. *Proper understanding of emotions (continued)*

Jesus:

Okay what's the right attitude then?

[01:13:06.09]

Mary:

We've already touched on lots of these.

[01:13:10.17]

Jesus:

We've touched on lots of them, we've compared already, so you should already have a bit of an idea of what the right attitude is for a lot of these things. Any ideas?

Participant Female:

Fully feel all of your emotions in the moment when they come up.

[01:13:28.21]

Jesus:

Yes, but what causes you to have the right attitude about that?

Participant Female:

I want to love.

[01:13:33.29]

Jesus:

So, yes, a desire to feel, a desire to love; the most loving thing is for me to feel everything I feel, rather than making someone else responsible for what I feel. That's the most loving thing. Anything else you can think of?

Participant Female:

A desire to know the truth.

Jesus:

Okay, yeah, truth.

RIGHT ATTITUDE:
 DESIRE TO FEEL
 DESIRE TO LOVE
 DESIRE FOR TRUTH

6.1. *Feeling through the reasons for resistance*

Jesus:

But what if you have a feeling that you don't want to know. What would you do then? Feel it, I don't want to know the truth.

[01:14:15.26]

Participant Female:

I was thinking before, how many of us, including me, are in fear of attack and I placate to fear of attack. It's not the attack that I fear, because that's not an emotion. It's my response to that attack that's ...

Jesus:

... to the attack. Correct.

Participant Female:

... not permanent. They can attack me for the rest of my life, which is the permanent.

[01:14:36.02]

Jesus:

Well it's not even permanent, either to be honest. I've been attacked by and murdered by people that now love me.

[01:14:41.15]

Participant Female:

Yeah. But I viewed that as that's never going to end, as opposed to how I feel inside my own skin about that belief.

Jesus:

And that's the false belief that you also need to feel.

Participant Female:

Yeah. But I've got to be open to hearing that before I desire to feel.

Jesus:

Correct.

[01:14:55.21]

Participant Female:

A desire for clarity and to know what's real.

Jesus:

Yeah, but what if you don't desire that?

Participant Female:

Then feel why I don't want to know that.

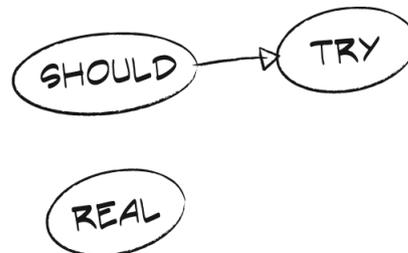
[01:15:10.01]

Jesus:

Yeah, feel you don't want to know first; you need to feel you don't want to know. You see what I see a lot of people trying to do is they try to feel an emotion that is not the real emotion they actually feel. So many times you're trying to feel an emotion that is not the real emotion. So, "I've got to develop the desire to feel." No you've got to develop a desire to see what you really feel right now about feeling.

You've got to feel the emotion that's there. So if you don't have a desire for the truth, then feel that you don't have a desire for the truth. If you feel you don't have a desire to feel, then feel that you don't have a desire to feel. You don't want to feel. "Argh!!! I don't want to feel!" Feel that. Feel the feeling that's there. Stop telling yourself that that's not a good feeling to feel, so I'm going to try to have a desire, when the real feeling underneath me is that I don't have one.

So this is what I see a lot of people doing with their emotion. They go, here's the real emotion, and I don't want to feel that one. But here's the emotion that I know I should feel, so this is the "should". That's what I'll "try" to feel.



Many of us attempt to feel an emotion that is not real, because we think we should

[01:16:55.14]

Now do you know what will happen? Once we feel the real emotion, there is no should or try generally. We don't have to try, and we don't have to think about what we should do. We automatically do it. So isn't it pointless doing the "should" and the "try"?

So the right attitude to your emotion is to desire to feel the right attitude to your emotion. What if the emotion is that you don't want to feel? So, isn't it more a desire to feel the truth of the emotion, rather than just the desire to feel an emotion, developing the desire to feel an emotion. Because you might not have a desire to feel an emotion, in fact the very thing you might feel is that, "I have no desire to feel emotion, I don't want to feel them – the emotion. I'm sick and tired of being told I have to feel some emotion. I don't want to get closer to God. I'm tired of the idea that I have to get closer to God. I don't want to hear this anymore. Can I please walk out of this room? Thank you. Yes."

That's what you want to feel. So feel it. See when you feel it, it gets out of you. Without feeling it, it stays in you and you're trying to be here when you're not really here. This is where most of us make the mistake. We look at all the things we should be doing.

The right attitude to emotion is, no, just feel what's there right now. Be real about what's there right now. Not the thing you hope is there now, or the thing that should be there right now because daddy said so ... oh no that's right it's AJ that said it. Stop replacing daddy with AJ. Or God said you should do it so you should do it.

[01:19:04.10]

Do you think God's up there going, "Yes I said you should do it, so you should do it"? No, God's up there going, "Look, I designed you to do it this way, but you can do whatever you want." So even God is not going to punish you for not doing it and to be honest with you, aren't you already getting punished enough by the law, which is the result of you butting your head against a brick wall of God's Laws? Doesn't that hurt enough already to get you to stop doing it the wrong way? If it doesn't, then maybe you need to butt your head against a few more walls first to find out whether that's right or not.

Do you see the right attitude is really: feel what is there right now. Be honest about it. Stop trying to tell yourself it is something different than it really is because honestly, if you keep doing that, you will never get over any emotions because it will just be "should", "try", "should", "try", "should", "try", I've got to try. I've got to do this; this is the right thing to do so I have to do it. No, do you want to do it?

The only time real change is going to occur in your life is if you want to do it. So if you don't want to do it, feel that you don't want to do it because that will release the feeling that you don't want to. It will release the feeling you don't want to. Once you've released the feeling you don't want to, then, who knows underneath that, what might be there. You might have a feeling you do want to after that but you don't know unless you release the feeling that you don't want to.

So when something bad happens and you go, "I don't want to be loving right now, I want to go and just bop the person in the nose right now. That's what I want to do." Now you don't have to act upon that, but you can feel that. That's what you want, and you go, "Argh," feel that, and feel the frustration. And after that emotion goes out of you, then you'll feel some of the fear that they triggered. And you go, "Oh, wow the reason why I feel that is ..." and all of a sudden you're afraid. "Oh maybe they just think I'm bad ..." or whatever it is that you're feeling, that you've been trying to prevent through the rage, and you feel that. And then after you feel some of that, it might be a day later, you'll just go cry, cry, cry, because of the way mum and dad treated me in that situation was this way and it just hurt. You cry about that and then it's all gone. But it wouldn't have even begun if you didn't honour the first feeling, which is "I didn't want to."

6.2. *Allowing emotions to pass through*

[01:24:51.14]

Mary:

Okay. We've talked about this one a lot so I'll just say it. We feel that emotions pass through us and don't stay with us.

Jesus:

Yeah. So the "pass through" thing is really important.

[01:24:56.23]

Mary:

You feel that you're not permanently what you feel, however, you feel what you feel while you feel it. You feel you are what you feel while you feel it.

[01:25:19.18]

Jesus:

Yes. So did you get that one? You feel what you feel while you're feeling it. In other words, if you're afraid, you temporarily feel that your whole being is afraid; but it's a temporary condition, not a permanent state. A person who doesn't want to feel their emotions always believes that a negative emotion is going to finish up being a permanent state, and they use that as an excuse to not feel the emotion.

6.3. *Feeling that sharing the emotional experience cheapens it*

[01:25:44.01]

Mary:

Okay. You feel that having others share your experience actually cheapens your experience.

[01:25:56.17]

Jesus:

Can I sort of explain that a bit more? When you fully engage your emotion, it's your personal experience and it's really quite powerful and it's very hard to talk about it, when you fully feel it. It's very hard to talk about it, because you can't properly explain it to another person in order for them to understand what it felt like. So after a while, you start feeling that talking about your own emotion, aside from a teaching perspective, just cheapens your own emotional experience. It doesn't actually assist you in any way. If talking about your emotion helps you get into emotion, then it means you're in addiction. And most people are actually in that addiction. They need somebody to share with the emotional experience, and so they need someone to talk to about their experience, rather than just feeling it.

[01:27:02.10]

There's a difference between going to a therapist and having them do some body work or something, and letting you just feel, than going to someone to talk to about it and then you feel. Because when you talk and then feel, while it might help you initially, there is an addiction involved in it, in that you need somebody to listen. You're unprepared to go through your emotions unless somebody listens, and that is obviously a big addiction.

6.4. *Feeling that emotions are open heartedly welcomed*

[01:27:34.19]

Mary:

Cool, I like this one.

Jesus:

Don't you like them all?

Mary:

I love them all, but this is a favourite for the moment. We feel that emotions are open heartedly welcomed. So they're not just okay, our heart is saying, "Yes please, emotion."

[01:27:57.24]

Jesus:

Open-heartedly welcomed.

RIGHT ATTITUDE:
PASS THROUGH
OPEN HEARTEDLY WELCOMED

Now it's pretty easy to open heartedly welcome some positive thing, but it's a lot more difficult to open heartedly welcome fear, or shame, or something like that. But after a while we start feeling that it's like a relief to get to that place, and it is a real relief to get to that place properly. It's only people who have not gotten to those places who don't understand how relieving it is, because it's such a beautiful place to be, to be open heartedly to all of your own emotion.

Of course if you're open heartedly to your own emotion, you're also open heartedly to everyone else's too, which means that you're easy to be around from an emotional perspective. You allow other people's emotions to flow. And that also makes them more comfortable to feel their emotions when they're in your company. So it has a positive benefit to others, too.

[01:29:09.04]

Mary:

We also begin to feel that others are real when they are emotional around us. So rather than fearing other people being emotional around us, we welcome that as well, and recognise, "Wow that's my brother or sister being themselves."

[01:29:24.17]

Jesus:

So if he's angry, "That's my brother being angry." That's better than him covering over his anger, and making out it's not there. Even if he's angry with me it's better than him covering over and making that it's not there. Then he's in total denial.

[01:29:42.18]

Mary:

We feel that when others are emotional, they're being real – I said that one. We feel that emotions need to be in harmony with love in order for a connection with God to be maintained. We talked about a lot today.

[01:29:57.15]

Jesus:

So in other words, we're not so much interested in feeling emotions that are disharmonious with love. We are more focused on finding the emotion that is harmonious with love. So what I mean by that is that there are times when you have a choice inside of you emotionally to go to one place or another.

For example, sometimes you could get angry but fear is driving your anger and if you chose anger, it would only be a manipulation of your environment, but it's not a childhood anger, let's say; it's an adult anger where you choose to manipulate your environment with it. Now a person who's open heartedly with their emotions would choose to feel the fear instead.

Another problem that many of you have is choosing self-punishment. Now a person who chooses self-punishment is choosing to avoid a deeper emotion that's more painful – usually it's an emotion where your parents punished you. So it's usually an emotion associated with other people harming you that you don't want to feel because it's so painful. So what we finish up doing is we go into this state of desiring to punish ourselves rather than have them feel that emotion, and a person who's open hearted with their emotions wouldn't do that. We would focus more on feeling what the real feeling is, whatever that feeling is.

6.4.1. *Feeling that growth is impossible without the experience of emotions*

[01:31:33.07]

Mary:

Okay, we feel that emotions out of harmony with love must be experienced to be released, which we've covered a lot about that, haven't we.

Jesus:

We've talked about that.

Mary:

We feel that growth is impossible without the experience of emotions.

[01:31:48.09]

Jesus:

So we're not addicted to convincing ourselves that we've already grown when we haven't felt any emotion. We have a tendency to do that, to try to convince ourselves we're over something before we've even gone through anything. You can't be over something unless you've gone through something, and even when we've started to go through it, we wouldn't hope that we've finished it before we have. We wouldn't do that either.

Sometimes I hear people say, "Oh I thought I was over that." I go, "No, why does that distress you?" "Oh because I've cried about that for a month. I thought I was over it." Well you're going to have to cry for two months obviously. If you're open hearted with your emotions you'll just let that happen. You won't go, "Oh, I've had a month, that's enough now." You would actually go, "No, I'm going to do what is necessary, even if its six months or twelve months or eighteen months or ten years – I'm going to do what's necessary." You wouldn't have the attitude of, "One month, that's enough, one hour."

[01:33:03.01]

Most of us have got this attitude: ten minutes, that's enough. (Laughter) That's how most of us feel with our emotions. But if you multiply the ten minutes in a day, man that starts adding up doesn't it? Because you go, okay if we're only emotional for ten minutes in a day, how many minutes are there in a day? There are 60 seconds times by 60 minutes, so it's 3,600 times by 24, that's how many minutes there actually are in a day. Now let's say we do it by 12, because we're asleep half of the time. We don't know what we're doing in our sleep state, but hopefully we're making the same choices as we are in our awake state but let's just go for that. So it's 3,600 by 12, which is what our doable time is, roundabout or a bit more than that maybe. That's assuming we sleep 12 hours a day, probably not, so we might make it by 16, shall we? Most of us would sleep 8 hours a day. What's that? It's a lot of minutes, isn't it? That's 57,600 minutes we've got available in the day, and we've used 10 of those to feel. (Laughter)

Now, would you be that happy with that? If somebody said to you, "I'm going to come to work with you for a day," and they gave you ten minutes. I don't know if you'd be that happy with that. And to be honest, most of us are probably not that happy with that, if we looked at it that way. Yet we convince ourselves that we did well today – 10 minutes of open hearted emotional feeling. Compared to 100%, we're feeling 1% of the time.

Now we want to improve it from 1% to 2% to 5% to 10 %, you know, we want to improve the feeling process so that it's all the time. That's what we want to do in the end and if we are happy with 1% of the time, then it probably demonstrates that we don't have the right attitude to our emotion, doesn't it? It's probably proof that we don't. We need to have a good look at why.

[01:35:59.06]

Mary:

So continuing on? We feel that a loving condition is impossible without emotions in harmony with love. We feel that nothing can change while unloving emotions are maintained within. So those two really go together.

[01:36:15.00]

Jesus:

So if I believe that I can change without actually feeling anything, then from God's perspective I'm just way off the planet. The only way you can really change is by feeling something. So the key is, okay what is it I need to feel? I need to have this open hearted attitude to the feeling.

[01:36:42.07]

Mary:

And last one that we feel and honour our own emotional experience.

[01:36:48.03]

Jesus:

So you're not interested in trying to manufacture a facade-based experience. You want to feel and honour whatever is inside of you. That's what you want to do.

7. *Practicing becoming more emotional*

Jesus:

Now there's a whole heap more that we want to cover with you, but we feel that you're all a bit tired now.

Mary:

A bit over it now.

[01:37:05.12]

Jesus:

You've had enough probably of this subject today. So we'll probably leave the subject there, and the next time we're down we'll continue on with the rest of the subject.

Between now and then, what we would suggest to you is this. Practice getting a stronger emotional connection with yourself. In everything you do, feel what you're doing. Feel a stronger emotional connection with yourself. Be honest about your real emotion about things. Be honest about when you're angry, sad, ashamed, when you're frustrated, annoyed. All these feelings we need to be honest about. Practice doing that. You've got six to eight weeks before we come again; see how you go in that period of time doing those things. Practicing that attitude of getting a closer connection with your true emotional self and be honest about what it feels like. If you're raging, let some of it out, be honest about it.

If you have been using substitute techniques, those techniques that your parents taught you, try to stop your substitute techniques. So try to stop the self punishment technique over the coming months, and find what you're substituting that technique for. What did your parents teach you to do that for?

If you find you're involving others in your emotional processing all the time, try to stop that process, and just own your own emotion. Just let yourself feel what it feels like and how alone you feel and how sad you feel that nobody else knows what you're feeling. Let yourself feel that. Let yourself go through these feelings that are tough feelings, but let yourself go through them. When you go through them they'll go out of you.

7.1. *Moving out of feeling numb*

[01:39:00.24]

Participant Female:

With the feeling of being numb, is that a feeling or it's the refusal to feel.

Jesus:

It's the refusal to feel, yeah.

[01:39:13.20]

Participant Female:

So even though the anger's not there, but start with, "I know this is the refusal to feel," and just start getting into that.

Jesus:

What's the refusal to feel? What would you define it as an emotion?

Participant Female:

Anger.

[01:39:26.27]

Jesus:

Anger. So there's anger that you need to express. You're passively trying to express it by refusing to feel. You need to actively express it. Let yourself actively express your anger – about feelings, about the fact that you don't want them, about the fact that they're all traumatic, about the fact that it was terrible when you were young when you felt that, about what are your beliefs about that. Let yourself feel them. If you feel you're going to get hurt, punished, victimised, abused, violently hurt, whatever it is that happened in your childhood, let yourself feel that.

[01:40:00.05]

Participant Female:

So basically, during the day, if we're going through an hour and we didn't feel anything, we're numb?

Jesus:

We're numb. Yeah. And the key is to find out why.

[01:40:09.10]

Participant Female:

Because we would be feeling either gratitude, we'd be feeling pleasure, we would be feeling ...

Jesus:

Sad, happy, whatever, you'd be feeling something. You see when you're a 100% feeling being, you're feeling something every moment.

Participant Female:

Even washing the dishes, like all the chores we do.

[01:40:22.29]

Jesus:

Even washing the dishes, doing the gardening, cooking a meal, laying in bed by yourself, laying in bed with your partner, having sex, whatever it is that you're doing, you're feeling something. If you're a 100% feeling being, there would be a feeling associated with everything you do.

So if you're not feeling anything in what you're doing, then feel why. Why don't you want to feel what you're feeling? Why don't you want to feel what's going on right now? Allow yourself to do that. It doesn't take a long time to break through if you really desire it, if you really want it. It doesn't take a long time to break through. For me, I think, to get from the place of just being numb, which is where I pretty much was when I started, to actually feeling every day, probably took three months, and it wasn't that hard actually to switch from one to the other. But you have to want it.

Participant Female:

Yeah it sounds exciting.

[01:41:42.09]

Jesus:

I had to remove myself from all the people who judged it and I had to create a space for myself where I could do it in that time and I had to allow myself to go through the process of doing it, even though my family and my friends judged it: even that will confront a lot of things for yourself and if you live with a partner then you'll have to deal with whatever their emotions are about you doing it.

It doesn't have to take a long time to get from the numb place to the place where you are totally willing to actually deal with everything. So my feelings are if we do that, then we'll have made some progress and the more people who make progress like that, the easier it is for the next generation of people to make that kind of progress.

[01:42:39.13]

So once you've unblocked the numbness from yourself, your children are going to find it much, much easier to be connected with themselves emotionally 100% of the time and it will get to be that way that they won't even have to go through this process of going, "What am I feeling now? Why am so numb?" because they'll never be numb. They'll never even get into that state in the first place. And that will be a wonderful gift we can give the next generation of people; to give them that gift where every child that is ever born never has to go through this feeling of getting out of a numb state and into a feeling state. You think of the trauma that you've gone through – like the Divine Truth that you have heard has been joyful to hear, has it not? But very hard to practice. A child, who really wants to hear this Divine Truth, would find it a joy to hear and not hard to practice. Wouldn't that be wonderful – that every person that ever hears Divine Truth doesn't find it hard to practice?

7.2. *Allowing ourselves to be overwhelmed*

Jesus:

At the moment every person who hears Divine Truth is like, "Aw, no, what have I got to do with this now ..." and then we see ourselves and we go, "Oh, it's even worse, isn't it?" because there are all these things that I now see and who knows what it is that I don't see, that's even worse. You're even telling me there's a heap of things I don't see too and you just feel overwhelmed with the job of getting back this 100% connection: that is a direct result of how long humanity has been in this state. This state where they believe the intellect is the dominant thing, the emotion is subservient and the state where we're tuned out of being 100% emotional beings all the time.

[01:44:34.13]

Participant Female:

Would it be true to say then that, because I'm just saying you take on feeling overwhelmed that it's a beautiful process because it deals with so many different emotions, so they're just simultaneously kind of just happening?

[01:44:48.04]

Jesus:

Yeah. And being overwhelmed has one great advantage. Do you know what that is? Every time you're overwhelmed, your soul expanded. You've got to remember that – that this is all about this process towards God. Even once you become at-one with God, you'll continue to expand. Your soul will continue to expand every time you allow the overwhelmed emotions. So when many of you are going, "I'm feeling overwhelmed now, I'm feeling overwhelmed now. Don't do this anymore. Don't say this anymore." You're actually stopping the process of your soul expanding. That doesn't make much sense.

Participant Female:

I feel that I even get a headache if I'm stopping the overwhelm.

[01:45:28.21]

Jesus:

Of course, you get headaches, migraines; you know lots of physical problems in your body, all sorts of things will happen as a result once you start shutting down the flow of the emotion. Remember when the emotion flows in your body, there is no blockage in your body at all in any area and once that starts to happen, you will feel much better than you've ever felt.

The reality is you can be seventy and feel like you're twenty. Eventually, if you allow the emotions to keep flowing, you'll actually not only feel like twenty, but you'll probably look pretty close to that too. That's the advantage of doing all of these things but no one has ever really experienced that because no one's ever allowed the flow to occur, just allowed it all to go through you. There are so many advantages to it; it's very hard to list them all, of course.

We've been talking here about the way in which we conceive emotion, our belief systems, if you like, about emotions. So what we've been discussing the last two days with you is basically your belief systems about emotion. What we would like to do now is add to that your belief systems about progression, and confront some of the false beliefs about progression that we have as well. That's probably what we'll do in our next time with you – try to talk to you about your current beliefs about progression and if you were a full emotional being, what would be your actual beliefs about progression. How would you see progression?

7.3. *Being open and expressive*

[01:47:07.07]

Mary:

Yeah. And can I encourage everyone to be really real in our discussions? I know lots of you are more open about sharing and things, but sometimes I feel like you want to talk about the things you've got rather than the things you're still struggling with or ask questions that you feel comfortable about asking in public and I can feel that there's more opportunities if you're willing to just say, "Yeah, I disagree." or "I don't get it," or "I'm really confronted because I don't understand this thing." That's where I feel like you'll really help yourselves to engage emotionally with what we present.

[01:47:48.27]

Jesus:

We love our discussions with Eloisa actually, because she's emotionally expressive. She gets enthusiastic when she's enthusiastic. She gets really upset when she's really upset. She gets angry when she's angry. And she gets sad when she's sad. And we know exactly where we are in every single moment of the conversation, pretty much. It's so easy. And also, there is a deep enthusiasm to learn, and to be honest about what she feels. So we get to know her during that process. Many of you are afraid to let yourselves be known and just to be the person you really are and all the feelings that you have and all the thoughts that you have come up during the conversation and just be honest about that. You don't understand that while you resist doing that, the person who's with you can't know you. They've got to guess you or, if they're sensitive emotionally, they'll feel you. But they can't really know you because you're not letting them know you.

[01:48:47.16]

What we'd like to encourage each of you to do, even with each other, is to let yourselves be known. Let yourselves know each other, and let the other person know you. Let them know you. How you feel. What you think. What your thoughts are. Why you disagree. When you disagree, why you disagree. Let that happen, let that process happen because then you can have a true engagement with a person. And when you have a true engagement with a person, the potential of them progressing is much higher.

This is what we'd like to encourage you to do in the assistance groups – to come committed to just being you, and what you really feel, and what you really think, and what you really think about what's being presented. Not what you want everybody to believe you feel or think, or what you feel is the common feeling in the room, but rather what you really feel and think because then we have something to engage with.

[01:49:58.13]

Mary:

It's really hard sometimes, often because I'm not talking as much, I'm sort of like super-feeling everyone and sometimes I can feel this huge question in about 80% of the audience, where they're like, "Yeah I don't get it or I don't agree," and nobody's willing to speak up and go, "I don't understand."

Jesus:

"I don't understand."

[01:50:16.19]

Mary:

Sometimes in the past, I've gone into the addiction of trying to draw it out of people, or prompt my partner to help everyone through that thing. That's why I'm saying now, yeah we're not going to do that, but you have the opportunity to challenge yourself to be real.

[01:50:39.13]

Jesus:

And we're happy to answer questions at any time and particularly questions on the subject, as you know and when you're sitting there and you've got all these questions, or all these confusions or whatever, without expressing them, then basically all that does is it causes a number of things.

8. *Closing words*

Jesus:

One of the things we wanted to discuss with you the next visit was the amount of spirit influence that occurs under those circumstances, and the amount of spirit influence that occurs in your relationships because you're unwilling to talk to each other properly. Openly disclose what you really feel.

Mary:

Frank, honest, no facade. No, "Oh this is the correct way ..."

[01:51:21.10]

Jesus:

There's a lot of manipulation from spirits that goes on under those circumstances that causes a lot of trauma in your lives. But mostly it occurs because no one's being real about what they really feel, what they really think, what their real desires are, and all those kinds of things.

We actually had planned to do that today, but we thought we wanted to cover more on this subject of emotions first, because without dealing with the emotional things, you can't get rid of spirit influence. So unless we have the right understanding of emotion, we can't make the next step of getting rid of the spirit influence.

You could think of spirit influence as the emotions of others imposed upon you. So if you're feeling your own emotions, then it's much easier to feel the emotions of those imposed upon you, and you know the difference between yours and theirs. This is why there are so many subjects that all join together with this relationship with God issue about emotions. That's why it's such a key part of your future development.

[01:52:36.24]

Mary:

That's why when we say we're going to give a talk about emotions and relationships and spirit influence, we have to start right back here, when we sit down to say how we're going to present this because we feel like there's so much introduction or basic principles that underpin everything. And if we talk about the end thing, that we want to get to ...

Jesus:

... without the foundation ...

[01:53:01.20]

Mary:

Yes. Everyone can fall into the trap of thinking they get the foundation, when what we're seeing is that a lot of people haven't properly grasped the foundation and therefore anything we talk about that's an extension of that, becomes sullied by that misunderstanding.

[01:53:16.27]

Jesus:

It gets misinterpreted even. So when we start talking about spirit influence, it gets misinterpreted. We talk about the human soul and how it works, that gets misinterpreted. Every subject gets misinterpreted once you are not connected emotionally. It gets misinterpreted through your own filters. For each individual it's a completely different interpretation. So when you talk together, you go, "Oh I got that out of it." And the other person says, "I didn't get that out of it, I got that out of it." And sometimes what the two of you got is completely the opposite thing out of it. The reason why is because no emotional transmission is occurring. We're using words to connect to your intellect, and what we want to start being able to do with our teaching is to actually use feelings to connect to your emotions.

[01:54:05.20]

Mary:

This is why I encourage you to be really real as audience members. I'm only encouraging you to do things that I've found have benefitted me so much.

Jesus:

So thanks for your time again today guys.

Mary:

Yeah, thanks everyone. (Applause)

[01:54:20.25]

Jesus:

And we'll catch up with you. We're not sure yet, probably a couple of months we'll be down. Thank guys, look after yourselves.