

*The Human Soul:  
Emotional Clearing*

*By  
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## *Emotional Clearing: Part 1*

### *1. Introduction*

My greetings to everyone.

I have been quite busy with my personal progress, and assisting others of the 14 to progress, and I also am writing messages to assist all to progress spiritually. For these reasons, my messages have not been coming at regular intervals, and I am sorry for this.

I will soon complete the messages on The Prayer for Divine Love - Part 2, and another on Synchronicity. But the following message will be completed first. I have entitled the message "Emotional Clearing", and the first part is some background that may assist your soul development.

### *2. Emotional Clearing*

The first realization of all those who have read the Padgett messages with an open heart is that they would like to develop their soul to the degree that they can be filled with God's Love and be born again, because this is the source of the complete happiness that all of the messages of the Celestial angels speak.

In the messages we are told that we need to develop "a soul longing" for this Love of our Father, and that no other way can be followed that will result in receiving this Love. This of course is the Truth. There are many ways to become perfect in natural love, and on the Earth currently there are many excellent books that can be read that will assist a sincere person on that course. But, as regards being born again, and becoming at-one in the true sense with God, there is only one Way.

When a person finds this knowledge, at this time, many begin the process of praying to the Father for His Love, and, although some feel this Love coming to them a little initially, they afterwards feel that the process seems to stagnate. Then, as years go by, there is a tendency to believe either they have received the Divine Love of God to the full extent possible on Earth, and that the feelings and effects of this Love have been highly exaggerated, or that there is some kind of "secret ingredient" missing, and since they do not know what it is, they then feel the effects of frustration that all of their effort seems to not be rewarded.

But it must be stated also that is it possible for God's Love to come to a person on the Earth to the same extent as it can when a person is in spirit. In this regard our Father is not partial. Also, God does not reward us with His Love, since this Love is not conditional on our degree of self-sacrifice or the extent of our actions in many respects. It is a gift that is given when our Father can connect to our soul in Love using his Holy Spirit without abusing the gift of free will He gave us.

So, if we cannot feel His Love to an ever-increasing extent, then we must assume that it is due to our own condition. Our Father is not injured in Love, and if we cannot feel His Love coming into our soul, then the injuries that are preventing His Love must be those that firstly are within us, and secondly that we have not been willing to remove from our soul.

One of our Father's great gifts of Love is that of our own free will. We can choose to do anything that we desire, without limit. But each thought we have, and action we take, will result in an outcome. Some thoughts and actions result in outcomes that take us away from our Father, and result in more unhappiness in our personal lives, and other thoughts and actions bring us towards our Father, and result in more happiness, joy, and true pleasure in our lives.

Thoughts and actions that take us away from our Father can be called sin and error, while those that bring us toward Him can be called truth. Of course, I am looking at these actions from the perspective of a person wanting increasing happiness in their own life. From God's perspective, all thoughts and actions are perfection, since all thoughts and actions will eventually result in a soul seeing the error of its ways when it walks away from God, and cause it to begin

the process of walking towards our Father.

So please bear in mind that what is now being presented is from the perspective of the soul that does not have a relationship with its God to the extent it desires, but desires the same relationship to either begin or grow.

So, if we are praying for our Father's Love, and not receiving it to the extent that we had thought it possible to receive, then we can only assume that we are using our free will in a way that is preventing our Father from using His Holy Spirit to bring us more of His Love.

This is the area of frustration for many who want to receive God's Love to a greater extent. Often, they know that they are not growing in this Love, but they do not know or realize what within them is preventing God's Love from coming to them in more abundance. They understand that God does not have an injury in Love, and that His Love is abundance, and so the only reason appears to be personal, and yet they cannot "seem" to "see" what the cause for the stagnation is personally.

### ***3. The First Truth***

Now if this is our condition, then the first truth we must face is this; Our Father has already shown us what is needed many times already, and we have either refused to recognize what He is showing us, or we are preferring to remain in denial because of the potential "pain" or "torment" we may feel in dealing with what He has already brought to our attention.

Since this is the state of our mind, and the true condition of our soul, we will not feel our Father's Love in greater amounts until we deal with the things He shows us.

Now we may argue that we have not been shown by our Father what is needed, but this argument cannot be the truth. The reason for this is that our Father cares for us, and Loves us dearly, and He would never allow us to remain in a condition of not receiving His Love without continuously attempting to let us know the reason why.

So the only alternative is that He has shown us the reason why we are not receiving this Love, and we have been unable to take notice of the reason, or, if we have taken notice, we have been unable to accept and take action.

In the process of receiving God's Love, there are a number of things we need to come to understand. The rest of this message is dedicated to the understanding of what will be involved in our path of following the Way to at-onement with our Father.

### ***4. God's Love***

It is generally unknown by mankind and spirits that God's Love is in two forms. Firstly, She has a love of a general kind for all of Her Creation. In this way She makes it "rain upon the righteous and the unrighteous", and all of Her Creations are tenderly cared for. Each creation is in harmony with all other creation in its natural state, and it is only the exercise of free will on the part of creation given the gift of free will that results in any disharmony.

This Love of God, although greater in nature, is similar to the love a person on Earth may feel, if they have the spiritual development, for all other persons on Earth. It is based on compassion and understanding, and is felt by God for all Her Creation. All Creation of God, from the seemingly smallest, to the largest, exists in dependence on this Love.

But this is not the Love that we talk of when we speak of the Love that comes to the soul Born Again. This Love of God is a more personal Love, and is always present and always ready to flow into the soul of a being of free will, and Its effect is entirely dependent upon the free will and soul longings of that soul.

This Love transforms the soul, from that of its natural state, to that of the essence of the Divine, and the possessor of this Love is conscious of his or her own immortality. In addition, it is only possible for a spirit with this Love to become at-one with his or her Creator, and it is also only possible for a spirit with this Love to become at-one in a complete sense with their soulmate.

Our Mother's Love is the highest and most powerful of all of Her Feelings. It is a feeling, and when it enters the soul of the person seeking, the soul feels the feelings of Love from God coming to it. Since feelings of love are the most pleasurable, and our God's Love is the most powerful force in the universe, then the feelings of God's Love when coming into the soul are the most pleasurable of all feelings a soul can feel. For this reason, when that Love is first felt by the soul, the soul often develops an insatiable desire to continue its soul development and receive more of this Love.

### *5. Divine Truth & Personal Truth*

As has been mentioned in other messages I have written, our reception of God's Divine Love is very dependent on our acceptance and practice of truth in our personal lives. We cannot expect to be able to remain in error, either in thought, word or action, and still expect a continuous flow of our Father's Love into our souls.

There are of course many types of truths. But two types of truth are those that have a direct bearing on our personal soul progression.

The first type of truth is God's Truth, Divine Truth, and this type of truth could be said to be God's Personal Truth. This Truth could be thought of as the collection of Truths or feelings that make up the Spiritual Truths of God, and these form the longings of our Father's Soul. They are the highest and most important Truths to understand for the soul desirous of at-onement with the Father.

The second type of truth is soul truth, and this type of truth could be said to be our personal truth. This truth could be thought of as the collection of truths or feelings that make up the summary of the true spiritual condition of our own soul, and these form the longings of our own soul. These are the highest and most important personal truths that need to be understood for the soul longing for its Father's Love, but of course they are of a lesser nature than the Father's Truth.

As we come into at-onement with our God, our personal soul truth (which are our true soul feelings) becomes closer to God's Personal Truth (which are His True Feelings). To say that our personal truth becomes subordinate to God's Truth would be an incomplete conception of this process, since it implies that whenever we disagree with God, we choose God's path. A soul at-one with God never disagrees with God, not because of being forced into agreement, but because it now has the development to feel the truth, and its own truth has become of the same quality as God's Truth, although of a lesser quantity.

### *6. The Soul*

Please do not mistake any of these truths, either those of our Father, or those personal, for thoughts of truth. Thoughts of course are involved, but are only a sub-process of the soul, or one type of many types of manifestations of the soul. Truths of our soul are the true feelings of the soul, just as Truths of our Father's Soul are His True Feelings.

Since the soul is feelings, emotions, aspirations, inspirations and desires, then it logically follows that truths of the soul, either those of our own soul, or the Soul of our God, must relate entirely to the FEELINGS of the soul.

Our FEELINGS are our true nature, and our true self, and all other things that are of the soul, such as the spirit of the soul, its active force, its spirit body, its mind, its material body and so forth, are all manifestations of the soul in various forms. Manifestations, although of the soul or from the soul, are not the soul, and if the Padgett messages are read carefully this distinction can be seen quite readily.

So, although we may THINK that we have found truth, our soul may be untouched by this truth, since for the soul to be touched by truth, our feelings and emotions must be involved. We can even practice that which is truth, but if the practice of such truth comes from our mind, and not from the feelings of the soul, then the practice of such truth, although beneficial to our life, will not improve the progression of the soul except as far as we are avoiding practices which harm the soul.

It may be best to illustrate this. Lets say that we are given to the practice of promiscuity, and continuously have a series of meaningless sexual encounters with others in our lives. We may decide that this is harming us spiritually, and so we

then, by the decision of the mind, attempt to make a commitment to only involve ourselves sexually with another once a loving relationship is established.

We may be able to practice this new chosen lifestyle for a short time, but then find ourselves slipping back into the previous lifestyle, and become despondent because we are finding it very difficult to live up to our own expectation of ourselves. We also may be praying, asking for our Father's help, and "feel" very desirous of this new lifestyle, but still it does not seem to be easy, and we keep reverting to the previous behavior. Or, we may find we are able to continue good behavior, but only through a serious and constant effort of denial of our true feelings, and we may be having difficulty controlling our thoughts of our previous behavior, being still very much attracted internally to that lifestyle.

If any of these things are occurring, then we have ignored the element of the soul in the process. If the soul were involved, then we would be in the process of understanding within ourselves the REASONS why we perform certain actions are because of the FEELINGS that exist within that CAUSE us to follow a certain course of ACTION. Once the FEELINGS that CAUSE an action are removed from the soul, the result is that ACTIONS are automatic, and since the actions are now based on new feelings within the soul, we no longer have any thought or desire to perform the actions we previously did that were injurious to others or ourselves.

In the case of our example, our promiscuity is the result of feelings within the soul that are in error, and these feelings are often caused by parental examples we experienced as a child affecting belief of one self. Promiscuity can be caused by many different feelings within the soul, such as the feeling that we must give something (sex) to get love, the feeling we are undesirable and we are constantly striving to prove our desirability by how much others want us sexually, or the feeling that we would like to have a sexual release due to other stresses and loneliness that exist within our own life. I have mentioned but three of the many reasons why the soul would desire a course of action that results in more pain for itself in the area of promiscuity.

What I am illustrating though is that the seeming feeling (e.g. I want to have sex with many partners), which causes an action (I continuously have many sexual partners), which harms the soul (I feel sad, used, emotionally unavailable, I am hurting others feelings), can actually be caused by a true feeling of the soul that we are refusing to accept or feel about (I am not attractive or lovable).

Unless we focus on dealing with the true feeling of the soul, then the unwanted behavior will be impossible to remove from ourselves, since its cause remains. While its cause remains, our thoughts and actions will be very difficult to control, and we will probably continue to act in a manner that creates more sadness within our lives. In this manner, we may be looking at and trying to deal with pseudo-feelings (which are really thoughts masquerading as feelings), rather than the true feelings of the soul.

## *7. Observing Our Own Behavior*

Our mind will also be involved in the process of soul progression. This is because we must firstly be mentally aware of something that occurs before we can change the cause of its occurrence. So we must learn to observe our own behavior. Many people find it difficult to be faithful or honest in the observance of their own behavior.

For example, a person may say to him or herself that they are very happy with themselves, and believe that they have no emotional issues to deal with, but at the same time they may be smoking. In today's world, if we kill ourselves quickly (e.g. suicide) it is condemned, but if we kill ourselves slowly (e.g. smoking) it is acceptable. So, our mind has come to accept this behavior.

A person who examines their own smoking may not do so honestly or faithfully, and may be in denial as to the damage caused internally, and the fact that the practice, because the smoker is destroying their own body, a gift given by our God, actually removes them from the possibility of complete at-onement with the Father. It is obvious that such a person will not change their own behavior because they choose to accept a viewpoint that is in error, and for this reason also cannot come into harmony with the viewpoint of their own Creator. A smoker in this condition will continue smoking, and will also attempt to find "evidence" that supports their conduct, and a smoker in this condition will not be able to accept my following comments.

However, it may be less obvious what the cause of such behavior may be to a person who desires to give up the

practice of smoking, but seems to be unable to stop the practice. These ones often complain of the addiction they feel, and the negative results of smoking on their own life, and yet still do not change their practice of smoking. They say, “I should give this up,” or, “I do not know why I cannot give this up,” or other similar comments.

The mind, if it honestly examines our personal behavior, can see a number of truths. The fact is that although we believe in our own mind that the practice of smoking is harmful both to others in our near vicinity and ourselves, and we SAY we have a desire to give up the practice; the TRUTH is that we are finding it difficult to give up the practice, and therefore there must be factors we are personally ignoring in our quest to reform ourselves. The mind must now be open to the examination of the true reasons why the practice cannot be stopped.

Many persons will tell this smoker that it is only a matter of will power or mind power, and if the person exercises such will power, they will be able to stop. Although there is a truth in this statement, it is not the full truth. Mind power or will power can be used to stop actions not beneficial to the soul, but it is not the most effective means of preventing such actions. The most effective means is to examine the soul conditions that allow the negative actions to continue. Once the soul conditions allowing negative behavior are removed from the soul, the actions of the person will automatically change.

The real cause of a smoker continuing to smoke cigarettes is not physical, but rather emotional. The physical addiction assists the smoker to stay in a condition of denial of his or her own true emotions, but it is not the true cause of the person having the condition of the soul that allows the practice to begin or continue. As I have said, the true cause of the behavior is emotional.

Would a person who truly loves him or herself, which would include loving their own body, consent to the gradual destruction of their own body by any means? They most assuredly would not. They also certainly would not work hard to obtain the money to purchase the means of their own suicide. This is the same as paying another to profit from your own death. So a smoker, like a person who is suicidal, must have deeper emotional causes betraying a lack of love for oneself that is the ultimate cause for the continuance of their own behavior.

In this example we can see that the smoker does not continue to smoke because of a lack of will power, but rather the cause is more deeply emotional and motivated by injuries at the soul level regarding self-perception. We can also see that if we can honestly examine our own behavior, and take personal responsibility for that behavior, we will eventually come to see that the actions we take that are damaging to our soul progression are a statement as to the real truth of our soul condition.

If a certain action that we SAY we wish to stop continues (e.g. smoking), and we have a true desire to discontinue the action (e.g. we are distraught and very sorry when we continue the action), then we must assume that the cause of that action has not yet been found (e.g. lack of love of self), and we have not felt and removed the emotions causing the behavior.

In this regard, the role of the mind is to assist the process of finding the true feelings of the soul that cause actions we no longer wish to participate in. While doing this it must ALLOW these feelings to exist. In the case of our examples, both of smoking and promiscuity, we may not have found the true cause of these actions because we do not ALLOW ourselves to feel the sadness that comes from the belief that we are unattractive and unlovable. Often, the feelings that cause the true actions are very confronting and overwhelming, and our mind refuses to allow them to be felt, because in such times we feel weak and powerless.

But, it is better if the mind can allow all feelings, and be aware that feeling and releasing the most painful of emotions of the soul will have the greatest benefit to our personal happiness. Sometimes when we are at our weakest, then we are most powerful, because the power of our Father can operate through us.

## **[8. A Short Summary](#)**

So, up to this point we have learned:

1. If we are praying for God’s Love, but do not feel it coming to us, then there must be injuries within our own soul we are choosing to hold onto rather than release, since God’s Love cannot come to a soul that uses its self will to prevent

the incoming of that Love.

2. To understand God's Personal Love, we need to take in knowledge of that Love, and the methods for its attainment.
3. Truth, both personal and Divine, must be sought as a soul attempts progression in at-onement with its God.
4. The soul is the feelings, emotions, desires, inspirations and aspirations, and is very different to the mind.
5. The mind is useful in the process of coming into soul because it is needed to examine our own behavior in a truthful and honest manner.

This is the end of Part 1.

I hope that this message finds all of you well spiritually and emotionally, and that you are growing in your appreciation of your God and His Love, and are feeling this within you. Shortly my transition will be complete, and I expect that the transition of others of the 14 will occur beginning a few months afterward, and their transition will be complete before March 2006. Of course, my current expectations are often not fulfilled.

I have now almost completed the personal spiritual path I have had to follow, and, although I would like to describe this to many of you, I feel it is best that these things are written about at a later time, since the path the 14 of us need to follow is different to the path that is normally followed in many respects. At a later time this will be documented, and you will be able to read about these matters then.

After my own transition a lot of preparation work will begin, since there are many things to put into place ready for the work ahead. To say I am looking forward to this is an understatement, as you can perhaps imagine. The joy I and many others will feel seeing the fruitage of what has been prepared will be overwhelming.

I enjoy talking with each of you, and you have become closer to me each day. There are many who have sent emails and I have not been able to reply yet to many of them, since I must continue the path before me. But please be aware that you are, each of you, even those I have not responded to individually, in my prayers, and I expect that we will be spending time together. I also expect that each of you will become a part of what is ahead, since your soul development is of such a nature that your Father wants you to become co-creators with Him in the Great Change.

So, please continue your own development, and please do not feel offended if I have not been able to reply. I hope that these messages are assisting you in your own progress. It is my intention soon to write messages specifically for the 14 as well, since the path they need to follow is a little different.

I love each of you, and I know that you are all progressing, because I see it daily in your actions and words.

Your friend

AJ

## *Emotional Clearing: Part 2*

### *9. Introduction*

Hello, everyone.

Well, this is the second half to the Emotional Clearing message.

### *10. Soul Feelings*

Sins are feelings that miss the mark of God's Love, and these feelings cause thoughts, beliefs and actions that are in error. These thoughts, beliefs and actions become a part of the history of the soul in disharmony with the purpose of its Creation.

It can also be seen that pseudo-feelings, or feelings imposed by the thoughts, beliefs and actions of others creating feelings of disharmony within our soul, also form a crust on the soul, and can cause further thoughts beliefs and actions, which are also damaging to the soul's ability to progress spiritually.

If the soul has not developed to a point in soul progression where it can understand its true existence, then many thoughts are from the mind of the spirit body only, and are a result of these pseudo-feelings.

Our soul has personality and individuality, and could be likened to a container full of feelings, emotions, desires, inspirations and aspirations, and these feelings, emotions, desires, inspirations and aspirations cause thoughts as a sub-process of the soul if the soul has developed to a point in soul progression where it can understand its true existence.

Since the soul's condition is demonstrated by the true feelings, emotions, desires, inspirations and aspirations of our being, it thus follows that emotions are going to be felt by the soul desirous of feeling God's Love.

The entity, or container of the soul, contains feelings, emotions, desires, inspirations and aspirations that are all mixed together, much like a glass of water full of different water soluble substances. All of these feelings, emotions, desires, inspirations and aspirations are combined, both those that are classified "good" or pleasurable, and those classified as "bad" or painful.

But often, there is an expectation of the soul progressing in God's Love to only feel feelings it classifies as "good" or pleasurable, and there is a temptation to ignore all feelings classified as "bad" or painful. So, the mind, in the attempt to feel only the pleasure, will deny the painful feelings, and in the process, deny all feelings, since it is often not possible to separate the pleasurable from the painful. In this way, what we deny, we become. It must be said that it is often these painful feelings that prevent our growth in soul progression, since, due to the Laws of Rapport, the Holy Spirit, the active force our Father uses to establish a conduit to the soul to pour the feelings of His Love into our soul, cannot establish a clear connection with a soul full of painful feelings.

Also, the same mind often firstly will analyze a feeling, and attempt to deny it if it is painful, and only accept it if it is pleasurable. This process, although seeming to the mind as its best course of action, is very damaging to the soul, because our Father created the feelings, emotions, desires, inspirations and aspirations of the soul to flow freely, without the encumbrance of a mind expecting pain. A mind expecting pain is in a position of fear, and, since "perfect Love throws fear aside," while a position of fear is maintained by the mind, the soul is unable to feel the depths of love it is capable of.

So, in order to assist us to progress spiritually, we need to consider seriously the condition of a soul in error, and then explain the process of the soul's awakening, and contrast the original condition of the soul in error with a soul that is receiving the Love of its Father.

### *11. Condition of the Soul before Freedom*

What is the condition of a person who has not yet had a complete awakening of the soul? Of course, this condition will vary according to the experiences the soul has encountered in its time since its individualization. But generally, in modern life, the soul that has not yet awakened as to its true condition will exhibit some traits that are consistent in various degrees, which include:

1. Living in the mind.
2. Feelings in error causing thoughts, beliefs, and actions that are often not in harmony with its own concepts of goodness, or that cause its own unhappiness.
3. A lack of awareness of its spiritual condition, including a belief in its invisibility to the awareness of others, and a belief of its separateness to others, and various errors regarding its conception of God.
4. A lack of awareness of its moral condition, including its connectedness to its own sexuality, and general disharmony within its spiritual body (aura).
5. A lack of awareness of its physical condition, including awareness of the cause and effect of its spiritual and moral condition upon its physical body.

## ***12. Living in the Mind***

A person living in the mind is almost totally unaware of his or her own soul condition, and will believe herself or himself to be a “normal” logical thinking person. This is primarily because the person has chosen to live away from their own feelings, because many of these feelings are “painful”, and, rather than allowing themselves to feel and process their own pain, they will continue to live in a state of denial, which they call being “normal”.

Usually, only a feeling person can see the true state of a person who is living only in the mind. The reason for this is that when a person living only in the mind is presented or confronted with feelings, they attempt to process these feelings in the mind, whereas a feeling person will process the feelings in the soul, and will not generally use thoughts or logic to explain away or deny the feelings.

There are many examples where this occurs in life. A woman may be looking for employment. A person who lives in the mind will encourage the woman to be sensible, logical, find a job now, it does not matter which job, just make sure you get one. They will remind the woman to be practical, and will often list all of the reasons why looking for a job that may be fulfilling is not the answer, including such thoughts as; “No-one really enjoys their work”, “It is unrealistic to think that you will be happy working”, and other similar thoughts. A person in the mind is saying these things as a reflection of their own fear and personal life choices, because to a person living in the mind, it is not possible, and in fact is inadvisable to follow feelings. A person living in the mind does not believe that God fulfills desires, and they also believe that sacrifice and toil are the only answers, and life was meant to be a struggle.

A feeling person will encourage the job seeker to first consider her true feelings, what employment will result in personal happiness and satisfaction, and will encourage her to “follow her heart” when looking for employment. They will believe that anything is possible, and that there is employment available for the person because God is always willing to fulfill our every desire, and is a God of abundance. This person will also encourage her to throw away false pseudo-feelings such as, “What will everyone else think?” “I am not good enough”, “I am not educated enough”, “I will never earn enough money doing what I feel is right,” and so forth. These are pseudo-feelings created by the person’s environment, and are not the true feelings of the soul.

Persons living in the mind praise logic, and dismiss or minimize feelings, while a person living in the soul understands that when we are connected with our true feelings, everything becomes completely logical and understandable. A person living in the mind separates feelings and emotions from thoughts and logic, and remains in a perpetual state of confusion that is denied, while a person living in soul knows that feelings and emotions when recognized and honored are the purest thoughts and the most logical logic, and such a person remains in a state of clarity.

A person living in the mind will justify their own behavior even when it is plain that the results of that behavior are not loving and cannot bring the person closer to their Father. For example, a husband and wife may be together, but not

love each other, and so stay together “for the sake of the children”. The result of this action may be that they argue constantly, have little or no loving sex life, cannot communicate, and work independently of each other. They are staying together, not for the sake of the children, but for the sake of their own fear. The result is that their own children are now being taught to stay in unsatisfactory relationships, and that happiness must be sacrificed for fear. So this situation is not only damaging to the soul of the parents, but also to the souls of each of their children.

Another example is that a man may say he is attracted sexually to one woman, and emotionally attracted to his wife. He may tell himself that he just needs to control himself and he will be able to be faithful to his wife. But he is not being honest with himself, and not true to his feelings. If he were true to his feelings, he could see that there are obviously needs within himself that are not being met by his relationship with his wife, and he would attempt to discuss these things with this wife. In addition, he would possibly need to spend some time completely alone, and determine the soul-based truth within that will give reasons why he has these feelings for this other woman. It could be that his “needs” may be pseudo-feelings caused by his upbringing, or they may be real feelings of dissatisfaction with his current relationship.

Love and fear are mutually exclusive. Persons acting in fear generally live in the mind, while those acting in love live at the soul level.

### **13. Feelings of Error**

A person without an awakened soul feels feelings in error causing thoughts, beliefs, and actions that are often not in harmony with its own concepts of goodness, or that cause its own unhappiness.

There are quite a number of qualities that are in harmony with the highest feelings of the soul. These include love, truth (openness and visibility), integrity, joy and happiness, kindness, compassion, goodness, peacefulness, mildness, and fearlessness.

Any thought, decision, word or action that causes the soul to feel feelings that are not consistent with the highest feelings of the soul is in disharmony, and will cause disharmony to exist between the soul (felt by feelings and emotions), the spirit body (seen in the aura), and the physical body (shown by disease and sickness in that body).

If this disharmony exists, then its most obvious cause is that actions, thoughts, words or decisions have been made using either the mind or the body, and that these actions, thoughts, words or decisions are not in harmony with the soul’s true desires. They have been motivated from fear usually caused by pseudo-feelings gathered from the environment.

Anger, for example, is often a result of a soul feeling it is forced into performing an action that it does not want to perform, and so it feels like its free will has been taken from it. This feeling may be true (for example when a person is held against their will due to an injustice), or a pseudo-feeling (for example when an adult person feels they must do what their parent wants even when they do not want to). Of course, as a soul develops, it is possible to be unjustly held against your will and be happy.

So, feelings of fear, anger, resentment, hatred, unhappiness, dissatisfaction, depression (which is rather the suppression of feelings), since they are not the highest feelings of the soul, are not a part of the soul’s true nature, and can be removed from the soul after they have been felt.

The awakened soul releases all feelings in error without hurting itself or other persons, and allows the generation of feelings in accord with the highest feelings of the natural condition of the soul. The awakened soul acts upon its feelings the instant the feelings are felt, and all thought processes are a result of conscious feelings. The person without an awakened soul or a soul partially awakened feels feelings in error, and acts upon these feelings erroneously, and these actions cause further damage to the already damaged soul and to others within its environment.

### **14. Spiritual, Moral and Physical Condition**

The soul that has not yet had an awakening has a lack of awareness of its spiritual condition, including a belief in its

invisibility to the awareness of others, and a belief of its separateness to others, and various errors regarding its conception of God.

A soul in this condition believes that truth is not desirable or possible, and that others around them are unable to perceive their true spiritual condition, that their personal spiritual condition is hidden. In addition, they believe that they are separate to all others, and act as though anything they do does not affect others, and is not anyone else's business.

Persons in this condition will lie to themselves, and also lie to others. They will feel that lies are a fact of life, and that deceit and dishonesty are to be praised, even developed as methods of avoiding personal pain.

A person in this condition is often truthfully very selfish (rather than just being considered to be selfish by others by refusing to do what others want). A truly selfish person does not consider any needs of others, because they believe in the "survival of the fittest." In reality, the concept of "survival of the fittest" is totally against the soul's true nature, and only reflects the animal nature of the human, and has been developed as a justification for abusive, controlling and manipulative behavior.

The soul unaware of its spiritual condition cannot correctly conceive of God, and either believes that God does not exist, is not listening, does not care, or is a God of wrath (along sometimes with the thought that they are personally God's tool of wrath). They believe they have a right to punish or treat badly those who disagree with their spiritual concepts.

The soul that has not yet had an awakening has a lack of awareness of its moral condition, including its connectedness to its own sexuality, and general disharmony within its spiritual body (aura). It believes it can "do anything as long as I am not hurting someone else", but fails to perceive that there are actions that hurt oneself, and in particular, ones continuing reception of God's Divine Love.

Once a person has God's Love come to them and experiences the happiness that results from at-onement with God, when that person performs actions that result in the prevention of this Love flowing, there is so much pain and suffering associated with the action that there is little desire to repeat it.

In issues of morality, the awakened soul has clear guidelines that are in harmony with at-onement with the Father, and understands that every action taken that results in the prevention of rapport with the Holy Spirit only results in hurt to ones own soul, since once rapport with the Holy Spirit is broken, God's Love cannot flow between the soul of God and the soul of man.

As an example, we could liken the Love of God to electricity. For electricity to flow, it must have a conductor, a connection between the source of the electricity, and the destination. Our Father is the power station of Love, and the electrical grid from that power station could be likened to His Holy Spirit. Using this same analogy, if we wish to experience God's Love, then we need to plug ourselves into the Holy Spirit Grid.

Our Crown Chakra is the connector God has provided each of His Children with, and from this connector, which is our connector to the Divine Essence, God's Love can flow throughout our entire being. We come to understand that God's Love is always ready to flow into our soul, since the Holy Spirit, the connection grid from the Father is always in place. Since our Father is not injured in Love, and His Holy Spirit is perfect in its operation, only our personal free will can prevent the final closing of the circuit of conductivity.

Our connection to our Father via the Conductor, the Comforter, God's Holy Spirit, is totally dependent on ourselves personally. The Holy Spirit is always ready to provide the connection, but if our soul is not in personal condition, or we refuse the connection, then God's Love cannot flow into our soul. The awakened soul understands that thoughts and actions taken, those spiritual, moral, and physical, will affect our personal connection with the Holy Spirit, and because each of these actions can break the connection, it thus follows that these actions can prevent the flow of Love from our Father into our soul.

In previous messages I have listed some physical actions that prevent the connection. Rather than provide an exhaustive list, we can best summarize these actions by saying that any thought or action that results in physical, moral

or spiritual harm to ourselves, another person, or abuse of God's provisions will break the connection, since these actions are in disharmony with God's Love.

The soul that has not yet had an awakening has a lack of awareness of its physical condition, including awareness of the cause and effect of its spiritual and moral condition upon its physical body. It does not understand that physical ailments are often caused by errors of thought, words or actions in regard to spiritual and moral concepts. In many cases, if sickness and disease are felt, then disharmony exists between the soul, the spirit body and the material body, and a person can seriously examine their thoughts, words and actions to find the cause of the disharmony.

However, it is also possible that sickness and disease can be caused by the coming into harmony of the soul, spirit body and material body, since as these each come into their natural harmony, error and sin are released in many different forms, and one of those forms is by sickness occurring in the physical body.

### **15. The Awakening**

Of course, most people are unaware of the fact that the true feelings guiding their own conduct are of the soul. In fact, most are even totally unaware they are a soul in the first place. For this reason, men and women have generally invented the concept of the two minds, that is, the concept that a person has a conscious and an unconscious mind.

As has been pointed out in the Padgett messages, this concept is erroneous, and often results in the inability of a person to take responsibility for their own conduct, since there is a tendency to place "blame" on the "unconscious mind" for behavior that we personally find unacceptable within ourselves.

Often people say, "I do not know what I was thinking," when they look at their own actions with the benefit of hindsight. This thought is generally the result of behavior that was chosen that proved to be the source of painful feelings. The truth is that in most instances we did not know what we were thinking because the choices we made we actually based on feelings rather than thought, and, since many of the feelings we have are only those our mind will allow us to feel at the time, many of the actions we take are based on feelings within us that we have personally denied.

Taking the theme of promiscuity as an example again, the person who has a string of sexual encounters without love being present has usually taken the decision to engage in sexual activity based on only one of the feelings of the soul, the sexual feeling. But, it is God's intention that we take into account all of our feelings of the soul before we engage in sexual activity, and these feelings include; our sense of self, our physical, emotional and spiritual health, our sense of belonging, our power, our creativity, our intuition, our spiritual sight, and our connection to our God. Those who have studied metaphysics will see that these feelings correspond to the primary chakras, or energy points within the spiritual body.

Now if the mind denies almost all parts of feelings, except for those physical and sexual, then the actions of the person will be dominated by those feelings the mind allows, but the unsatisfied longings of the person will be those the mind denies, and since they remain unsatisfied, these will become the primary driving force of our nature. Often, a person then further pursues the feelings allowed in the same manner, in an effort to satisfy the feelings that have not been allowed, and then wonders why the result is further dissatisfaction and unhappiness. But, more often than not, the secret to happiness is contained within the feelings the mind denies and has not allowed.

In addition, many of you may have read that emotion is Energy in Motion, E-Motion. When energy is allowed to flow from the soul to the spirit and material bodies, a state of harmony exists between the soul and the spirit and material bodies. When energy is not allowed to flow (i.e. controlled by the mind, the mind disallows emotion), then disharmony results between the soul, and the spirit and material bodies. This disharmony is the primary cause of unhappiness within humankind, and causes emotional sadness and life threatening sickness and diseases.

Those living in their mind argue that the reason why most problems exist on the Earth is because of people allowing their emotions, and this is the cause of them allowing themselves to be so angry with one another that they kill another person who they feel has caused them pain. But a person who lived with all feelings in harmony would not kill another, since they could not act in a way that is out of harmony with other feelings, just to satisfy the feelings of anger. Also, such a person would be conscious that anger is often just a cover for sadness, and the sadness of loss will never be removed by causing loss to another in an act of revenge.

Most people on Earth have an inability to feel and process most emotion without damaging themselves or others. This inability is not the natural state of the soul, but rather the state created by men and women themselves, and the environment they live in. Once each person takes personal responsibility for the true condition of their own soul, they also take responsibility for their own feelings, actions, words and thoughts. This of course will result in processing emotion without damaging others or themselves.

So, when the soul is awakened, what will occur?

### *16. The Reactive Controller*

Firstly, as previously discussed, the role of the mind changes when we have an awakening. Instead of the mind being the REACTIVE CONTROLLER of the feelings, the mind now accepts the role of being the PROACTIVE ALLOWER of all feelings.

Before an awakening, the mind was the REACTIVE CONTROLLER of feelings, in the sense that it ALLOWED feelings that it decided would potentially be pleasurable, and it REFUSED or DENIED feelings that it decided would be potentially painful. Of course, FEAR became the main guiding force of the mind's actions. Bearing in mind that FEAR is False Expectation Appearing Real, the mind, often expecting without true basis a certain outcome, disallows the feelings to be felt and acted upon that appear to it to be possibly painful, and allows the feelings to be felt and acted upon that appear to it to be possibly pleasurable. So the mind, REACTING using FEAR as its primary basis of operation, determines conduct that is allowed.

For this reason, the person using this method of living often makes many “mistakes” in their own lives, and also finds it very difficult eventually to determine what are their own true feelings of the soul, and what are “feelings” that are really pseudo-feelings, or thoughts constructed by the mind in denial. The mind in this condition often wants the feelings to be different to the true feelings, and so it constructs pseudo-feelings, and other “logic” to overcome the feelings of the soul. Of course, it can never be truly successful in this endeavor, and often the person living in this manner will come to a point in their life where they have a “mental breakdown”, or a “mid-life crisis” or some other misnamed process, which is a result of the soul being unable to bear the continuing emotional disconnection.

In the end, the true feelings of the soul will come, no matter how hard we within our mind construct a framework of denial. Often, since we along with our environment have constructed a framework in error, there is much pain and suffering felt by the soul as the framework is removed, and the natural state of the soul is allowed to exist. In addition, our life is often based on this false framework, and during the removal of the framework, it appears to others and ourselves that we are becoming a different person. In reality, we constructed a different person to whom we really are, and now we are becoming the person we really are within our soul.

This process of course involves our accepting personal truth. Once personal truth is accepted, we also now live more truthfully, and we begin to live within our own feelings, and our actions become the results of our true feelings, and our actions are not based on the pseudo-feelings we previously developed. This process may result in hurt to others, since they have reacted to us believing us to be the person we have falsely portrayed to them. This is a part of the penalty of sin, since if we portray ourselves falsely, at some time in the future, those who have become a part of our lives will come to know and understand our true nature, and they will feel we have lied to them, which of course we have, just as we have also lied to ourselves.

So, before the awakening, the mind was used to filter out all feelings that are deemed by the mind to be potentially painful to feel. In this way it was the REACTIVE CONTROLLER of our feelings and emotions.

### *17. The Proactive Allowor*

Once we awaken as to our own true condition, the role of the mind changes to become the PROACTIVE ALLOWER of our feelings and emotions.

The mind now ALLOWS all feelings to be present. Of course, we understand within our mind that we do not need to ACT upon all feelings, but rather we need to ALLOW them to be present. Once we begin this process, we may find for

example that we want to perform actions that may be harmful or damaging to our self or others. For example, we may have strong suicidal thoughts if we have been covering over feelings of self-loathing. So our mind would allow the feelings that make us feel like killing ourselves to be present, but not allow us to act upon that feeling. Instead, the mind would assist us to feel the feelings, and the reasons the feelings exist (which are usually another set of deeper feelings), and also become active in teaching us that we are loved and cared for, particularly by our God. Thus we are able to recover from these damaging emotions.

Many persons feel that they do not need to act in harmony with their feelings at all. They define “actions harmful or damaging to our self or others” from a fleshly human standpoint, rather than from God’s standpoint. For example, they would say that telling your wife you cheated on her 3 years ago is unnecessary, since “this will just hurt her.” This however is a misconception, since the action of cheating hurt her, not the telling of the truth. From the time such a person performed the action, until the time the truth is known, continuing a relationship where one person is living the lie, and the other is oblivious to the true nature of the relationship, is damaging to our self and the other person. Such a person has taken away the free will of the wife to make a decision on the matter, and any action taken that results in harming another’s free will result in disharmony. A person telling themselves these things is just trying to avoid the penalty of sin, and as we have discussed, this thought is the mind attempting to avoid the pain of the soul.

Once we allow feelings to be present, we can determine those feelings that are not in accord with what we wish to be as a person, those that are not of our true nature, the pseudo-feelings created by our experience and reaction to the environment. These feelings we allow ourselves to find the underlying causes for, and we allow all feelings in the process of the discovery of the true cause.

But, not only is the mind the ALLOWER of feelings, but it also will become PROACTIVE in the journey of allowing feelings and emotions. The way it does this is that it now allows the soul to ACTIVELY SEEK emotions and feelings from within.

We can have the attitude in our mind that we will allow the feelings when they come, but we may avoid situations and circumstances that could potentially cause the feelings to come. For example, we may have a lot of deep anger and resentment regarding the way our parents treated or treat us, so, rather than processing those emotions, we may choose to avoid all situations and circumstances that cause these feelings to surface, and even go to the extent of avoiding circumstances that remind us of our parents. The result is that we never feel these deep feelings, and these feelings will continue to guide and affect our life, because we become what we deny.

In this way, a person may convince him or herself that he or she is on the right track, but in reality, the person may just be avoiding all circumstances and situations that could confront the denial and expose the reality. But, as previously mentioned, the person’s actions are a result of the true feelings the person has. If we avoid situations and circumstances that may cause the feelings to come, then we are still controlling rather than allowing feelings. If we actively seek situations and circumstances that may cause the feelings to come, then our mind has become the PROACTIVE ALLOWER of the feelings within.

## ***18. Observation of Self***

As can be seen from this discussion, honest observation of self is very important. If we choose to believe within our mind that we are allowing all feelings, but our actions are still controlled by a mind in FEAR of pain, then this situation will become obvious to an honest observer of self, and the honest observer will attempt to make changes.

There are times when we cannot see by observation what may be causing our actions to continue. But, as I have said from the start of this discussion, God will, if we ask Him, always attempt to make it plain to us what we need to do if we wish to progress spiritually. Our spiritual progress, our relationship with Him, is the feeling of the highest importance to Him, and if we are open to removing any denial within us, we will always find the answer if we sincerely seek.

Obviously observation of self is the least painful method of examining our personal behavior. If we do not observe our self, then the next method our Father uses to assist in our journey is to present us with synchronistic events which have the potential of causing us to recognize the changes we need to make within. If we refuse to utilize the first two methods of observation, and we continue praying for His assistance, then generally our thoughts and actions will cause

reactions within our environment that may have the effect of forcing change upon us. At each step, our personal free will guides our acceptance of our Father attempting to lead us. Our Father will use all methods at His disposal to guide us; our power of thought, synchronistic events, our personal environment, the community environment, our spiritual environment and our personal spirit guide.

Our Father is best qualified to guide us, and if we personally become sensitive to His guidance, then we will feel when our connection with our Father has been affected, and we will learn to observe our personal behavior honestly to determine the cause of the loss. Once we are at-one with our Father in a more complete sense, and we have a consciousness of the at-onement and of our own immortality, then we can never do anything that would affect our connection to our God. At this time we become also so in-tune with ourselves that it is “second nature” to examine and understand our personal behavior. Until that time, learning to personally observe our own thoughts and behavior is essential to soul progression.

### *19. Courage*

Once we come to love and trust our Father in the process of our personal soul development, we come to understand that fear is totally unnecessary. Although we may at times still feel fearful, because of the pain we may feel is ahead, our trust in Him will remind us that all we are doing is working our way towards our true nature within, which will result in our own complete happiness and joy.

So, true courage comes to us, because we now know that we are the Creation of our Father, with the potentiality of immortality, as long as we become feeling creatures of the soul, and that soul begins to develop a longing for its parent.

Once courage appears, then we understand that we can feel any feeling at all, there is none too hard or difficult, because with our Father’s Love and help, we can overcome anything, and there is no need for fear and denial.

### *20. Truth*

The soul experiencing the awakening now has a strong desire for truth, both that of the personal nature, and the truth of the universe in general. In particular though, it begins to form a longing or desire for a truthful relationship with its God, and so, it seeks the truth about His Being, and it revels in the wonders of our Creator.

The awakened soul thus now has the ability to determine truth by feeling about it. In doing this, the feelings will not be in opposition to feelings it has already established as truth, but rather, will be supported by presently established feelings of truth. For example, the highest feeling is that God is our Mother and Father of Unlimited Love. Any new truth that presents itself to us which is in discord with that feeling cannot be truth.

As our soul progression continues, truth, love and joy become interchangeable, and our feelings about each will often be related to the other. For example, when we understand the truth about the nature of our own soul, that it has a dual nature, and our perfect partner, our soulmate exists, and we will find them, this truth causes our personal love and joy to expand.

If something presented as truth causes our personal love and joy to reduce, then there can only be two reasons for this.

Firstly, we may have damage within our soul that is caused by beliefs of error, and the error must first be removed before we can experience the joy of the truth. For example, if the thought that we have a soulmate makes us angry, resentful, sad, or some other such feeling, then it is possible that our sadness is caused by a position of error that exists within our soul that must first be removed. Once removed, we will find that joy comes to the soul understanding this truth. If we are presented with information that seems in accord with the highest truths we have come to know, but it creates discord within our own being, then we must be open enough to examine ourselves to see whether the problem is within our being.

Secondly, if something presented as truth causes our personal love and joy to reduce, we may find that although it has been presented as truth, the new thought is actually in discord with the highest truths we have come to know. Or, we may need to trust our own judgment on the matter for the present, trusting that our Father will ensure that we come to

determine whether the new thought is truth if we continuously seek for truth.

## **21. Emotional Reconnection**

There are many emotions and feelings associated with the process of emotionally reconnecting with our soul, and these feelings affect the appearance not only the soul, but also the spirit and material bodies. When an individual begins the process of emotional reconnection, often fear is associated with the process, because change initially is not easily accepted by a soul in a condition of error. As time goes on, change becomes the constant, and change is sought for, particularly the change of becoming closer to our God, and being filled with more and more of His Love.

So it is often beneficial to discuss what may be felt by the soul that is beginning to feel, since this is the time of the most resistance to change, and also the time period causing the most despondency and frustration. There are a number of matters I would like to discuss about this process.

1. Expiation.
2. Evidence of Reconnection.
3. Time Required for Reconnection.

### **21.1. Expiation**

The Padgett messages mention the process of expiation, the “breaking up of the shriveled soul”.

In the first century, although I could understand the process of expiation and could assist others going through it, I had not personally experienced this process. As explained in the Padgett messages, the operations of God’s Holy Spirit upon me caused me to be free from sin at the time of my birth. As I matured and progressed, I began to seek my Father’s Love, as I had become aware that this opportunity to seek at-onement with God was available to all humankind, since God, through myself, has announced the re-bestowal of the opportunity.

Although I do not have a clear memory of the events, I do now have a consciousness of the assistance that I provided to other spirits while in the spirit world who are going through this experience of expiation, and from that experience I could see the workings of the feelings and emotions of the soul, and the thought processes of the mind coming to terms with its new awareness.

But, by far the biggest teacher is personal experience, and in this life I have now personally experienced the process of expiation, albeit in a different form than what most would experience.

During this life, there became a point in my young childhood when my mind could not consciously accept the things I could see, feel and hear, since these things were of such a nature that a child could not understand them. Also, there were overpowering emotions felt from the trauma of separation from my Father, separation from my soulmate, and other emotions related to memories of my previous Earth existence, feelings that were too mature for the child to be able to handle or understand and remain balanced. Although I could write much more on this subject, I mention these things now only for the point of the discussion of expiation.

To cope with these emotions and still function in the world, I learned to deny and disconnect from my soul, my feelings and emotions, and this process is not dissimilar to a person who is taught by their parents to become a person of logic and reason only. So, the way in which I have operated in my life until my personal true awakening, which occurred in May 2004, is very similar to how a soul who has experienced incarnation only would have lived their personal life.

For this reason, I too, as well as each of the 14 who have reincarnated, have or will need to go through the process of expiation. Since I now have a personal experience with the process on Earth, I feel much better qualified to assist others with the process.

## *21.2. Feelings During Expiation*

I feel I must say at this point that there is a very large danger in attempting to discuss the feelings and emotions of a soul by using thoughts and words.

I am becoming aware that I can now impress my feelings upon others, and in this way, I can transmit the true feelings I am feeling to another person. So, when I am talking with someone in the physical realm, if they are of the proper development, I can impress my feelings upon them, and they can then feel what I am feeling, and so in this way, they can understand to an extent the truth of my own feelings. Of course, I cannot do this with all my feelings, since with some of my feelings there is no one else of the development on Earth that could feel the same feelings. I say this to help you as the reader understand that feelings can be transmitted, just the same as thoughts, and the power of the transmission is much greater, since the recipient can feel the feeling, and with it being felt, obtain a true understanding of the communication.

This is, in fact, the method our Father uses to communicate with us, and also the method that Celestial spirits use to a great degree to communicate with each other. Using this method, the true conception of the communication of the soul can be felt by the person receiving the communication.

So, as I say, I feel very hampered by attempting to put feelings into words that can be universally understood, since I am aware that the reception of what I am saying will be greatly affected by the general condition of the hearer.

As I have said, the Padgett messages mention the process of expiation, the “breaking up of the shriveled soul”.

A soul in the unenlightened state is often thought of as dead, but I would prefer the term of being numb. The “dead soul”, or the soul numbed, in truth, is a soul that, although living in the sense of being alive, is dead or insensitive to the potentiality of receiving God’s Love. This is a personal condition, and often a spirit arrives in the spirit world thinking they have lost their own soul, that their soul has died never to be recovered, but these are misconceptions, since from the time of my arrival on Earth in the first century until now each soul has the ability to obtain God’s Love.

The term the “Second Death” refers to the removal of the potentiality of obtaining God’s Love from men and spirits, and this is different to the current personal condition of each individual. Once the second death occurs, men and spirits who may or may not be aware they are souls will no longer have the potentiality of obtaining God’s Love until the time that God again opens the way for the bestowal of His Love again.

So, as I say, when I used the term “dead soul” in connection with this message, I am using it illustrating the souls concept of its own personal condition.

Before the process of expiation occurs, the soul may not even be aware of its own existence, or, if it is aware, may not understand its true condition. But, as time progresses, and it becomes aware of its own existence and condition, an awareness of its poor state dawns on the mind.

Assuming the mind wishes to assist the soul in reaching at-onement with God, the mind will then begin to allow the flow of emotion (energy in motion), and, as its confidence and faith in the process continues, the mind becomes the PROACTIVE ALLOWER of the feelings of the soul.

The soul generally is in a poor condition before this process begins, since it has an encrusted with sin and error from a variety of sources. These sources include the sin and error impressed upon the soul from its environment (spiritual, moral, and physical), and the sin and error personally obtained during its lifetime (spiritual, moral and physical). For this reason, as was mentioned by Nero in a message from the Padgett messages, the soul is often all “dried up and shriveled”.

The soul in this state could be likened to a muscle of the physical body that has been kept in one position for a long time without movement. As most would be aware, this muscle goes “dead”, not in the sense that it is no longer living, but in the sense that to the mind it feels like the muscle no longer exists, because the mind via the nervous system can no longer “feel” the muscle’s existence.

Then, as the nervous system begins its reconnection to the muscle, and as blood begins to circulate into the muscle, the muscle goes through a period of what feels like pain to the mind, and sometimes this pain is extreme, since the amount of pain depends on how “dead”, or how long the muscle has remained in its condition. Once the process of normal nervous and cardiovascular operation has been restored, then the mind is now completely conscious of the muscles “existence”, and the muscle now feels “alive” and useful, and without pain.

Well, the process of expiation is similar in nature in that the soul, in its initial state, may be in a situation of operation that the mind is completely unaware of its existence and its condition. Then, when the mind becomes aware, it takes some action to remedy the situation. But, in the process of remedying the situation, there will be pain felt by the individual, and this pain will continue until the normal natural functioning state is achieved by the soul in harmony with its mind.

Now, although one manifestation of the pain of a soul going through expiation may be physical (when on the Earth in a physical body), the manifestations of expiation are physical, mental, moral, and spiritual. In most instances, the expiation process is very emotional, and this makes sense because emotions are energy in motion, and the soul and the mind are now coming to allow and proactively desire emotion.

Often, there are what could be firstly classified as “light bulb moments”, where a clarity of thought now exists within the mind as to its true position. Then, following these “light bulb moments”, feelings are now able to flow, and the person becomes “overwhelmed” with emotion. Once these feelings are felt, clarity of the soul is achieved, where not only does a person “think” the belief, but they also now more importantly “feel” the belief, and this feeling is placed into the souls memory of truths.

Thus a foundation of truths is begun, stored within the soul, and as time progresses, and the soul is allowed to process more feelings, more and more truths come to the soul. Of course, since the soul is becoming aware of its true nature, initially the soul mostly feels “bad” or painful feelings, since there is a lifetime of feelings in error that have been imposed upon the soul and its thoughts and actions were based on this error.

So, often a person beginning this process feels much worse than before, since the errors within the soul that were previously denied by the mind were not felt, and the person’s emotions were previously in a condition of feeling dead or numb, as if those emotions never existed. Although previous to this process the person possibly felt that “something is wrong” internally, since they could not identify anything being wrong within the mind, all feelings on the matter were previously ignored, and it became to the mind as if those feelings did not exist.

So the person progresses from “not feeling at all” to “feeling bad” or being in pain. The soul beginning the process of awakening must come to accept and understand that this is progression, not regression, and that the nature of the pain is similar to the example given of the muscle which had been “dead”, but was now again becoming “alive”.

Here I should state that there is a difference between “depression” and “sadness”. Please be aware that my comments below are general only, since there are no “hard and fast rules” with any situation. Depression is the result of the mind suppressing all feelings. The person has become completely numb to their own life, and does not desire to live at all, since the person feels all feelings are going to be “bad” or painful, and they are unwilling to accept these painful feelings. In this regard the depressed person does not wish to take responsibility for any of their own feelings, and certainly does not want to feel those feelings. Although medication may help a person during a time of crisis, medication will not assist a depressed person grow spiritually, and there are many reasons, physical, mental, emotional and spiritual, why this is the case. If a soul experiences “depression”, then it needs to be understood that the mind of the person in this state is not taking personal responsibility for its own feelings.

Sadness, on the other hand, is a feeling of the soul, and when felt, the person will generally cry. This person is not numb to life, and has a desire to feel their feelings, and crying is one of the many ways in which feelings of sadness are felt.

Now, as with any condition of the mind or soul, feelings of depression can be changed, and growth is a gradual thing. Also, as is documented with many drugs, immediately removing a drug of any kind can also have a bad effect on the body, since the body generally has become dependent on the drug. This applies to coffee, cigarettes, alcohol, and medical and recreational drugs. So caution must be taken when making adjustments to remove such things from our

life. Some can be removed immediately without detrimental consequences, and others must be gradually removed. Also, we cannot expect to remove a drug from our lives without dealing with the underlying emotional reason why we have become dependent on the substance in the first place.

As I have previously stated in other messages, once the cause for a certain desire is eliminated, then often the substance that the mind thought it needed is no longer needed. For example, let's say a person is overweight. They have an insatiable desire for food, and they are unwilling to accept the damage they are doing to their own body. Any insatiable desire has as its cause underlying emotional reasons, and once those emotional causes are felt and removed from the soul, the persons indulging insatiably in practices that harm the body usually no longer desire to continue such actions.

So, as I have discussed, expiation often results in the person feeling "worse" than before, and these feelings may continue for a period of time. But, it must be stated that, the more we pray to our Father with sincere longings of the soul, and the more we seek His Truth, and attempt to live our lives the way He Created, the faster the process of expiation occurs.

### **21.3. Evidence of Reconnection**

The soul desirous of a reconnection with itself does well to consider evidence within its life that such a reconnection is occurring. The Law of Cause and Effect is very prominent in God's Universe, and no place more so than in providing evidence to an individual that he or she is on the path to enlightenment.

Instead of being self-conscious, or worrying about itself when around others, the reconnecting soul becomes conscious of self. It is allowed to hear what it hears, see what it sees, feel what it feels, believe what it believes, and love what it loves. It does not first ask itself, "Am I allowed to?" because it allows itself to be, to exist. It is conscious of thoughts and actions that damage itself, and it is also conscious that others are a part of itself, since everyone else is a true brother or sister.

The reconnecting soul becomes more aware of the effects of actions that cause disharmony within itself, such as lying, stealing, sexual promiscuity, smoking, taking drugs and many other similar actions, and it becomes more conscious that every time it engages in such actions, its connection with its Father is broken, and the flow of His Love is impeded.

The reconnecting soul knows and feels God's Love coming to it, and as it does, is conscious that its own happiness is increasing, and that it is being assisted by its Father to remove from itself those thoughts, desires and actions resulting in internal disharmony. It understands that the greatest of all feelings is God's Love, and loving becomes its only insatiable desire.

The reconnecting soul has a higher consciousness of relationships, and deals with issues and situations within its life rather than ignoring the situations causing it unhappiness. The reconnecting soul understands higher principles, and sees that as those principles are followed and developed, it becomes surrounded with God's Abundance in its personal life.

Those around the reconnecting soul will notice many changes occurring within the person, and these changes will be physical, moral, emotional and spiritual. The person will become more loving, more powerful, more just, more caring, more compassionate, more expressive, more attractive. Others may react to these changes, some positively if they desire your deeper happiness, some negatively if they desire you to stay where they are. But, all will notice change.

### **21.4. Time Taken for Reconnection**

Often, those going through the expiation process ask, "How much longer?" The answer to that question obviously will vary, since it depends on so many different conditions of the mind and the soul.

In a person who resists change and does not like change, expiation will take longer than one who enjoys change and growth. In an older person with a longer life experience living in an environment in disharmony with God expiation will take longer than a child without these encumbrances.

Our Father is the most important Being in our personal progression. His Love cures all, and is able to penetrate even the most hardened of souls full of sin and error. His Love is unlimited, and He is the source of all Truth and Light. He has done everything possible to assist us in our soul progression without breaking the Laws of Love. When He is the first we turn to, the first we ask, the first we seek, and the first we listen to, then our progression will occur as swiftly as it can.

Our personal humility is the most important quality we can possess that will assist our progression. With humility we listen to knowledge and truth, no matter what is its source. It could come from a child, or the person we consider our worst enemy, and we will listen, because truth is truth. Humility keeps our heart open, and we remain like a child, teachable, thirsting for truth. And, best of all, our Father's Holy Spirit connects best with those who possess humility.

## **22. Conclusion**

As you can imagine, there are many more things that can be said about emotional clearing, and the process of reconnection with the feelings and emotions of the soul. But it is something that can be talked about and yet not understood, since, to really understand, we must feel.

In a message like the one I have written, there are things that you mentally acknowledge, but have not yet felt. As time goes on, and as you progress, you will eventually feel these things, and even more besides, and when you re-read, you will say; "Ah, I now feel what that means."

Those who have spent a little time talking to me on different occasions have found that a person living in soul does not avoid discussion emotions and feelings, either those of his or her own, or of others. Feelings and emotions are the language of the soul, and the soul progressing toward its God loves emotion.

So, I pray that these words have assisted you in your personal progress. I love each of you, and particularly love the thirst for knowledge and truth you have, since I have the same desires.

Your friend

AJ