

***God's Laws:
Laws Governing Love Of Self***

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This ebook is a transcript of a seminar delivered on 1st August 2009 in Brisbane, Australia, by Jesus (also known as AJ Miller) as part of the God's Law series. In this talk he describes how God's Laws affect our love for our selves, what drives us to break these laws, and what happens when we live in harmony or disharmony with these laws.

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Laws Governing Our Love of Self: Part 1

1. Introduction

Today's talk is part of the God's Laws series of talks, and it is called Laws Governing Love of Self. Now last weekend I introduced the subject of God's Laws in the talk "God's Laws - An Introduction", and it was more like a scientific discussion of those laws rather than what we would classify as a religious discussion of those laws. For example I described how the Law of Gravity and the Law of Aerodynamics are physical laws, and then we went through some of the moral laws, and then we went through some of the spiritual laws and how they all come together to actually govern your soul.

Now remember in that introductory talk we covered how these laws operate governing what happens to your soul and then the following day we talked about "Laws Governing your Love of Others"; in other words how you love other people. So for those of you who were present, we learnt a lot of things about how love is actually expressed. And you'll notice in that discussion many of us probably felt quite surprised about some of the subjects we covered. I feel that most of you felt, "Wow, there's a lot in loving somebody and there are a lot of different parts to love; it's not just the feeling that we say we have but there are actually a lot of parts to this feeling of love." Love has a lot of attributes and qualities of which the majority of us are often not aware, and often not aware for many years after we pass into the spirit world either. So we covered those laws covering relationship to others.

Today's session is about covering the Laws of Love in terms of how it impacts upon our own treatment of ourself. Now one of the biggest problems we have in the universe today is that we don't really know how to love ourselves. As a result of that, what happens a lot of the time is that because we don't know how to love ourselves, we finish up getting into this situation where we treat ourselves quite badly in our interactions with other people but we don't even know it. And then because we treat ourselves quite badly in our interactions, there are laws that are broken at the soul level that then mean we experience pain. So the majority of us end up feeling like love equals pain.

Now you think about that in your own life, how many times have you thought yourself to be in love and yet has it has this terrible painful feeling that you felt maybe with a breakup of a relationship? Well love in its purest state does not feel that pain, so if I'm feeling some pain, then it means that I'm breaking some kind of Law of Love and there's an emotional reason inside of myself that causes me to feel the pain. Now when you get to a condition of at-onement with God, all pain about love disappears so it means that any relationship you have in the future, no matter who it's with, family, parents, children, husband or a wife or partner or a business relationship or a work relationship, all these different types of relationships you can experience, none of them will cause you pain. But the basis of that is about how you display love towards yourself as well as towards others.

Now the reason why we covered others first is that most of the time most of us have little problem recognising our treatment of others, and that we often have a lot of difficulty with our treatment of ourselves. Oftentimes what happens with our treatment of ourselves is that we are either treating ourselves in a place where we feel we're better or higher than or more important than others, which is actually an unloving way to treat yourself as well as others, or we believe ourselves to be lower and less than others and so we have a lot of really strong emotions about being less than and unworthy of others. Now either one of those states, feeling that we're more than others or feeling that we are less than others is going to be a space where we are not loving to our selves or others. And there is one particular principle that we need to remember and that's this principle.

1.1. Sacrificing ourselves is not loving to ourselves or others

Sacrificing myself to "love" another person (and I'll put love in quotation marks because it's not real love here) is not loving to myself and because it's not loving to myself it is also not loving to the other person. Now if you think about how much in your life you have sacrificed yourself in order to love another; most of us have done that at some time. Sacrificed our desire, sacrificed our passions, we've not done the work we've wanted, we've not done the schooling we've wanted, the education we've wanted, we've not done the art we wanted, or the music we wanted or all of those

things in order to please somebody else. Every time we did that we weren't loving to ourselves or to the other person. And that's a basic principle we need to remember in all of our dealings with our self.

As soon as you enter this process of sacrifice, you immediately create pain in your own life and in the lives of other people too, believe it or not. Because can you see as soon as you sacrifice yourself, the other person's not getting you; they are getting a fictitious you, they are getting a you that's been modified to suit them. Now some people will like that if they are not loving to themselves or to you but other people, if they really want a close and truthful relationship with you, will be deeply saddened by that. Now the kind of person you will want a relationship with in the end is the kind of person who wants to know the real you, but for many of us we don't even want to know the real self, we don't even want to know the real me because we have these feelings of deep shame or other feelings that we have from our childhood about the real self. And so what we finish up doing is we modify ourselves in our presentation to others.

So what we want to do today is have a look at these laws, the same kind of laws that we talked about in the session on "Laws Governing the Love of Others". These are the same laws; in fact you'll find if you look through the two seminar outlines that I have prepared they are the same headings pretty much but this time we are looking at it from the point of view of ourselves.

Now there's a lot of spirits with us here today as well and some of those spirits are in a state where they are actually feeling quite angry and upset with me, so you'll have to just bear with them for a bit as well. There are other spirits here who have a deep feeling that it's impossible to love themselves and that's why they are here too. Many of us have brought these spirits along with us and what I'd like to do is just acknowledge their presence and also ask that they can stop projecting neediness emotions at yourselves so that you can feel your own emotions about the discussion. So that's hopefully what they'll do.

2. The Law of Free Will

So let's get started. The first law is the Law of Free Will. So the Law of Free Will is that I'm allowed to do anything I want whether what I want to do is actually harmonious with love and actually building up other people or if it's disharmonious with love and even destroying other people, I'm allowed to do whatever I want. So this is a primary law that God gave us, the gift of free will that God gave to every single person in the entire universe, not just to people on this earth.

So how does that affect our Love of Self? Well if I'm in a state where I respect the Law of Free Will within myself, every single time another person tries to get me to do what they want to do and I don't want to do it, I would respect the fact that I don't want to do it. So mum comes home from a hard day's work and the family wants her to cook a meal. She doesn't want to cook a meal but she does it anyway because she feels like she has to and she's the only one who can cook well in the family; she's just broken the Law of Free Will towards herself, just by doing that one thing. Now people would justify that and say, "That's a loving thing to do", but remember we said right at the beginning if I am sacrificing myself in order to love another; I am not loving to myself or the other. So in this case if the woman comes home and she doesn't want to make dinner, there doesn't even have to be any reason for it; it might be that she is tired or it might be that she feels something else but she doesn't even have to have a single reason to do this, she can just say, "I don't want to make a meal tonight." And if everyone in the family projected anger at her for not making a meal for them that night, they are also out of harmony with the Law of Free Will.

You see when we're on the receiving end of other people's anger, what do we normally try to do? We try to appease them; we try to make them feel better. So anger is actually a way that people use to control us. If I'm angry at somebody, I am actually wanting to control that person; I want them to do whatever I expect. So let's say I decide I don't want to cook a meal tonight. Of course, according to God's other Laws that would also mean that I probably don't want to eat the meal tonight and if I expected somebody else to cook for me that would also be unloving, wouldn't it? So if I were the woman coming home from work saying, "I don't want to cook a meal tonight", and I don't cook a meal and nobody else cooks a meal for me and I get angry, now I'm out of harmony with the Law of Free Will. But if I'm feeling Free Will as a paramount law within the love of myself, what that will mean then is that I feel allowed to do whatever I wish.

Now most people around you do not let you do whatever you wish; in fact most of us were taught at a very young age

that we are not allowed to do whatever we wish. Not only are we not allowed, “It’s not practical, you can’t live that way, its selfish” and we get all of these other emotions pummelled into us from a very young age about actually doing what you’re allowed to do. But from God’s perspective, God never does that. God never is going to punish you in the future for anything you chose to do; nothing is a punishment. That doesn’t mean that there aren’t consequences because there are certainly consequences when we break different laws, including the Law of Free Will. The consequence if I break the Law of Free Will towards myself is that I will feel the pain of devaluing myself in all of my relationships.

2.1. Bringing our free will into harmony with love emotionally

Now remember all of this discussion today is not about using your intellect to get out of the situation but you can certainly use the intellect if you want to act more loving to yourself. In other words, every single time a decision comes to you, you could say, “Is this in harmony with Free Will?” or, “Is this not in harmony with Free Will?” Now every time you made a decision that would be pretty complex, wouldn’t it? Particularly with how many decisions you make in a day, having to ask that question on every single decision. “Should I go via Sandgate Road or should I go...? Is this in harmony with my free will?” Things start getting very complicated when you start asking yourself these questions at an intellectual level.

What I am saying is that every single thing that you do is a choice and you’re allowed to make any choice you want, however if you really want to deal with this bringing your soul in harmony with free will, if you’re following the Divine Path, what you would do is you would look at all of the emotions that you have inside of yourself that cause you to not follow your free will. And you would also look at all of the desires that you have or passions that you have inside of yourself that cause you to actually use your free will in a way that damages another person’s free will.

FREE WILL
EMOTIONS
DESIRES/PASSIONS

So what I would do is not start looking at this from an intellectual point of view, what I need to do is allow myself to settle into the emotions.

2.1.1. The example of being controlled by another person

So every time I feel like I’m being controlled by another person, I am out of harmony with the Law of Free Will. Every time I feel like another person is controlling me, I am out of harmony with the Law of Free Will. There’s an emotional belief in me that I’ve got to do what they are attempting to control me to do and I’m reacting to that emotion. What I need to do if I really want to be closer to God is release that emotion.

So the emotion might be that if I don’t do what they want they won’t love me and I’m avoiding the feeling of being not loved. That might be the emotion and all I really need to do is feel the emotion that nobody loves me, experience and release that emotionally, and all of a sudden I am now automatically not listening to a person who is trying to control me. You see a person can try to control you but if you are uncontrollable then it doesn’t affect you. And the Law of Free Will is that you are uncontrollable; that’s the Law of Free Will. The Law of Free Will is that I’m allowed to do anything that I want, so doesn’t that make you uncontrollable? Totally! So you’re allowed to be uncontrollable. Of course every time you’re uncontrollable in an unloving way, there’s a consequence from one of God’s Laws, which will help correct you. But every time you are uncontrollable in a loving way, what will happen is you will have more joy, more satisfaction and more beautiful things happening in your life. So this is why we need to be uncontrollable more of the time.

Now what has the world taught us to do with the Law of Free Will? The world has taught us that we’ve got to suppress our desires and passions even if they are loving. And the world has also taught us that if we have emotions that actually cause us to not value our own free will, we’ve got to fight for ourselves and so what do we end up doing in that situation? What we finish up doing is we are in a situation where somebody is trying to control us and instead of

feeling, “He can’t control me, I’m fine,” we feel like, “Grrr this person’s trying to control me.” We starting getting angry with them and want to control them back and sometimes we may even get violent with them to try to prevent them from controlling me. Either way, I’m breaking the Law of Free Will in my treatment firstly of myself and then of others.

2.2. Free will and parenting

Mary: I just wondered if we could maybe talk about a question that was posted to me this week and it was about a mum wanting to follow her free will and desire, but one of her children wanting their free will in opposition with mum. So she was very conscious of enabling the free will of her child as well as her own.

2.2.1. An example of a mother and son having opposing desires about moving location

So let’s look at what’s happening. So mum wants to, hypothetically, move to a new location. The child who just hypothetically happens to be a male, wants to stay where he is.

MUM : WANTS TO MOVE TO
A NEW LOCATION

MALE : WANTS TO STAY
WHERE HE IS

Now remember the Law of Attraction Law, which is particularly for parents; the child is actually mirroring my denied emotions. So the first thing is this male child has the appearance of trying to control his mother; he wants to stay where he is but she wants to move, so what emotion does mum need to deal with firstly? She needs to deal with the fact that the men in her life, and it’s probably related to her father or some other men in her life, have projected to her all through her life that men get to get what they want and girls or women have to toe the line. Now if mum deals with that emotion, then the son will no longer reflect that emotion at her because of the Law of Attraction. Remember that’s what happens with children. The children reflect an emotion to the parent because it’s an emotion that the parent is denying. Now once the mum deals with that emotion, there’s a high likelihood that the child will be happy to move for a start. So that’s one part of the decision.

If we look at the issue of free will with regards to this, mum’s allowed to do what she wants and the child’s allowed to do what he wants, so what do we do? We seem to have a conflict in free will. The child’s allowed to stay where it wants to stay and the mum’s allowed to move to a new location if that’s what she wants. And by the way it doesn’t matter what age the child is. Even if the child is five, the child is allowed to stay where it wants. And if the child is ten, fifteen or twenty, it doesn’t matter; the child is allowed to stay where it wants. Remember it’s a Law of Free Will and there’s also other laws all applied to the soul at the moment of its incarnation so therefore it’s allowed to do what it wants.

So mum could decide to actually talk to the son about creating through his own Law of Attraction; to stay where he wants because he’s allowed to do that. But if he can’t create through his own Law of Attraction to stay where he wants, then he might feel that he needs to go with mum because mum’s definitely going. Now for many parents that would be hugely challenging, would it not? Because, many parents would say, “but they’re six years old or eight years old or nine years old, I can’t do that.” Yes you can. Society doesn’t perhaps agree with you doing that but we’re not talking about what society agrees with or doesn’t agree with here, we’re talking about what God’s Laws are all about.

So God’s Laws are that this child is allowed to do what it wants but also, if it’s learnt God’s Laws, it will have to understand too that it is going to have to create what it wants through its own soul condition. So if the child wants to really stay by itself at the soul level and, just like every adult, the child is in this space of creation, the child will automatically create friends or other family members or whatever with whom it can stay, so that it can stay in its current location. And the mum would be totally comfortable with that because she has released all her emotions of responsibility and so forth about the child’s creations.

Now of course if mum releases all those emotions, she may find that the child actually wants to move with mum anyway, which is often the case. Or mum might move and then the child two weeks later says, “No I don’t want to stay where I am now, I want to come with mum,” and that would be a decision that the child then makes. All of those things are harmonious with love, but it’s not harmonious with love for mum to demand the child to travel with her.

Participant: What if the child then wants some bus money to get home?

Well, that wouldn’t be harmonious with love to give the money either except perhaps if you realise the child had worked through different emotions about the issue. So let’s say mum moves and the child two weeks later says, “I want to come,” and then mum might decide to go and pick him up and says, “What have you learnt from that son? What have you learnt through this whole process?” And one of the things he might have learnt was that actually he didn’t want to go just because mum wanted to go; that might have been one of the things he learnt. He might have learnt too that things are pretty good at home with mum compared to what they could have been somewhere else. He might have learnt that too. So it’s not something the mothers’s had to brow beat into him or pressure him into coming to believe.

So whether he is given money to stay would be a different matter altogether. So let’s say he wants to stay with such and such and mum says, “It’s going to be really hard to create that; it just depends on whether they are generous or not.” But let’s say nobody wants him to stay and he expects mum to create that for him; now he is out of harmony with the Law of Free Will. Mum doesn’t want to create that for him; mum wants to create this for herself. And so mum doesn’t have to create that for him; his own Law of Attraction can create that for him if he knows how to use it through his desire. If it’s a pure desire for him to stay where he is, he will create it and then mum would need to allow it. The problem with most people on earth is that the mums and dads in this situation would very rarely allow it, and you see how their emotions would be getting triggered in the process. So oftentimes the child will learn the lesson very rapidly involved in the transaction but often we as the parents take the longest to learn the lesson.

Participant: I’m having trouble with a child who’s not mature and I feel is not able to make mature decisions. I would imagine a child feeling very abandoned as well and I just don’t understand the practicalities and the realities.

Well, remember I said in the first discussion about God’s Laws that every one of God’s Laws is completely practical in every situation; it’s just that we have certain emotional injuries that cause us to believe that it’s not practical. So that’s the thing to remember. So the Law of Free Will is a completely practical law in every situation, even with a child who we believe is making unwise decisions. For most of us who have been parents, at some time in our life we believe our child was making an unwise decision, if not once then probably many times. So what do we do in those situations when we believe our child doesn’t have the capacity to make the decisions? Well straight away we are in an unloving state ourselves if we believe that, can you see why? Because God is basically saying to that child, “You are allowed to make any decision you want. Even if it hurts you, you’re allowed to make that decision.” That’s what God’s saying to the child and we’re saying to the child, “You’re allowed to make any decision you want as long as it doesn’t hurt you.” And who’s the judge of whether it hurts you? Me. So can you see how that’s quite out of harmony with love even in a practical way? If I’m the judge of what hurts you, I am straight away out of harmony with love of you.

[2.2.2. An example of a child sticking a metal object in a power socket](#)

Participant: I’m thinking of a two year old who chooses to stick a metal object into a power point. Now I judge that as a parent to be unloving and unwise, and I don’t want to go through electrocution, so how can that be unloving to prevent their free will if they choose to do that?

So why does a child choose to poke a knife or a fork into a power point?

Participant: Curiosity perhaps, a lack of awareness.

What is the child triggering in the parent? What’s the emotion? The child is triggering an emotion of fear.

Now I’ve been exactly in your situation by the way. When a child is sticking a knife in the power socket, what’s the emotion you feel?

Participant: Fear.

Fear! Any others?

Participant: Anxiety.

So they are all terror based and fear based emotions. Okay, so what's the child triggering? Remember I said in the past that everything the child does is a reflection of the parent's denied emotion, so what's the first thing to deal with?

Participant: Well, my fear.

Exactly! Your fear.

Participant: My fear of loss.

Yes, that's it. That's the feeling and you feel it in you just there. When you deal with that feeling, there's a high likelihood the child will not take that action and in fact all you might need to say to the child is, "That's going to hurt you, that's hot", or some kind of thing like that and often they will automatically respond because the emotion coming from you now is not one of fear but of love.

You see a lot of times when we are bringing up children; we are judging things from the error all the time. We often don't know what is going to happen once we get into a state of truth because we are continually judging things from the error. Many of us assume that it's not practical to do it this way because we're saying, I'm full of this fear and they are now sticking the thing in the socket and this is a practical situation and it's dangerous for them. Well obviously you could choose to go and get those little plugs to plug into the sockets or you could choose to put the sockets up out of reach of a two year old child, and it's interesting that hardly any houses are designed that way; why would that be the case? Well obviously there are some emotions that the designers have about not caring about children. All of these things can be achieved but at the end of the day, the fear in me is going to generate a situation where the child confronts that fear through an action, and that action might be that they pull out the safety socket and push in their knife or they go outside and walk across the road or any kind of a number of things can happen to trigger this fear that's inside of myself.

If I deal with that fear inside of myself, the Law of Attraction is such that firstly if I deal with the fear, there's a high likelihood that the event will never occur. Secondly if the event does occur I am not afraid of it anyway, I'm not actually afraid of my child passing. I know in fact that the child is not my child, the child is God's child and I have just created the two bodies for the child to incarnate into. So when I understand that at the emotional level, I won't be so afraid of what might happen to this child because I know that God is actually a far better parent than I am and can care for the child in any location. So all I'm afraid of really is my own fear of feeling the feeling of loss, and what I need to do is feel it. And ironically when I feel it, it's a high likelihood my child will no longer trigger it. And this is practical, this will work but most of the time we feel it's not practical because we are right in the situation.

And I've been in the situation. There was a time in my oldest son Tristan's childhood, where I belted him 21 times in a row for putting a knife in the socket. So what emotion was in me? Lots of fear in me, lots of fear of dying, and of loss and all these other feelings that I've since released. What damage has that done to him? A huge amount of damage. Now he often feels he can't do whatever he wants because of that one act of being punished for doing what he did. And the only reason why I did it was that I was avoiding my own emotion, I was avoiding my own emotional response to what he was triggering in me and he was just being this perfect little reflector. He was two and a half years old when he did it.

[2.2.3. False beliefs surrounding parenting](#)

So when you allow the feeling side of you and connect to that fear of, "I'm afraid of losing my child", you will find there are a lot of beliefs in there that are untrue. There's a belief that firstly if they die they're dead. There's a feeling inside of you that that's the case even though intellectually you know it not to be true. Spiritually you've had all this spiritual work where you know there's life after death and all these things but when your child confronts death, 'bang' I'm feeling a different emotion here, "Whoa, this is a bad situation." Straight away so obviously there's an emotion inside of me causing me to still believe the untruth. So firstly I believe the untruth that God doesn't care for my child. Secondly I believe the untruth that it's my child and not God's. Thirdly I believe the untruth that the child's not safe -

because the child's soul is always safe; it's got an everlasting existence, and it's always safe. And finally I believe an untruth that actually the child is not triggering an emotion in me; however the child is doing what they are doing to trigger an emotion in me.

So can you see I believe so many untruths right in that one act? And I have been in the same situation where I had a long list of untruths I had to work my way all through. Then I got to the stage by the time my sons were teenagers, where I could allow them to do anything they wanted - anything at all. So naturally we had no arguments after my children were about eleven because by then I had worked through all of these emotions about trying to control them, fear of what they'd do, fear of how I'd feel about what they'd do, fear about them pulling me down in some way, fear of about how I would look as a parent to other people, fear about all sorts of things that I had to work my way through. And once I had worked my way through that I allowed my children their free will right across the board. So I never told them when to come home, I never told them what girl to stay away from, or what boy to stay away from or all those kind of things. I never told them how they should drive their car or any of those things because they have free will and ironically because of that lack of projection coming from myself, the majority of times they actually made the wisest possible choice for themselves. Now if there was this projection coming from myself, the majority of the time they would have made a choice to trigger my emotions which would often be quite the opposite.

So it's very important to understand the Law of Attraction when we've got children. This is the Law of Free Will we're still discussing but you can see how it impacts on our day to day life a lot.

Participant: So could I talk to the child about the consequences? Say to them, "Now if you stick that in the power point it's really, really going to hurt," but also at the same time realise that I have a fear that I need to process? But what if the child goes straight back and does it again because I haven't dealt with it completely?

Yes always. Don't do what I did, which is give them pain for a potential consequence that may never happen, because all that does is create lots of fear in them. So that's a very damaging thing to do to the child. But certainly discuss with the child. But remember that at this age too; the child is just reflecting your denied emotions and even you just understanding that's it's actually my fear that's creating this particular issue, my fear of loss, is going to actually probably change the event, even just me getting into this place of understanding. The problem for most of us is that when our child is in a dangerous situation, we generally don't allow ourselves to feel our own terror or fear, we go straight away and change the situation and so the event that is triggering the emotion in me gets overlooked and so that event that has triggered an emotion in me is going to have to happen again in order for me to actually truly deal with the underlying cause.

[2.2.4. An example of a daughter breaking a window](#)

Participant: My daughter was kicking a ball around the window and I said to her, "Don't kick it because you could break a window," and I explained quite a lot and she said, "No I'll be okay." And I said, "If you break the window, you'll have to pay for it." She broke the window and I said, "You have to pay for it," which she did. And then I thought the reason why she broke the window was that I was in fear of paying for the window myself so I said to her, "Okay it's my Law of Attraction because I'm the one worried about the broken window, so I'll pay for the window." But I'm not sure if that's correct now I was always wondering should I ask her to pay for it or should I be paying for it?

Right the way up to when you paid for the window everything was running fine but when you paid for the window you took away the consequences of her creation away from her.

Participant: Well that's why I asked her to pay for the window because I knew it would be quite a lot for her to pay but then I thought that I hadn't dealt with this fear of not having money and losing some more money on a window.

Well that's the causal emotion you were avoiding when you asked her to not kick the ball around, and you need to still deal with that causal emotion. So you told the child that they were perhaps going to break the window and they say, "No, no, I'm alright," and then they broke it. But then when we take away the consequence of that action, we are not allowing them to see the results of their own creation; they were warned and they still have the results of their own creation. But ironically at the same time we are not seeing the results of our own creation, and that is that there was an emotion in you at the time of the fear of a lack of money that caused you to worry about the act. Now if you'd dealt with the fear of lack of money, the window may not have been broken. I say may not because the child still has an

emotion that it feels it can thwart law and that particular emotion might create the thing about window breaking. And you would need to deal with that particular issue as you attempted to do, but without buying the window for the child.

Participant: So at this stage it's like she should really be responsible for paying for the window and I should be responsible for the causal feeling of it?

Yeah, so you might make a deal with her.

Participant: Fifty/fifty.

Yeah, about fifty/fifty because we both created that particular problem. So this is where it's about taking responsibility for our own part in the creation. So be fair about that as well, understand that if you don't deal with the underlying causal emotions, then you are certainly going to create a Law of Attraction with your child that brings out that emotion to you that you need to experience. But your child has the free will of their own; what we are trying to do is teach them free will.

What is free will? I am allowed to do anything I want that's harmonious or disharmonious with love but there is a consequence to everything I do; that's the Law of Compensation. So I'm trying to teach them the Law of Free Will, the Law of Compensation and all these laws of God. And in fact the truth is that our only role as parents is to actually teach our children what we have learned about God's Laws; that's the only thing we ever need to do, we don't need to do anything else with our children; we don't even need to be responsible for what they do with that. We just need to do it as best as we can with what we've learned about those Laws.

[2.2.5. An example of a mother having arguments with her son](#)

Participant: I'm wondering about my son Callum and I. This week we have been having lots of arguments showing me all my male anger but I have grounded him for his actions and for the way he's spoken. I'm still trying to deal with my anger but am I being unloving by giving him consequences for his actions? I took off a phone that he so loves, so instead of hitting or smacking or whatever I have actually taken things that I have given him.

Did you punish yourself for the consequence of your action?

Participant: I felt guilty for it because he called me an Indian giver. I'm starting to see that everything they're saying they're honestly telling me exactly what I'm doing wrong so I don't challenge them on it.

Let's look at the interaction. The child's a male again, and mum's saying that the male is treating me disrespectfully. My causal emotion is that I'm disrespected by men, and so what does the child do? The male child reflects that straight back. Now if I punish the male child for that, who actually created it?

Participant: Me.

You, so can you see that's quite an unjust action?

Participant: It is but...

But you still want to punish the child for being disrespectful.

DISRESPECTED BY MEN

Participant: So what's his compensation for treating me?

Well, if you get rid of the cause within yourself and just see whether he's still treating you disrespectfully, then you will notice that it's actually inside of him and you'll need to correct it, but at the moment you're not dealing with the

cause so how can you expect him to? It's like I'm punishing my son for not dealing with the cause within himself but I'm not dealing with the cause within me. Does that sound very fair to you?

Participant: No it doesn't.

Because I'm really punishing the son for doing what I am actually personally doing and this is something that we do as parents. I've done this hundreds of times; we do this as parents all of the time; we punish our child for the reflection of the emotion towards ourselves as a parent, but the child is just reflecting your own denied emotion. It's a very important thing to understand that if I start punishing the child for reflecting my creation, I've now damaged their free will. They're allowed to do that. Remember I said right at the start, the Law of Free Will is that I'm allowed to do anything that's harmonious or disharmonious with love. My child being disrespectful to me is disharmonious with love I agree but my child's allowed to do that; from God's perspective they're allowed to. What I need to do first is deal with the emotion that created it in the child and once I deal with that, then you might firstly find they no longer do that but, secondly if I deal with that I will never feel disrespected by my child, even if my child attempts to treat me disrespectfully. And every time they attempt to treat me disrespectfully I will do something about it inside of myself and I'll do something in my environment about it. In other words I can't be controlled by my child treating me disrespectfully, I can only believe I'm being controlled by my child treating me disrespectfully from an emotional perspective.

Mary: I was just going to say the most loving thing I can do for myself in that situation is actually to deal with my causal emotion.

Exactly, and that is also ironically the most loving thing you're going to be doing for your child. But when I punish my child for an emotion that I myself am not releasing, I am actually also being quite damaging to my child because when you think about it, how unfair is that? I've created the reflection of the emotion in my child and I now go ahead and punish them for it.

[2.2.6. Trusting God's Laws in parenting](#)

Now many of you still feel with regards to the stuff between parents and children that what I'm saying is not practical at all but I can guarantee you that if you put it into practice, you'll find that every single causal emotion that's still in you is being reflected in every single moment by your child. And you will find that once you own that, your relationship not only with your child will just change remarkably but you will also be greatly assisted to actually feel your own causal emotions. At the moment many of us feel to blame our child for their response to us when in reality it's our own personal denied emotion that creates this response.

Now when we let the emotion pass right through us, you will notice a big difference; you will notice it. And this is like I said with my own sons, I've done both things; I've done it the normal way, the way that we're taught to bring up children nowadays, although I was probably excessive in the smacking part of it. I've gone right from one extreme, from corporal punishment, right to another extreme of doing anything they want and not valuing myself in the process. And then I've come back to this mid point where I value and love myself and my own free will but I also value and love my sons and their free will. And in that point you cannot be manipulated and your children will not even feel an emotion from you that you can be manipulated. And so they will not manipulate you because they will not feel that emotion that needs to be reflected by them.

God created it like this so that you can learn through this pain you feel in your relationship with your children; that you can learn when you are breaking the law. Remember I said in "God's Laws - An Introduction" that any time I'm in pain, I am breaking the law; it's not somebody else that's breaking the law, I am. So that's a very important thing to remember. When you understand that emotionally, you will find things around you change very rapidly. I've done both and all of these things in between in my life and so I understand how it must feel confusing to hear some of these things at times but trust me, when you start actually doing it this way, you'll find things will change very rapidly in your relationship with your children.

Participant: What was your wife doing in that situation? If one parent is dealing with it and one parent isn't, what is the impact on the children?

The parent who has the interaction with the child is what the child is reflecting in return. So if I'm the mother and my male child is yelling at me but never yells at his father then it's the mother that has the issue with the child. If I'm a male child and I'm feeling really surly and abusive towards my father, then it's the father who's got an issue with masculinity or with himself or with me. So in every single interaction, a child will reflect exactly towards the person they are dealing with, towards the parent that they are connecting with at any one time. That's what happens with a child. And obviously it gets a bit more complicated if there are grandparents in the home. So if there's a grandparent in the home and the child's yelling at the granddad, but not yelling at dad, then there's a specific emotion that granddad has towards the child that the child is reflecting back to granddad. If grandma has an emotion with the child but mum doesn't and the child is reflecting something at grandma, then it's grandma that has the issue with the child and the child is just reflecting that issue.

So it just depends on which person specifically. In a lot of cases it will be more than one person so if there's two males in the household and the child's reflecting emotions to both of those males, then I've got to look at the fact that as a father what emotions do I have towards men and about myself, and the mother would have to look at what emotions she has towards men that might create this particular interaction.

Participant: So if you dealt with the emotion of putting the knife into the socket and your wife hadn't, is there still that opportunity for the child to hurt itself?

Certainly, and instead of doing it with me around, the child will do it with my wife around. This is why sometimes you'll notice that if we're in a family situation, sometimes the child seems to really play up with one parent but not with the other. Sometimes the child plays up with mum or dad under certain circumstances and even the circumstance matters because in that circumstance there's an emotion that I'm denying. Let's say I'm the mum who has a son who always plays up when I've got a female visitor around. I need to look at what emotions might be happening inside of me towards men causing trouble with me and my relationships with other women, or I might have to look at an emotion that's to do with men controlling me in my relationships with other women. Do you see where it's leading? Looking inside of myself what emotions might be there that might be causing this interaction to occur. Every single situation is a Law of Attraction event and with our children they are perfectly reflecting every single thing within ourselves.

Now I don't want to cover too much more with the family situation things because there are a lot of laws that we want to cover. Does everyone understand that if I'm on the Divine Love Path, I will deal with these issues emotionally? I won't try and act differently without dealing with the emotion emotionally. I won't try to make myself do something; I will deal with the underlying reason why I'm not doing it. When I deal with the underlying reason, that's when everything starts to change.

Participant: I've always assumed that if something is happening, if I don't have an emotional reaction to it then it's somebody else's issue but is it possible that I'm numbing myself to an emotional reaction?

Yes, very much so. So let's say an event is happening around me and it seems to continually happen around me but I don't seem to have any emotional response to it. If this event continues to happen around me, then there's a high likelihood I'm in an intellectual space where I'm not even acknowledging that I have an emotional reaction about it, when in reality I do have an emotion about it that I'm covering over quite strongly. So that's also a possibility and so it's important for you to always look at that possibility; to ask yourself, "What am I suppressing even intellectually in this situation?"

So let's get back to the laws; the Law of Free Will. Does everyone understand with all of these Laws, I've got two options of dealing with them; I can go down the path of not breaking them in an intellectual way or I can go down the path of getting to the causal emotion and desire that created it; I can do either. Now one way is called the natural love way and with the natural love way I would use my intellect to actually strive to make my life better. And to be frank with you, you will always be striving if you do that because your soul is still creating something quite different. Or I can get to my soul's emotions and desires and release the ones that are disharmonious with love and you will find the instant that you do that, your life will change in that particular situation. And if you can do that at the causal and release the causal emotion completely, you will find your life will never be the same again and you won't have to intellectually try to do things one after the other all the time. So it's really important to understand that difference.

3. The Law of Passion and Desire

The next law is connected; it's the Law of Passion and Desire.

What this law says is that, "I am the most powerful creator when I am operating in my desires completely." That's the Law of Desire and desire is about asking. Remember we talked about asking; asking isn't something that occurs in your head, it occurs in your emotions; what do I feel I want, not what do I think I want. This is why for many people when they hear about the Law of Attraction, "The Secret" style Law of Attraction, they try doing all these intellectual things and then they still can't create what they want because at the soul level there's a whole different emotion creating what they want. But the Law of Desire is that I'm allowed to create and I can create anything I want; ask and you shall receive.

3.1. Ways that we break the Law of Passion and Desire

Now how many times do we break that? Well quite a lot. Every single time you ask for something and don't believe you're going to get it, you break the law because the emotion in you is, "I'm not going to get that, it's not going to happen for me," and off it goes; straight away you're breaking the law. But also every single time you allow another person in your life to stop you from doing what you desire, you break the law. Many people break the law this way. How many of us work in a place that we don't like? We are breaking the Law of Desire; remember every time I break the law, the consequence is pain, so you will feel a painful emotion inside yourself when you do not allow yourself to follow your passions and desires.

Now remember for the Law of Free Will, you're allowed to have any desires you want and they can even be out of harmony with love if that's what you want. But if they were out of harmony with love you would prevent yourself from actually acting upon that desire. So if my desires were out of harmony with love, I would look at the underlying emotional reason inside of myself as to why it's out of harmony with love, and I would deal with that emotion. Once I'd dealt with that emotion, what would I feel? I would feel only feelings that are harmonious with love, and then I could have any desire I want in those feelings.

So this is a very powerful law with which to experiment. Every time you deny this law for yourself, you will harm yourself. Ironically, every time you deny this law for yourself, you also harm everyone around you because even with your children, every time you don't act in your desire, you are teaching your child to not act in their desire, so they grow up thinking that desires can't be acted upon either, thinking that it's not practical in the environment we live in and so forth, and that creates their reality. So they'll grow up and at age fifteen or sixteen when they badly want a horse they'll think, "No it's not going to happen, my desires never come true." But if the child is allowed to have its desires, they'll find that if they badly want a horse, then the universe will conspire to bring them exactly what they desire, just like the universe will conspire to bring you exactly what you desire.

3.2. What we desire in our souls, we create

But remember that the Law of Desire always operates upon the soul; it doesn't act upon what you think you want, it acts upon what is going on inside of yourself.

SOUL

So if the emotion inside of me is, "I'm totally unworthy to get anything I want," what's my Law of Desire? How's that going to work? I am going to get nothing that I want. The Law of Attraction will trigger that soul based emotion and when I release that emotion, I will then get exactly what I want. Everything is based upon the soul, which is the emotions, passions and desires that are operating within you. Now you can put that into practice and experiment with that; every time you experiment with that, you'll find that desire is one of the most powerful things you can develop.

3.3. Discovering our desires

So the Divine Love Path is not just about dealing with negative emotions. It's also about learning to exercise your positive desires and really follow them completely. You'll be surprised when you start doing it; oftentimes you have no idea what desires you actually have. I went through this period in my own life where I sat down and went along to a guy who was helping me work through my emotions and he asked me to do an exercise where I had to list all of my passions. I went back the next week with a blank page because I didn't really know what they were, and there was a heap of emotions in that.

I was talking last week at a seminar that I did at Armidale to a man who was in his sixties after the group and he came up to me and said, "I've been seeking to know what my life's purpose is for the last sixty years and I still don't know what it is." And I said to him, "Actually your problem is not that you don't know what your life's purpose is, the problem is that you were never allowed to have a desire when you were little." And as soon as I said that he just started crying and he could feel that immediate emotion of never being able to have a desire. Now this man had spent all of his money for the last sixty years looking for what his passion was and ended up really, really frustrated. But actually he couldn't find his passion because there was this emotion in his soul of, "You're not allowed to have your passions." And if that emotion's in your soul, unless that comes out of your soul, you're going to live the rest of your life thinking you don't know what you feel and you don't know what you desire. Just that one emotion that would have entered him when he was very little, when his mum or dad told him that he's not allowed to do those things.

4. The Law of Cause and Effect

What's the next Law? The Law of Cause and Effect is basically, "What I sow I reap".

In other words I am responsible for every single thing that's happening in my life right now. Every single thing! Now there's a huge emotional rejection of that for most people. Most people believe that, "Other people are responsible for these negative things that other people say and do towards me." So if I'm having anger projected at me, "That's their problem." It's not actually, it's your issue. Now that doesn't mean that you have anger in you, what it might mean is that you have fear in you that attracts their anger, or you have a feeling of being controlled by people's anger that you need to release, or you have a feeling that you're willing to be manipulated because you're afraid of their violence. But the Law of Cause and Effect is always saying, "I am responsible for everything that's going on in my life," as an adult, "I am responsible for all of these different things that I am creating and causing."

4.1. Dealing with effects is futile and not loving to ourselves

Now when I feel love towards myself, I will honour that law. Now the way that I honour it is by understanding that it's pointless for me to try to change an effect when I've got an emotional cause still happening inside of me; I'm on a wild goose chase doing that. You've seen a dog chasing its tail, and it's quite amusing, but our lives don't feel really amusing when we feel like we're chasing our tail; it's like going round and round and round. And that's because oftentimes we are not respecting this law. What we're doing is we're trying to change the effect of what our soul's creating and we're not changing the cause, and so our soul goes on creating exactly the thing that we are trying to change. And many of us feel exhausted in our life because we still feel like we're trying to change things to make things better; things might slowly get better but it just seems like, "Wow how much effort to make this one little change in my life?" And the reason why that's happening is that I don't understand that there's the emotional soul-based cause within me that's creating my life and unless I'm willing to deal with that soul-based cause in me, I'm not loving myself.

So what we do instead of that is we focus on the effect. How do we focus on the effect? Somebody gets angry and upset with me so what do I do? I get angry and upset back with them, trying to prevent them or control them from getting angry with me. All I'm doing is addressing the effect so what's going to happen? I'm going to have an argument next week, an argument next month and an argument next year in the same way.

This happens a lot in our family with our children. One of the children always wants to argue with me, why? Because I'm not dealing with the cause; as soon as I deal with the cause, that child's going to stop arguing with me. But instead we try to punish the child for arguing with me, we give them little demerit things that they have to do and in the end we are just dealing with the effect, and we are already re-creating the cause as we are doing that. Now when I stop doing that, what happens? All of a sudden my life changes because once I deal with the cause, once I focus on the cause and

even just to focus on the cause and say, “Yes I created it”; that’s a start of focussing on the cause. That’s the first point you’ve got to get to, focussing on the cause. Just an acknowledgement, “Yes I’ve created everything in my life.” Every single disease I’ve got in my body, that’s my creation; that’s the suppressed emotion in me that I’m not releasing. There’s something going on inside of me that I’m not dealing with that’s the cause. Every time I deny that one truth I am going to be left dealing with the effects of these causes over and over and over again. And you’re going to get very exhausted until you understand what the creator of them is. So it’s far better to understand what is creating them than it is to deal with the effect.

4.1.1. Manmade laws all deal with effects

Now you look at every law that mankind creates, generally what does it do? It deals with effect. So we’ve got all these speeding laws, we’ve got all these fines for breaking the law, which is just dealing with the effect; it doesn’t deal with the emotional reason. You look at the drunk driver laws, how many people still drive with alcohol? There’s millions in Australia doing it every week but there’s a whole group of laws that are meant to stop us. Are they stopping us? No. Why? Because, the laws only deal with the effects. What’s the cause? Why does a person want to get drunk for a start? And then why do they want to get drunk and then drive, which is another set of emotional conditions within them? If you start addressing the emotional cause, if the law addressed the cause, we’d have far fewer drunk drivers on the road and far fewer accidents, injuries and deaths due to drunk driving. But that doesn’t happen. What we do generally in the world today is make another law; we just deal with the effects.

So you see law after law after law being created, one after the other after the other. None of us even know how many there are any more; I can’t even remember twenty of them in this country. I don’t know how you’d go remembering them, particularly how they’re stated. “I’m not allowed to drive on the wrong side of the road”; that’s a fairly obvious one for me, I know that one. But then there’s a sign there saying 100, so that means I go 100, but nobody in Queensland seems to obey that one. It’s funny when we were driving in New South Wales last week, everyone in New South Wales seems to obey that one. It’s all because of the fear of the effect because in New South Wales the fines are a bit higher; there’s more speed cameras checking you all the time, the police all have speed cameras going back and forward all the time and so there’s a lot more presence that causes people to slow down. So we notice when we went into New South Wales, all of a sudden everyone was doing the speed limit rather than having people whoosh past while you were doing the speed limit.

In the end though, none of these laws really deal with the cause. What’s the reason why I want to speed? And what would be the reason why I would do it in a manner that’s dangerous to other people; there’s got to be something going on there inside of me emotionally. So let’s address the emotion. If I address the emotion, then I’m loving myself. If I love myself then I will always focus on the emotional cause within myself of this creation. If I don’t love myself, I’ll try to plan and schedule my life to get around it. And when we do that all we finish up doing is getting around our fears and avoiding our fears, but our fears are in us and so they’re going to create another situation that creates this fear.

This is why we have lots of accidents in our life. There’s one lady I knew who had 22 accidents in the space of three years, every time avoiding an emotion that created the accident for her. I asked her to put herself for a moment in one of those accidents in her imagination and then allow whatever feelings to come up. And she felt absolutely terrified and it was this terror of personal hurt that was creating every accident that she was still avoiding. So she kept creating more accidents, creating another accident, creating another accident. And once she deals with that emotion, she’ll find that those events will not occur anymore; it’s just that simple. So what does she do instead? She gets a bigger car so it’s safer, puts a bull bar on the front so somebody else gets hurt instead of her and so forth. But in the end if you don’t deal with the underlying cause, another accident will happen, and in her case it will keep happening and happening and happening until she deals with the cause.

Can you see how that relates to love of self? Because if I’m dealing with just the effect of any of my actions can you see that I’m only going to get tired and exhausted, and that’s not loving to myself. You can see this happening all the time too when other people want you to deal with effects rather than causes. If you love yourself, you won’t get drawn into that.

So let’s give you an example, let’s say you’ve got a son, you’re maybe in your 50’s or 60’s and you’ve got a son in his 20’s or 30’s, and he is pretty reckless with money. And every time he spends the last of his funds, he comes to you for a bail out. Now if I really loved myself, would I do that? No I wouldn’t, and remember that to sacrifice myself in order

to love another is not loving to myself or the other either. So if I bailed him out and sacrificed my feeling in the process then that's not loving either. So what do I need to do? I need to look at the cause within me of why he keeps asking and why I keep giving him the money because there's an emotional cause that's probably related to guilt; guilt that I've somehow damaged their childhood through their upbringing or something like that. If I deal with that emotion, he may or may not deal with the cause within him but I've at least dealt with the cause within me. So then when he comes to me for the funds, I can focus on, "Son why are you creating this? You create this, time after time after time; if I just give you the funds what am I doing? Besides being unloving to myself, I'm actually being unloving to you. I'm actually letting you keep create the same thing without feeling the effects of your creation. Does God do that? No. God always has you feel the effects what you create. All of God's Laws are loving and this is why the cause is very important to deal with."

[4.1.2. An example of having a house flood](#)

Participant: AJ, twice this year I've had hoses burst inside my house and my house flood. So what am I possibly doing to attract that? I really don't want my furniture under water for a third time.

With any events that happen to us through our Law of Attraction, we've got to look at the emotions that are created from the event because the emotions created from the event are usually entirely connected to the causal emotion within us. So what do you feel when that event occurs?

Participant: Barry said, "Wet behind the ears"! (Laughter) A huge amount of emotion...

So rather than let yourself listen to them here, write down all the emotions you feel from that event. When you let yourself release those emotions and experience them properly you'll find you won't cause that event anymore. A lot of times we feel so stressed out by the event that we don't think to feel our emotions about the event. What we do instead is we rapidly go around cleaning up our house, feeling all these emotions which we try to shove down while we're cleaning up our house.

So I'm not saying don't clean up your house, I'm saying feel your emotions while you're doing it. So have a good bawl while you doing it, and all of these emotions will come up. Let yourself feel all of them. And then always try to ask yourself the question, and this is where prayer is really important, pray to God for the answer as to what inside of you is a childhood emotion that causes whatever it is that's being created. There'll always be some denied childhood emotion that created the event and allow yourself to get there. The fastest way to get there is to just feel the emotion in the present situation. Oftentimes, what we do instead of doing that, instead of feeling that emotion in the present situation, we try to fix that emotion in the present situation. We don't like our house looking dirty and untidy so we fix that up, we want the plumber to come straight away so we ring him up straight away and get him to do the work, and if he can't come straight away we get angry with him, "Don't you realise this is emergency?" And off we go with that and all of the time what we're doing is trying to fix things that are effects rather than deal with the underlying emotional reason inside of ourselves.

Now I've given you plenty examples in the past when I've done that and all of a sudden everything around me has got fixed without me having to do anything physically for it; that will happen every single time you deal with the causal emotion. If you don't deal with the causal emotion then you will always be dealing with the effects, every time. So allow yourself to make a list, so every time an event happens and you don't know what the cause is, make a list of what you feel about that; what do you feel about your house being flooded? What particular areas of your house got flooded even? So sometimes your precious painting got wet and the other thing that you didn't really care for was dry.

We were recently with a couple who own a sheep and cattle property down south and they breed these stud bulls to give to other breeders. The bull that's the best bull is always the bull who plays up and they couldn't understand why. "Why is it only ever the best bull that I want to be the show bull that I've got to put aside because as soon as a show bull demonstrates any aggressiveness, it's automatically disqualified from a show?" So what's causing this particular bull to do these particular things? And we talked all about the emotional interplay that was actually making the bull play up that was happening between the husband and wife and between the husband and one of the workers. And he's been experimenting with that now, working through his emotions about it because all the bull's doing is just reflecting his emotions. You try this with your own cat, your own dog; it'll happen all the time too.

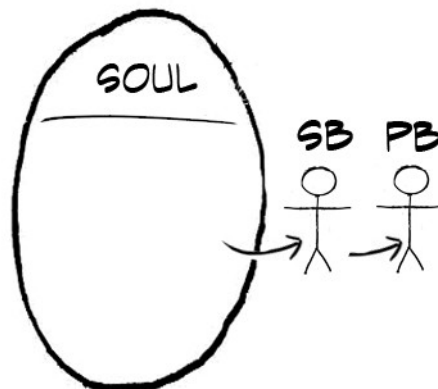
So look at every event inside that happens, if you don't know what the emotion is, and then probably you're not feeling right at that moment because usually when a trigger event occurs if you're not in an emotion, you're in a denial state anyway. So allow yourself to sit down and start writing down at least a little bit about what you feel. Start trying to dig a bit deeper into the emotions and you'll find in this case, that they'll be quite a list of emotions that you'll feel about it, particularly about a flood happening a second time. So let yourself feel those emotions now instead of trying to skip out of them and go back to fixing the problem.

4.2. Causes are within our souls

4.2.1. An example of multigenerational emotions

Participant: Thank you, AJ. I feel this is genetic, carried on down the lines in the cellular structure, so if it's not healed or released in this generation it can be in the other. I consistently see it in aboriginal community from past traumas, it is actually within the cellular structure so it can actually go back further than even if they were treated very well in this lifetime. What's your feelings on that?

I don't believe it's a cellular structure but let me show you what it is. Now our soul has an emotion in it; these emotions came from the soul of our parent where they had an emotion and their denial of that emotion created a subsequent emotion in myself. It doesn't mean it's the same emotion because an emotion that is a denial of something in the parent can create the opposite emotion. So what happens, as soon as I incarnate, as soon as I become present in the physical, all of my parents' denied emotions are now imposed upon me, which now means my soul has all of those emotions inside of him. Now on top of that my grandparents' soul probably had similar emotions that they passed down by their parents and so forth and so forth back generationally. Now what's happening is that sometimes a grandparent might have passed. Now if my grandparent's passed and they still feel an affinity to me, they are a spirit who's surrounding me, so they might have that same emotion and their grandparent might have that same emotion if they haven't moved on, and their grandparent might have the same emotion and so forth right the way back generationally. So not only do I now have my own emotions, but I have all of my emotions created by the events in my life that were denied in my environment, created all the way back generationally. And that imposes itself upon my soul and because my soul is connected to my spirit body and my physical body, every single emotion that I have that's unhealed within myself creates a physical problem in both of those bodies, which then becomes cellular. So the key with cellular memory is to understand where it's coming from; it's coming from the soul's denied emotion that creates damages in these bodies.

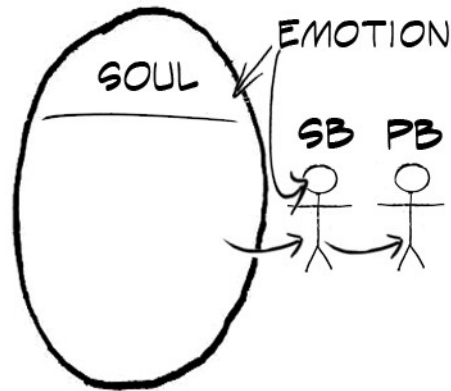


Denied emotions in our souls create damage in our spirit body (SB) and physical body (PB)

4.2.2. An example of spirit interactions

Now unfortunately we have another part of this and that is that there might be a spirit who's our friend, or who thinks they're our friend, who's connected to me through my spirit body. They might have some emotions projecting at me that are very similar to my emotions. And so their emotions, projected through these bodies, will create different errors in these bodies. So this is why sometimes you can actually expel a spirit from a person's body and instantly their physical body heals. And when I say instantly I mean instantly in many cases. Instantly they disconnect from the

person on the earth, their physical body straight away has function but there is still the emotion, which can create another attraction of a spirit there that I'd need to deal with, so it's the emotion that causes those attractions.



Spirits can project emotions through our spirit body that affect our physical health

So can you see that cellular memory types of ideas are a simplification? Really everything's happening through the soul affecting the spirit bodies, whether that soul is the multi-generations of our parents or friends in the spirit world who are connecting to us.

Participant: The spirit can affect the soul as well the actual spirit? So if we're alive we have a spirit?

I'm talking about the spirit friends in the spirit world; all of them are always affecting our soul. The reason why is that they are like any other person on earth. Every one of you here today is affecting each other's soul in some way. So your denied emotion is getting reflected out into the audience, which other people are feeling, and all of your felt emotion, while you are owning it, it's not getting reflected out, but it does have an impact on others. When you follow your desire it has an impact on others; it's impossible for any of us, if we are really loving, to not be affected in some way by others; it's our response emotion to it that determines how clear we are inside of ourselves.

So I said to a group last week, what I do is I allow myself to feel all of my emotions about what's getting passed into me. So the last few weeks I've been getting lots and lots of rage from people on earth and in the spirit world and I'm just letting it wash through me. The emotion that is inside of me is an emotion of fear that gets triggered, so I go into trembling about it. And once I release that emotion it's gone. People can project that emotion at me and I will no longer feel that emotional response of fear inside of me.

Participant: So what you're actually saying is even if you clear the spirit you need to clear the soul of the emotion and vice versa?

No not vice versa because by clearing the emotion in the soul your spirit and material bodies will automatically clear. Remember the condition of your soul is what drives and controls your whole physiological structure. There are some spirits who are also prompting your questions so what I'd like to do is address some of their questions because they're asking some additional questions. The additional questions they are asking are, "What about in the spirit world? How does it work there?"

The way that it works there is exactly the same as it works here on earth in that our soul's emotion guides the condition of our spirit body. So many of the spirits who are asking these questions have a very poor spirit body; they're very sickly looking spirit bodies. They thought when they passed over into the spirit world that they'd actually have good looking spirit bodies and they're finding actually that they've got bad looking spirit bodies, even worse looking bodies than they had when they were on earth, and so they need to understand that's it's because of an emotional reason within themselves. When they release the causal emotions within their soul, their spirit body's look will automatically get better.

Participant: So because I'm working so closely with some of these spirits, if I work on myself to clear my soul, will I be clearing their spirit through the soul of their spirit?

You can't clear an emotion for another person. However what you can do is be in an open enough state where they feel they are allowed to clear their emotion. So for example if I have an emotion inside of myself where I'm angry with men, if a woman comes to me and she's also angry with men she'll let herself feel angry with men around me. But if I'm angry with men and I'm denying the underlying grief I feel about men, and the woman who's angry with men comes to me and she starts crying in front of me about how she feels hurt by men, I am going to automatically try to shut her down. That will happen before I even open my mouth; there will be an emotion coming from me of, "No you're not allowed to feel this grief, I don't want to feel my grief and you're not allowed to feel yours," and I'll do everything in my power right up to giving her a big hug and saying, "There, there you don't have to feel this," in order to stop the process from occurring.

The same applies when we're helping spirits. If I'm in a state where I'm shutting down an emotion inside of myself then I'm automatically preventing any person who's with me from experiencing that emotion. Whether I see them or not is immaterial. So if I'm shutting down an emotion of grief within me, any spirit with me is going to feel they're not allowed to feel their grief. If I'm shutting down an emotion of sexual shame within me, any spirit who's around me will not be able to feel their sexual shame; they will feel they can't talk about their own sexual shame because of the emotion in me. So my getting rid of the emotions inside of me has a very powerful effect to everyone around me because everyone around me feels like they're allowed to do what they're allowed to do. This is why many of you in the past have come up to me and started telling me a story that you told yourself ten times before but cried when you're telling me because I feel like you're allowed to cry, whereas you don't feel like you're allowed to cry. So when you're around somebody who feels like you're allowed to cry you cry, but if you're around somebody who feels like you're not allowed to, what do you do then? You'd bury it, push it down, suppress it, all the things you learnt to do when you were little. So hopefully that explains what's going on.

[5. The Law of Attraction](#)

The next Law we want to cover to do with the laws that govern the love of self is the Law of Attraction. The Law of Attraction is that everything that comes to me is a result of my soul condition. I'm automatically creating, through my soul condition, everything in my life. Now the majority of people don't even want to acknowledge that so straight away they're not loving themselves if they don't acknowledge that. You see if you don't acknowledge inside of yourself that one of the laws of God is true, then straight away you're in a state of denying your own creation, which is a state of denying yourself and every time you deny yourself, you're not loving yourself. So the Law of Attraction is a real law; it's a tangible law and it is in action every single moment of your life.

So what would I do with the Law of Attraction if I loved myself? Well if I loved myself I won't try to intellectually avoid the Law of Attraction. So in other words, I'm driving along in the car, someone cuts me off I swear at him and tell him he's a bastard or whatever and then I don't own the emotion inside of myself. I've just projected emotions at him and then I just have a bit of a breathe to calm myself down and get myself back into 'happy' and then away I go. What have I just done? I've not loved myself because if I loved myself I would honour this Law of Attraction. This beautiful event happened to trigger an emotion inside of me, which was covered by my anger and rage initially. And I need to get beyond my anger and rage down into this other emotion I felt. So I start feeling this other emotion of, "Gee that was dangerous. Gee I could have lost my life there if I didn't have my wits about me. Gee he didn't respect me very much at all, he didn't even care if I was there or not. In fact now that I feel about it, it was like I wasn't there at all to him." So what's that? "I'm nothing. I'm useless." All these kinds of feelings start coming up just from this one little event.

Now the beauty of the Law of Attraction is that it exposes every single emotion inside of myself right at that particular instance that I'm denying; it's a fantastic Law because it gives me this beautiful power to change. It gives me this power to identify everything within myself that needs to be changed and I can change it right in that instant.

So someone who I love is sick; I need to deal with my Law of Attraction; "What's going on inside of me? What feelings and emotions does it create inside of me?" And I need to allow myself to work through those feelings and emotions. Someone I cared about died, "What do I feel inside of myself?" Work your way through those feelings. There's always a causal emotion associated with all of these events. What happens when my child reflects anger at me? Then there's my Law of Attraction, "What's going on inside of me?" I need to look at those things. What if my child is uncontrollably crying? "What am I denying inside of me that has created this Law of Attraction?"

Can you see that if everything goes back to this, how much power it gives you to change, and isn't that the most loving thing for you? So if I really love myself, I will love my own Law of Attraction. I will just think it's beautiful and I won't try to get around it. I used to govern my life by spending at least an hour or two every night before I went to bed writing down everything that I thought I was going to do tomorrow. And then I would write down everything that I thought might go wrong with what I wanted to do tomorrow. And then I'd write down what I would do to fix those things that would go wrong tomorrow as well. And this was almost a religious practice that I had. I was in a major state of terror and fear.

So every time I did that what was I doing? I was just trying to avoid my own Law of Attraction; I could have chucked that all out of the window and just said, "What happens tomorrow happens and I'll just feel whatever is the result of what happens." And my life would have worked a lot better, because many of the things that I wrote down did eventually occur; they actually finished up happening and I did have to fix them up. And most of the time I tried to fix them up and I still couldn't because like many of us I was just dealing with the effects.

All I was doing was dealing with the effects, trying to work around and plan and schedule my life in order to avoid my Law of Attraction. When you start doing it different to that, what happens as you love your Law of Attraction, you think, "I'm a powerful creator, everything that's happening to me is a result of my Law of Attraction; it needs to happen to me in order to have something inside of me dealt with." So I would actually start dealing with that. Now once I'm at a state where I've really loved that, my Law of Attraction will get me into the point where I've released all of my causal emotion and then no matter what happens to me, there will be no emotional effect on me aside from love coming out of me. That's what will happen and when that happens we are at-one with God. If you pray for Divine Love and receive Divine Love through the process then you'll be at-one with God in that state.

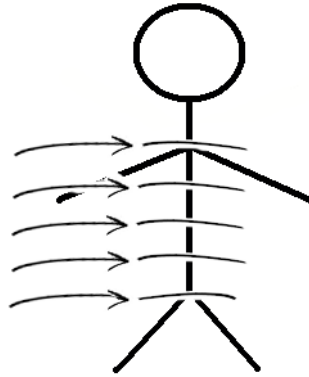
[5.1. The Law of Attraction is God's messenger of truth that gives us the power to change](#)

You see the Law of Attraction is God's messenger of truth to you; it happens moment by moment in your life. In every single thing that you attract into your life, God is giving you a message, "There's this little emotion here, do you notice that? See that little emotion there, you see that? Well that needs to come out of you in order to have a closer relationship with me. That emotion, you see that emotion, oh that happened again! That emotion happened again, you see that? That emotion's still keeps happening. Oh you've been going like that for twenty five years have you? That's how long you've wanted to hold on to that emotion." That's God's Law of Attraction, God's messenger of truth to you, telling you each little emotion that you're holding onto at any point in time. It's just so wonderful because this law actually gives you the power to change your life quite remarkably. And yet many of you are petrified of your Law of Attraction. Can you see that being afraid of your own Law of Attraction just creates more Law of Attraction events? So learn to love your Law of Attraction; it's a really powerful thing.

[5.2. Allowing stored emotions to flow through and out of us](#)

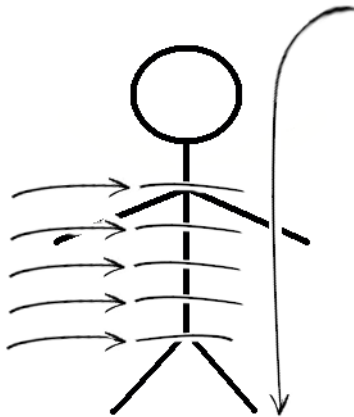
Participant: I was just wondering, say you're in some causal emotion you just started connecting to and you're crying. I've just been wondering for the last couple of weeks because there's this Law of Repentance, but you said before you'd be crying for four hours in a day, so what's happening there? I can't understand why if you're connecting with the causal emotion why isn't that dealt with in an instant? If God has the power to do that, why wouldn't He do that and why would you need to be crying for four hours? Because I'm finding with myself when I'm in those emotions, it's like there's different facets. You don't know whether it is a causal emotion or not but you'll be moving from one thing and then your intellect will be saying, "I'm no good, I've never been good," and then suddenly there'll be three seconds of emotion coming out, and then you go to the next thing and you'll be slightly different.

So if you can think of emotions passing through you initially. When you were a child, emotions should have been allowed to pass through you and then what happened with your parents and interactions with your environment, school and all these other things, different emotions weren't allowed to pass through you. So they were blocked at different places, and those different places often mirror different places in your own body. So you've got all of these blockages to the flow of the emotions.



We have blocked emotions within us from our childhood that create blockages in our body

Now if I can allow my emotions to flow as they are being created, then all emotion will never be stored inside of me. I will always be reflecting the emotion and feeling the emotion but it will all just pass through me naturally. The problem with these stored emotions is that we've got hundreds of them, because in our childhood we learnt to store them. And even one event can store, as we've illustrated in the past, lots and lots of different emotions. So we might have hundreds of these blockages in us; now every one of those blockages is like a barbed arrow sticking in you at the soul level. Now to pull out a barb requires the experience of emotion because remember the thing that created this blocked emotion was that we weren't allowed to have the flow of emotion. So what needs to happen is that all of these emotions need to flow. It's the flowing of the emotion that allows God to actually come in and pull it out.



We need to allow emotions to flow through us

Now as you pointed out in one particular event, there maybe be ten, twenty, or thirty different emotions created that we didn't allow to flow because it wasn't allowed at the time. Because of that it's stored in our soul condition and then other events got triggered from that, which then created their own stored emotion on top of that. And then other events got triggered that created another stored emotion on top of that. So instead of just having one emotion now of unworthiness from one event, I now have a great big pile of these emotions inside of me, all different events that happened that I stored that couldn't flow because I couldn't allow myself, and usually it's because of my parents or my environment, couldn't allow myself from experiencing them.

So now let's say we're in a condition where they start to flow which is the condition you're in, right? So these emotions start to flow and what can happen? You've now got this pile of emotions inside of yourself; your soul is like this pile of emotions. And there's this pile of emotions reflecting the one type of emotion like unworthiness or whatever it is. Now if all of those emotions just flow out of you at the same moment, then you would have a lot of difficulty coping or living through the experience. So what's got to happen is your soul's got to expand from this shrivelled up place where it can't feel any of those emotions into this place where it can grow enough so that it can actually feel and cope with those emotions.

[5.2.1. God can only take emotions away from us that we are willing to fully experience](#)

Now that is going to mean this process of letting some of the emotion out and your soul expands. Now your soul can't expand without these emotions flowing from you, and this is very dependent upon your will. So while I have the will and these emotions flow out of me, God can come and help me through that process. The reason why God can't just come and grab all of those emotions and take them away from me is that my soul needs to expand in order to experience them. So there's going to be a time process where my soul is expanding, I'm feeling a bit more, my soul's expanding a bit more, I'm feeling a bit more, I'm feeling a bit more of that same emotion.

Now in my case I've had really, really deep hurt that needed to be healed and a great big mountain of emotions, and so often I'd be crying for four hours. But it would be about one or two or three or five or ten different emotions in that one experience. But it's not all of the emotions that I feel about that particular thing. Now if we're younger, like yourself, you'll find that you'll get through those emotions a lot more rapidly and you'll have all these facets come up one after the other after the other even in a few minutes. That doesn't happen as much for myself because there's a huge pile of them and there's a lot more of them for me to experience. It's just a matter of allowing yourself to actually go through that process.

Participant: So when you get to the emotion that has caused this event, you're going through these layers, is there a need for you to be crying for much time? Or do I go, hey you're at the causal thing now let's take it away?

God can take away any emotion as long as you're prepared to feel it in its full amount. The problem is that most of us aren't prepared to feel it in its full amount, and so God can't take it away. He can only take it away to the degree we're prepared to feel it. So it's based on our will. If our will is allowing all of our emotions and we are prepared to be overwhelmed by them then God can take away more of it in that first process if you like.

So in my case I have a big pile of emotions, one after the other after the other, and I also have a long set of memories that are piled into emotions of a longer life than the average person. So what's happened is there's much more for me to experience as a result of that. But when you allow the emotions to start flowing, what you are doing now is you are letting them out. It's our free will, where we love our self that causes us to allow these emotions to flow out of us. As soon as we exercise our free will, God can work with us; if we are not exercising our free will to feel those emotions, God is using external things to try and trigger those emotions, of which the main one is the Law of Attraction; in order to trigger those emotions inside of us.

So the key for yourself is to understand that God can certainly grab hold of these emotions and take them away from you very rapidly. Your question is also prompted by some spirits who have the same feeling that if they start this process of emotions, why is it that God can't grab them and deal with them? God is already doing that but God is dependent upon your exercising your own free will, and your own free will is dependent upon how much you are willing to expand emotionally.

[5.2.2. Working through anger into deeper emotions](#)

Participant: The other thing that's happening is that I'm feeling some rage and I'm saying, "Okay I'm angry. Something has caused this great rage in me. I want to get to what's causing this." But it doesn't come up. So you get more angry and more rage and then you go into self judgement of, "I don't like who I am now because I want to deal with what's causing this," and then I get frustrated. It's like sometimes there's things inside of you that just won't budge no matter what.

Think of your anger like a door. Here's your grief or your fear or other emotions like shame that your anger might be covering.

GRIEF
FEAR
SHAME

Anger is a doorway to deeper emotions of grief, fear or shame

These are the causal emotions, the anger is the capping emotion, and the fastest way to get to your grief is to walk through the door. Now what most people do is they have a lot of judgement emotions about anger, such as anger is not spiritual, God doesn't like me if I'm angry, I'll get punished if I'm angry - how many of us do that one from our childhood? We were punished every time we were angry so of course we believe that if I'm angry I'll be punished.

So you could say there's a heap of blocking emotions about the anger itself. What's happening in your case, Josh, is that there's a heap of blocking emotions about the anger itself and so rather than trying to get to the grief or even for yourself trying to get to the anger in a full experience, the key is to feel the blockages. So pray about what are the belief systems that you have about anger? And you'll find they'll come from your childhood, about anger being an emotion that you weren't allowed to experience very much in your childhood at all. Allow yourself to work your way through those blocks. Then the anger will be present, allow yourself to feel your anger like a doorway into your grief. Once you're in that state you can go out, start punching the bag, feel the rage and anger inside of you and then when you feel that, usually if there's no blocks to your anger and there's no blocks to your grief, within 20 – 30 seconds, you will go from your anger into the deeper emotions.

Now many of you have seen recently how people who have been projecting anger at me have been angry at me for weeks or months. They're not allowing this to occur, they're not allowing themselves to get through the door of their anger and into their grief. So there are some blockages occurring and they will be beliefs about anger, beliefs about grief and so forth that we also need to work our way through.

Now God can't help us with our beliefs about feeling our anger specifically except by exposing them through our Law of Attraction. God's Laws are already helping us to expose them but God can't take them away from us because they are our choice to retain; that's why they block, they're actually the things we do to retain and not deal with the underlying causes. So the key is to look at the area of our blocks. If we're in the state where we know we've got grief and we're in the state where we know we've got anger but we're not really experiencing it, then we've got a set of beliefs inside of us that are blocking that process from occurring. Ask God about those beliefs.

5.2.3. The Law of Attraction changes with each facet of causal emotion that we release

Participant: I just want to go back to when Josh was saying about feeling the same emotion and you saying your soul has to expand to feel it some more. So if you're feeling the same emotion all of the time, how do you know that it's your soul expanding rather than you feeling self deception emotions?

Well, if you're feeling self deception emotion, your Law of Attraction won't change so you'll know straight away when you're feeling self deception emotions. So if I feel an emotion today, my Law of Attraction doesn't change, I feel that emotion tomorrow, my Law of Attraction doesn't change then obviously I'm still in the self deception place. When I feel even one little part of my causal emotion, the Law of Attraction will change and it will only change in the way I've dealt with it. So you might deal with the emotion of unworthiness in a particular situation that you are dealing with, and you'll find that situation is no longer attracted to you anymore.

So for instance you might have a feeling of unworthiness that's attracted while you're driving a car where people treat you as if they haven't seen you all the time. If you deal with emotion and then when you drive the car everybody seems to notice where you are and nobody drives you off the road or anything, it shows you that you've dealt with that particular facet of that unworthiness. But let's say your unworthiness is about being a woman sexually, then that is still going to be triggered even though you've dealt with the other emotion. And so every emotion has its own particular nuance, it has its own particular flavour that was created by its own particular set of events, and we need to be patient with ourselves when we're dealing with emotions but understand that our Law of Attraction will automatically change every single time I deal with a facet of the emotion. The key is to notice what's happening in our lives.

Now what I've found myself is that I've had my Law of Attraction change in a little area here but not in that area there, a little area here but not in that area there. And I've had to take notice of that to see what I'm denying and to see what I'm actually trying to shut down inside of myself. And every single time what I've found is that I'm shutting something down, something about that flavour of that emotion that I'm still not willing to experience. In other words there was something about the flavour of the emotion that I was blocking. So I felt one part of it because I allowed it but not

feeling the other part of it because I didn't allow it, and you need to be patient with that.

Many of you still expect to be able to get to an unworthy emotion for example and it just pops out of you like a baby and it's all gone. It's not like that because the unworthy emotion inside of you is created by so many different events and so many different situations. Every situation has a suppressed emotion attached to it and it also happened with different genders and so many different ages of people; there are all these different creations you see and so your unworthy emotion might in itself have lots and lots of facets. But if you're humble and appreciate your Law of Attraction and love your Law of Attraction, love yourself in other words, you'll find all of them will be exposed in time and part of loving yourself is being patient with yourself. So be patient with the process.

You see many of us have a causal emotion of, "You've got to fix things today." If you haven't fixed it today, "You're no good, you're useless." How many times have you had that emotion dumped on you in your life? And we are often dumping that emotion on ourselves when we're on the Divine Love Path. So what we need to do is have more love of ourselves and allow ourselves to feel all these beautiful things happening as accessing our causal emotion but be patient with yourself.

[5.2.4. The example of AJ's allergy to kiwi fruit](#)

I'll give you another example. For the last five or six years, I've had an allergic reaction to kiwi fruit. Before five or six years ago I could eat kiwi fruit to my delight as much as I wanted, one after the other. In fact I used to cut ten or so of them up, have them for brekkie. But as soon as I found out who I was, for some reason I couldn't eat kiwi fruit anymore. And I'll be blown if I can find out the reason why! I've got no idea why this kiwi fruit thing is going on. I used to love kiwi fruit but what happens in me now is that I just have to have one piece of kiwi fruit and I get this air compression thing happening inside of my gullet that feels like my gullet's going to burst open. All this wind just gets trapped in there, my throat constricts, all the muscles in my throat constrict. I imagine it's how a lot of people must feel when they eat nuts or something like that. This never happened to me before and there's this terrible pressure in my throat and it feels like I'm going to burst in half here; it's a very, very painful experience. Every single time I accidentally eat a kiwi fruit this happens. On our trip away it happened because I had some fruit salad and there were little pieces of kiwi fruit and I thought, "She'll be right; I would have dealt with this emotion by now," and away I go and within about two minutes I was in this state, which I stayed in for nearly two hours.

Now I haven't found the causal emotion for that so if anybody has got any suggestions I would be very happy to hear them. I've got no idea why this has happened and it's only happened with kiwi fruit. There must be some connection emotionally that's happened, something that's changed in the last six years and I've got no idea what it is. It's something related to an emotion about who I am and it's being reflected there and I don't know why it's connected to kiwi fruit and nothing else. But kiwi fruit, guaranteed, causes this. Mind you, other food causes this when I'm talking about my life in the first century or anything like that while I'm eating and I automatically get the same problem and I understand that linkage but kiwi fruit causes it immediately. What's the first linkage? Well with kiwi fruit there's no, what I would call, conscious linkage.

And this is the thing that you'll find at times with your own processing, you just get so frustrated; what's the conscious linkage here? I've just got no idea what it is so what I've had to do myself is I've had to be patient about the issue, I've had to just allow myself to just keep pondering about it, I'm praying about it quite a lot and pondering about it and sooner or later I know I'll get to the result. But you know what the problem really is? The problem really is that I must have a pretty big block to finding out what it's all about because it's been happening for six years and I still haven't found out what it's about. So the issue is actually that I have an emotional blockage towards really finding out about it and I probably don't really want to know what it's about.

Participant: A little earlier you said, "When I first realised who I was I got this reaction." So there's a linkage maybe that you were overindulging or that there was something about the kiwi fruit that may have made you choke or whatever at the same time because you said you got the same pain about the first century. So what at the same time occurred to do with kiwi fruit?

I don't know.

Participant: Those two are definitely linked.

Definitely. I know that for certain.

Participant: And they are obviously linked from that very early state, it will be one day early in that state that they are linked surely.

Exactly, but I don't know what it is.

Participant: But it doesn't have to be anger, fear, terror or whatever. It may be just be that time and that connection between the first century and when you got the pain. Not because of the kiwi fruit; you blamed the kiwi fruit and it keeps happening with the kiwi fruit, would you agree that may be the case?

I believe anything may be the case. I just don't know what it is. The issue with all of these things is that it's all emotional. So I can do all of this intellectual stuff, like what you've just done with me, which I've done with myself over and over again trying to work out what it's all about. I've had chats with Mary with what it's all about and whatever else but at the end of the day, I still haven't found the answer. So do I want the answer? No. So this is the thing I've got to realise; that I'm not loving myself here because I don't want the answer, and I've got to work my way through this issue until I love myself enough to know what this answer is. And when you do that you will find the answer and the emotion will flow shortly after. I know it's a fairly big emotion because this constriction of my jaw and throat region is all about holding on to grief. When you go to a funeral of a friend or a best friend or a child or a parent or something like that, when you try to suppress your grief, you get all this terrible pain all through your jaw when you try to keep it down; that's the kind of pain that I get when I eat kiwi fruit. So I know it's to do with some big grief somehow but I still haven't discovered what it's all about. There must be some deep thing in me about being frightened about what's it's all about, which I need to deal with.

Laws Governing Love of Self: Part 2

6. AJ's emotions relating to lack of self love

These sessions are really important for me because they expose a lot of my own emotions while I'm speaking. So what I try to do when I'm in the break is to feel what I'm feeling from the audience and also what's going on inside of myself. It's really important for me to be able to do that and to stay connected with myself and then do the second half of the session.

The emotions that I've felt so far from the audience are this deep resistance to loving yourselves. Many of the spirits around us also have a deep resistance to loving themselves. If I can talk about some of the justifications as to why we have so much resistance to loving ourselves. One of the main ones is this justification of, "I'm helping someone." So obviously the reason why I come and do these talks is that I want to help people so then there's this thing going on inside of me that says, "Alright, these people need help and I want to help them." And then I get more people coming up wanting help, more people coming up wanting help and everyone wants personal help. Everyone thinks that I've not heard of their situation before, and if you can just imagine two thousand years of existence, you've heard a lot about a person's groups of emotions. So it's highly unlikely that I've not heard about your specific problem and all of the truths that are being taught all apply to all of these issues. They are global truths in the sense that they suit every situation but of course most people don't believe that; they believe there's some kind of unique thing with their situation where that particular law and this particular idea and that particular concept does not actually apply to them. And the truth is that God's Truths apply right across the board; that's the thing we need to bear in mind.

But my issue is that I feel like I want to help. So I start helping and I help the next person, and then I help the next person and to be frank with you I'm not going to be able to do that with six and a half billion people. And to be frank with myself I need to stop doing it soon otherwise I'm just going to exhaust myself. So this emotion of, "I'm helping someone" causes me to step away from loving myself. That happens with yourselves a lot too, right? When you think about how many times you get drawn into helping someone, it's exhausting you and you're feeling depleted and then you realise, "Gee, it's because I'm not loving myself again, I'm trying to do too much for somebody else." So we often justify that love is helping someone so then we go down the track of, "Alright, I'm being loving to them," but in the process we sacrifice ourselves. And remember I said that if you sacrifice yourself you are not being loving to yourself or to the other person.

Then there's other things that go on for myself too; I'm working through unworthiness that I was talking about before and one facet of this feeling of unworthiness is this facet of feeling like I'm not anywhere near as good as I used to be. A lot of people as they get older feel this emotion. For many of us as we get older and older; when we're 60 we're not the 20 year old guy who can do all of those things and jump hurdles. We are now the 60 year old person with limits in our physical body, and so we feel like we are not the person we used to be. So there's a lot of emotions that come up about that and a lot of childhood emotions too about, "You're not the person that your mum and dad wanted you to be." And so I've got a lot of projections aimed at me at the moment from the spirit world and also from here that I'm not the person that other people want me to be. The best way to put it is probably to say that they meet Jesus and they are highly disappointed.

The week before last we were staying with Monica, and Monica decided to do a channelling session one morning. So we did a bit of channelling and a group of four spirits from the first century came. They were four spirits who used to be my friends in the first century who called themselves my disciples, and in the channelling they called me "Master", as they did in the first century. These four spirits have actually been in the hells for the last two thousand years. What happened was that when I began a relationship with Mary in the first century, a lot of people around me had a lot of projections about how I should have been, and having a relationship with a woman was something that in their eyes was demeaning myself. And as their view was that Mary wasn't a good enough woman for myself; they actually had a lot of projections at Mary as well. And in their anger and rage, they eventually stopped following me in the first century and they've been in this state of anger and rage every since. In their anger and rage they also did a lot of things to Mary that were quite damaging, and also instigated a lot of things towards Mary that were quite damaging as well, including involving some the events of her death. So there was quite a lot of rage from these spirits and one of the biggest emotions they had was this emotion was that I was not sufficient for them because I didn't do what they

expected.

Many of you have had that emotion already with me where I'm not doing or being what you expect and so therefore that creates doubt and other emotions in you. I also have the emotion myself that I'm nowhere as good as I used to be, so that triggers that emotion. And it's an emotion that I need to work my way through and I'm still working my way through. And so what happens with that emotion a lot of times is that I'm not loving towards myself, I try and give too much and as a result of that I feel quite depleted. Then I go home and think I've sorted through it and do quite a lot of emotional work generally, and I'm slowly improving with the emotion but the degree of my unworthiness is quite extreme.

If you can imagine in a 22nd sphere state (and to be frank with you, none of you can imagine at this point what that means), and if you can imagine having the contrast between being in that state and actually coming to earth and being in this state, you would understand my degree of unworthiness, which is the contrast between the two states. So it's been quite overpowering for me at times, and I find it quite difficult to deal with emotionally. I have a lot of grief about what I've lost, not just what I've lost external to myself but what I've lost inside of myself, and so I've been trying to work my way through those emotions quite a lot. But the problem is that oftentimes then I put myself in situations that are quite unloving and get bombarded with a lot of unloving actions. And then I have to go home and have some good cries about the fact that I did that to myself. So there's quite a lot of emotions still within me about this group of emotions of unworthiness and I'm finding it quite good now because I'm getting at them whereas for many years I wasn't getting at them.

6.1. Angry projections at AJ from spirits in the hells

If you can imagine too there's millions and millions and millions of Christian spirits who are actually in the hells of the spirit world. They are in the hells, not because intellectually they didn't know the truth, but because emotionally they didn't practice the truth. So for instance they had emotions of rage in them, which they projected at other people. Many, many Christians went to war and justified the war through the Bible for example. Many Christians were in heavy religious practices, dogmatic for their faith but in the process of being firm and dogmatic to their faith damaged a lot of people in their environment right the way down to condemning them and even burning them. And if you can imagine all these different things happening history, from the third century right through to now, you can imagine how many Christians there must be who have been involved in these kind of actions for nearly a period of two thousand years.

So many of them pass into the spirit world in a place that's quite sad and quite dark, not because they're Christians but because of the actions they perpetrated that were unloving towards others. Now when they pass, they expect to be next to Jesus, near God, in heaven. Can you imagine that? You perpetuated these different actions, justifying them by saying that you're actually doing it for God, and then you pass into the spirit world and find yourself in the hells. And you're not next to God as you expected, you've never seen Jesus all the time you've been in the spirit world, and then all of a sudden Jesus rocks up on earth and you know it's him. Can you see how much anger there might be towards me?

So there's quite a lot of anger getting directed towards Mary and me, but particularly towards myself, because of the feeling that I'm to blame for their predicament. The feeling they have is that I did things and said things that never came true and of course it could never come true for them because they weren't practising them; they believed them in their mind but they didn't feel them in their heart. And so because they believed it in their mind but didn't feel it in their heart they didn't practise them. They actually practiced many things that were quite damaging, and as a result of that arrived in the spirit world in quite a dark place. But they have a lot of feelings of blame and anger towards me specifically and so if you could, imagine millions and millions and millions of spirits in that space.

On top of that these Christians have done a lot of damage to other faiths through historically, and this started shortly after my passing. There started being wars between people who claimed to be following myself and the people who claimed to be pagan faith. Now as a result of that, a lot of the religious factions of other types of religions who were willing to be involved in violence felt that Christians were the perpetrators of violence towards themselves and of course they then feel that I have a degree of responsibility for that.

So not only do I have groups of Christian spirits who are very much in a rage and angry with me, I also have a group of spirits who are non Christian historically who are also in a state of rage and anger with me. Then on top of that, if that's

not enough emotionally to deal with from the projection of anger, there is a whole group of other people who were a part of our first century existence who, due to their emotional blockages, didn't ever deal with the emotions that we've been talking about and as a result of that they got into this space where they became quite angry and resentful and purposely tried to make my life and that of anybody associated with me quite difficult. So, these ones have been around for many hundreds, the last two thousand years, trying to damage any person who basically is associated with me; so I'm sorry about that if you've started to receive some of that projection.

6.2. Negative spirit influence towards people practicing Divine Truth

The issue is that there are huge numbers of spirits in the spirit world who have a vested interest in you not following the truth or practising it. Their vested interest is that if you practise the truth and your light shines to others, what will happen is that they will lose their level of influence and control over the earth, and lessen the damage that they are doing to the earth and to people on it. They feel they get enjoyment from it, and because of that any person who starts standing up for truth and love is going to start to receive some kind of attack from the spirit world. Now if we can remember that in all of our interactions with each other and with others, if we will own our emotions about it, we will actually feel our own emotions about this feeling of attack. If we don't do that we will feel like attacking in return. So when somebody attacks you, often you will feel like you want to attack in return, and my suggestion is to really own your emotions because if you don't own your emotions in that particular situation, you are placing yourself in a position where these groups of spirits who are still in the spirit world in these very dark places can now influence you greatly in your own progression towards God.

And remember here on earth we can actually degrade our condition quite rapidly (and by the way you can degrade your condition in the spirit world as well). If you could imagine, you arrive in the spirit world in the state where you are angry and resentful towards others and all of a sudden you've got carte blanche to do something to somebody on earth that they don't even know about, you're going to be highly driven to harm that person on earth and do whatever is at your disposal to harm them. Obviously that is going to degrade your condition even further. So there are a whole group of spirits in the spirit world who have not yet stopped their evil acts.

6.2.1. Love, Truth and humility protect us from negative spirit influence

Now if you can understand that from a spiritual perspective, that all we need do is act in harmony with truth and love and feel all of our own emotions, so those three things: humility, truth and love, if you focus on those three things that I keep saying all of the time, these spirits cannot influence you negatively in any way long term. But as soon as you deny the expression of any of those things, truth, love or owning all of your emotions, humility, you are now leaving yourself open to external control. And by the way, this includes external control of anyone on earth as well as in the spirit world.

I am aware right at this moment many of you are in a lot of external pressure, that external pressure is not just because of your own emotional condition, the external pressure is because there is a group of spirits in the spirit world who are very, very opposed to anything like this occurring on the earth and they will do anything they possibly can to influence you or others to harm you. Now understand that this is also okay because you will work through your emotions through this process. It's not going to be a harmful thing to you in the long run but if you can understand that every time you skip into this place of anger and resentment, you are now just harming yourself and attracting anyone else in that same state straight to you.

Now the reason why I bring this up is that my spirit friends from two thousand years ago have done this for two thousand years. We can easily do this for a long period of time if we're not careful, where we do not own our own emotions and justify our anger, resentment and other types of emotions towards another person for whatever they have done. It doesn't matter whether they did it in error or in truth, as soon as I get into this space; I am now leaving myself wide open.

Now one of the things that affects Mary and me is that we worry a lot about our personal safety when we are in these situations, which is an emotion we need to work our way through, because we do get a lot of this projected anger and some of it does become quite violent in nature. Even though the person may not be physically violent, they certainly would prefer to be if they could get away with it. And so what is happening for us is that we have to deal with fears and

other emotions within us that these things trigger. But for yourselves if you can do the same thing you don't need to attack the person in return. You just need to own your own emotions. Remember I said that with the Law of Desire and Free Will, the Law of Cause and Effect and the Law of Attraction, owning your own emotions is an act of love towards yourself. It is almost the best way, aside from receiving Divine Love, to love yourself. Now obviously longing to God for Divine Love is ultimately the best way to love yourself and that is going to actually help you with every other thing, but you can't feel God's Love entering you unless you are actually owning and feeling all of your own emotions, so that's why it's such an important factor.

Now what I've been trying to do myself is to work my way through these groups of emotions of unworthiness and the groups of emotions that surround this issue of self love. I'm trying to be more and more loving with myself. The operative word is trying for myself and the reason why is that I'm not yet getting all of the causal emotion inside of myself as to why I still feel unloving about myself, and this is the same issue many of you are facing. Many of you are facing this issue of self love; we know intellectually that we need to love ourselves more but there's still this emotion in me that says, "I'm not worth it or I'm not valuable or nobody cares about me," all of those kinds of emotions that are still inside me and it's those emotions that have to come out of me before I will actually be in a space where I can fully love myself.

Now because of that it's very, very difficult to progress from a condition of sin to a condition of at-onement because one of the biggest things we have to deal with is the next thing I want to discuss, and that is the Law of Forgiveness.

[7. The Law of Forgiveness](#)

[7.1. Forgiving ourselves as God already has done](#)

One of the things I have had to learn myself, and I'm still in the process of doing it, is learning to forgive myself for not being the person that I wanted to be or that I feel I should be. Many of you need to do the same for yourself; to forgive yourself for all the things in the past that have happened where you were not happy with what you did. You see, part of forgiving yourself is to feel all of your own emotions about the past. With most of these emotions we haven't felt, we've denied them, suppressed them, controlled them and pushed them all down. What we need to do is to feel the feelings, which is a process of forgiving ourselves.

Now most of us on the path learn how to forgive another person before we learn how to forgive ourselves but the reality is that until we forgive ourselves we can't really forgive anyone. So what I would suggest for you, and this is something that I'm trying to practice myself, is to make a list of all of those things that disappoint you about yourself, all of those things in your life that you're really unhappy about and you feel ashamed of doing, and all of those things in your life where you feel like you've just been a bad person or been terrible towards other people; just gather them together and allow yourself to talk to God about all of those things. Allow yourself to go through this process of forgiving yourself for those things.

Now when you do that you'll feel a lot of emotion, and often the biggest emotions that I've had to process for myself have been these groups of emotions about how bad I feel I am. And for many of you it's the same. For many of you the thing that's actually stopping Divine Love from entering you as much as it could enter you is that you are unable to do what God has already done for you. What God has already done for you is forgiven you. God did that the moment you did any of these things. But you have been unable to forgive yourself, and so you hold onto shame. And when you hold on to something like shame, all it needs is a little pin prick where somebody puts a little pin in you and says, "Here feel this shame here," and you react violently because they've just exposed your shame. But if you'd forgiven yourself for your own shame would you react violently anymore? No. So if you loved yourself, would you still get upset because somebody has exposed an emotion in you and would you still blame yourself because of your Law of Attraction is still bringing you crap into your life? No. Can you see how the act of forgiving yourself is just going to be such a powerful, powerful thing that happens?

Now most of us avoid forgiving ourselves for lots of different reasons but one of the primary ones is very deep childhood harm that's been dumped on us emotionally from our environment about how bad we are; "You're never going to amount to anything," that kind of emotion. "You're never going to be as good as that person over there." Almost every single thing in this life is about competition. Remember the school sports days? How many of you

actually won an event? The rest of you, how did you feel when they won that event? Did you feel as good as somebody or worse than somebody? For many of us we felt worse. The whole idea of competition is about creating someone who's worse than the other; setting up who is the best automatically means that there is someone who mustn't be the best. And so we finish up carrying around these whole groups of feelings inside of ourselves where we are just not as good as what we wanted to be, and then we punish ourselves every time we don't achieve what we believe we should have achieved. And as a result of that we get into this state where we can't forgive ourselves. So, we're carrying around this burden of what we should have been that constantly affects us in every single thing that we do. And then of course the Law of Attraction is there to expose that emotion and so we get a lot of events saying, "No, you're not good enough. No, you're not good enough again," and so forth because we just don't want to feel the emotion, we don't want to go through the process of forgiving ourselves for not being as good as what we thought we should be. Or when it really gets down to it for not being as good as what our environment or our parents thought we should be; that's really where it came from. So like yourselves I'm working my way through this Law of Forgiveness; this forgiveness of myself for not being the person that I once was.

8. The Law of Mercy

Now that brings up the next part of this law of love and that is the Law of Mercy.

Now forgiveness and mercy are very much tied into each other and I might just read the definition that I've written in the seminar outline: mercy or grace is my choice to understand, by letting go of the emotions, that I'm forgiven even though I've sinned against God, others and myself, as long as I have demonstrated repentance through it. So you can be merciful towards yourself. A person who's merciful towards themselves doesn't judge themselves for taking twenty five years to get to a space that could have taken them three months. They don't judge themselves about that but they might have some emotions about that; they might need to cry about that and when they cry about that and release that, then they will have a feeling of mercy towards themselves. You can't be merciful with others very well if you're not merciful towards yourself either, can you see why? If I'm holding onto emotions within myself where I can't forgive myself and then I know I've done these things in the past but I can't ever let them go because I feel like I'm constantly judging myself because of them, then do you think I can easily let it go when somebody else does something to me? It's going to be pretty hard because I can't even let go of what I've done to myself. So these two qualities are really core issues to allow yourself to feel in terms of loving yourself.

Participant: It's probably a stupid question but I mean intellectually if you're going through stuff how do you emotionally forgive yourself?

You emotionally forgive yourself by feeling the emotions about these things. For example if I feel a deep sense of personal shame about when I was seven years old and I got caught touching a little girl's vagina; there was a little bit of sexual play between myself and another girl and I got caught doing it when I was seven years of age and then I got all these terrible projections of shame and anger from both of our parents, and what they've done is they've locked up the emotion in me. To forgive myself, what I need to do is feel that emotion; when I allow myself to feel that emotion, then I can pray to God for the clearing of that emotion and I can allow myself to feel that I am forgiving myself.

In fact in the Padgett Messages it says that forgiveness is forgetfulness; what that means is that you'll actually be able to remember every event in your life and not feel a sense of personal shame about it because you've forgiven yourself for it. Now every one of us have done things that we're not happy about, that we're ashamed of doing, and when we forgive ourselves, we feel the emotion of that. And when the emotion of that is gone you'll be in a state when you can remember the event but not have the emotion associated with the event still inside of you. That is when you've forgiven yourself.

8.1. Repentance and Grace

Now of course God can help you so much through this process of forgiveness. When you desire God's Love to enter you, and are also willing to feel the emotions of anything you've done, you're in a state of repentance, and repentance is a part of this process in terms of receiving grace. So you can actually forget the emotion very rapidly on the Divine Love Path. On the natural love path, you can't forget the emotion rapidly. You will need to get to the point of forgetfulness of anything that you've created and that may take hundreds or even thousands of years for some things.

Imagine if you murdered somebody, how much that would play on your mind and on your emotions for a long period of time. It would play on your mind and emotions for a long period, wouldn't it? So that being the case, if you went through this process on the natural love path you would have to get to the point where you can still remember the event but no longer feel the emotion of it anymore and I don't just mean your emotion of it, I mean the emotions of the people who you harmed as well; that's the Law of Compensation.

But on the Divine Love Path, you can actually feel about the event and talk to God about the feelings you have about the event and allow yourself to feel the emotions. And then God's Love can come and take away the emotional memory of the event. So you can actually get to a point where in one week's time, you will no longer feel a sense of shame about many of these things you are ashamed of and in fact you will be able to speak of them openly when you're helping others.

8.1.1. The example of Luther

If I can give you some illustrations about that. Many of you have heard of the founder of the Lutheran faith, Luther? Well when Luther was on earth he had lots of emotions towards women that were very, very damaging. Not quite as damaging as perhaps some of the Catholic Church teachings, but still very damaging. When he passed, obviously he realised at some point that he had all of these projections that he'd done to thousands and thousands of women that had read his material. So you imagine that you'd actually spoken about one gender in a terribly derogatory way and taught thousands and thousands of men to feel the same way about their women, and taught thousands and thousands of women that they were lesser than the man. Imagine how you'd feel with that emotion weighing on you?

So what Luther did was he got into a state of repentance about it where he felt that emotion and talked to God about that and so God could help him through the process of releasing that emotion. Now he is one of my spirit friends in the spirit world in the Celestial Kingdom, and he knows I'm talking about him and he's saying, "Everything he says is true about me. That's what I was like," but he has no emotional hurt about that inside of himself anymore.

So in the end I can talk about any one of you and you can talk about me to your heart's content and you can say all these terrible things about me (which people are starting to do), and in the end if I'm in a state of forgiveness of myself, what you say about me, even if it's true, will no longer feel hurtful towards me. It's a very powerful place to be, to be in a state where anybody can say anything about you, true or false, and it has no emotional effect on you. And if it's true you can say, "That's true, I did do that," just like I said earlier. I said I smacked my son 21 times; I actually counted how many times; that's how I know, I can remember counting how many times. And I just thought it was his stubbornness. I thought, "There's my little son two and half years of age, he's just a stubborn person and he doesn't get it." That was my emotion. And I can talk about that emotion and if I still have a feeling about it, I haven't forgiven myself for what I did. When I forgive myself for what I did, I will no longer have a feeling about that. And I'm not saying it's a denial of your emotional state because it's impossible for you to deny your emotional state if you are truthful. What I'm talking about is it's a real state once you can actually feel about these things that have happened.

8.2. Feeling remorse automatically activates grace from God

Participant: Say you're getting into grief over an issue and you're feeling remorse for it. Do mercy and forgiveness automatically come in? You don't have to think, "I'd better focus on forgiving myself now"? Is it an automatic thing where you don't have to focus on it?

Yes, that's right. If you talk to God through the process it is an automatic thing. The reason why it's an automatic thing is that our soul is built in such a way and God's Laws are built in such a way that when we get into a state of repentance we automatically activate different parts of God's Soul. We automatically activate grace just by the action of feeling of remorse within ourselves; we automatically activate these emotions from God.

It's a bit like if you had a child and your child has gone along and kicked another child; now you would really like your child to be sorry for what it's done and to understand all the things that it's done and why, wouldn't you? And you would like your child to never do it again as well. Now you imagine if your child came to that conclusion and actually worked through the issues all by itself and was willing to do that, how would you feel about that child? It would just be amazing, wouldn't it? It would just be this fantastic feeling of pride and love for that child. Well that's how God feels

about you when you do the same thing; God's heart leaps when you do that. You see the way God has created all of Her Laws is so that you can do that and when you do that there is an instant reward for doing it that way. That's the way God has created all of Her Laws. So it's a beautiful thing.

8.2.1. We experience peace when we finish repentance

Participant: Sort of like a peaceful feeling?

Yes. And so you'll get these feelings of peace that will overwhelm you after you've gone through the process and you'll also be able then to speak openly about what you've done in the past without feeling resentful that other people are still bringing it up, without feeling resentful of your own shame and without punishing yourself or others because of them bringing it up; you will just feel a sense of peace about it. If you don't feel a sense of peace about it then you've yet to forgive yourself and you're yet to be forgiven. So it's an easy way to tell that we haven't yet dealt with the issue.

So for me I'm yet to forgive myself for what I currently am and I still need to go through that process because there's this huge judgement inside of me about what I used to be and what I currently am. And of course the irony is that I will never be how I used to be while I hold on to this emotion. So it's sort of one of those Catch-22 emotions isn't it? Where I'll never be what I used to be because I'm still punishing myself for what I am, and it just gets into that cycle. And we need to stop those kinds of cycles happening within ourselves where we can never be the best we can be because we're still punishing ourselves for what we did five, ten, fifteen, twenty, twenty five years ago. All we need do is feel the emotion of it and release the emotion of it and as we do that and we feel those feelings of wanting God's Love to enter us, God's Love just enters us and helps us work through all of that emotionally and we come out the other end feeling peaceful.

Paul talked about it in the Bible. He said, "The peace of God that excels all thought." There is no thought you can do, nothing you can think, that is ever going to get you to this state of peace. The peace of God excels all thought; and it comes from this desire and passion and emotion within yourself to feel all of these things and to forgive yourself.

It's such a powerful thing you can do, not only for yourself but for everyone else, and this is why forgiving of yourself changes people around you. It changes your Law of Attraction completely. If I have an emotion inside of myself where I feel shame about what I have done then my Law of Attraction is going to be triggering the shame, triggering the shame, triggering the shame, everyone is going to expose the shame in me and that will be my Law of Attraction. But as soon as I'm open about what I've done and put it out there on the table for everyone to see and actually start feeling my emotions about what I've done and actually go through the process of feeling them to completion and feeling sorry and remorseful for what I've done, what happens now? That causal emotion inside of me, that shame, no longer exists. So what's going to happen to my Law of Attraction? I am no longer going to attract people triggering shame. I am no longer going to attract it because there's no shame left in me to be triggered and I can then actually be completely happy within myself about myself. It's such a powerful; powerful tool this act of forgiveness of yourself and having mercy with yourself.

That doesn't mean though that we actually go down the track of saying, "I automatically forgive myself for everything I've ever done," and that all happens just in a day and I'm all happy now; everything's fine. Because obviously if I feel that, then I don't see the importance of the things I've done. Just like the example I gave of the child kicking the other child, the child at some point needs to see the importance of what they've done; the fact that the act of hurting the other child has actually harmed the other child. It has actually caused emotional damage as well as physical damage to them, and the child needs to feel that. When the child feels that, the father or the mother can feel this beautiful feeling of love for the child quite easily. If the child refuses to do that then the father or mother might have love for them but they've also got a lot of hope in them at the same time that the child will eventually see the truth that they've actually taken an action to harm another.

And so we also need to remember with these things, only let yourself off the hook for the things that you know you've dealt with completely emotionally. If you know you haven't dealt with it completely emotionally then focus on dealing with it completely emotionally, not punishing yourself, because you don't need to do that. The laws of God are already in action and you are already experiencing the consequences of every time you break one of them, you don't need to do more than that. God's Laws are automatically correcting you; there's no need to punish yourself but there is a need to

feel the results of what we've done. We need to let ourselves off the hook, through the act of forgiveness and mercy towards ourselves, when we feel these deep feelings of repentance within ourselves. Now that will automatically happen when you feel repentance or remorse; you'll feel this peace that comes from God enter you, and if you're not feeling it yet then the process of forgiveness and mercy is not complete in you so just allow it to occur until it's complete in you.

They are two really important laws that demonstrate your love of self. Can you see that the whole world has an issue with this problem? And if we can be leaders in demonstrating these emotions towards ourselves, we will go a long way to curing every ill of the world. You will also go a long way to curing the fact that you want to respond to their pain or to other people's projection of pain. How many of you have felt this emotion? I know there's been times when I felt over the last six years of getting this barrage of crap from somebody – anger, resentment, rage – and how many of you have felt this thing of, “I just wish they'd get the truth, they don't see it my way,” or whatever it is and you have all these feelings of, “I just wish they'd stop. I just want them to stop”?

And how many of you have even been in a situation where you have been walking away from the person and they're still yelling and screaming at you, not wanting to stop, and how does that feel to you? Well you see when you forgive yourself that will all stop, the whole lot of that will stop. Can you see why? Because they are only doing it because there's these feelings inside of yourself that are still feeling like there's something wrong with you, and they're just triggering that. So allow yourself to feel those emotions of forgiveness towards yourself and being merciful with yourself when you know you are sorry and repentant. When you do that, you are becoming like God because that's how God feels about you when you get into that state. Just like if you had a child who kicked another child and the child then went through these feelings of remorse about what it had done, saying sorry to the other child, you would be so proud of that child. You would know that they're never going to do it again, wouldn't you? And that's how God feels about you when you do the same thing.

9. The Laws of Natural Love

So what's next? There are the Laws of Natural Love.

Now there are a few things in this section that I'd like to read out to you, trying to put these things into practical situations, if you like. Because in the end that's what we want to do; demonstrate love to our self in practical situations. So one thing we also need to do is recognise inside of ourselves when we're not demonstrating love to our self in a practical situation so at least we can begin to identify the emotional reason why we're not, because a lot of times we finish up skipping over it. So something happens where there is an unloving situation to ourselves and we just fall straight into the mould that we've been in since childhood, and then we come out of it thinking, “What did I just do?” Now what we want to do is at least start having some intellectual awareness of what's happening.

9.1. The three aspects of the Laws of Natural Love that affect our love of self

9.1.1. Spiritually: our relationship with God

There are three things to remember with how these laws affect the love of myself. The love of myself spiritually means that I care for my connection with God. So every time you love yourself on a spiritual level, you're caring about your relationship with God. In other words you don't say, “Ah stuff it this week, I've just had enough. This spiritual stuff is driving me nuts. I'm going to just give up for a couple of weeks and see what happens.” You won't feel like that when you've dealt with the emotions that cause you to not love yourself spiritually. Now you can certainly feel like that before then and you need to deal with something about it if you feel like that, but understand that when you love yourself completely spiritually, you won't do that; your love of God and God's Love for you is going to be the most precious relationship in your life. It won't matter what anybody else thinks about you, it won't matter what your family does with you, it won't matter what your friends do with you or think about you, your relationship with God will be more important. It won't matter what your religion says, it won't matter what your politics say, it won't matter how you even feel sexually, you will still be focussed on your relationship with God as your number one thing, if you love yourself spiritually.

9.1.2. Emotionally: caring for and allowing all of our emotions

The second thing is that if you love yourself emotionally you will care for and allow yourself to experience all of your own emotions in every single possible situation. That means if I'm at work and I'm triggered emotionally, I'm going to feel my emotion at work. So let's say it's rage, what do I do with that? Work might have a series of phone books, and so if that's the case you get your rubber hose at work and away you go. And it all looks really bad to everyone else. "What's wrong with this woman? Gee whizz!" Or, "What's wrong with that crazy man again, he's off again," and yet we won't even worry about that when we're in this state of pure love of self. Now your boss will, your friends will, your family will everybody will if they are not in that state themselves but can you see in the end what we're targeting is a world like this. We want a world where we can feel our emotions when we're at work, we can feel our emotions when we're at home; we feel our emotions when we're at school. We want a world where we can just be ourselves wherever we are. It begins with loving of yourself, which means feeling all of your own emotions.

9.1.3. Physically: caring for and taking responsibility for our own physical wellbeing

The third thing you notice is caring for yourself physically. So I go, "Yeah right at the moment there's a bit of tubbiness starting around here, slowly growing, I can feel it there, something's going on." And then when it gets bigger and a bit bigger (and I have been a bit bigger in my life) and I'm feeling more of that and I go, "Yeah I mustn't be loving myself too much". Or I'm puffing away on a cigarette, or I'm sitting down in front of the telly watching a video every single day rather than being able to create things around me, and I'm trying to live my life through other people's lives. Can you see when I start caring for myself physically I'll start realising that, and in the end when I care for myself completely physically, I'll get to the stage where I'll never do anything that would damage my body, either my physical body or spirit body.

So that means all those lotions and potions that you put on your face that have got all these poisons in them, you won't do that anymore. You'll go and get some lotions and potions perhaps that have got no poison in them and maybe use them, but you certainly won't do it with ones that have got poison in them. That means that you won't wash your hair with all these poisons either just because you like the brand. You won't do that anymore, it will be automatic because you'll feel "There's something wrong with this, it's not loving to me". And when you go and take that alcoholic drink and you smell the alcohol and you think, "Yep a few million brain cells there just gone, just if I take this drink." Do you think you'll want to take it then if you really loved yourself? "AJ's now saying I've got to give up this drink as well!" (Laughter) "Enough; it's just too much!" No what I'm saying is that you will want to do that.

So if you don't want to do that yet, it's because you don't love yourself yet, and I'm not suggesting you do it to make out you love yourself and stop drinking. If you want to drink, drink, that's up to you, but don't make out that you love yourself doing it because that alcohol in there, it's killing your brain cells. You wouldn't choose to do that purposefully. Unknowingly perhaps, but purposefully, if you loved yourself would you choose that? No. But that's okay if you're doing it now, I'm not judging that. What I'm saying is that if you loved yourself, you wouldn't do it.

So ask yourself, "Why am I having this alcohol when I'm killing a few million brain cells every time I do? What's going on inside of me that causes me to do this? Ah, it's the stress that I'm under right now, I need this to relax. Why do I need this to relax? Ah my life is too stressful, I need to do something about my life rather than have this alcoholic drink. I need to put this drink down over there for a moment and go over here and fix up what it is that's creating all of this stress inside of me. Ah no, it's my relationship with my husband or my wife that's causing all this stress." So go and do something about your relationship with your husband or wife. Follow through with these things. Can you see even a little sip of alcohol is often covering over a whole series of emotions; I can just relax with it and all of a sudden my partner looks a lot better than she looked five minutes before. Mary always looks good but anyway!

But then, "Ah this situation looks better now, I'll have another drink. Oh it looks really good now!" And what we're doing is just avoiding the underlying stress and pressure. And then the next night, "Wow I feel the heaviness again of all my life, crouching in on me. What did I do last night? Oh yes I had a drink. That's a good idea." So I have another one and we do that until we get to the stage where we become addicted to something just because we need to avoid our life. If you love yourself, you don't avoid your life, you actually embrace your life. And if you can't embrace your life then get rid of the things you can't embrace. That's what you would do if you loved yourself, isn't it?

9.2. Examining the reasons as to why we don't love ourselves

You see if I think of those three things with love of self, I will stop doing a whole heap of things provided I feel the underlying emotional reasons why I do it. So I'm not suggesting that you just all go out now and say, "I'm not doing this anymore, I'm not doing that anymore?" Many of you still feel like doing it, so don't stop doing it if that's what you feel like doing because that's your Law of Desire; you're allowed to desire what you have even if it's in disharmony with love. What I'm suggesting is, allow yourself to look at the emotional reasons inside of yourself as to why you would want to treat yourself badly, and you know most of the time it's because we are avoiding a whole group of emotions or situations. We're avoiding the fact that I'm not as close to my wife as I want to be, or to my husband as I want to be, I'm avoiding the fact that actually I feel quite sad about my job; that my job is really stressing me and getting me down. I'm not doing anything about it because I don't love myself. Why don't I love myself? Let myself feel about why I don't love myself enough to do something about that.

See why I don't love myself enough to tell the truth to everyone around me. So I go home and visit mum and mum's saying, "Do this, do that, do this, do that," like she has for the last forty years of my life and all I do is fit in and I say to myself, "It's only a week, it'll be okay, once I get home I'll be fine." But you're not loving yourself in that situation. So stop doing that and look at the emotional reason why. "Wow, the emotion inside of myself is that I actually feel that mum's going to punish me if I don't do what I want." You might be a grown man forty years of age, solid build you know, four or six inches higher than I am and you're still being led by mummy because you're afraid that mummy will disapprove of you. Where does that come from? That's not a forty year old man's emotion, that's a four year old boy's emotion that needs to be released. And if I love myself I'll allow myself to see that happening. But I can't do that unless I'm in this space of truth and love with myself. It's so powerful once you get into this space inside of yourself of a space of truth and love towards yourself.

So you notice in many of these examples that I've given in the seminar outline how these laws affect you - I don't respond to other's demands for my love, I don't respond to others expecting my love, I don't allow others to manipulate and control my actions, if others question me with the emotions in them of rage, anger, jealousy, resentment, goading, or judgement then I'm not loving to myself if I respond.

A number of people have been confused in the last few hours before I passed in the first century, because I stood before different people, Herod and Pilate and the Sanhedrin, in total silence. And I did that because I loved myself. Because what was being projected at me were huge amounts of emotions not wanting to know truth; they didn't want to know the truth, they wanted to condemn me to death. And they had already decided in their hearts and in their minds what they were going to do; nothing I could say in that situation could change anything. And if I allowed myself to be goaded into replying or even violently abused into a reply, I wouldn't be loving myself. So I didn't.

And you will do the same in the future, where you'll be in situations where people are trying to pressure you and push you around and get you to do things that are unloving to yourself. And you'll be in enough space of love of yourself that no matter what damage they bring to bear towards you, you will not break your love of self. So you will not break your love of God but you will also not break your love of self; if you broke your love of self you'd automatically break your relationship with God. So you won't do either. And even if you die in that state, you still won't do it. Even if you're threatened with death you won't do it because that's how much you love yourself, and that's how I felt then. And I feel quite judgemental about myself that it's not how I feel now at times. So what we need to do is work through these groups of emotions that allow ourselves to do these things; to actually love yourself completely. Allow yourself to ponder upon loving yourself completely.

And so my suggestion before our next seminar is to have some feelings about how you haven't been loving to yourself in your life and have some feelings about why you haven't demonstrated that love for yourself. You may find that the reason is that you're afraid of something. You may find the reason is that you've got this sadness in you that you can't seem to release, or you may find that the reason is that you're so ashamed of yourself and you need to forgive yourself more. You may find that the reason why is to do with all sorts of issues regarding your life that you're not allowing yourself to address. For instance, these issues of truth where you can't be truthful with another because you're afraid of what that will do to your own life. And often what we do is prevent our own progression just by shutting down what we really feel about our situation and not loving ourselves. So have a really good look at what's going on inside of yourself.

[10. The Law of Divine Truth](#)

The whole issue of Divine Truth, which is the last issue of the laws of truth that we want to discuss, is about us getting into this state inside of ourselves where we understand emotionally that it's the truth that's going to set our entire life free. So what we need to do to have the truth set our lives free is to actually feel everything inside of ourselves truthfully. That means no longer ignoring anymore about how we truly feel about every situation in our lives.

So if I'm not happy in my marriage I need to stop ignoring that fact and I need to stop saying to myself, "My Law of Attraction here is wonderful, my Law of Attraction there is wonderful and I'm actually having quite a good life. But my marriage, yeah, well that doesn't feel good." I need to stop doing that and I need to start addressing the issue in truth. Why doesn't it feel that good, what is going on inside of me emotionally, what's going on inside my partner emotionally? Can we deal with these things together? Do we really want to split up? Do we even really want to be together? Or are we just living with each other because it's too hard to do anything else? What am I afraid of? Am I afraid of splitting half of my wealth? Am I afraid of my children judging me because I want to leave my wife?

And I need to work through all of those things emotionally and stop avoiding them if I want to be in truth. And if I have this deep love for truth, if I respect this Law of Truth in my life, then I will start being truthful in all of my relationships. And I'm not talking about the truth just intellectually, I'm talking about feeling my emotions about what I feel is the truth. Even coming down to the fact of looking at it and saying, "Is this God's Truth or is this just my truth?" Because a lot of times they are two very, very different things, God's Truth and my truth. I've had times when my truth has totally been the opposite of God's Truth on a matter; there have been hundreds of times when that's been the case in the last forty six years.

So allow yourself to look at how the truth is affecting your life, whether you want to live it, and what emotions inside of you are preventing you from living the truth. If you love yourself you will at least give yourself that gift. Can you see just how much love of self is so all-encompassing in a lot of areas in our life?

11. The benefits of coming to love ourselves

So if you can, over the coming months, start looking at this issue of love of self in a much deeper way. The biggest hurt in the human race is this lack of love of self and this inability to even forgive yourself, let alone anyone else. And if you can allow yourself to work through that emotionally by feeling the emotions that you have about yourself, the shame you feel about yourself, the guilt you have towards yourself. All of these different emotions you have about yourself, the sadness that you have about yourself, how you haven't realised your potential and how you feel about that inside of yourself. And if you forgive yourself for all of these things by feeling those emotions and releasing them and talking to God and feeling Divine Love flow through into you, what will happen is in the end you'll not remember those emotions anymore. You'll be able to remember every single thing, every single event in your life and you'll not have any judgement of yourself about it. And you will not think, but you will feel that you are the same as every other person; you will actually feel that you are the same as the persons who are right now living up in the twenty second sphere state in an at-onement condition; you will feel that you're equal to them. Imagine that. How many times today on earth do you feel you are not equal to somebody? Why do we glorify people on earth, why do we treat them differently? Because we feel we are not equal to them. Imagine if you released all of those emotions in yourself and forgave yourself for every single thing that you've been ashamed about in your life, you'll get to a point where you'll actually now feel inside of yourself as an emotion that you are the same as anyone else.

And then somebody comes along and says, "When you were on earth a few years ago, you did this and you did that, and you killed this and you..." and you'll say, "Yes I did," and not feel any more guilt or shame or any of those emotions about it because you've released all of that through a process of forgiving yourself. I'm not saying you ignore it all, I'm saying you've released it all.

And so you'll be able to get to a state where I can talk about you and you can talk about me to all and sundry and we will never ever fight because of it and I can say, "You know that guy over there he did this and he did that," and that guy over there will say, "Yep I did that," and not feel bad about himself. And you can say, "When AJ belted his son when he was little twenty one times in a row, that's abuse," and I can say, "Yes I did that," and not feel bad about myself anymore because I've worked through the emotion of that and forgiven myself. It's a pretty powerful place isn't it if you love yourself that much?

Now if you love yourself that much, then you know what? You've now caught up to how much God loves you. Because right now, when it comes to how God loves you and you love yourself, you're playing a lot of catch up. God loves you far more than you can even conceive at the moment and until you love yourself the same amount, you won't understand how much God loves you. So this whole process is about getting to the point of where we feel like God can love us to the degree that He can.

Can you see how this impacts upon the prayer of Divine Love? Do you remember in the prayer, if you read the words of the prayer, it talks about the issue of worthiness and it raises this issue of worthiness with you? The issue of worthiness is the main reason why no one, since I was on earth in the first century, has been in a state of at-onement with God while they were on earth. I am now feeling the power of that emotion myself. I'm feeling how much it affects every aspect of my life, my relationship with Mary, my relationship with other people, how much Law of Attraction is going on, my relationship with spirits who want to be angry with me. Most of them will just go away once they realise that they can't make me feel ashamed of myself anymore because I've forgiven myself. But at the moment they are going to keep coming and coming and coming until I've worked through that emotion, and I need to understand that inside of myself and spend this time emotionally working my way through these groups of emotions.

12. Closing Words

So hopefully this discussion we have today and the previous sessions on "God's Laws - An Introduction" and "God's Laws - Laws Governing Love of Others" have opened up a whole group of areas for you that you can actually look at yourself. And instead of looking at yourself with judgement, criticism or punishment, you can start looking at yourself in terms of feeling the underlying emotions and working your way through to a place of forgiveness and repentance with them.

You see remember we said right at the beginning of this series of discussions that when I break God's Laws at the soul level, I am actually going to experience the pain and suffering of that. So I can say to myself I am not going to change anything if that's what I want, I have the free will to do that. But then I also need to ask myself and there are spirit friends with us who also need to ask themselves if they are sitting in the hells of the first sphere still, "Why would I want that for myself? Why would I want to continue to experience pain and suffering? Why would I want to actually not change when I've got this beautiful opportunity to change and be supported by a group of people who want to change with me?" It doesn't really make much sense does it, if we're really loving ourselves to do that?

So what I would like you to do perhaps over the coming weeks, if you want to, is allow yourself to ponder about those things and Mary and I will hopefully do the same as both of us have quite a lot of self love issues to work our way through as well. And over the coming months we should notice a fairly big change in ourselves and in the others that are coming along as well to groups such as these and I think it will also have such a positive effect in the spirit world as well.

So hopefully you've enjoyed today's discussion and thank you for your time again. Mary and I would like to thank you for your donations and would also like to thank you too for a lot of the expressions that you are giving us as well, of support and love and encouragement, because we really do appreciate those as well. Both of us are personally going through some difficult times, mostly because of projections of anger from others that are triggering these unworthy emotions that we feel inside of ourselves, and so we want to work through those things over the coming weeks.

Appendix: God's Laws - Laws Governing Our Love Of Self Seminar Outline

Laws Governing Our Love Of Self – An Introduction

Today's discussion is about some of the Laws involving our treatment of one self

We will discuss each law in the following manner:

Brief description of the Law

How this law affects our Love for one self

What happens when we break this law in our treatment of one self

What soul condition within us prevents us from being in harmony with this Law

Examples of living in harmony/disharmony with this law in our relationship with one self

The principles are similar in each situation as the talk regarding laws governing love of others

Law of Free Will

Brief description of the Law

Free Will is the gift from God that allows us to choose anything we desire

We are allowed to act in harmony with anything that is truthful (loving) or in error (unloving)

How this law affects my love for myself

When we love our self, we ALWAYS enable our free will whether others agree with our decisions or not

I never suppress exercising my own free will harmonious with Divine Love even if others want me to

I never suppress feeling & experiencing my own emotions:

I am allowed to see what I see, hear what I hear, feel what I feel, know what I know, think what I think, even if it is all in complete disharmony with the Truth

I recognize if free will is exercised in disharmony with Divine Love & Divine Truth, then I will experience the consequence of pain (or suffering if I do this continuously)

What happens when I break this law in my treatment of myself

I feel others are controlling me when this is NEVER actually the case

I feel I am not allowed to have my own emotional experience (but this is NEVER true either)

I feel obliged to others; that I "have to" please them (like many children do with their parents)

Others feel I am a "pushover", and will bend to suit what they want me to do/say/think

Others feel that I am "easy" to be around, because I always do what they want me to do

Others feel I should bend to suit their emotions

Others feel better than me, or condescending towards me thinking I “do not understand”

What soul condition within me prevents me from being in harmony with this Law

Emotions surrounding trying to prevent my own feelings of hurt through my treatment of others

An addiction to “being loved” caused by a painful emotion I refuse to feel of not being loved

An addiction to “being safe” caused by painful emotions I refuse to feel of always feeling unsafe

Allowing others to control & manipulate me because I feel that is all I deserve

A distorted viewpoint of what “love” is; i.e. love sacrifices self to please others

Deep feelings of unworthiness

A desire to control others anger/rage towards me by being conciliatory

Emotions surrounding wishing to avoid feeling out of control

Examples of living in harmony/disharmony with this law

I am in harmony with the law when:

E.g. If my child demands things, I feel my emotions about it rather than “giving in” for peace

E.g. I do not allow my partner to pressure me into doing things that I feel I do not want to do

E.g. I never respond to guilt trips from other persons (emotional or verbal)

E.g. I understand that if someone really loves me, they will always honour and support my free will

E.g. I never suppress my desire because of feelings of obligations placed on me by others

E.g. I never change my loving behaviour even when others get angry with me

I am in disharmony with the law when:

E.g. I feel I must sacrifice my own emotions for the sake of pleasing others

E.g. I refuse to speak my personal truth because of what others may feel/say/do about it

E.g. I treat myself worse than I treat others & allow others doing things I do not do when with them

Law of Passion & Desire

Brief description of the Law

Ask and I shall receive! Develop and allow a passionate longing for anything, whether that thing is harmonious or disharmonious with Love, and I will receive it. The results of this Law create either pleasurable or painful experiences in my life (due to the Law of Cause & Effect).

How this law affects my love for my self

If I love myself, I will always develop my passions and desires in harmony with Love, even if this takes my time/resources/focus away from others

I will follow my passions & desires even if NO other person agrees with or supports me

I will follow my passions & desires even if it seems like I am unsuccessful (in the eyes of self or others)

I will follow my passions & desires even with outright opposition, judgement or disapproval from others

I will not develop my passions and desires in error because I understand I will just be damaging myself

What happens when I break this law in my treatment of my self

I feel the results of a sin of omission (having the power to do something loving that I refuse to do)

I feel the results/pain of a personal choice that finishes up harming my self

I prevent my own understanding of my self, and never become the “best I can be”

I will never become at-one with God

I experience the pain of “missed opportunities”

What soul condition within me prevents me from being in harmony with this Law

I have deep emotional beliefs that I will never be able to fully satisfy my own desires & passions

I have deep childhood hurt from others controlling me into doing what they wanted for me

I have deep feelings that my desires are evil, bad, selfish, harmful, shameful, frivolous, idealistic

I have feelings that other people are more important, better, more superior than my self

Examples of living in harmony/disharmony with this law

I break the law when:

E.g. I join our friends/family in their passions even when I do not want to (e.g. Christmas)

E.g. I constantly seek the agreement of others before I follow my passions

E.g. I seek approval for my emotions by trying to get others to agree with those emotions

E.g. I do not follow my desires because of financial reasons, or time constraints

Law of Cause & Effect

Brief description of the Law

What I sow, I will reap. Everything that happens has a soul-based cause within myself. Attempting to change my life by changing effects never addresses the cause, and will result in the effects continuing.

How this law affects my love for my self

I never blame another person for events/situations in my own life

I never try to avoid the emotions created by events/situations I get into in my day-to-day life

I always attempt to address the deep inner CAUSE within me that created the effects I am experiencing

I understand that dealing with effects will not change my Law of Attraction or my relationship with God

I do not try to avoid effects by planning or structuring my life (these are fear based actions)

What happens when I break this law in my treatment of myself

I am caught in an endless (and pointless) cycle of planning, scheduling, structuring my life

I become controlling verbally and emotionally of others to avoid my own emotional/physical pain

I get sicknesses or long-term diseases which I cannot seem to cure no matter what action I take

I feel tired about what seems to be never ending effort to make my life successful or pleasurable

I always feel I need “help” from others but help never seems to correct anything in my life

I have a tendency to take advantage of others without feeling gratitude

I expect other people to help me stay away from my emotions or soul condition (expect commiseration)

What soul condition within me prevents me from being in harmony with this Law

Refusing to take personal responsibility for my own creations

Refusing to see or feel the Divine Truth that my own emotions are the creator of painful effects

A lack of personal humility in feeling my own soul condition

Staying away from emotions relating to others blaming me for their own life experiences

Deep fear or terror in my childhood emotional experience

A desire to avoid the emotional truth that I am preventing the healing of my own life

I am addicted to feeling “loved” by getting others to help or assist me all the time

I refuse to emotionally accept the Law of Cause & Effect (i.e. I do not believe it is a Divine Truth)

I believe that others should sacrifice themselves in order to satisfy my own emotions

Examples of living in harmony/disharmony with this law

If I live in harmony with the Law:

E.g. I would never expect others to “bail me out” of my own creations

E.g. I would never accept others “bailing me out” if I have not dealt with the causal emotion

E.g. I would not ask or expect my friends to lie for me in order to get out of the results of my error

E.g. I would not expect others to do things for me that I refuse to do for myself (e.g. cook, clean)

E.g. I would not waste other’s time by telling stories I have no desire to feel causal emotions for

E.g. If a person tells me a “truth” about myself; I look the causal emotion for the creation

If I live in disharmony with the Law:

E.g. I justify doing things to my body that I know damage my body without examining why

E.g. Serial dieting: controlling the diet rather than working through why you desire certain foods

E.g. Repeated medical or spiritual practice in an attempt to heal the same ongoing issues

E.g. Repeated meditation in order to feel calm, happy, content, relaxed or present emotionally

E.g. Berating a child for their words/actions when the event is caused by my own soul condition

Law of Attraction

Brief description of the Law

My soul condition (the soul’s attributes, qualities, desires, passions, condition spiritually, emotionally and morally) attracts all the events in my life. If I want to change events, I need to change my soul condition.

How this law affects my love for myself

I welcome and enjoy my own Law of Attraction as God’s messenger of Truth rather than fearing it

I always choose to feel my own causal emotions about everything that happens to me

I do not hate myself, blame myself or punish myself for my own painful Law of Attraction

I always honour & love my own Law of Attraction whether it seems “positive” or “negative” to me

I never hate, blame get angry with or punish others for the pain I experience from my Law of Attraction

What happens when I break this law in my treatment of myself

I create and stay in emotions of self-deception and emotionally damage others and myself

I deny my own emotions and soul condition as being the creator of my entire experience

I attempt to avoid the results of my Law of Attraction by organizing my life around my fears

I stunt my own soul growth and my relationship with God by avoiding the underlying causal emotion

I punish, blame or get angry with others or myself when painful events happen

What soul condition within myself prevents me from being in harmony with this Law

I don’t really have a soul belief in the Law of Attraction

I still believe I can intellectually overcome the effects of my own soul condition

I want to remain a victim in my life and do not wish to take self-responsibility for my own creations

I do not wish to feel the deeper emotional pain within myself that created the Law of Attraction

I have a feeling of envy towards those who have a positive Law of Attraction

I feel others should pay for how they have harmed my life

Examples of living in harmony/disharmony with this law

If I live in harmony with the Law:

E.g. I do not get angry, frustrated or annoyed with myself when I run out of money

E.g. I do not punish myself for what others have done to me

E.g. I give myself time and space to work through my emotions rather than having deadlines

E.g. I surround myself with people who support my desire to deal with causal emotions

If I live in disharmony with the Law:

E.g. Saying to others they can bring their children as long as the children do/do not say/do certain things that you may attract. I am trying to avoid my own law attraction (avoiding what we fear).

E.g. If I lie in order to prevent another person causing me pain I am avoiding my Law of Attraction

E.g. If I refuse to speak my personal truth in order to avoid pain or anger

E.g. If I choose to break God's Laws in order to "avoid" my own Law of Attraction (really we just delay our own Law of Attraction, since our soul condition drives the Law)

Law of Forgiveness

Brief description of the Law

I freely forgive others just as God has freely forgiven me. This means I forgive myself as freely as I forgive others. (i.e. I no longer feel emotions of hatred, blame, resentment, dislike or contempt towards my self because I have released these emotions about my own actions which previously I felt guilt and ashamed about.)

How this law affects my love for myself

I am just as deserving of forgiveness as any other person

I do not hold onto blame, or anger towards myself for the times I broke God's Laws

I never reject myself or judge myself as unworthy or evil no matter what I did in the past

Forgiveness is emotional forgetfulness of the things I have done that I felt emotions about

Forgiveness is NOT emotional denial of actions/thoughts/words in disharmony with Love

I try to feel my emotions about my actions/thoughts/words in disharmony with Love

I love my body, mind, spirit body, and emotions without reserve or condemnation

What happens when I break this law in my treatment of myself

I damage myself emotionally, spiritually & physically by holding onto anger, resentment or shame of self

I am prevented from forgiving others (because I have judgement about what I have done that they mirror)

I prevent my own soul progression and growth towards God

I prevent my growth in the connection with God (never be at-one in this condition)

I damage others and my environment by projecting my denial emotions at them

I damage my own body and cause illness and suffering within myself

What soul condition within me prevents me from being in harmony with this Law

Lack of forgiveness always comes from my wishing/attempting to avoid my own causal emotion

I would rather punish my self than actually feel the pain within myself from what has happened

Examples of living in harmony with this law

E.g. I do not avoid people, places or events that I have previously “harmed” (unless they continue to want to harm me) because I am no longer ashamed of my own actions/words etc

E.g. I don’t have anger/resentment towards myself about my own actions that caused others/myself pain

E.g. I am repentant for (felt all of my emotions) all of the times I have harmed myself or others in the past

E.g. I do not treat others as if they are more important than myself because of guilt or shame of myself

E.g. I do not depend on others for positive emotional support (this is an addiction of avoidance)

E.g. I do not continue lifestyle habits that I know harm my body because I deal with the emotional cause

Law of Mercy

Brief description of the Law

Mercy or Grace is my choice to understand (by letting go of the emotions) that I am forgiven even though I have sinned against God, others or myself as long as I have demonstrated a repentant spirit.

How this law affects my love for myself

I do not refuse Divine Love or love from others in an effort to continue to punish myself for past “sins”

I allow my own worthiness to grow, rather than destroying myself with unloving thoughts/actions

I do not punish myself by treating myself badly physically or emotionally

I am as merciful with myself as I am with others

I never allow myself to “get away with” unloving emotions within myself without feeling their cause

What happens when I break this law in my treatment of myself

When I display mercy towards myself at the wrong time (lack of self-responsibility):

I feel I can get away with unloving actions without their being a consequence

I have a tendency to treat others as if they have done worse than myself

E.g. We criticize others for lying; when I have had an abortion/been sexually promiscuous

I place myself in the position where I continually treat others badly

I am not humble enough to see myself truthfully, & I perpetuate my own unloving behaviour

When I do not display mercy towards myself at all:

I feel I am worthless, unworthy, unlovable, nothing and unredeemable

I feel I cannot ever love myself, and refuse to receive the love of others

I punish myself, blame myself, and resent myself even being alive

What soul condition within me prevents me from being in harmony with this Law

I have terrible emotions of self-shame that I am avoiding experiencing

I have emotional beliefs from my childhood that I need to release of:

I will never be good enough

I will always be bad

I am always guilty because I am a born “sinner”

I am always at fault when others feel angry/upset with me

I have been told in my childhood that I was the cause of abusive treatment towards myself

I have childhood beliefs that others are always better than myself

I have childhood spiritual beliefs that God is always disappointed and angry with me

I feel I am more important than others; and so let myself “off-the-hook” with how I damage others

I am unwilling to feel emotions that are the result of the “Law of Compensation”

Examples of living in harmony/disharmony with this law

If I live in disharmony with the Law:

E.g. Every time I see my parents they always berate me, but I continue to see them

E.g. Every time my partner gets angry with me, I take it, and keep allowing it to happen

If I live in harmony with the Law:

E.g. If I have hurt others, I deeply feel the emotion of it, and feel the forgiveness from God

E.g. If I really love a person, I want to feel the causal reasons within myself as to why I harmed them, and I am willing to work through the causal emotions and ask for forgiveness for my actions

E.g. If I have cheated on my partner, I work through the emotions that caused me to do it, I feel sorrow for the pain I have caused my partner, and I forgive myself rather than punishing myself, or allowing my partner to continue to punish me

Laws of Natural Love

Brief description of the Law

These are a combination of Laws that demonstrate how to love myself and others.

How these laws affect my love for myself

Love of self spiritually – caring for my connection with God

Love of self emotionally- caring for and allowing all of my own emotions

Love of self physically – caring for and taking responsibility for my own physical wellbeing

How these laws affect my love for myself

I do not respond to others demands for my love (they are not respecting that my love is a gift)

I do not respond to others expecting my love (they are not respecting my love is a gift)

I do not allow others to manipulate or control my actions

Eg. If others expect me to give them my time at their request, they are being unloving towards me, & if I respond to that request, then I am unloving towards myself

E.g. If others question me with the emotions within them of anger, rage, jealousy, resentment, criticism, goading or judgement, then I am unloving to myself if I respond to their control

I do not sacrifice myself in order to love others

I do not treat myself unlovingly in order to love others

I do not respond when others expect me to treat myself unlovingly in order to please them

I do not expect myself to give more to others than I would give to myself

What happens when I break these laws in my treatment of myself

I feel annoyed or angry with others for being “unloving” to me (the expectation causes anger)

If I love myself already, I will not need others to be loving to me in order for me to be happy

I feel hurt with others not doing/saying/feeling what I expect them to (the expectation causes pain)

I feel the personal pain of sacrificing my self and my desires for the “benefit” of other people

I feel emotionally exhausted and depleted when I spend time with specific people

I feel that love is painful, rather than seeing love as the greatest gift I or others can give

Others feel they can “demand” my love

Others feel they can control, manipulate, or “guilt” me into doing what they want

Others feel they can demand my emotional attention, and get angry with me when we do not give it

What soul condition within me prevents me from being in harmony with these Laws

Huge distortions about what I believe love to be (my beliefs about love come from my environment)

I have emotional beliefs of error from my childhood that I need to release of:

I believe sacrificing myself for others is a loving act

I feel that others emotions are more important than my own

I believe that the only way to receive love is to earn it

I believe that love is a chore or a duty

I feel I will be punished or blamed, or I am selfish if I don't sacrifice myself for others

I believe that when other people say that I hurt them then I am personally responsible for their pain

I am only responsible if I have broken God's Laws of Love

I have deep feelings that I am nothing, worthless, or empty of love

These feeling may be towards one gender specifically

Examples of living in harmony/disharmony with this law

If I live in disharmony with the Law:

E.g. I only serve or give to others when others have a positive reaction to the service or gift

E.g. I only give to myself when others have a positive reaction

E.g. I treat myself differently than I allow others to treat me

E.g. I feel guilt or obligation to family/friends when they want me to do thing for them

E.g. I am untruthful with myself or others about my true feelings

E.g. Whenever I am angry with myself

E.g. Others manipulate my emotional injuries to get what they want (in business and private life)

E.g. I sacrifice my physical and emotional needs for others sometimes without them even noticing

E.g. I allow others to pressure me to do what they want when I have told them before how I feel

E.g. I allow people in authority to pressure or control me because I am afraid of what will happen

E.g. I feel I do not deserve good things because other people have terrible lives

E.g. I allow other people to demand things from me without concern for my own welfare

E.g. I do things for others that they refuse to do for themselves

E.g. I allow others to harm myself (supplying me with drugs, alcohol, cigarettes etc)

Law of Divine Truth

Brief description of the Law

I always live in harmony with God's Truth, as I know it emotionally.

How this law affects my love for myself

I live in emotional truth towards all people since loving myself means to be emotionally real with them

I tell the truth, and never withhold the truth, no matter what the cost because it is loving

I understand and feel deeply emotional about the truth being ALWAYS loving to myself

I understand and feel deeply that I cannot become closer to God without accepting His Divine Truth

What happens when I break this law in my treatment of myself

I feel the pain of sacrificing myself by not being myself in all situations in my life

I feel the painful emotions of never being myself or honouring myself in all situations

I prevent my own connection with God, and my eventual at-onement with God

I prevent my soul mate connection from ever being fulfilling

What soul condition within me prevents me from being in harmony with this Law

I have emotional beliefs of error from my childhood or my life that I need to release of:

Fear or terror about being punished for truth

Fear or terror about being punished for how we truly feel inside, or the real person we are

Fear or terror about fully experiencing all of my own emotions no matter what happens

Deep emotional beliefs that truth is always harmful and punishing

Examples of living in harmony with this law

Eg. If I have cheated on my partner, I will always tell them no matter what the "cost"

Eg. I always state how I feel to everyone around me, even if they look down upon me or punish me for it

Eg. If I know a Divine Truth I would never refuse to speak it in any situation

Eg. I love God and God's Truth more than anything else, no matter what seeming "price" must be paid