

The Truth Will Set You Free
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The Human Soul:
The Power Of Your Soul



by Jesus

Part 1

Discover the nature and power of the human soul

The Human Soul

The Power Of Your Soul

Part 1

*This document is a transcript of a seminar
delivered by Jesus (aka AJ Miller)
from the Human Soul series of talks,
giving an introduction to the human soul*

Delivered By

Jesus

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A message from Jesus and Mary about Divine Truth



My name is Alan John Miller, many of my friends call me AJ. The beautiful woman you see with me is Mary Suzanne Luck.

Just a little over 2000 years ago, we arrived on the earth for the first time. My name then was Yeshua ben Yosef, or the Jesus of the Bible, the son of Joseph and Mary. Mary's name then was Mary of Magdala, the woman identified in the Bible as Mary Magdalene. Mary was my wife then, and the first person I appeared to after I was crucified.

Because of my personal desire and passion for God, as I grew, I recognized not only that I was the Messiah that was foretold by ancient prophets, but also that I was in a process designed by God that all humans could follow, if they so desired. I called this process becoming "Born Again". It is the process of the human soul being transformed into the Divine, the process of becoming At-One with God. Many persons who were connected with me in the 1st century came to know and follow this path while on earth, the most notable person being Mary Magdalene, who is my soulmate, and who was actually married to me in the 1st century, and was pregnant with our daughter when I died.

Shortly after the time of my crucifixion, most of the Divine Truths that I taught my followers were distorted so much so as to not retain much of the Divine Truth. By the time of the 3rd century, large amounts of error had been introduced into my teachings from all forms of religious studies that occurred over the time period, with power being the main object for the distortions.

During the intervening time from the 1st century until the 20th century, I led, from the heavens, the process of discovery of even more spiritual Divine Truth, and this was fueled by my personal desire and passion to become ever closer to God. Mary Magdalene, being my soulmate, also had a very similar desire, and, as Mary, and other followers passed into the spirit world, they also continued to exercise a desire to follow me in this process of discovery of Divine Truth, and receiving Divine Love from God through prayer.

During these 1900 years or so, many more dimensional spaces (or as the spirits call them - Spheres) were added to the universe by the progression of those on the Divine Love path. Attempts, mostly unsuccessful, were made to reverse the untruth taught on earth associated with beliefs attached to the Bible, by connecting to people on earth who had received Divine Love.

In the early 20th century, myself and many other Celestial Angels, and spirits on other paths of spiritual progression, managed to convey many of the Truths to a man named James Padgett. We expected that these Truths would grow on earth once Padgett received these Truths, but unfortunately, no-one really fully understood the message that was given. In addition, Mary, myself, and some other spirits by the late 20th century had found a way to return to earth to demonstrate these Truths, along with many more Truths obtained over 2000 years of spiritual progression. So, in the later half of the 20th century, 7 soul pairs, or 14 people, made plans to return to earth and teach the Divine Truth again.

This booklet, along with our website – www.divinetruth.com has been prepared by myself and Mary, and a team of people dedicated to delivering these Divine Truths to the world to freely provide these Truths to anyone who wishes to discover them. Please enjoy what these pages have to offer you. If you have been a seeker of Truth, and are open-minded and open-hearted, you will be surprised to have many, if not all, of your questions about life, God, and the universe, answered in a straight forward and honest manner, and the answers shall make your soul sing, just as our soul has sung with the discovery of each new Divine Truth.

But even more importantly, if you exercise your own Free Will and choose to put these Truths into practice, Divine Love will enter your soul and transform you into the creature God designed you to become. Divine Love will transform you into the person that God created you to be.

With my Love,

Jesus

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Part 2 continues in another book

The Power of Your Soul: Part 1

1. Audience questions

Now most of you have been to the first session or watched the DVDs, yes? Have all of you had the opportunity to ask the questions you wanted to ask? No? Okay. So we could just start with a few minutes of answering some questions, and then we can get onto the topic for today. How does that sound? Those of you who wanted to ask a question, go ahead.

1.1. Connecting to God emotionally and in truth

Participant: You talked about how connecting with God emotionally is the only way that you can connect with God, and I just want you to talk more about the emotions. You also said that it's truth, because of your emotions? I just wanted you to talk a bit more about that.

Okay, the connection with God is a soul-to-soul connection. We'll be answering that question today a lot, because today our discussions about the human soul; what your soul is. It's important to understand that every connection that you have with God, and also the connection you have with all the people here, is not an intellectual connection. It's all actually a feeling-based or emotionally-based connection. It's a soul-to-soul connection.

When you start understanding that everything that's happening in your life is actually based around what's going on inside of your soul, then you start seeing the importance of understanding the soul itself and what the soul is all about. A lot of your questions will be answered today by going through this subject about the human soul and what it is.

1.2. Discerning personal truth from Divine Truth

Participant: And the truth? What I notice, what I would say is Divine Truth; it comes from within and there's knowing, there's trust. Is that what you're talking about?

Not completely, because the problem with our emotional state is that we begin with all of these emotional injuries that have been impressed upon us through our parent's injuries and our environmental injuries and so forth. As that gets impressed upon us, many of the things that we feel are truthful, and therefore feel emotionally connected with, are actually errors from God's perspective, so we can't always trust what's going on inside of us emotionally if we're looking at God's Truth. But there is a connection we can trust and that's the connection, that's the resonance, between our soul and God's Soul. When we're receiving Divine Love, then we can trust what's coming to us with regard to truth. [00:02:53.16]

Participant: How do we know that?

Because Divine Love is an actual emotion that you're receiving from God and when you

receive it, you know you're receiving it in that particular moment. You know that it's from outside of yourself, not inside of yourself. Remember in the beginning I said that there were two loves - there's natural love and then there's Divine Love. Remember I said that the natural love is the love that you have inbuilt inside of you, that you can expand and grow. That's the love that you express for everyone else. Then there's the Divine Love, and that love is God's Love. God's Love can also enter you and expand your soul as well, and you can then reflect that love through your own love to others as well. But you must first receive Divine Love, and you can't receive Divine Love from anyone other than God. That's an important thing to bear in mind.

The love that you feel and express from within yourself is the natural love growing within you, and that's a part of your growth. Every one of us needs to grow in the way we reflect natural love. You know when you feel compassion for somebody because of their circumstance or situation, and you want to help them? Well that's your natural love being expressed to that person.

Now that natural love that you're expressing to the other person can grow and change in its qualities and attributes to a new type of love when God's Love enters you. When God's Love enters you it changes your soul so much that the type of love you reflect to other people also changes. It's important to understand though, that it's the connection with the Holy Spirit, which is the Spirit of Truth, it's the connection between you and God at a soul level that actually lets the emotion flow through you where you are actually connected with God. Under those circumstances you know what truth is. Anything that creates your pain, and anything that you feel is actually pleasurable is often based on needy emotions being projected to others and you want a response from them. [00:04:59.12]

1.2.1. Painful emotions indicate error within us

For example, a lot of people today believe that it's loving to be very influential in their own children's lives. How many of you are always concerned about what's happening with your children? How many mothers are always concerned about what's happening with your children? Quite a few. Now that is actually an error-based emotion, believe it or not. Usually every mother who hears those words reacts, "No, it's not. This is what I'm meant to have within me." But every emotion inside of you that creates worry is not love. Love never worries.

Do you think God worries? Does God worry? Obviously not, and He's always reflecting love. When you get into a state of at-onement with God, do you think you're going to worry? Even about your children? Even if your children died, do you think you're going to worry? You're not. Because you'll know the full truth and there won't be any emotional signature with any of those events.

Oftentimes we're holding onto negative emotions and we base our actions upon the emotions that we think are truthful, and this is the problem with all natural love progression. All of us here at the moment believe things that are not true, but we, with our whole heart, believe them to be true. So when you say "trusting yourself," the problem

with trusting yourself is that there are actually going to be some emotions within you that you can't really trust if you want to be at-one with God. You will need to experience them, but if you trust them in the sense of believing them to be true, then that will stop your progression towards God.

At the start it's very difficult to determine what is God's Truth, what is my truth, what do I hold onto, what do I reject? The key thing is that if you go into it emotionally every time you won't need to worry about that because when you go into it emotionally, if there are any emotions bubbling up inside of you that are painful, then they are emotions that just need to come out. All of them are not based upon love. [00:07:25.03]

How many of you feel you've been hurt by loving somebody? Now that feeling is actually an error feeling. When I say it's an error feeling, what it is, is that if you feel love hurts then it wasn't love that you had. It was something else because God never hurts. Even if you decide you never even want to connect with God in your entire life, you never want to experience God, you're even going to deny God's existence, God does not feel hurt with you doing that. The reason is that God gave you the gift of free will, and you can do whatever you like. Why would He be hurt about a gift that he's given you?

If I'm feeling hurt about my expression of love to someone else, then there is something inside of that hurt that wasn't love in the first place, and I need to allow myself to experience that. Can you see how a lot of times we hold onto things inside of ourselves that we believe to be true, but in reality most of the time in many cases they are actually in disharmony with God's Love? And it's a matter of releasing them.

I never believed that I'd get into a state myself where I could, say, watch my soulmate do something, like even have a relationship with someone else, and still love her without feeling hurt. If she left me to have a relationship with somebody else, I never felt that I could actually be comfortable with that. But now I feel that I'm totally comfortable with that. There'd be no hurt associated. It took nine weeks of crying for five hours a day to get into that state, to release all of the emotional pain that was connecting me to those old emotions. But once you release all of those emotions, then you get into a state where you don't feel a connection with that anymore, and that will happen all the way through your progression.

All of those ladies who put up their hands about worrying about their children, you'll get to a state in your own progression where you no longer worry about your children; all you do is love them. You won't feel like you have to interfere with their life, and you won't feel like you have to guide them and you won't talk about them when they're doing something you think is wrong or you think is hurting them. You won't feel all of those emotions anymore. You will just want to give them love when they want to receive that love.

1.2.2. Releasing error and accepting truth

Do you follow how we believe things to be true, but in reality a lot of times from God's perspective they're actually error? And it's only when you release the emotional error that you can recognise more truth. A lot of people then ask, "Well how do I know that I'm releasing emotional error?" If it's painful, you're releasing emotional error. If it's joyous, you're accepting an emotional truth. [00:10:32.08]

How many of you have had moments of epiphany when it's all just joyous? Sometimes I've felt it in the groups, hey? Quite a lot of you. Those moments are when your soul just expanded because you received a truth, and you might even be crying at the time, but you'll be crying tears of joy. Now that's a totally different experience to releasing the emotional error. The emotional error is often a very painful experience. It's like you've had these barbs sticking in you emotionally and you just yanked one out, and all of a sudden there's huge pain associated with that. Well it's okay, you can go through all of that pain; eventually you will need to go through and pull out all of those barbs that have been stuck in you from the moment you incarnated onwards, and eventually you'll be free of them.

That's the only time, once you're completely free of them, that you'll always be in the state where you're receiving truth, if you decide to connect to God. There are people here on Earth and in the spirit world who believe themselves to be connecting to God but it's only an intellectual exercise. They are not connecting with God but they believe themselves to be connecting with God and they're in a very good condition of happiness - they've released lots of their emotions.

I received an email... is Tim here today? How are you, Tim? Nice to meet you. Tim mentioned in an email to me recently about how you were going through this experience of doing emotional clearing work, and you found it very, very effective. [00:12:05.26]

Participant: Yes.

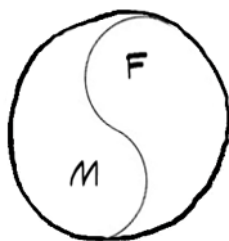
And then you realised that the ingredient missing was God. Yeah. All of you will need to do emotional clearing work, whether you decide to go on a natural love path and develop yourself in natural love, or go on the Divine Path and develop yourself in Divine Love. You'll all have to do emotional clearing work, but the difference is this connection with God that matters. We'll talk more about that today because of the soul, and how that connection actually occurs.

1.3. Sexual characteristics of the human soul

Now there's another question?

Participant: Yeah. This is about those beautiful little circles that you draw, with the male and the female; you do that a lot.

This one here like this? (AJ draws a soul on the whiteboard)



Our soul is made up of masculine and feminine parts

Participant: Yes. (Laughter) So then we all have our male and our female side.

Oh careful, careful. When I'm drawing that, it's a yin and yang symbol, right? Remember that the whole soul splits in half, and we'll talk more about this today. Remember that the masculine and the feminine halves split off at incarnation, but each person does have masculine and feminine qualities of course. That's why there's a little dot in each half, to indicate that there's a part of the other in each as well. There's a part of the feminine in the masculine, and there's a part of the masculine in the feminine. [00:13:28.16]

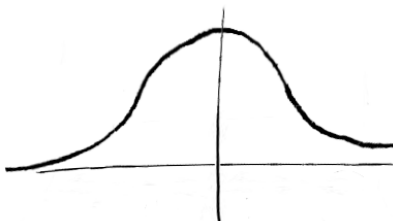


The soul splits at incarnation, most frequently into predominantly masculine and feminine halves

Participant: Okay.

But go on with your question.

Participant: Then you put up the distribution curve and you were saying that we're sort of randomly dispersed around that curve.



There is a normal distribution of sexual characteristics in the complete souls that God creates

Participant: The male side and then the female side, right?

In terms of the creation of the complete soul, not the soul halves.

Participant: Oh, right.

The complete soul also has dominant characteristics in sexuality, what we would call sexuality. It can be dominantly masculine or dominantly feminine or more evenly distributed. Those that are dominantly masculine will split into two masculine entities in their connection. [00:14:08.18]

Participant: But they still have a female side in them?

Exactly. There are still female qualities in them. The Apostle John is an example of a gay male soulmate; he and his soulmate are a gay couple from our perspective here on Earth. When they separated and incarnated, they each incarnated into a male form. John's side of the male form was heavily masculine and his opposite half, if you like, his soulmate, was a little more feminine than he.

Participant: Okay. Alright. And that balances? Is that supposed to balance it out?

Yeah, the way I see it is that each soul is an individual within itself. Each soul has individual characteristics and specific attributes that no other person, no other complete soul in the universe has. When you talk about balance, what do we define as balance in the end? Really what we're talking about is that each soul has its unique individualisation, and within itself the split of that soul is just totally determined by how God created that. To me this talk about being balanced here and balanced there is more of an intellectual discussion rather than an emotional discussion.

When you fully connect with yourself emotionally, you're not worried about balance; in fact you worry about hardly anything at all. (Laughter) And of course once you're at-one with God you don't worry about anything at all, so you're not even concerned about, "Am I being balanced right now? Or am I not being balanced right now?" That never even enters your mind.

Participant: Okay. So when you come in as the female body or a male body; that really is irrelevant?

The full soul will always split in the same manner. My half of the soul in the first century was masculine, my soulmate's half is feminine. When we split this time, my half of the soul is masculine, and each time you go into a similar gendered body. You don't swap genders. Many of you have been taught through New Age stuff that you were a female or a male in the past; many of you have heard that? You actually have heavy spirit influence by spirits who are with you, giving you their life experience. They're trying to work through their emotional issues with you. They feel attracted to you; they try to work through their emotional issues with you by doing that, and it triggers emotions inside of you. [00:16:55.13]

Many of you have guides with you right now who are the opposite gender to yours. The reason is that there's a certain aspect within yourself they feel you need to develop that you're not developing and so they stay with you until you work through those particular issues. Do you mind if I mention you, Grant?

Participant: No.

Ten years ago, Grant's perspective was dominantly masculine, not understanding the feminine so well. That would be a fairly accurate statement, would it?

Participant: Yes.

Yep. And then over the last ten years you have been having more and more relationships with women that are friendship-based relationships. You're learning a lot about women in that way, learning a lot about coming to love women, not from a sexual perspective but rather from a more complete friendship perspective. In the process of doing that, what you've been doing is just like growing in the way that you understand femininity. That's what happens a lot; we often have spirits around us who are also trying to assist us to do that same thing. Some of those spirits will still be in a sad place and they will need your assistance to help them to do those things; others will be in quite a good place and they're just giving you pictures about their life to trigger your emotion, to actually help you experience some of your emotion.

1.4. The development of Jesus' relationship with God in the first century

Participant: In the first century, you were pretty much by yourself, so how did you actually get yourself to a level where you're able to understand that you were communicating with God?

It began when I was very, very little. You know how nowadays in your own life a lot of you have probably had spirit friends that you've talked to from a young age and your parents finished up calling them your imaginary friends or whatever? And maybe made a lot of jokes about that? For myself, that began at a very young age, where I just felt the connection with God. I didn't understand it at the beginning but then I started realising that I was connecting to the person who had created everything around me. Everything that I saw and everything that I felt, there was a confirming emotion that I felt coming from God. [00:19:16.08]

As I grew up in the first century, I became more and more aware, through my study of what you would nowadays call "the prophets" in the Bible, of what they were talking about in terms of having at-onement with God, in terms of having a new heart, a heart of flesh rather than a heart of stone, and what they called the transformation that many of the prophets experienced from spirits. I started incorporating all of those things in my life, connecting with the source of all things rather than to the spirits, as prophets would do, or as mediums would do.

As that grew, my desire for God's Love grew to such an extent that when I was in my teens I started realising that I had this unique connection with God that people around me didn't seem to have. Then through my study of the prophets again, I wanted to find the Messiah because it was foretold that in my generation the Messiah would appear; it was a well-known thing back in Israel at that time. I was really, really interested in this idea of the Messiah appearing. I wanted to find him and learn things from him and all those kinds of things, so I went through these emotions in my late teens of looking what qualities and attributes the Messiah would have and so forth. It was only in my early twenties that I started realising that those qualities and attributes were qualities and attributes within me and so then I had to go through this process of recognising this unique place that I seemed to be in that initially I thought everyone else must be in as well.

You know how it's like when you're a child, you think that everyone else feels exactly the same as you do? Then as you grow up into an adult, as you grow further and further you start realising, "Hang on a sec, no, they don't feel the way I do." It was only then that I started seeing how what was going on inside of me was different to the people around me.

It was sort of like a gradual progression of this Divine Love flowing into my soul, which I could feel, and my longing for it then grew and grew and grew to such a point that when I was in my late twenties I felt that the connection complete. I became at-one with God, and that's when I began telling others about it in a public way.

Participant: When you were talking to them back then, was it similar to the sorts of things that you're telling us?

In terms of emotions, yeah. It was a little different for me back then in that I didn't have too many errors to actually work my way through because this connection began at such a young age. A lot of the things that would happen around me in my family didn't enter me emotionally. My father treated me a certain way under certain conditions; he felt he was cursed to have me as his child but that feeling didn't enter me because by that stage I already knew that I wasn't cursed and he wasn't either. There was just that feeling within me that that wasn't the truth.

You know how most of us have taken on truth from our parents, what we call truth, which is really error? We're taking on these concepts from our parents and they've been absorbed into us. Well that didn't happen to me very much in the first century at all, and that meant that I could clearly see what was going on; I wasn't personally hurt or offended by what was going on around me because of that. [00:22:52.22]

1.5. Performing healings

Participant: When you were Jesus... or still are or whatever... (Laughter) You used to do a lot of healings in those days.

Yep.

Participant: By the way I have chronic fatigue syndrome. That's not part of the question.

There was a projection there though; we'll have to deal with that! (Laughter)

Participant: You did your healings in those days. If someone gets sick, then it's basically healing the cause of the problem and then the physical which hangs on to that, the biological problem, goes away because there's a reconciliation in that person spiritually?

Yeah. It's important to understand what's happening with healing. In the first century once I became at-one with God, and the same will happen to all of you once you get into that state of at-onement with God, you'll feel it very, very easy to heal other people, but you'll also have some very strong Divine Love constraints upon that. When I say Divine Love constraints, there are certain laws involved with Divine Love. We'll talk about some of them today that actually limit what you may do because of free will. If a person is holding on to an emotion within them and then they come and they say, "I want to be healed," but they're not willing to actually address the emotional cause within them, healing them is actually a totally pointless exercise because if you healed them they would just re-create the illness through their emotional condition.

It's very important, and this also applies to spirit possession and other issues too; it's very important that people understand the causes of what's actually going on in each interaction, and that's very much the case with healing. If people don't understand the emotional causes and are unwilling to address the emotional causes, then what's the point of addressing the effect?

1.6. God's Laws address causes rather than effects

There's a whole discussion I have for half a day on Cause and Effect, which is one of the laws of God, and one very basic thing to understand about God is that God never fixes something at its effect level. He only addresses things at the causal level. [00:25:10.04]

Look at all of man's laws. We have hundreds of thousands of laws; most of you have got no idea what laws you are now living under. You have to go to a lawyer to find out what laws you're living under, and even he doesn't know. He has to get out the whole taxation volume thing, and slap that on the table, and he has to get out all these other laws and that's why they study for so many years to get to that condition where they even know how to find the law, and yet we're automatically living under this law.

Now the majority of these laws deal with effects. The law where you have to drive on one side of the road deals with an effect of people not being considerate normally, so you make a law so that everyone knows to do the same thing, and it just makes everything more orderly and harmonious. You can look at a lot of laws, such as the law about

speeding, which is another one of those laws.

You're driving along, there's no one on the road and there's an 80km sign. How do you feel? You're driving along at three in the morning, and there's just no one there, just you. There's an 80km sign come up after a 110km sign, and you're looking around going, "Why am I doing this?" If the whole place is packed with traffic, an 80km sign might be far too fast, you might need to slow right down to 60km or even less, but all of these signs and all of these laws are not actually addressing the cause of the problem.

God only addresses causes. It's very important to understand that that is also a principle with healing. God will only address the cause. God's Divine Love will not enter a person to address an effect of a thing that's inside of them if they are unwilling to deal with the emotion.

1.7. Performing healings (continued)

Participant: Just to continue with that. If people practice healing you're probably better off just working with the emotions primarily and then secondary would be the physical response to that?

Exactly. You know all the spirit body work that you can do, where you can do a lot of spiritual healing work with chakras and so forth and get all of the energy points in a person's spirit body working properly? All of that work is pointless if you can't understand that it's the soul, which is what we're going to talk about today, that's driving all of those injuries. This is why you can go to a spiritual healing session, feel good for a day, and then of course the emotion's just going to re-impose the same errors upon the being.

What's the point of solving the physical problem when the emotion that created the physical problem still exists within the person? All you're going to be doing is making them reliant on you. God doesn't do that but there are lots and lots of sixth sphere spirits and spirits on the Natural Love Path who will do that constantly. There are a lot of healers nowadays who are healing people fairly well but they get the injuries back again later, and the reason is that there are a lot of natural love spirits who are healing the person, for whatever reason the natural love spirits have to do it, but not respecting this Law of Cause and Effect that's happening upon the soul. [00:28:29.00]

1.8. Forming a personal relationship with God

Participant: I was wondering how you could be separate from something that's all-pervasive? I thought maybe that was just a mental construct, and next is how to increase the desire?

When you say all-pervasive, you're talking about God? How can you be separate from God?

Participant: And then I wanted to know how to have a personal or an intimate...

Relationship with God? Yep.

Participant: That I thought was impersonal.

The gift of free will is what enables you to decide whatever you want. That gift that God gave you can be exercised in such a way that you then believe you are not connected with God, so you create separate-ness. It's very important to understand that in the beginning God created us to be at-one with God eventually, but God didn't automatically give that gift to you because then She would have been overcoming your free will. She wants you to make a free will choice to connect with Her. She doesn't want to force Herself or force Her Love on you. Is it love then?

Participant: No.

No. God does not force Her Love on you so there is no Divine Love in you at the time you incarnate. Please understand that. It's a common fallacy today that people believe they all have the Divine spark within them. It's one of the things I address today. You have a natural love spark within you, and if you want to receive Divine Love in you, you need to ask for it. It's quite simple. The reason is that God's Love belongs to God, something outside of you, and it can enter you only if your free will is exercised. God always respects your free will. That's the first thing to understand.

Separate-ness is created by our desire to disconnect - firstly from ourselves, but also in the end from things around us. As soon as you desire to disconnect from your emotion, you're at that moment desiring to disconnect from yourself, because your true self is your emotion. You're also desiring to disconnect from everyone around you, and you're desiring to disconnect from God. As soon as you re-connect with your emotion, whatever that emotion is, and it could be that you're fuming angry, as soon as you start connecting to that emotion, you're now at least connecting with yourself. You might not be connecting with too many other people in that state, but at least with yourself. You're at least making the first step into this process of connecting with yourself, everyone else and God as well.

1.9. Emotions are dominant over thoughts

Participant: AJ, I've just got a two-part question. I've just been wondering lately which one came first, the thought or the emotion?

The emotion, always.

Participant: The first people to incarnate, they would have received an emotion first? And then their mind would have categorised it?

If you think about a child, it very rarely has thoughts associated with emotions. It's generally only as we grow that we start associating thoughts with emotions. The very first thing that kicks you off with everything is your emotion, or your passion or your desire. When I talk about emotion, I'm using that term very generally, because I might also mean passion, desire, longing, and all those other things.

For example, if I have a longing for your love but you don't give it to me, then I will feel a feeling within me that I'm not receiving it and that will create a thought within me, that may be through a filter of "Why?" I may blame myself and say I'm not up to your standard, and that's why I'm not getting your love. Or there might be other feelings in me that create these thoughts.

The trouble with most of us is that these emotions create the thought so rapidly that we think that it's the thoughts that are controlling us, and we think that if we think new things it's going to help. Now every spirit on the Natural Love Path thinks that; they think that if you create new thoughts in your mind, it will change your emotions, but you're actually creating a fictitious state; you're not being real. It's only the release of the emotion that creates bliss in the end, and the release of the emotion is about experience. [00:33:02.00]

Participant: I actually get them mixed up, I think.

Well you're very thought-orientated and have been from childhood. It's been browbeaten into you to think rather than feel. Because of that, there's this constant desire to get back into the intellect all the time. Many of you have the same thing going on, this constant trigger to get back into the intellect; it's very much more dominant in a male than a female generally as well. All the time we're trying to explain the universe around us through our thoughts, but the only time we're going to understand the universe is through our feelings.

Participant: You feel the emotion, then the mind just pops up straight away?

A lot of times the mind even pops up with a different thought compared to the emotions doesn't it? Have you noticed that?

Participant: Does your mind have to be still to release an emotion?

Your mind has to be the passive observer of your emotion or you can even make it into the active observer by helping you access the soul's emotion. When your mind is the dominant part of your being, that's the thing that you need to undo, because if your mind's dominant it is constantly trying to suppress what the emotional expression is. All of you have been taught at some point in your childhood to dominate your emotion with your mind. How many times have you heard that emotion is weak? It's a common belief, isn't it? Even in New Age belief, it's a common belief, isn't it? "Your emotion is weak, your mind is strong. Use your mind to dominate your emotion." It's a common teaching all the way through life. How many times do you see parents shutting down their emotions? When you were little and you noticed a parent shutting down your emotion, what are you going to do?

Participant: The same.

Of course, because you think that's the only way. If I'm feeling angry, how do mum and dad treat me? Usually they want to punish me, so am I allowed to feel angry anymore? [00:35:11.03]

Participant: No.

No. I have to shut that down. I learn very quickly that there's certain behaviour that I've now got to start shutting down with my mind. Yet the opposite thing needs to actually occur; we need to be able to express those emotions so that we can get to the causal emotion and experience that, and then release it.

1.10. Man created pain through the unloving use of his free will

Participant: AJ, I just wanted to have that understanding that we do not choose our parents, our parents choose us.

Yep.

Participant: If we have parents who are abusive and some other parents are lovely and loving, how do we get a chance? The inequality of it.

Well, firstly understand that God created equality. God wanted each of us to incarnate into a pristine preparation of a body with no emotional damage. That's what God wanted. It was man's choice to become self-reliant that created all of these emotions of inequality. Every inequality and injustice you have ever experienced is totally the creation of someone before you; some person who walked away from God. It might be your parents or it might be grandparents and if we trace it right, right back, it's also the first human couple who decided to walk away from God.

Understand firstly that God wanted this pristine environment for you to incarnate into, and every feeling of injustice that you now have within your soul is due to people deciding they didn't want God involved in that process anymore. That's why God has a lot of, I suppose you could say, love and mercy for each of us, no matter what we've chosen to do. God even has love and mercy for a murderer. The reason is that God knows that the creation of that person to become a murderer was caused by all of these different emotional conditions that God didn't want man to create in the sense of... when I say didn't want, He gave us free will, the choice to do that if we wanted, but from God's perspective He would prefer to see us make some choices in harmony with love. [00:37:49.16]

Every time we make choices out of harmony with love we are going to experience the pain of those choices. I believe that it's a beautiful system to bring us into correction, because the more of us that feel the pain of what we've chosen as a human race, the more of us will feel like we want to change. How many of you are here because at some time in the past you experienced so much emotional pain that you want answers? Wouldn't pretty much the majority of us feel that way?

If we hadn't experienced that emotional pain and then had this desire for truth in our heart, we wouldn't come to a point of correction. God's created this automatic correcting system in all the universe, the physical universe has it, the spirit universe has it, and our soul has it - this automatic correcting system, if we listen to it. That's where all of our pain comes from.

Understand that where all of our pain comes from was not the creation of God. It was the creation of man who wants to be in disharmony with God and exercise his free will down the road of self-reliance. That's why in the first century I called it "the wide path," and the other scholars added the words, "that leads to destruction." But it's actually a wide path that most people follow because most people just go along with the norm and don't have these epiphanies that we need to have to realise, "Hang on a sec, where we're going here is just creating more pain."

1.11. The creative power of the soul

We are all creators, all of us. For example, you all want to create this government you are now living under. You have all conformed to its laws and rules. Many of us feel powerless to change it, don't we? We feel powerless to actually change it. [00:40:07.03]

The truth is actually very, very different. The truth that we need to understand, and this is another thing that will come out today, is that the soul, the real you, has the power to change everything around you. One person in a state of at-onement with God has the power to change the world. Completely. One person. That means you. You actually have this ability in you, once you're at-one with God, if that's what you desire, you have this ability to change the world. Just you. And I'm not just talking about changing the world in some kind of namby pamby, gentle sense. I'm talking about confronting every single thing around you so much that the whole world begins to change because of you. You have far more power, but only when you recognise where it comes from. It comes from your soul, not from your mind.

We often see all these injustices in the world and we see these governments doing these things in the world and we see the separation between the first tier of government, if you like, and the people and so forth. We see all of these things going on, and we then go down the track of trying to change with a force of will. We get into this state of getting angry about it. Anger is a great thing because it has the tendency to motivate you out of powerlessness. In reality what we need to do is just feel our powerlessness, but we get into that state and off we go and we actually want to force change in the world and in the end we can't. So then we get into this terrible, hopeless state because we're driving it from this top level that's not connecting with our soul.

1.11.1. An example of the Law of Attraction creating events smoothly

When you change your soul to the point where you're at-one with God, every single thing around you will automatically change. The Law of Attraction will happen that way. I've just had it happen on the trip down here yesterday. I was travelling along with Tristan, my son, and I said to Tris, "I think we should wash the car," because the car was a bit dirty, it had been out in the bush. "But I've got to pick up these CDs from somebody and I've also got to go and drop these plans off to somebody else; I've got to get all these things done in Gympie," and so I just let myself feel about that for a moment. Then we rang up the man

who I had to do the plans with and he said, "Oh, can I meet you at the car wash?" (Laughter) "And by the way, the CDs that you need, I've got them with me." [00:42:52.09]

He arrived at the car wash and he said, "I've got no idea why I wanted to meet you here." (Laughter) He did! That's what he said! He said, "I don't know why I didn't get to meet you out where you went past," because we went past him to meet at that place. And I realised at that point that the Law of Attraction was happening, just automatically happening based on the desire from the soul. That's the beauty of a lot of these things. Once you change the soul, your soul has a desire and everything just happens around you.

Last night I said to Mary that I wanted to have some tomatoes and mushrooms for breakfast. We went down to West End and we didn't get my tomatoes and mushrooms but we popped down here and walked across the road to have some lunch, and lo and behold there were my tomatoes and mushrooms, exactly as I wanted last night actually. That happens all the time now; all of the time now I get exactly what I want, and it just comes from the desire. I don't have to think about it, it just pops into my life. Now that will happen to you when you work on the soul. It's to do with the soul. It's not to do with the mind.

1.11.2. The futility of affirmations

Participant: You were saying that affirmations don't help your soul.

Let me look at one affirmation. You're jogging along, "I am worthy! I am worthy! I am worthy to receive all of this abundance." We often say to ourselves, "I am wealthy! I am wealthy!" You're not wealthy! (Laughter) The truth is that you feel broke. That's the truth, so what do we need to go into emotionally? We need to emotionally go into, "I am broke." Now go deeper into that emotionally. How does it feel being broke? "I feel like nobody cares for me. Nobody looks after me. I've always got to drive it myself. I've always got to work hard." When you start connecting with some of those emotions where do you go then? You generally want to cry about them. So cry about them and release them, because they are childhood emotions. When you do that, the emotion of "I am broke" has left you. When that leaves you, automatically the Law of Attraction will bring you everything you need, and you won't have to say any affirmations at all.

There was a time in my life when I was saying affirmations and nothing changed. Things changed as soon I allowed myself to connect with the causal emotion, the underlying emotion, which is usually the opposite of the affirmation; have you noticed that? The underlying emotion is always the opposite of the affirmation. (Laughter) So I'm saying, "I am wealthy! I am wealthy." I'm really broke, and I'm just not being honest about it. I'm not connecting with the underlying emotion of why, of what's the emotion inside of me that causes me to be broke. You'll find that there's some very core childlike feelings in there, and one of the biggest core ones is, "God does not care for me." That's a huge core emotion that all of us usually have to get to the point of releasing.

1.12. Parenting and free will

Participant: You were talking about free will before but I think to myself, "I didn't choose to have all of this pain." So where is the free will there?

Let me clarify the issue of free will. It starts at the time you incarnate; you're not even really conscious of your own free will. Unfortunately the people who are conscious of your free will abuse it. From that moment on, the majority of us are facing problems because our parents chose to abuse our free will from the moment we were conceived. And at some point some generation's got to change the cycle.

Participant: It's not really a choice is it? Because they're sort of reacting.

No, what I'm saying is that it was the choice of the parent to do that, not the choice of the child. When you're a child, you're right, because you're just a baby, even in the use of your free will, other people's free will gets imposed upon you, and that's the damage that's done to you. [00:47:14.24]

Participant: It's not really their free will if they're unconscious of what they're doing?

I've been a parent myself and I know that a lot of times I was conscious of the denial of my own emotion. Certainly most parents are conscious that they are running away from their own emotion. It's just that they don't think it has an effect on their children. They don't see the linkages. This is a problem with untruth; we often don't see the complete linkages of what's actually going on.

1.13. Love is not just

Now getting back to the first part of your question, which was one of injustice, "Isn't that unjust?" is the question. And the answer is that love isn't just.

Participant: Are you saying that God's Love isn't just?

I'm saying all love isn't just.

Participant: Well you'd better explain that. (Laughter)

That was confronting, hey? How many of you feel like love needs to be just?

I'll just give you an example. I was married at one stage. Because of my religious beliefs, I felt like God wanted me to stay in this relationship, and I couldn't understand why there was so much pain because I felt I loved the woman, and I didn't feel like she loved me. I went along to a psychiatrist, and he said, "You know what your problem is?" He said, "Your relationship's not just." He said, "If your relationship's just, then you'd be right. It's only relationships that are just that stay together."

Now in your life, you've probably noticed that. If you've got two people who are willing to cheat on each other, they'll probably stay together. (Laughter) If you've got two people who aren't willing to cheat on each other then they'll probably stay together. But if you've

got one person who's willing to cheat on his partner, and the partner doesn't like it, are they going to stay together very much? Probably not. If they're both willing to lie to each other, they often stay together. But when you've got one who's doing the opposite to the other then obviously there's this thing that automatically happens, and what I'm saying to you is that that is not love. In fact in the future you will get to a stage in your life where you can love another person and they can totally abuse you; you can still love them and you won't have any emotions attached to that.

Now remember that's what I said in the first century - when somebody slaps you on the cheek, turn the other cheek. That's what I was talking about - this aspect where you become a person who's able to forgive anything that occurs. That's what love does. And that's actually what God does, too. A lot of times people here on Earth and in the spirit world expect justice and don't understand that the reason they're expecting justice is that they've been hurt and they want the other person to hurt as much as they hurt. Isn't that what justice is to us a lot of times? And is that love? That I want somebody else to hurt as much as I hurt? It isn't love, is it?

Understand that there's no "justice" as we see it in love. The truth is that if we look at justice from God's perspective, well that's a different matter. Justice is always surrounding the laws of love, and you'll understand what justice really is when you start connecting to those laws of love that God has but at the moment our earthly concepts of justice are actually in most cases only a desire to punish.

Participant: I probably wouldn't want to have a relationship with somebody who treated me really badly.

Yeah, I didn't say you would want one.

Participant: Okay. When you said that love wasn't just and I think you were originally talking about relationships, like your marriage...

Yeah, I'm saying that if I expect the other person to do anything that mirrors my own treatment of them I am not loving them. Now that's a concept of justice - you treat me how I treat you, isn't it? But if I'm expecting anything from the other person, I am now out of harmony with Divine Love. I'm in harmony with natural love, because that's what natural love would do, but I'm out of harmony with Divine Love. It's not what God does. [00:52:28.27]

Participant: In terms of loving yourself though, you wouldn't really want that for yourself?

Well this is something I had to work through myself. I was always thinking, "Yeah, you know, justice, justice, justice, justice," and having lots of emotions about that of course because every time someone treated me unjustly, I'd go through some emotion. In the end that's what I realised I needed to do; if I'm feeling feelings of injustice, it's because I'm expecting something from them in my relationship with them. As soon as I'm expecting something from someone outside of myself, I'm now in a state where I'm not loving them.

But I'm not saying you'd have to be with them. Of course the Law of Attraction would probably mean that you couldn't even be with them, and that's okay. But you wouldn't make that choice to avoid them.

How many of you have had something happen in the past, you've got upset about it, and the way you've calmed down your emotion is to avoid it? How many of you have done that? Yeah? Lots of us. And then we tell ourselves, "Oh, I've dealt with that." (Laughter) The truth is that we haven't dealt with anything. We've suppressed the core emotional thing that we needed to release and when we do that we're just way out of harmony with love.

The key for us is to understand with all of our interactions with others: if I need something from you and I don't get it and I feel something, like anger or something like that within me, or annoyance or frustration, any of those emotions, I am out of harmony with God's Love.

1.14. An example of a child reflecting a parent's emotion

Participant: My son doesn't like the people having to kiss him, he just doesn't like it. You'd go and visit the rellies and the old man who's 93 would say, "Just give us a kiss, love."

How old is your son?

Participant: He's five.

Okay.

Participant: He stands his ground and says, "Nah."

You know whose emotion he's reflecting?

Participant: Whose?

Yours.

Participant: But I don't want to kiss him.

Yeah. That's an emotion inside of yourself about how it impacts upon your feelings of controlling relationships. And if you look at...

Participant: I actually think it's fine that he doesn't kiss him.

I know you think it's fine he doesn't kiss him. (Laughter) I have a whole discussion about children. One thing you need to understand about children is that your children are a complete reflection of your own soul injury. They are actually reflecting something back at you. How do you feel when he doesn't kiss them? [00:55:08.08]

Participant: I feel uncomfortable because I know they wanted a kiss.

So he's doing that to trigger your discomfort. Go deeper into your discomfort - feel what it's about. Once you feel that discomfort completely and go into and release that emotion, he will no longer do that.

Participant: It won't worry him to kiss anyone?

It won't worry him at all. Yeah. He's expressing boundaries that you don't feel you're allowed to express.

Participant: I know as a child I was...

I'm not saying as a child. I'm saying right now. Right now he is expressing boundaries you, right now, are not honest about expressing.

Participant: It challenges all my memories.

Of course, because he is a perfect reflection of your true emotion. Your children are going to be your best triggers. They will reflect the emotion you're unwilling to deal with. They will act out every emotion you're unwilling to deal with. Your children will act out every emotion you don't let yourself feel at the causal level; they will act it out. If they're acting out something, like they're acting out a fight, there's a causal emotion in you that created that. This is why punishing children for their behaviour is very damaging because you're actually not taking responsibility for your own emotion.

1.15. Current reincarnated people on Earth

Participant: I'm very lost, AJ, about reincarnation. When I was watching your video you said that you and people with you, the other souls, were the first souls to reincarnate. I went, "Oh no!"

So what was the first emotion that rose up? Isn't it a feeling like, "Oh, I'm not special. He's saying he's special"?

Participant: Yeah.

And to be honest, it's not that special. (Laughter)

Participant: My first reaction was, "Well hang on, you're older than me. That means I could have come after you and be still reincarnated." It was going into that whole "I want to be special too."

Exactly. Please understand that when I'm saying that, I'm not saying that you're all not special.

Participant: No.

That's very important to understand. But go on.

Participant: Have other souls come back since you and...?

And the fourteen?

Participant: Yeah.

Yeah, there have been others that have reincarnated over the last five or six years.

Participant: So that's the time frame?

Yeah.

Participant: Okay.

About six or seven years ago there were only four or five other souls left in the soul union state who could have reincarnated. One of them was my mother and father. Since then there have been thousands and thousands of souls that have entered that state. Every soul that enters that soul union state, which is at the top of the 22nd sphere, can choose to reincarnate whenever they want. They have free will. Some of them are choosing not to reincarnate because they feel they had a complete life on Earth. Others who feel like they haven't had a complete life on Earth are choosing to reincarnate.

A lot of the memory-based stuff that occurs where we think we've had a past life is spirit connection-related. Honestly, right now, none of you... none of you have any idea how much you are influenced by spirits. There will time in your future, once you grow more and more, that you'll start realising how much influence there is. When I say influence, I mean there's spirits around you just as much as there's people around you, and just like a person around you influences you in some way, so does every spirit around you influence you in some way.

1.16. The sleep state

Participant: I've got two questions. What is it when you meet people and you know them, or you recognise them, or you hear people saying stuff, like when I watched your DVD I thought, "Hey, man, I've heard all this before"?

Yeah!

Participant: What is that?

How many of you felt you've heard it all before? Including the soul union stuff and everything?

Participant: Even when I meet people, is it because you're looking at yourself and recognising a part of yourself?

No. Every night you're asleep, for about eight hours? You don't stop doing anything. You keep doing things. And you have usually met me in the sleep state as well, in groups like this where you've learned things. For a lot of you this material resonates with you so strongly for two reasons. One is that you've already heard it before, and you heard it in your sleep state. The second one is that you have spirits with you who are influencing you to take notice of it, and they're resonating with you. Sometimes some of you feel that resonance, where you feel emotionally overwhelmed by something coming from outside of you, where you feel that it's a confirmation of what you're hearing. [01:00:22.01]

Now God created all of that to help you learn things. This spirit interaction happens throughout your existence and in fact you are a spirit when you're asleep. I don't know if you've ever tried this, but if you have a medium friend on the opposite side of the world, ask them to channel you while you're asleep because you can do that. Did you know that? Every one of you could channel via a medium if you're asleep. A medium can speak with you in your sleep state if you're asleep, and you will tell yourself things that you don't know while you're awake.

Participant: So you could film it and then watch it the next day?

You could do anything you want. (Laughter) There's so many experiments that you can try. There's so many really, really practical experiments to prove the existence of the sleep state that you could try, and that's one of them. There are so many experiments that none of us try because we don't think of it, and we're not aware that this is what's going on. But every single night you are asleep, you are in a state where you're still learning and still experiencing things, and you can still talk to people on Earth.

This is an interesting question I ask some audiences. How many of you have been married, and woken up one morning knowing that your partner had cheated on you? Have any of you experienced that? A few of you? Now how did you know? The answer is, you saw him do it. (Laughter) You saw him or her do it.

Participant: Wow.

See, we think we're covering over things all the time but in reality we're not covering over anything. Every experience that we have, we and others are able to see. I'm not saying to change what you're doing because of that, because in the end it has to be coming from you. But understand that this is why sometimes you wake up with a knowing. It is because when you were asleep you were observing something and you wake with a knowing because of that observation. Don't think that when you're asleep everything's turned off. The only thing that's turned off is your physical form; it's having a rest. Your soul, which is the real you, is still with this spirit form and you are assimilating things from the spirit world in that state. Every single time. [01:03:08.05]

Participant: Is that why you sometimes feel exhausted with that cast of thousands?

Yes. Sometimes you'll wake up with a terrible feeling of exhaustion; often that kind of

feeling is where you might have been helping people in a lower state and they were in a bad state projecting emotion at you that was triggering you. A lot of times you might have been crying in your sleep state. How many of you have woken up crying?

Participant: Yeah.

The majority of us have at some point. Why is that? Because there was something being triggered in our sleep state, which we found to be a very grief-filled experience, and we're just waking up in that state, in that connection. Understand that eventually you will remember all this.

There's a lovely book, it's on CDs that I've just passed out, by Robert James Lees called "Through the Mists." It's really worth reading if you haven't read it. I've said it before but read it because he actually passed and when he met his mother which was right at the end of the book and into the second book, called "The Life Elysian", he realised that he'd never left her. She died at his birth and yet he knew his name and every sleep experience he had had with her. He remembered them.

Once we start understanding that this is a seamless existence then we can start having a lot more confidence in what's going on, and in God loving us as well.

1.17. Accessing causal emotions

Participant: Second part of the question.

Second part of the question. (Laughter) I'm going to have to stop the questions. Last one.

Participant: This is about cause and effect.

Yeah.

Participant: I've had many emotions, well two main emotions during the week. I tried to push some in a way that would have allowed me to deal with it, and it came in my face. I spoke my truth and then that emotion went. But then it was a very similar emotion that came back and so here I am thinking, "Oh I've dealt with the cause," but how do I know if I've dealt with an effect or a cause?

Well the Law of Attraction's telling you, you haven't.

Participant: Because it comes back.

Yeah. As soon the Law of Attraction brings an event back that triggers a similar emotion in your life you know that you haven't dealt with the emotion.

Participant: How do you actually bypass all the effects and go straight into the cause and deal with it and just get rid of it?

Well...

Participant: It doesn't work that way?

That is because you're worried about what the Law of Attraction's going to bring you next. You're worried about getting slapped around a bit in this Law of Attraction process, but the truth is that every time you deal with a cause right to the end then no longer will you attract the same thing. That's the first thing to remember. Secondly, how then do you go in and deal with causes rather than having to get triggered all the time? Well you're going to have to be very honest with yourself, and to be frank with you, not many people are that honest with themselves. That's why we need the Law of Attraction to pull these things into line for us. That's why God created that law in fact. [01:06:07.15]

Participant: So the more I can be in my truth about...

If you stay in truth emotionally, and this is one of the things we'll talk about too....

Participant: Regardless of hurting other people's feelings and whatever else?

Regardless of that.

Participant: I'll get to the causal quicker.

You'll get to the causal much quicker. Yeah, very much so. Truth is your pathway into your emotion. Truth is your pathway into your emotion. I mean you're being in total complete truth. It's very challenging at times because no one around you wants it, and half the time you don't either. (Laughs) How many of us sit down in a day and say, "Actually I feel very dissatisfied with the relationship I'm in"? How many of us do that in a day? We'll go weeks and sometimes months and sometimes I've gone years in a very dissatisfying relationship, not looking at the causal emotion.

1.18. Setting our intention for truth

Truth is your pathway home, always. The more willing, prepared and desirous you are of being in truth, the faster your emotions will appear. You try setting your intention one day, and we'll talk about intention a bit today, you try setting your intention: "I'm going to just face all truth." I guarantee that if you set that intention from your soul, the next day you'll start getting truths and you are just going to go, "Whoa!" It'll be about your life, it'll be very confronting things in your life. [01:07:38.21]

One lady who was travelling with me, she wanted to know the truth about everything that was going on in her relationship, and bang! She just got hammered with all of these times that her partner had cheated on her and all these things; they all just came to her over the next few days because she set that intention. Up until then, for eleven years, she hadn't wanted to know. Why didn't she want to know? Because she didn't want to deal with the emotion that it would trigger in her. That's why we don't want to know. How many of you want to remain in ignorance? Not many of you - that's really good. Because if you try to remain in ignorance there are laws you're breaking that are harming your soul.

Participant: Was that intuitively or was she actually sat down by her partner who told her?

Her partner told her things and other people in her life told her things that her partner wasn't telling her. There were things like emails that came to her by mistake. All sorts of things happened.

Participant: Not by mistake.

Not by mistake; she had set her intention fully at the soul level, and all of a sudden she was in this place now where she was willing to face all the truth.

Participant: That must have been freeing.

Totally freeing but scary at the same time because what is she going to have to do with all of this? Process it emotionally.

2. Introduction to the human soul

Now I've got to stop the questions because I need to get started on our discussion today. Many of the things in our discussion will answer your questions because a lot of the questions that you're asking are related to the human soul. What is my soul? How can I access the power of my own soul? That's the stuff that a lot of this is about. What is my soul capable of doing? Well these are all kinds of questions that if we can understand the soul, then we understand what's really going on. [01:09:34.15]

2.1. We are one half of a soul

Now from a perspective of what the soul is, remember I've said that God created our soul, of which you are one half. Right now in this form you are not a complete soul, you are one half of a soul. God created the complete soul. The complete soul is different to the discussion of the two halves. At the moment, many of you believe yourself to be an individual, yes? But you're not. You are one half of an individual. Sometime down the track you will come to feel that emotionally. At some point down the track you'll feel that so strongly emotionally that the two of you, whoever the other half is, will combine and you'll become that one soul again.

Participant: Can we do that in this lifetime?

Yes! Totally. God created all of these things I'm talking about to be done now. Not later.

Participant: And we will and people are?

No one is right now, no. But there are people...

Participant: How do you morph into one person? Is that what you're talking about?

No, no, no. See, this gets to what is the soul. The soul is not a person. What we see as a person is a half of one soul. There's a lot of confusion about this. [01:11:21.03]

Participant: Are you saying that we can come together in this lifetime with the other half of our soul?

Yep.

Participant: You're not talking soulmate, twin flame; we're talking the essence of ourself. Is that what you're saying?

Now the word "soulmate" and the word "twin flame" are just talking about exactly the same thing. Eventually you'll get to the stage in your own life where you'll no longer see yourself as a body, rather you'll see yourself as a complete soul, as half of that soul combined with the other half. You'll actually, in your own life sometime in the future, be able to manifest an expression of yourself through lots of different entities, through lots of what appear to be different entities. You'll be able to do that in the future. This is your soul's capacity to grow. Now at the moment you can't do that, but you will be able to do that if you grow in Divine Love, you will be able to do those things. [01:12:31.12]

Participant: You're saying that the complete soul can then manifest in that way?

Yep. The complete soul, not the two halves, the complete soul can manifest in such a way that you can have multiple bodies. You can have hundreds of thousands of emotional conversations at the same time, and feel every one of them.

Participant: And you have to have met your soulmate firstly do you?

You have to have gone through this process of growth, yeah, which is growth in Divine Love, and we'll talk about what the soul's process is as a part of this discussion. You have to go through that process to get to that capacity. But you can get to that - every single one of you has been created with that potential. It's just a matter of your coming to understand Divine Truth in the end. Not your truth, but God's Truth. Understanding that.

This soul, of which you are one half, is an entity in its own right. When I say you, I'm not talking about your body, and I'm not talking about your spirit body. The physical body and the spirit body that you have are appendages, or attributes, of your soul, of your half of the soul.



The spirit body (SB) and physical body (PB) are just appendages of half of the soul, which is the real us

The two bodies are connected to the two halves of the soul, and there's a connection point between them. The soul is the real you, and we want to know what that soul is. We don't want to worry about the bodies anymore. How many of you worry about what you're going to eat today because it's got to be healthy and you've got to take the right vitamins and all that? You don't want to have to worry about all that, surely? You want it to just happen all nice and seamlessly in the end, don't you? [01:14:24.06]

Audience: Yeah.

Well, when you connect with your soul everything will happen all nice and seamlessly. It will just run perfectly. It's because we're not connecting to the soul that we're thinking we're the bodies. There are many spirits who are here today in this room who are thinking that they are their spirit body. They call that the soul. They actually think that the spirit body is their soul; they don't understand that that's not their soul either. They can't actually see their soul.

All these truths that God gives you, you will come to see your soul, not with these eyes, because these eyes are just a physical body's eyes, but you will see your soul through the expression of your soul, which is through your emotions and your passions and your desires and your longings and your intentions. That's how you'll see your soul.

Participant: So it is within us. It's not something outside of us?

It actually it encompasses you. The truth is that here is your physical body, your spirit body on top of it, and your soul is actually surrounding those things.



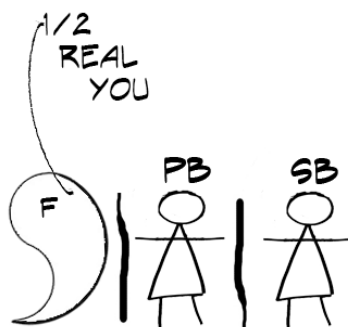
The soul, the real us, envelops the physical and spirit body, which are on top of each other

That's how it is conceptually, if you can think of it conceptually. The soul is the real you and these bodies are just appendages. Just as your arm is an appendage of your body, this body is an appendage of your soul.

Participant: It's like an etheric body?

Yeah, well the etheric body is the spirit body, and the physical body is just of different

energy form, denser energy, but they are all just a part of the emanation or the creation of your soul. When I say the creation of your soul, obviously two souls that get together, the two halves get together, through the sex act create the two bodies, but the soul itself is God's creation. The half soul is the real you. That's the real you. As an extension of that you need to understand that really the complete soul is you, of which you are a half.



Our soul is half of the real us

Participant: We've been taught we're all one whole person.

I know! (Laughter)

Participant: For me to say "my other half" and there's no room to...

How many of you don't want there to be another half? Be honest? A lot of people don't want there to be another half.

Participant: There's also a hope that there is another half.

Well why on the Earth do you enter a relationship? Because there's a soul longing inside of you to connect with another...

Participant: Sex.

Sex! (Laughter) There's a soul longing inside of you to connect with another half. There is. It's inbuilt inside of you.

Participant: Do you have to feel that incompleteness and that longing fully...

The truth is that if you feel incomplete then there's an emotion in you that you've yet to release. You can actually be complete as a half of a soul, in terms of feeling complete, and usually that is when you have the best relationship with your soulmate, if they also are wanting to feel complete as well. It's not about completing the other person; this is just how God designed you. The real you is the complete soul and what you are right now is half a soul, which is the half of the real you, that's the truth. How you deal with that truth is up to you. You could say, "I don't want to know the other half of the real me. I want to stay away from him or her. I don't want some mongrel man being involved in my life." (Laughter) And what does that tell you? That you've got an emotion inside of yourself that

you need to release. [01:18:36.21]

Do you think you're going to be at-one with God having a thought like that? Obviously not, because it comes from a feeling of hurt inside. Many of us feel resistive to the idea of there being one half, and only one half, of us out there somewhere because we then feel like, "Where's my choice then? It's all gone." It's the complete soul that's been given the choice. Remember, I said that the soul has free will. It's the complete soul, not the half soul. It's the two of you together that creates the full one that has the free will.

Participant: So it's another physical being?

Well at the moment for yourself, yeah. But it doesn't have to be a physical being. For all the spirits in the room, many of them having passed hundreds of years ago, they would have another spirit who's actually their soulmate half. Yep.

Participant: They do?

Yeah.

2.2. Sex in the spirit world and with spirits

And yes, there is sex in the spirit world too.

Participant: There is?

Yep. (Laughter)

Participant: Well I have sex in the spirit world in my dreams but is that fair dinkum? That spirits can...?

Yes. That's why I answered your question before you asked it. (Laughter)

Participant: Don't be a smart arse! (Laughter)

I like being a smart arse sometimes. (Laughs)

Participant: They are? They do?

The truth is that sex, sexual expression is an expression of the soul. It's not an expression of the bodies. It is an expression of the soul. The soul has been created to have sexual relations. That's what this whole soulmate thing's all about; it's really about sex in the end. (Laughter) [01:20:30.10]

Participant: So for spirits to have sex... this is getting a bit involved, is it through an energy more than what you would call a physical experience?

Yes, but to them energy and the physical are the same thing.

Participant: So energetically, I mean if you want to create an orgasm or whatever, you

could do that with spirits... is that how they work?

Yeah.

2.2.1. An example of a participant who had sex with a spirit

Participant: I've had sex with a ghost, and physically felt it. It was just like it was a real experience.

Yeah.

Participant: It was really quite a bizarre experience to go through, and it actually bought a bit of guilt because I was thinking, "Oh my God, what kind of person am I?" Attracting what I thought was a bad spirit in order to have sex with me.

Well, it may have been too, by the way. There are many spirits in the spirit world who would like to have sex with people on Earth still.

Participant: So when you know you're working with the spirits... I mean I'm a medium. I've let that go because I just wasn't quite sure what I was attracting to myself. In that case where I was attracting a sexual spirit partner, and maybe it was not of the purest of kind, does that then reflect on me and say that that was a state I was in at that time?

Remember, everything happens through the Law of Attraction. What was the emotion that you felt after the experience? Wasn't it one of guilt? There was an emotion you felt.

Participant: AJ, actually it was really pretty good. (Laughter) But the emotion I did feel was starting off in a so-called spiritual journey where I was just starting to learn about things like this in this lifetime. I suppose the guilt I was feeling was coming from other people saying, "Well you must be in a dark place to be bringing in a spirit." Basically then I went into the poor me, what am I doing, I must be a dark person attracting, and because I was very raw and very new and very gullible, and very trusting of what people were telling me, I think probably I felt... well you'll probably say, "No, it's something that's been brought up in me that's a memory", but for me at the time I thought, "Oh, I'm dealing with the dark spirits because I didn't know any different," and that's what I felt was...

Well do you mind if I tell you the truth?

Participant: You can tell me the whole truth and nothing but the truth. I'm sure you're going to. (Laughter)

So help me God! (Laughter)

Participant: I'm a Divine spark of God. Give it to me! (Laughter)

The truth is that a spirit who would want to have sex with a person on Earth without them knowing what's going on is not going to be in very good shape emotionally. The emotional condition of the spirit in that state is not going to be that good. There are many spirits who

desire to have sex with people on Earth; they are not having sexual experiences in the spirit world because they don't think they're able to, or they're in a state where the majority of the same sex are with them due to injuries, and so they can't inter-relate with anyone of the opposite sex, so many spirits look for people on Earth to have sexual relationships with as a result of that. If a person is open to that emotionally, then of course you can encourage that sexual relationship. [01:24:11.05]

What it triggered inside of you were not emotions relating to sex actually, they were relating to guilt and shame and other issues that were being triggered inside of you that you didn't allow yourself to experience. At the time you were feeling great about the sexual activity, but there were also some other feelings associated with it that you buried. If you allow yourself to go back to that experience, you'll remember those other feelings, and they're the feelings that the Law of Attraction was triggering you to release.

The key is to understand that no spirit who is in a good condition will want to do something to you that you're not conscious of, just as you wouldn't want to do something with someone else if they weren't conscious of what you were doing. That's what love would do.

Participant: First sphere?

It'll be a first sphere spirit who's probably missed out on some sexual experiences and so they're wanting to act out some of those sexual experiences on Earth. Now, I'm not judging them or yourself, because the Law of Attraction brought you the experience to trigger the emotion that at the time you actually shut down, and the key is to go back to that event now and let yourself open up that emotion because that's what the Law of Attraction was bringing. Now in the end this spirit might even be a soulmate who's passed, and they feel really attracted to you. It could be that but in the end they are still in a bad condition if they've done it without you knowing what's going on, or without you being aware of what's going on. It doesn't really matter who they are, what matters is that you deal with the emotion that you need to work through about that. You'll find that in your case it will be related to some childhood experiences, things that you don't want to face yet.

2.3. The soul union state and sexuality

But I answered your question about sex to say that there is sex in the spirit world because in the end this union of the complete soul is a sexual union. And, be honest, isn't sex one of the best things that you enjoy?

Audience: Yeah.

Yeah. Okay. So do you think that somehow that's all just going to disappear as soon as you pass? Honestly? Why would you think that? It's because everyone's told you that sex isn't holy, sex isn't spiritual, and sex isn't this and sex isn't that. Sex is all lustful and dirty and all those kinds of things. Because you believe that you believe that all these spiritual things don't work that way. Sex is inbuilt inside of your soul. This whole union is a sexual union.

[01:26:59.07]

Participant: Where do the androgynous ones come from?

The androgynous ones? There are no androgynous ones.

Participant: Well that's interesting.

They actually feel they're androgynous because they do not want to cope with the emotions that cause them to want to feel that way. Some of you here at the moment don't want to have sex in the sense that you feel that the sexual expression is not something that you're attracted to, and I need to say to you that if that's the case there are some very fundamental injuries, emotional injuries, inside of you.

Now if you passed into the spirit world you would not want to have sexual experiences there either, and you may eventually call yourself an androgynous person. But just because I call myself something it doesn't mean from God's perspective that that's what I am. God created all human souls in the form of a combined soul, and the split happens for all. All people who are incarnated go through that split. Every single one of you has a soulmate and you've got no choice about it. (Laughter)

Participant: Can you make babies in the spirit world?

No.

2.4. Attracting soulmates

Participant: If I'm longing to find my soulmate and have developed characteristics about myself, does that then mean that my soulmate half will be longing to find their soulmate and have developed particular characteristics that will match? Or is it about the soul, the journey?

Well there's no "or"; it's probably an "and" for a start. Yes it is about the journey and it is about the fact that the soulmate halves finish up attracting themselves to each other. There's a lot I want to say about soulmates but I want to do a whole discussion because many people have lots of questions about soulmates. There are so many things about soulmates that are misconceptions, one of them being that you meet each other and all of a sudden everything's fine. That's often a misconception. There are other ones as well, like misconceptions about what a soulmate really is, that you can have many soulmates, and all these kinds of things. I would like to answer all of them specifically as a separate discussion if I can.

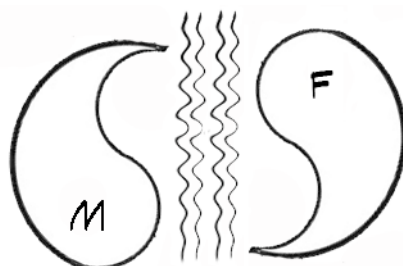
Participant: Today? (Laughter)

(Shakes his head) How much do I have to give before...? (Laughs) No, not today. It will be another time. I know a lot of you are interested in the subject but to be honest with you, until you're completely connecting emotionally, it is really pointless your being interested

in that subject. Your soulmate is going to trigger you emotionally so much that if you meet them and you're not willing to deal with your emotions, you're going to want to run away from them, and what's the point of your being introduced and then running away from each other? You may as well firstly get yourself into a state of humility where you can actually feel all of your own emotions. Once you're in that state then you're ready to meet this other person who's going to trigger you full-on, no matter what state they're in. So let yourself go through that process. Let yourself understand that.

I really want talk about the soulmate issue because it's a very fascinating subject for me as well; there are lots and lots and lots of things I'd like to say about soulmates and ways to work through these emotions with your soulmate and so forth. But it's important firstly that you understand your half, understand yourself, what you actually are, what part of you is your soul. Get that moving along, progressing, growing spiritually. Once all that happens, you will automatically attract your soulmate into your life, and when you do you're probably going to wish that you hadn't. (Laughter) Well, because for many of you it's going to open up some huge injuries inside about masculinity or femininity and you'll need to work through some very big emotions when you meet your soulmate.

At the moment half of the soul is connected to the physical body and the spirit body, but it doesn't feel a strong connection to the other half of itself.



The two halves of the soul are always connected

There is a connection between the two halves all the time, by the way, but it doesn't feel that connection very strongly. Firstly because of a lack of awareness but also because of emotional injuries that exist in the two halves that make them oppose each other. It's like having two norths of a magnet being shoved together; they just get pushed apart. When we have incompatible emotional injuries, that's what happens. We push apart relationships doing that. Compatible emotional injuries cause us to draw together like a north and a south of a magnet, and incompatible emotional injuries cause us to separate. [01:32:26.15]

Now, why not firstly focus on getting yourself to the point where you no longer have any incompatible injuries with your soulmate? See, once you do that, no matter what your soulmate chooses to do; no matter how they choose to experience whatever's going on within you, you will be able to work through your own emotions. You've got the truth in you. You'll be able to work through your own emotion, and they will be drawn to you and they won't even be able to help themselves.

Participant: Yeah but would you want to be with them?

Of course. But would it be a need? Would it be a desire or would it be a need? It would be a desire but not a need. How many of you feel you need your soulmate? Hardly any of you are being honest with that question. (Laughter) Where's the honesty gone? How many of you feel like you need a soulmate? That you need to know who your soulmate is?

Participant: Or just someone?

You need just someone? How many of you need that? (Laughter) Still not being honest!

Participant: I have a desire to know but I don't need.

Actually the truth at the moment is that you don't want to know who your soulmate is. For yourself the reason is that there are some emotional injuries about men that are unhealed.

Participant: But you think you'll work through that and still need?

Yeah. All of you ladies for a moment, and I'm picking on ladies here because probably two thirds here are ladies, but also because one injury that's a multi-generational injury for women is the issue of vulnerability. Most of you will recognise that in yourself. Vulnerability towards the male, the male dominating you. How many of you ladies feel like you're sick and tired of men dominating you? There are quite a lot. Now that emotion is an injury towards the masculine. It is actually also an injury towards God because God's also got masculine qualities. [01:34:46.17]

How many of you men feel that women dominate you? Some. How many of you men feel like you can dominate a woman? No one's being honest there either! (Laughter) They are injuries that we have towards the masculine and feminine. Every injury that we have towards the masculine and feminine causes a repulsion of our soulmate. It pushes our soulmate away, and the only way that we're going to attract our soulmate is by working through those injuries. When we work through our injuries our soulmate will be attracted to us.

If we're in a relationship right now, we're in a relationship to work through those injuries. The Law of Attraction's working perfectly if you're in a relationship right now so that you can work through these injuries. You might find out the relationship you have right now is with your soulmate but you won't know until that part of your soul opens up.

If I'm a woman and I have a deep anger towards men about men controlling and my being vulnerable to men, do you think the soulmate part of my soul is going to open up while that emotion's within me? It's not, is it? If I'm a man and I feel like I can dominate a woman, do you think the soulmate part of my soul is going to open up? No. If I'm a man and I think that a woman can dominate me, or I feel like I'm to blame for all the things that men that are the bastards in the world have done, and I feel that in my soul, do you think that injury is going to allow me to open up towards my soulmate? No.

Can you see how many of our injuries are related to these masculine and feminine things? That causes a repulsion of the two halves. **Part 2 continues under another title.**

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