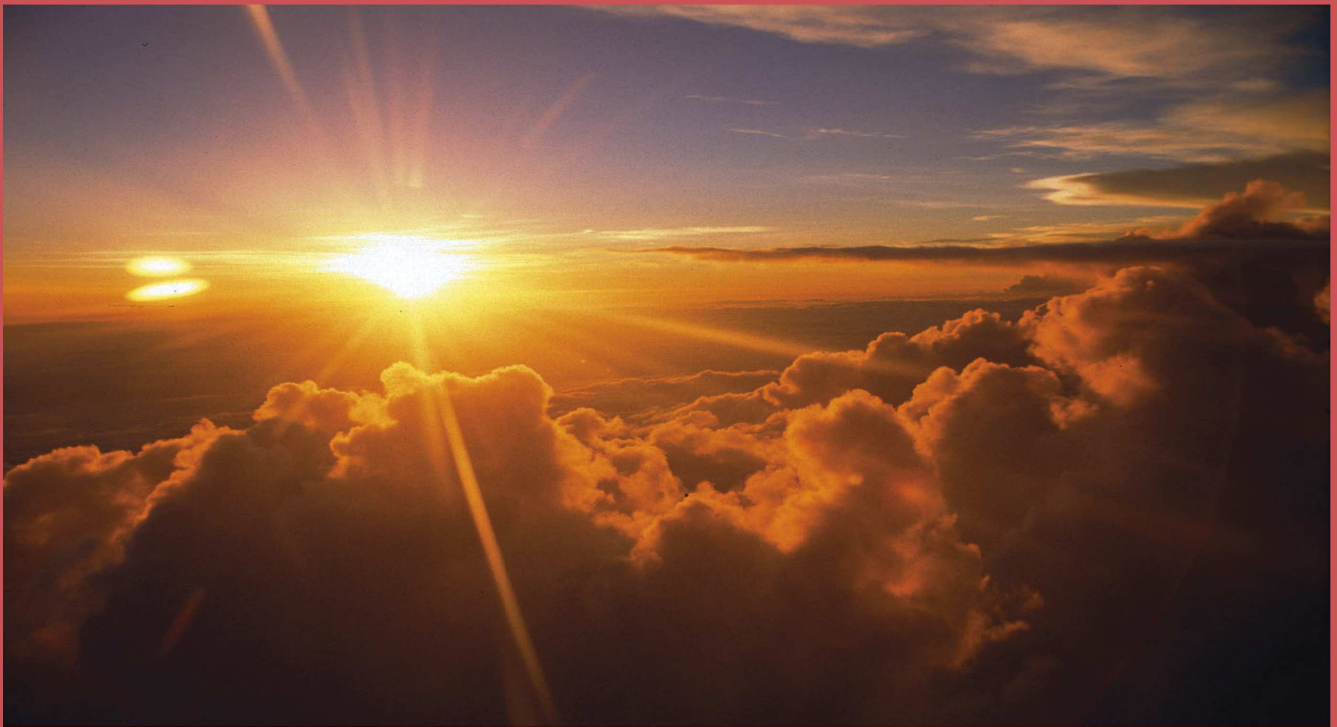


The Truth Will Set You Free
The Truth Will Set You Free

THE HUMAN SOUL:
DENIAL OF THE SOUL



by **Jesus (AJ Miller)**

Discover how we deny our true self

The Human Soul

Denial Of The Soul

This document is a transcript of a seminar delivered by AJ Miller (who claims to be Jesus) from The Human Soul series of talks, focusing on the tools we use to deny our soul.

Delivered By

Jesus (as AJ)

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Welcome to 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 book, 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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1. Introduction to the soul

What I want to do, firstly, is remind you what the soul is. So can we start with that? What is the soul?

Participant: Desires, passions.

It's your desires, passions.

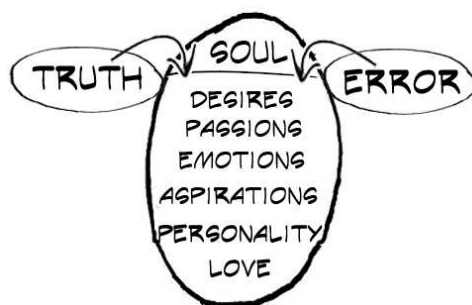
Participant: Your emotions.

Emotions. Aspirations. Personality.

Participant: The love you've developed.

Yeah, it's a container of love as well, isn't it? So it's got love, or maybe even a lack of love. And it's got memories. That'll do us, but there's a lot more.

What are the two influences on the soul? Truth and error.

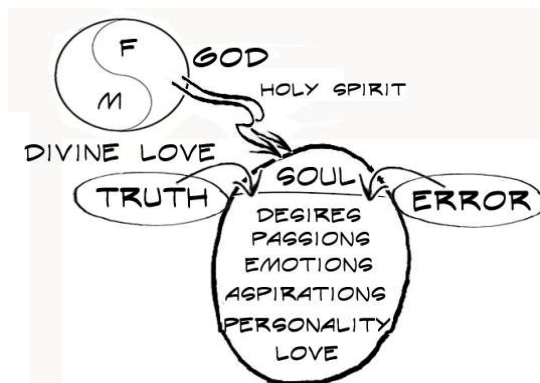


Truth and error are the two influences on the soul, which is the container of many attributes.

Now, truth enters you emotionally, and error enters you emotionally. It's very important to understand that.

Understanding anything in your mind is totally pointless. Maybe I shouldn't say totally pointless; it does have a point, in that it might open you up in your heart. But it doesn't guarantee that if you know it intellectually that it opens you up in your heart, does it? In fact, many times if you know something intellectually, you're tempted to deny it in your heart. The majority of times what happens with us is we tell ourselves, "I already know that," when in reality emotionally we have not got it yet. We haven't got it in our heart. So it is a tool of denial in itself.

Remember, God has a soul, and the connection that we have is called the Holy Spirit connection, and it's through that connection that the Divine Love flows into the soul.



We can receive Divine Love from God via the Holy Spirit.

If we could think of our soul like a container, the only way that Divine Love can flow in is that any desires, passions, emotions, aspirations, and so forth that are in emotional error will need to flow out. So you'll need to release them. You'll need to release what's going on within yourself emotionally.

2. Understanding cause and effect

So that's our soul. What is the denial of the soul? Firstly we need to understand that our soul creates everything. It's not your mind. It's not your intellect that is your power. It is in fact your soul that creates everything.

That being said, we need to understand the Law of Cause and Effect. The Law of Cause and Effect is that every single thing that's happening in my life right now is created by a cause that is inside of my soul. So all of the nice things that happen to you, they're created by causes inside of your soul that are harmonious with love. And all the not-so-nice things that happen to you are created by causes that are within your soul that are not harmonious with love. So if we want to become more and more closer to God, then what we will need to do is release from us the causes, which are all emotional, within us that cause us to stay away from God.

The problem is that the majority of us are very resistive to that process. That process is going to mean our soul is going to have to experience all of its held emotion, all of its frozen emotions. Every single emotion, from the moment you incarnated till now, every emotion that you have not fully experienced and has been locked up inside of you, will need to be experienced. [01:35:26.05]

If you're in a state of full openness to your own soul, that will just flow out of you like a child. So what does a child do? If it's sad it...?

Participant: Cries.

If it's angry it...?

Participant: Stomps.

If it's joyful what does it do?

Participant: Laughs.

So can you see there's an instant response. Does it have to work out what to do? No. Does it even analyse what it's doing? No. So this is where you'll get in the end, into that same state, where you're not analysing a single thing you're doing. You're not looking at what you're doing all the time. Rather you're just feeling, feeling upon feeling upon feeling, emotion upon emotion upon emotion.

And because you've released all of the ones that were error based, you will get into a state where you now no longer have any error within you, and so all of the emotions you experience are going to be joyful and blissful. Until that point in time, how many of our emotions are going to be joyful? Not that many of them. And that's the challenge that we face. Because, how many of us really badly want to experience our negative emotions? Not many of us. But we need to get to a point where we want to experience all of our emotions, whether they are painful or pleasurable. [01:36:56.26]

So that means actually at some point having a desire, a passionate desire within myself, to experience all of my emotions. That means a passionate desire even to experience my own pain. That's where we'll need to be in the end. But how many of us have that passionate desire really to experience our own pain? It takes a lot to get into that state, doesn't it?

3. What is soul denial?

The whole point of this discussion today, which I'm going to call "The Denial of the Soul," is to help you identify what's going on within you, your soul, your emotions, your passions and your desires, that causes you to shut down, that causes you to disconnect from yourself, and look really sincerely at this, because it's this area of your life that is going to inhibit your own progression towards God the most. The areas where you're choosing to deny the truth to yourself. So that's the point of this discussion.

You'll notice in the seminar outline I've given you, I've broken down the headings. There's "What is soul denial?", "Indications we're in denial," and then "How we deny" and "How to get out of denial." What I'd like you to do is go through it quite rapidly, if you can be involved in the discussion. So even if it means looking at different things and commenting about them, be involved, so that way you don't go to sleep. Because just after a break like we've just had, we have a tendency to do that, particularly if I get boring as I'm going. Yeah. (Laughter)

3.1. Denial of our own emotion

What does it mean to deny your soul? The first thing that it means is to deny your own emotion. Every single time you put off an emotion, every single time you put off an emotional experience to later, you have just denied your own soul. And, in fact, you have

just treated yourself unlovingly. So you'll be driving in the car, some song comes on the radio, triggers an emotion, and you start crying. Someone looks at you from the across the stop light, sees you crying, you feel embarrassed, and you stop. Right at that moment, you have just denied your soul. What would we have done if we didn't deny our soul? Just kept crying. Or we could pull over, yes. (Laughter). Yep, that might be helpful.

What's another thing that we deny when we're denying our soul? [01:39:54.21]

3.2. Denial of our passions

Participant: Your passions?

Our passions, yeah. How many of you enjoy art? Really enjoy it? Okay. How many of you do it yourself? Why is there a big difference between the two answers? Because some people are not living in their passion.

How many of you enjoy music? How many of you play it yourself? Less than half. Why is that? You're denying your passions. Can you see that? Now, you can come up with all the excuses you want under the sun. "I haven't got the time" is the biggest excuse probably, or, "My life's too busy," or "I can't afford it." Whatever else you're coming up with. But in the end, you're just denying your soul. You're denying yourself.

What else?

EMOTIONS
PASSIONS
DESIRES

3.3. Denial of loving and unloving desires

Participant: Desires?

Desires. So every time you don't allow yourself to acknowledge a desire that you have within you, whether it's error based or truth based, whether it's a loving desire or harmful, you are shutting down your soul. So let's say today you have a desire to kill somebody. If you shut that down and don't allow yourself to experience that desire - I don't mean go and kill, I mean to actually experience that desire that you have - you are shutting down your soul, you're locking yourself up.

Let's say today you had a desire to help somebody and didn't. The same thing applies. You just shut down your soul. That desire happens to be more in harmony with love, but you've shut down your soul either way. So to actually live out of denial of the soul with our desires, we need to at least acknowledge them and feel them. We don't have to act upon them.

Obviously, if we act upon the ones that are harmful to us, we're going to be harmed even further. But we still need to recognise that they're there. And the ones that are there that are not harmful, why aren't you acting upon them? What would cause you to not act? [01:42:30.05]

Participant: If you know something's harmful, doesn't that put you in a pain place?

Well, the truth is that the pain is already within you, and the point of it is to experience it. So how many of you want to experience the times when you've actually felt like harming another person? Most of us don't want to do that, do we? But you're going to need to, to become at-one with God. You're going to need to experience that emotionally.

3.3.1. An example of a woman desiring to be heard

Participant: But don't we already experience it when we have the desire? Like, I'd love to slap a whole lot of people. (Laughter) Haven't you already felt it?

No. When you have a desire, the desire almost always has an underlying cause. If the desire is a desire to harm somebody, like slap them, then it will usually come from an underlying causal emotion.

Participant: Yeah, but I want them to listen.

So you haven't experienced that emotion.

Participant: Oh, okay.

So you haven't experienced the frustration, the anger that you feel, and then underneath, the sadness you feel about not being heard. When you connect to that emotion and release that, ironically at that point the Law of Attraction will change and all of a sudden there will be people who listen to you, and even the ones who don't, you won't worry about anymore, and you won't feel like slapping them anymore. [01:43:49.28]

We still need to experience the desire, but remember I began this discussion with everything being based on causes. In the case you just mentioned, when you want to slap somebody because they're not hearing you, the cause is that you feel unheard within yourself, and you don't want to feel that emotion. So you want people to hear you, rather than feel unheard. The cause of it is what needs to be accessed in every case. [01:44:25.03]

CAUSES

3.3.2. An example of a woman feeling overwhelmed by emotions

Participant: AJ, I had a lot of events that were quite overwhelming, and it came to a point where I was quite exhausted from it. And I didn't want to keep going there, so I chose to watch the TV and tune out.

So you chose to shut down your emotions.

Participant: I knew I was doing it, but I just felt like I just needed a break. So I was following a desire, which is to watch TV (laughter), but also because I just felt so tired.

The feeling you were avoiding is being overwhelmed.

OVERWHELMED

So when you feel like you've had a whole week of processing emotion and then, bam, the next day, another emotion comes up, how do you feel?

Participant: I've had enough.

You feel like shutting down. Well, that in itself is shutting down your soul, and it's caused by an emotion within you. That is another emotion that needs to be processed. The only way to access it again is to create another week where you're overwhelmed and get into it that time. But, you see, every time you shut down an emotional experience, you're just creating a whole new set of events that needs to happen to expose that emotion. So let's say a whole set of events has happened to make me get into a state of feeling overwhelmed. Obviously, that feeling is in my soul. Why don't I just go with it? Why don't I just fall on the ground and be overwhelmed and just go into that emotion?

Participant: AJ, the feeling I had was of being blocked from feeling the emotion, it was exhausting me not being able to get to it. It's the frustration of it, you know?

So what emotion do you need to feel?

Participant: Exhausted and frustrated?

Frustration, yeah. Frustration is really...? Anger. So you're getting into a state where you can't get into your emotion, you're feeling more and more frustrated - go and buy a boxing bag, buy some boxing gloves, and really get into it. Like bash and swear and scream about how frustrated you are. Let yourself connect to that rage. Because that's a childhood rage, and you need to get into that. Get into the frustration. The frustration caps a deeper emotion, but you're not going to feel the deeper emotion without the frustration coming first. [01:47:21.24]

EXHAUSTED
FRUSTRATION
↓
ANGER

A lot of emotions are like a tier, where they were constructed one upon the other upon the other upon the other. To deconstruct them means to step down below, step down below, step down below, but you need to go through each state doing it. So when you feel frustrated, you need to express your frustration. The key is not to do it with everyone around you and make everyone around you frustrated with you, but the key is to go into the emotion yourself in a safe way, and really get into the emotion itself.

Participant: Okay, then, what's underneath the anger?

You don't need to know at this point. Just feel the anger.

Participant: But I went through frustration, went through the anger....

No, did you go through the rage? Really connect with the anger?

Participant: No, I didn't.

Okay. I'm saying, when you do, you will find out what's underneath. And you don't need to know what's underneath. Now, I can tell you what's underneath, but what good does that do? It doesn't help. All you need to do is experience that emotion right now. If you fully experience it, you will automatically connect with what's underneath. That follows for everyone. Automatically what's underneath will be exposed when you feel the capping emotion, the one that's shoving everything down. [01:48:38.19]

3.4. How to work through blockages

Participant: AJ, I've got blocks to emotions, and in the anger DVD it talks about a fragmented person.

Fragmented children, yep.

Participant: So do I need to experience that feeling of being blocked, too? How do I deal with it?

If you're blocked, there are a lot of things that you can do to access your emotion, but understand, at some point - whether they're fragmented children or just you as an adult, a consciousness of your emotion - either way, at some point you're going to have to allow its experience.

Participant: By being blocked?

Just not only of being blocked but experience the frustration of being blocked, then go into the anger of being blocked. Then allow yourself to really connect with that anger, and then all of a sudden you'll find yourself unblocked, and what's underneath will start flowing. You see, a lot of times we don't allow ourselves to experience frustration, we don't allow ourselves to experience anger. We don't allow ourselves to feel the blocking or capping emotions, and so what happens? Nothing underneath gets experienced, either. And we're

saying, “I know there’s grief there, but I just can’t get at it.” The reason why I can’t get at it is because I’m trying to jump to the grief without experiencing the emotion that’s capping it, the one that’s covering it. [01:49:55.24]

Participant: Can the lady who asked the previous question, instead of creating another week to get to that emotion, go in her imagination or memory, back to feeling overwhelmed, and connect to it that way?

Yeah.

Participant: Save herself a week of...

Another week of grief. But the truth is that she created the feeling of being overwhelmed and then avoided the emotional expression of it. Now, you have a reason why you avoid it. So let yourself look at the reasons. Let yourself feel the reason why you avoid it. The reason in this case was you were exhausted. So let yourself feel your exhaustion for a change, rather than trying to tune out, going to have a bath, and watching telly or something like that to tune out of it. Let yourself just really feel exhausted and have a big cry about that. The next time a series of events happens that causes you to feel overwhelmed, you might be more willing to get into that overwhelmed state, or the frustration state or the anger state that’s capping. [01:50:48.14]

3.5. Reasons for not experiencing emotions to the end

Participant: AJ, I get to emotional crisis where I break down and feel my child and then it subsides, but the emotion doesn’t go away, it’s there bubbling below the surface. Does that prolong it?

Yeah.

Participant: When I’m in the emotional crisis, what do I do to stay in that? Because I just pull myself to a wanting to feel normal again.

You pull yourself to wanting to feel normal again because of the fears that you have about being in that childlike state. So allow yourself to just understand, firstly, that the fears you have in that state are not actually real. They’re just fears that the child felt at the time. The truth is that you can go deeper and deeper into the state and stay in the state for as long as you want, and that’s the worst it’s going to get. You believe it’s going to get worse, you believe it’s going to get so bad that it’s going to be exactly the same as the abuse that occurred, and it’s not. [01:52:10.17]

There are a lot of internal beliefs going on. Allow yourself to see what your fear is about staying in that state longer.

3.6. Denial of love and truth

What else do we do when we deny? Emotions, passions, desires...

Participant: Intentions?

Yeah, let me say a few other things we deny, other than that. (AJ writes on the whiteboard)

Participant: Oh, not that one! (Laughter)

Love. A lot of times we deny love. We're actually so afraid of it that we deny it. We push it away. When we deny love, we're also denying our soul; we're denying our soul a positive experience. So a lot of times, when we're denying our soul, we push away love out of our lives.

We do the same with another quality of God, and that is truth. Often when we're denying our soul, we're denying the truth. So when somebody presents us a truth, like through the Law of Attraction, somebody just comes up, says something to us, and what do we do? We straight away say, "No, that's not me. I'm over that now," or lots of other things, but the Law of Attraction just told us this thing. We're just denying the truth that it's still within us. The Law of Attraction's already showing it to us, so we're just denying the truth that it's in us. We do that a lot, too. [01:53:56.00]

EMOTIONS
PASSIONS
DESIRES
LOVE
TRUTH

Participant: Can you give an example of denying love?

If I'm afraid of love then I'm going to deny any positive experience of love in my life. So if I'm afraid of being vulnerable, I'll deny love. We feel it to be a very vulnerable place, where we've opened our heart. So if I'm feeling vulnerability inside of myself, but I don't allow myself to experience that feeling, then I'm also denying love right at that point. There are a lot of things we do to deny love. Lots of things.

4. Indications we are in denial

Let's look at what I've written down in the seminar outline for indications that we're in denial, because most of the time you don't know you're in denial. We deny we're in denial. So perhaps you'd like to mention a few of those that I've got on that list?

4.1. We have physical pain in our lives

Participant: We have physical pain in our lives.

Physical pain. If I'm experiencing physical pain in my body, that is a big indicator that I'm denying my emotions. Any physical pain whatsoever. Any disease, any sickness, anything like that, it's an indicator straight away I'm denying an emotion right now, whatever that emotion is.

So who feels a bit tight in the chest area or just in the throat area? Denial of some emotion. Tight in the chest area, not being able to breathe. Tight in the stomach area, not being able to breathe properly. A lot of people have that, denial of fear, denial of emotion.

A lot of problems down in the bowel area; that seems to be a very popular thing nowadays, and it is because it's caused by all sorts of feelings of unworthiness and all those kind of things. Denial of another emotion.

Period pain for ladies? Denial of emotions. Once you stop denying your emotions about it, you won't experience the pain anymore. [01:56:21.07]

Participant: Do you have to find out what it's linked to?

Well, if you don't deny the pain and you allow yourself to fully experience the pain, very shortly thereafter, generally, you'll go into the emotion. The emotion will automatically pop up. You don't have to find it in your mind, all you need to do is experience it, and it will automatically flow.

Participant: I had a headache the other day. I was trying to feel it, but I did end up taking Panadol. I sat down and tried to feel for a long time, but I think you get used to it after a while.

Yeah, headaches are a big indicator that you're denying lots of sadness and grief, as are sinus issues and sinus problems.

Participant: So it's not just necessarily an allergy.

There are no such things as allergies. Now, that's coming from a guy who has spent most of his life taking allergy medication. So I've been there. But there's no such thing as allergies. All your allergies disappear when you face the emotions that create them.

Participant: I've just got stuck with the process of trying to feel the headache and "what's this about"?

You don't even need to know what it's about, even. All you need to do is feel. Just remember, with any pain, I am denying something, I am wanting to shut down something, and my body is expressing it in pain. So when I've got a headache, all I need to be aware of is I am denying an emotion, I am choosing to deny an emotion, and I'm allowed to. And you'll find that after that you might find the emotion starts coming up. You're allowed to deny your emotion. Totally. You have free will. [01:58:20.17]

Participant: So you go into the headache pain? And that's where it shows up what you're denying?

If you just allow the experience and just say, "This headache is caused because I'm choosing to shut down another emotion. And so I'm choosing this headache. I'm choosing the headache, and I'm allowed to choose the headache. Do I want to choose the headache anymore?" Who's sick and tired of choosing the headaches? So start dealing with what's underneath the emotion. Choose differently.

Physical pain is a big indicator that you're in a denial state of an emotion. Don't criticise yourself for it. You're allowed to be in a denial state. You have free will; you're allowed to be there. This is just to help you become aware. "I've got physical pain; I'm in a denial state. I'm allowed to be in a denial state." [01:59:18.08]

Participant: AJ, I go to God and ask God to help release, expose, whatever I am doing to myself.

Yeah, but if you're in physical pain, you don't want it to be exposed.

Participant: I wasn't specifically talking about physical pain. I was talking about emotion in general and really asking if that's okay.

(Laughs) Why are you asking me whether it's okay?

Participant: It feels right for me.

So then do it. Does it work?

Participant: Yeah.

So why are you asking me? (Laughter) Can you see what I'm saying? Why ask me when you're doing something already and it works? And it helps connect you with causal emotion? You don't need to trust me, you need to trust you.

Participant: So if you have an injury and it causes physical pain, then it's still because you haven't dealt with...

Any injury that you have is because of an emotion you didn't deal with that created the injury. If it's causing you physical pain, it's the same thing. Exactly the same. This applies to everything you can imagine that can happen to you. It's exactly the same. You are in denial of an emotion. And you're allowed to be. You're allowed to deny your emotion. But do you want to? Well, probably, if I am denying it, and I'm in pain, yes, I do want to. So admit it. "I want to deny my emotion. I'm sick of having to deal with emotions. I hate this emotional processing work! It's shocking! It pisses me off totally!" (Laughter) Allow yourself to get there. Allow yourself to feel even that, if that's what you're feeling. [02:01:05.24]

All right, what's next?

4.2. We have emotional pain in our lives

Participant: Emotional pain.

Emotional pain. This often happens in love relationships, where you feel some pain because somebody's broken up with you or whatever, and you go through pain. You're in emotional pain because you're denying something. You're denying some emotional truth. So allow yourself to see the emotional truth you're denying, whatever that is. These are all just indicators that you're in denial. So we need to *know* when we're in denial, before we can admit to ourselves we're in denial.

What's next?

4.3. We have addictions we cannot seem to get rid of

Participant: Addictions.

Addictions, yeah. So who's addicted to a coffee in the morning? Emotional denial in the morning, straight away as soon as you get up. (Laughter) Who's addicted to an alcoholic drink, preferably at night? Emotional denial. It makes you nice and relaxed, helps you get to bed, but it's an emotional denial.

Who's addicted to food? Emotional denial is happening there. Who's addicted to keeping themselves as busy as possible? Well, have a look at your life. How many of you feel you're too busy? If you feel you're too busy, you're addicted to it. So put your hand up! (Laughter) [02:02:44.06]

So you're in emotional denial. You're in denial, and this becomes your addictions. Your addictions show you a lot of your own denial.

Participant: Can you be addicted to exercise?

Sure you can, yeah. What happens when you're exercising, you get into this nice high sort of a state afterwards, which feels real good. You can get addicted to exercise, completely. If you're addicted to anything, you're in a denial of the soul, and any denial of the soul is going to stop you being at-one with God.

Participant: So is there any way of keeping up an addiction that is positively physical? (Laughter)

If you're driven to do something, the best thing to do is just to stop it and see what emotion comes up. So if I'm driven to have a drink at night, driven for a coffee, driven for some food, driven for whatever it is, then sometimes you can bring up the emotion quite rapidly by just stopping the addiction.

What other things?

Participant: What about coasting along? Addiction to coasting along?

Addiction to a nice calm and peaceful life. We can even have an addiction to things that we think are good things, like addiction to meditation, just to help us calm down and relax and get out of emotional turmoil. But the problem is that when we do that, we are denying the soul. So let yourself access your soul, not deny it.

Participant: Say I need time to paint. If you're saying, "I need this," is that...?

Yeah, if you're saying you need it, you need to ask yourself why aren't you already creating it? The fact that I need it and I'm not doing it is caused by...

Participant: This is not my situation; it's actually my partner, who needed to paint but didn't have the time for it. He could do it, but it became something that the rest of the family felt they had to pay for. Is that along those lines?

Well, there's obviously emotional injuries there, aren't there?

Participant: So it's an emotional injury?

No. Well, firstly, the family feeling like they're paying for his desire is due to emotional injuries in the family rather than in him. And him feeling like he needed it, needed to get to it, and wasn't already doing it, meant that he had feelings of guilt about the family's projections, as well. So there are emotions there, too. The whole system of things is all not based upon true emotion but rather through emotional injuries. So even our passions can finish up being our addictions. [02:05:32.26]

Participant: Can you have a drink just because you like to? (Laughter) Does it have to be an addiction?

Honest answer? Is alcohol poison or what?

Participant: Yeah.

Okay. Why would you choose to ingest poison? You must be in some kind of denial. Now, I'm saying you're allowed to be in denial. Didn't I just say that, too? So you can have as many drinks as you want. You can get totally sloshed if that's what you want. But understand, you're in denial doing it. [02:06:02.23]

Participant: So that would go for junk food, too?

The same applies. Yeah.

Participant: I just remembered - I was going to say that Jesus drank wine, but you actually said last night, that at the Last Supper, that you didn't.

No, I didn't. And I stopped eating meat when I was fifteen in the first century.

Participant: Or addictions to health food?

You can have addictions to health food, yeah. Why would you be addicted to a health food? Because you're so focused on your diet that you're not satisfying your emotional reasons that cause your physical problems. So a lot of people become addicted to looking for physical solutions to their physical problems, rather than seeing that everything is emotional.

See that everything is emotional. When you don't see everything is emotional, addictions automatically happen in your life, and a lot of times you'll be totally unaware of them.

Addictions tell you when you are in denial of the soul. So be honest about them. "I'm in denial of the soul." What did we call coffee the other day? Oh, that's right, "We're going to have our drug this morning." (Laughs) See these things as drugs that you're using to deny or shut yourself down. And I'm not just talking about physical things, I'm talking about even actions you do. Keeping yourself busy, keeping yourself focused, doing a job that you hate, and all those kind of things, they're just methods for you to shut down your own soul. You're denying your own soul's complete expression.

Participant: Doesn't it dampen you down, dampen your expression down, and dampen your freedom?

That's what it does. Totally, yeah. It creates an enslaved life when we do this. Our denial enslaves us.

What's next in the list that I said?

4.4. We experience repetitive Law of Attraction results

Participant: The Law of Attraction.

Okay. "I really badly want a loving relationship in my life, but I'm single and I hate it." What have I just said?

Participant: That you want to be single.

Yeah. My Law of Attraction is...?

Participant: That you want to be single.

I'm single. So that's my Law of Attraction. So what do I really want? I really want to be single, at the soul level. So my telling myself that I really want a partner is a denial. It's a lie. The Law of Attraction is already telling me.

How many of you want really nice, easy-to-manage children? (Laughter) How many of you have got really nice, easy-to-manage children? Well, if you haven't got what you want, then you didn't want that. So it's a Law of Attraction. You need these children triggering you emotionally. You need them to be doing what they're doing to help you access some of your emotions that you're in denial about. [02:09:01.21]

Participant: So do you think our soul knows that?

God's Laws automatically operate on the soul, whether the soul knows it or not. The Law of Attraction operates on the true condition of your own soul, whether you're aware of your own soul's condition or not. So if there's an emotion inside of me, let's say of feeling out of control, and I've got two children, and they're always out of control, what's happening is I'm denying the expression of my own emotion of feeling out of control. My two children are reflecting the emotion that I'm denying in myself straight back at me, because the Law of Attraction works perfectly. God created perfect laws, and they never fail. So the Law of Attraction is operating perfectly to expose that emotion within me, right at that moment, and I can choose to experience that emotion or I can choose to deny it.

When I deny my Law of Attraction I am denying my soul. So if I've got a physical illness at the moment that seems incurable, I am denying my Law of Attraction. I'm also denying my physical pain. And I'm also probably denying my emotional pain. So I'm in a lot of denial that's created that particular thing. See these things for what they are. And you're allowed to be in denial. Enjoy the denial if you want! [02:10:32.23]

Participant: Does it compound?

Of course! (Laughter) When you deny it, it just gets worse.

Participant: You recognise it and then deny it and it gets bigger.

Yeah! But that's the choice you make. God's Laws always work, you see. If you go into denial about something you know you're in denial about, the penalty is even more than if you didn't know.

Participant: So if you know that something's not good for your soul, but you do it anyway because you feel a sense of obligation to earn money in that really crappy job that you go to every day... so you're aware of it, but you do it anyway, the penalty is...?

Is even greater on your soul. You will feel more guilt about treating yourself unlovingly under those circumstances than if you had done it unknowingly.

Participant: So there's no penalty as such, there's just a consequence.

Yeah. All penalties are just consequences. The consequence of denying your own soul consciously is more painful than the consequence of denying your own soul unconsciously. And that's a natural law, in fact. [02:11:42.04]

Participant: If she goes to work because underneath that is fear that she won't have enough...

Yeah.

Participant: Then it's an opportunity for her to...

To get to that emotion. That's right. Totally.

4.4.1. An example of a woman feeling overwhelmed by emotions (continued)

Participant: AJ, when I watched TV and I knew I was denying...

How did that feel?

Participant: How did that feel?

Why would you even bring it up today if you didn't feel guilty about it? (Laughter)

Participant: I felt like I missed the opportunity.

Exactly.

Participant: But what I was going to ask was that if I watch TV and I didn't know that I was denying...

(Laughs) But that isn't the truth! You did know.

Participant: No, but if I didn't...

What's this "if, if" thing?

Participant: Then I was going to ask, would the penalty be less for...?

Well, you wouldn't feel it as much. Certainly, yeah. Of course. (Laughs)

4.4.2. When our children have physical or emotional difficulties

Participant: So if children are sick, is that their emotion or your emotion?

Your emotion.

Participant: If they're sick?

Yeah.

Participant: So what's asthma?

Asthma is your denial of your own grief, if it's in a child.

Participant: What grief?

Well, it depends. There are literally hundreds of things that you could be crying about. I'm speaking of you, specifically. And if you deny that grief, your children will experience that denial process of the grief, which is asthma. When you deny your own grief, you're denying them being able to experience their own sadness. And when they do that, they just get into an asthmatic state almost straight away. [02:13:17.03]

Participant: When they're adults, does it become their emotion then?

Yeah.

Participant: Or does it become the parent's plus theirs?

Yeah, that's right. Every denial that they have of their own grief, now through their life, was the subsequent result of the parents' denying their own grief. That then caused them to be in a state where they had to shut down their own grief throughout their life. So the asthma is a result of their own grief being shut down as well within their life. [02:13:42.17]

Participant: And it's the parent's emotion till they are twenty, or something like that?

Until they're forever. No matter how old your child is, if you shut down your own emotion when they were little, how much of their emotion is really yours?

Participant: All of it.

A lot of it. Not the stuff they chose to do, but the stuff you chose to do when they were little. That stays with them until they release it. You'll find, if you're a parent, if you release that emotion, if you're eighty and your son's sixty, he will have an emotional experience as a result.

Participant: So we can release it, the effect on us. I don't have to be burdened by my dad never releasing his emotions?

No. You can release it for yourself. But I'm saying there's a really positive effect when the parent chooses to release their emotion, on the child.

Participant: So if I release emotions now and my father has passed, will that affect him in any way?

No. That question's already been asked. It doesn't affect the person as positively, except because you've forgiven them. The process of forgiveness, which has actually released the

emotion that causes the link, has a positive effect on them, if they choose to allow it to have that positive effect. But it's very much dependent upon their choice. [02:15:11.08]

Participant: AJ, do learning difficulties in children fit with all this as well?

Yes. Totally.

Participant: I mean are they caused by emotions?

Yes. Every single thing! (Laughter) Every single thing! Did you not get? Every single thing! (Laughter) Every single thing.

4.4.3. An example of a couple with an autistic child

Now, there was a couple I visited in Tasmania recently who had an autistic child. That is the creation of the different emotions. And the beauty of the autistic child was that she was exposing minute by minute by minute what the parents were denying. Every minute. So the entire time I was there, it was basically a discussion about, "See what she just did then? What are you denying? See what she just did then? What are you denying?" And it was related to the interaction between what was going on for which parent at the time, as well. So when she was reacting to her mother a certain way, then the mother was denying a certain emotion at that moment. And when she was reacting to her father a certain way, her father at that moment was denying an emotion. [02:16:21.07]

Participant: So have they been able to correct the situation?

Well, how many emotions does a person deny?

Participant: Lots.

Yeah. So, obviously, you're not going to heal that kind of a situation straight away. But there is a positive thing that occurs. With regard to this child, what happened was that as soon as the parent owned the emotion, in other words as soon as they got out of denial, and they only even had to do it intellectually, she automatically stopped reflecting it. Automatically, her behaviour just changed. We were having a discussion. During the discussion, I could feel the parents' emotions coming up. She would start reflecting their emotion. I'd reflect back at them that it was them: "What was the emotion?" As soon as they connected, she would quieten down again. And then she would flare up again, because in the discussion another emotion was coming up for the parents, and she'd get all rowdy again. So it was reflected back at her parent, and she would quieten down again.

And then we had a period where for about half an hour the parents were both owning their emotions completely. They were crying when they needed to cry. They were just feeling what they were feeling. For that entire time, she was quiet, just happy to do her own thing. [02:17:34.19]

Participant: I'm just thinking of a family that I know where the eldest child has quite a lot of behavioural problems, but the younger children get progressively easier to deal with.

That's because usually with the first child, most parents have a lot more emotions about how to deal with them, not knowing what to do.

Participant: So that's just absorbing all that stuff from parents at that time?

Exactly.

Participant: And they're not knowing what to do themselves.

Well, no. It's still the parents denying those emotions.

4.4.4. An example of a mother suppressing her grief

I think I've told this story before, that there was another lady in England, and she denied an emotion related to her father. She was telling me a story, and denied the emotion related to her father. The instant she did that, her eight-year-old daughter just burst out sobbing at the breakfast table and stayed sobbing until the lady owned her emotion. As soon as she owned her emotion, she started crying, and the instant she started crying, her daughter stopped crying and went back and ate, like nothing had happened. [02:18:40.01]

Participant: If parents start taking responsibility and start going through a process of dealing with their emotions, will that child start improving, or will that stay with them?

It starts improving straight away, and they'll get to some major emotions where it may even cure them, but once they get to a point of at-onement, obviously, the child would be cured at that point.

Participant: That's a long way to go.

No, it isn't! You just believe it's a long way to go. Deal with that emotion!

Participant: You're taking a long time to get there.

Give us a break! (Laughter) I've got two thousand years of stuff! (Laughter)

Participant: Does the Law of Attraction work the other way as well, where my mum had cancer?

No. Mum having cancer is something to do with what she's denying within herself.

4.4.5. Taking responsibility for the results of the Law of Attraction

Participant: AJ, how do you know if it's your or your husband's stuff?

Who cares? You just want to blame your husband. (Laughter) Well, you do, don't you? You don't want it to be you!

Participant: Well, I don't mind if it is, but...

Yeah, you do! Otherwise you wouldn't ask that question! (Laughter) This is what we often do. We say, "My husband's not doing anything, so it's all his fault." But that's not true. Even that is a projection of emotion that your child's going to feel and respond to. The key is, just own what you can own. Own what you can own within yourself. Do that. Own it. Don't worry about what the other person's doing. You can't control that; you haven't got any control over their life. You haven't got any control over what they are willing to experience. All you've got control over is you.

If you let go of some of your emotions, it will certainly trigger everyone around you. So if you let go of that emotion you have towards men of being responsible, that they're responsible for all the badness in the world, your husband will start feeling a different feeling from you. And if your husband starts feeling a different feeling, then there might be a higher likelihood of him actually dealing with his emotion. So take complete responsibility inside. [02:21:01.27]

4.4.6. An example of a mother owning her anger

Participant: My twenty-four-year-old son has my anger, and he exploded the other day. He started to get angrier and angrier, and I was able to say to him, "It's not your anger. It's my anger." And I pulled it back from him and owned the anger and saw the difference in him.

Awesome. Yeah. It's so powerful.

Participant: And he's twenty-four. And I didn't know that was possible. I hear you, I believe what you're saying, but he exploded, and I had this realisation that it was my projected anger that he's been feeling all of these years. And I pulled it back from him and said, "Nicholas, it's not your fault." It wasn't my fault, either. But I pulled it back, and saw the change in him.

Yeah. It's very powerful when you own your own emotion. Very powerful.

Participant: So she's breaking a transgenerational link by doing that?

Straight away. As soon as ownership of that emotion has broken that link, that then empowers the child to actually feel it and release it. But it also means that it empowers you, too, because you now know that that anger is within you towards males, and you can work through that and then get into the grief and sadness and release that. [02:22:35.05]

Participant: He went to his child then. He's twenty-four and I saw him go child, the child that he was, because I know him really well.

Yeah. That's wonderful, Jenn. It is wonderful, isn't it?

Participant: He started to express himself simply because I could say it was my anger.

Yeah. So powerful. That's awesome.

Participant: So she's helped her ancestors, too?

Less so ancestors, more so children, the future generation. Because ancestors obviously are not dealing with their emotions, and in Jenn's case, they're in the spirit world and still not dealing with them.

Participant: Okay. It depends if they're open.

Yeah. But as Jenn goes through different feelings of maybe forgiveness, they might be assisted at some point.

Right, does everyone understand that the Law of Attraction tells you when you're in denial? What's next? [02:23:49.14]

4.5. We are numb to our emotions and live in our logical mind

Participant: Numb to our emotions?

I'm numb, I can't feel anything. Who feels that sometimes? Well, you're in denial. What are you denying?

You want to be numb. "I'm allowed to be numb." So you can say to yourself, "I want to be numb, that's why I'm numb. I want to be numb. I don't want to feel." Who wants to feel? It's yucky, isn't it? "What AJ's suggesting is just a painful, terrible process, nobody really wants to be in it." That's why I'm such a good cult leader! (Laughter) [02:24:32.02]

Participant: Excuse me, AJ. If we weren't denying any of this, would we be crying all day?

Possibly. But you will find what happens is that you'll cry for a period of the day, but then a joyful experience will happen and you will laugh. And then another experience will happen and you'll feel love. And then another experience will happen and you'll feel horny. (Laughter) These experiences will keep on going during the day if you don't deny any of them. But if you shut down one of them, then the rest of the experiences stop, as well. So the key is to just be open. If you're fully open, you'll have periods where you're crying, but you'll also have periods where you're laughing. You'll have periods where you're really detuned from yourself, but you'll have periods where you feel really connected with yourself. Everything will just flow.

Now, when everything flows, a lot of the flow initially is going to be painful emotions, because you've just bottled them up for so long. So let them flow, too. But you will go

through a day where you have fifty different feelings, where you'll be absolutely morose when you wake up and maybe ecstatic halfway through the day, maybe horny in the evening. And maybe you'll shut down again at night and want to have a drink because it's all too much for you. And that's where you'll be. You'll be in that state where you're feeling all the emotions just flow. [02:26:00.24]

Participant: AJ, it's important not to get addicted to the emotion, too, isn't it?

That's an interesting statement that you made, because that's one of the denials, actually, that we have: we think we can get addicted to our negative emotion. The only emotion that you can get addicted to is your effect emotion, not your causal emotion. When I say addicted, what I mean is that you can become addicted to getting your effect emotion sorted out or salved by others. So for instance, if a person's in a needy state where they've got to tell you their story all the time, they're staying in their effect emotion, and they're not going to a cause.

But be careful about telling yourself any of these things, because what's happening oftentimes is we use that then as an excuse: "Ah, I could do that [get caught up in an effect emotion], so I won't do that. So I won't feel any emotion, then." Don't allow yourself to tell yourself stories about what's going on emotionally inside of you.

What's next in the list? [02:27:12.20]

4.6. We remain in feeling capping emotions

Participant: Capping emotions.

Capping emotions, if we're feeling capping emotions. What is a capping emotion? Anger is one.

Participant: Fear.

Fear. Jealousy. Envy. Resentment. A lot of those are capping emotions. Do you understand what I mean by capping emotions? They're suppressing the casual emotion. So why do we get into a capping emotion? Because it feels powerful in that emotion. Why do we do that? Because we don't want to feel powerless about the causal emotion.

So if you find you're getting into anger all the time, or you're getting into resentment all the time, then you're in denial. You're allowed to be in denial. You're allowed to get as angry as you want. You're allowed to be irate with every single person around you. But of course there is a result, a consequence to those actions on your own soul, as well. [02:28:17.04]

Participant: So are the causal emotions the ones that make you feel helpless and...?

Not necessarily. But if I'm feeling anger, and if it's not childhood anger, then it's probably not a causal emotion. I'm saying get into the anger. I'm saying don't turn it off. Get into it,

get out the boxing bag and the gloves or whatever and really get into it, but understand that while you are getting into it and not going deeper, you're still in denial. You're choosing denial. You follow me? You're choosing it. All of these capping emotions are choices not to get into the underlying emotion.

Participant: How do you tell the difference between a capping emotion or an effect emotion and a causal emotion?

Most capping emotions are very adult-like in their manifestation. Causal emotions are all childlike in their manifestation. A causal emotion is going to be a locked-up emotion throughout our life experience, usually relating to our childhood. Therefore, it's going to be childlike in its manifestation. It's going to be childlike in its experience. If we're in an adult rage, or an adult anger, or an adult resentment, or adult jealousy, or any of those things, then we're denying a childhood emotion. Experience the jealousy or experience the rage, experience the anger, but understand, "I've got to find something deeper than this in the end." [02:29:45.20]

Participant: Where do effect emotions fit into that?

Capping emotions are all effects in the end. They're all effect emotions.

4.6.1. An example of a woman who is angry

Participant: I am angry all the time.

Beauty! (Laughter) So am I lately! (Laughter)

Participant: And I am accused of being very childish in the expression. I never did this as a child. I slam doors and I swear a lot. I've started swearing in the last year or two and I really loved it, but now I don't want to do it anymore... so much, anyway. (Laughter) Can you explain a bit more about expressing a childlike anger? Do you mean like an uncontrolled passionate way or do you mean...? I don't understand. [02:30:39.20]

Yeah. Put yourself in a safe environment and just be a child in its expression, but do it in an environment where you're not harming others. That's all you need to do.

Participant: Okay, so we don't really need to understand what's a childlike way, and really just let it come in a way that's not damaging.

Exactly, yeah. Just let it come. When you let it come fully and go into it fully, what is underneath will soon become known to you.

Participant: I already know what it is.

And if you already know what it is, the anger is there because you're denying the expression of the underlying emotion.

Participant: Okay.

So what's the cause of your anger?

Participant: It's grief.

Okay. So you don't want to cry. So understand that you don't want to cry. And you're allowed to not want to cry, but every time you do that, you're going to get angry. So you need to just allow yourself to cry.

Participant: I cry all the time.

Well, if you cried all the time about the causal emotion, you wouldn't be getting as angry.

Participant: I don't know if I'm crying about the causal emotion.

You're crying about a lot of the effects that have been created, but the causal is related to your childhood, remember. So it's going to be a childhood emotion that you're going to be feeling. Let yourself go there. You know what it's about in your childhood.

Participant: Do you mean my mother dying?

And a few other events, too. Isn't that big enough?

Participant: Yes, it's pretty big.

Yeah.

Participant: I don't know what the other events are.

But let yourself even just feel the one you know.

Participant: I have... I feel like I've done that my entire life.

If you're re-experiencing the emotion, then you're not getting at the cause. So if you're re-experiencing over and over and over again, you're not getting to the cause. When that's happening, there's a truth you're not facing. We'll talk about some of our other denials later, and one of them will be a denial of our truth. So the truth is that there's an emotion underneath that emotion of your mum dying. You've cried about your mum dying, but what did your mum dying mean to you? [02:33:02.03]

Participant: I was alone.

Okay. Have you cried about that emotion?

Participant: I don't know.

See, a lot of the times, what we're doing is we're crying because we want our mum back, to not be alone. So we're crying to not be alone, when what we need to do is actually feel alone and cry.

Participant: Yeah, I get it.

So can you see how there's layers getting down?

Participant: Thank you.

My pleasure.

4.6.2. An example of a woman who is afraid of angry people

Participant: In my case, if I'm around anyone who's angry, whatever happens to me, I still haven't seen the underlying causes.

And you don't want to!

Participant: I get scared, and so then I avoid being around them.

Yeah, don't do that. Because if you avoid...

Participant: And I blame them, there's a cycle. I see the cycle, I see underneath, and I'm really scared and helpless.

So go there, because that's where you're avoiding going.

Participant: And then I wish it could be different. And it's never going to be different.

Go there, too! Go there, too. There are three emotions you just mentioned that you need to feel.

Participant: I keep doing this.

"It's never going to be different." A lot of those emotions are childhood emotions. There's some rage in there about that. There is some anger in there about these feelings that you're never going to get what you want in your life. So let yourself feel that. [02:34:24.22]

Participant: The rage isn't there. It's more the helplessness.

No, I'm saying it is there. It wasn't a question.

Participant: Okay. (Laughter)

The rage is there, inside of you. If you really let yourself connect to it, really get upset about how you're not getting what you want, you'll connect with the deeper emotions quite rapidly. Let yourself experience that.

How many of you ladies like to experience rage? Not many women generally like to. Why is that? It's not feminine to do, is it? That is what it feels like.

4.6.3. Releasing emotions as a child would

Participant: AJ, so if you sing or dance or paint or do all those artistic things, is that a way of releasing some emotions?

You certainly can release some emotions, but remember that every time you have an emotion when you're a child, and you lock it up, it's going to need to be experienced as the child would have experienced it. Do you think the child will go and paint to do its release? No. See, a lot of times we can use these tools, and they can help us open our soul to the prospect of dealing with our emotions, certainly, but they're not going to let it release until we're willing to go into that childlike state of release. [02:35:48.17]

Participant: We're encouraged to be as a child, but what do you do if in an adult situation, like...

The same thing. Be a child.

Participant: In a sexual situation.

The same thing. Be a child.

Participant: How do you come back to the middle if you...?

You don't have to come to back to the middle. Let's say I've experienced sexual abuse as a child, and then I'm having sex with a partner, and all of a sudden I'm in this childlike sexual abuse state. What do I need to do? Just be the child right there and then. Respond as you responded. Right there and then. It doesn't matter what your partner thinks about that. Immaterial. (Laughter) That's his Law of Attraction. (Laughter)

I'm serious. Go into that experience as the child. This is a Law of Attraction event that occurred to bring up this emotion. Experience the emotion. Don't try to get yourself back into equilibrium. Let yourself fully experience it. Grieve it. Cry.

Participant: But I feel like I didn't have a childhood. I feel like I didn't have sexual appropriateness.

No, you didn't, but there is a lot of grief about that, and that's why you go into a child during those events. So let yourself fully go there. Don't avoid it. Don't worry about what your partner feels. And if he's an understanding partner, or she's an understanding partner, what will happen is they will allow you to just experience that, and they'll understand that you're now in a child emotion: "I can see you're in a child emotion. Go for it." They will automatically stop making love to you, and they will step back and let you do what needs to be done.

So in any situation, just go into it. It doesn't matter how appropriate you think it is. What matters is you're getting access to the emotion that's just been triggered by your Law of Attraction. Be brave. Go for it! [02:37:56.15]

Participant: So the Law of Attraction is saying that whatever the situation is, it's going to be great for everybody.

If you deal with it then and there, if you deal with it appropriately in truth right at that moment, it'll be great for every single person involved in that Law of Attraction then and there. It's a perfect situation. And you could deal with it at a different time, but it's not going to be as perfect as that particular situation that you just created.

It's really important to understand that, because when you understand that, you feel free to be yourself at any given moment, knowing that everyone around you is going to get triggered just as you are being, if you stay in your truth. Everyone around you will deal with different emotions in the same manner you are dealing with it. It's a very powerful thing to understand that. Very powerful.

Participant: AJ, can I just say one thing about this? When I see Jenn being her child and releasing emotions from her child, that's when my heart really opens up to her.

Exactly, because she's in her emotional truth then. When a person's in their emotional truth, that's when you can be the closest to them that you could possibly be.

Participant: It's exactly my experience.

Yeah. Spot on. It's really important to understand that.

4.6.4. An example of a woman who is afraid of angry people (continued)

Participant: AJ, I don't understand what Graham just said about it being an opportunity, because the person that I know who's quite angry triggers me, then I go into my stuff. I can't see how it's an opportunity, because if I went into my rage, then now you've got two... [02:39:33.01]

He's angry because he's in denial, and you're in rage because you're in denial. Because, remember, the rage, an adult-type rage, is a capping emotion.

Participant: I thought you said there was rage underneath that I haven't even touched.

True, but you can choose to touch that outside of this trigger. What you need to do with this trigger, in the example that you've just given, and I'm relating to that example only, is that you need to allow yourself to get underneath that emotion and go into that childlike state of powerlessness that you feel, and also address that issue in truth. So a lot of the times you're not standing up for yourself.

Participant: Well, if I do, then I'm called the victim and...

No, you stand up for yourself in anger, but you don't stand up for yourself in terms of just being firm.

Participant: Okay.

And this is one of the lessons that you will need to learn in the interaction. When you learn that and step away from whoever is doing it, what happens is that they will automatically start seeing what they're actually doing.

Can we move on to the next one, because there are a lot of them. What's the next one?
[02:40:36.16]

4.7. We feel emotions not harmonious with showing love

Participant: Feeling emotions not harmonious with showing love.

Okay. Shall I call them disharmonious, unloving emotions? This is where you really need to be honest with yourself. So if I'm feeling disharmonious, unloving emotions, I'm in denial. Right at that point I'm in denial. Now I still need to feel them. I need to feel them, because I need to be conscious of my own denial, but when I allow myself to feel them, I need to see that I'm being unloving in that particular case, and there's something underneath going on. But you see most people are not honest about this. For example, there are people in a discussion who will just take over the whole discussion. You might be just trying to get together to help a certain group of people or whatever, and one person just snaffles the whole conversation and takes it off on their own. Are they being loving at that point? [02:41:53.04]

Participant: No.

No. And how do you feel when they're doing that? Angry.

Participant: You want to kill them.

Yeah. Are you loving at that point?

Participant: No.

Okay. So if I'm feeling an unloving emotion inside of myself, then obviously I'm denying something. So what am I denying in that particular instance? I'm not being heard, or there could be lots of different emotions. "I'm not being noticed. I'm not being heard," and I'm denying those emotions. That's why I'm getting angry. So when I feel emotions that are unloving, understand at that instant I'm in denial of something deeper, right then and there, that I need to experience. What's next? [02:42:34.17]

4.8. We are selective in our emotional experience

Participant: Being selective in the emotions you feel.

Okay. Being selective. Pleasurable stuff, no worries. (Laughter) We can enjoy those, right? Well, for some people that's not true, though; some people can't even enjoy the pleasurable emotions. I was one who couldn't enjoy any emotions. But many of us are okay with the pleasurable stuff. In fact, we spend our whole life trying to create pleasurable emotions.

But we don't understand one thing when we're selective, and that is that the way our soul is built is just to have everything flow all the time. So if I'm just focusing on selective emotions, I'm now using my mind to work out which emotion was good for me and which emotion was not good for me, and as soon as I get into that state, I am now shutting down the whole system, because I'm now using my mind to control which emotions I experience. And it's a very popular way to avoid your soul. A very popular way.

What's next?

4.9. We are influenced by other people's opinions and avoid telling the truth in all circumstances

Participant: We are influenced by other people's opinions, and avoid telling the truth in all circumstances.

Yeah. Avoiding truthfulness, shall we call it?

4.9.1. An example of a husband having adulterous thoughts

So the man comes home from work, and he knows there's been five times today when he looked at a woman and he felt a desire for her. He felt like, "Get her in the sack would be quite nice." Now, he's felt that five times. He comes home, and he's married. And what does he say to himself?

Participant: It's okay. That's she's got a headache. (Laughter) I'm just a man.

Well, he might not even tell his wife. Why?

Participant: He doesn't want to hurt her.

And that's a heap of crap.

Participant: He doesn't want to get into trouble.

And that's more to the point. But in the end the deepest emotion is that he doesn't want to feel his own emotional shame about it. We avoid being truthful because we're avoiding an

emotion within ourselves that's quite deep. In every situation when you haven't been truthful - and I'm talking about volunteering truth, not being forced into it. I mean volunteering it in your entire life to everyone around you. As soon as you avoid that state, you are in denial of one of the emotions inside of you. [02:45:24.24]

Participant: He's ashamed because he had the desire?

Yep.

Participant: But he's also ashamed because the desire means he hasn't created a really loving relationship with his wife, because if he had...

Not necessarily.

Participant: No?

No. It could be some really deep, very basic emotions with his mother that created this particular feeling. It could be that he's got this injury of unworthiness within him, second chakra unworthiness, and when he's walking along the street these particular women have an opposite emotion that automatically attracted him. It could be just that he needs to be open and honest about that and just feel that. It doesn't mean that he's necessarily in an unloving relationship or that he's not loving his wife. It means that he's still got an unhealed emotional injury within himself that he needs to be willing to address and not be in denial of. [02:46:09.12]

Participant: Won't that affect his marriage, though?

Not at all, if she is also willing to deal with all of her emotions.

Participant: Okay.

If she isn't, of course it's going to affect his marriage. But does he want to be with a person who doesn't want to feel all of her emotions?

Participant: Maybe he doesn't want to feel his emotions.

Well, probably, yes. Okay. But we're talking about becoming at-one with God here. This is all about denial of our own soul, not of somebody else's.

Participant: So if he admits the shame, it'll all come out in the wash anyway.

If he admits the shame, he goes through that emotion. Her Law of Attraction is she's attracted this, so she'll probably feel emotions of, "I can't trust him. What's going on? I don't feel connected with him now." If she feels her own emotions, they will both have a much closer relationship, because in the end it's based on truth.

When you're based on truth, everything opens up within you emotionally. You can have a much closer bond when you know your partner is going to tell you the truth every single time, no matter what. In the end, if you find the truth is that they don't really want to be with you, then that's great, too. Let's not put that off for ten years. Let's deal with that now, and go and find somebody who does want to be with you. [02:47:28.18]

Participant: If he deals with that feeling at the time, and feels that attraction and can deal with that, then he's not going to feel shame later, necessarily.

Probably not, if he accesses the underlying cause. But if he's in a relationship, why wouldn't he tell his wife?

Participant: Oh, no, I'm not suggesting he wouldn't.

Yeah, but a lot of people suggest that you don't have to. And I'm saying, if you want more closeness - and what we're talking about here in the end is if you want to be at-one with God - these are the things you will be doing all the time.

Participant: And on a level your partner will know anyway.

Of course they know! They can feel every emotional injury within you, whether they're aware of that feeling or not. So you automatically know if your partner has five feelings of infidelity in a day. Why do you think you're so jealous all the time? Because you feel that feeling coming from them all the time, and it's triggering a feeling inside of yourself that needs to be released. It's your Law of Attraction.

So avoiding truthfulness is a big one. Most people find that that is so hard, because we've been taught what, about the truth? [02:48:39.10]

Participant: It hurts.

"The truth hurts. I'm responsible for other people hurting if I tell them the truth."

4.9.2. From God's perspective we are responsible for not withholding truth and not telling lies

From God's perspective you're only responsible for another person hurting if you told them a lie or withheld a truth. That's the only time you're responsible, when it comes to God's Laws: when you've withheld the truth or told a lie. When you've told them the truth and they're hurting, you are no longer responsible for their emotion. You have done everything in your power at that point to remain in harmony with God and with the Laws of Love, so you are no longer responsible for any of their emotions that occur.

Participant: What if somebody's told you something that they're actually avoiding? Like if it were yourself, you would tell the truth, but they've come and told you something

that they're not truthful about. And if it was myself, I'd feel bad about not being truthful. So are you obliged to go and tell that truth?

Yeah, for your own sake. Yeah. It's big, isn't it?

Participant: Yeah.

It's big. Yeah. This area of avoiding truthfulness is big. One way you can avoid almost all of your emotions in your life is to avoid truth. Once you have a deep heartfelt commitment to truth in your life, you'll find that you will hardly avoid any single emotion. [02:50:03.19]

4.9.3. An example of a woman detuning from her emotions

Participant: AJ, I had a situation just recently where I did say what I thought was truthful and the repercussions were huge. And I was then sitting there through all the blast of anger and everything, and I was accused of being cold and indifferent because I wasn't reacting. And then I thought, "Oh, I'm not feeling the emotion," because I felt good that this was happening, because I could see that they were feeling the emotion, and I thought, "I'm not feeling anything. What's wrong with me?"

If you're not feeling anything, it's because you've gone into a state of fear about their reaction. And you've avoided that emotion.

Participant: Because I should feel something about them being in such pain?

Yeah, you will feel something. You'll either feel compassion if you've released all of yours, or you'll feel fear, fear of them punishing or fear of them hurting you. There might be lots of different feelings you have when you've told the truth and then you get a reflection of anger back. Remember, the reflection of anger back is your Law of Attraction. So it's triggering another emotion within you right at that moment. Can you see how when you stay in the truth, just bang, bang, bang, bang! That's why you feel overwhelmed. And feel that, too! Feel all these things that you're feeling. [02:51:33.19]

Can I move on to the next one?

4.10. We tell ourselves we are happy but are not as yet at-one with God

Participant: We tell ourselves we're happy.

We tell ourselves we're happy. Can you see how that's a powerful tool of denial? Because if I'm telling myself I'm happy all the time, I'm telling myself everything's fine all the time, and what am I doing? I'm creating this fictitious world where I don't have to actually deal with the causal emotion within me. It's a very powerful tool. Many people on a natural love path with New Age movements have learnt to do that very well - tell themselves they're happy all the time.

Participant: I met a guy who said, “I resolved it. I will never be sad ever again. And I’ve never been sad since.”

Yeah, and that is one of the biggest denials that this man is in. That’s a huge denial. Very powerful denial.

What’s another one?

4.11. We are self-righteous but unreceptive in our heart to more Divine Truth

Participant: We are self-righteous.

Do you know what I mean by being self-righteous? “I’m right in this situation. Sure, my Law of Attraction is this person is yelling at me, but it’s not my fault.” (Laughter) The truth is the Law of Attraction is bringing you it, so it has to be something in your soul that needs to be released in this situation.

So we’ve got to stop telling ourselves things about ourselves that are not true. This is another thing that the New Age movement does a lot, they tell themselves, “I’m over that now.” How often have you heard that? “But I’m over that now.” Just the whole fact that we’re having a conversation about it means you’re not over it. If all of a sudden somebody comes up to you and starts talking about some childhood abuse event, and then they say they’re over it, what can you pretty much guarantee? They’re definitely not over it. Why would they even be speaking about it if they’re over it, unless it’s to do with teaching something or helping somebody else? [02:53:59.16]

Participant: So if you don’t remember the event, does that then mean you’re over it? Or are you so in denial that...?

If you don’t remember the event, you’re in very big denial. In the end you will remember every event in your life, but there will not be an emotional signature to the event, because you’ve released all the emotions. So you get into a state, when you’re at-one with God, where you remember everything from the moment of your conception onwards. And you won’t have any negative emotion about it. It’ll just be, “Oh yeah, this happened to me when I was ten, and this happened to me when I was five, and this happened to me when I was seven.” And you’ll use it in teaching others and helping others connect to their emotions, but you will not feel any negative emotions about it yourself anymore.

What’s next?

4.12. Our heart is hardened to how we hurt others by treating them un-lovingly

Participant: Our heart is hardened to how we hurt others.

Yeah. Hard hearted. If we're hard hearted, that's a big thing, actually.

4.12.1. The example of eating meat and dairy

So if you're there eating a piece of meat for dinner, for example, and you're not crying at the same time (laughter), your heart has become hardened to that particular injury. Because if you really understood everything that was going on, you would feel the pain of that animal, you would feel the pain that you created because you're eating the meat from it, and you would not be able to do it again. When we become hardened to something in the world around us, we are no longer in a state where we're open emotionally, and we are now in denial. [02:55:58.12]

Participant: What about beliefs that it's okay?

Of course you can tell yourself that, that's what a hard heart does: it tells itself that your beliefs are okay. But we're talking here about God's beliefs. What are God's feelings? If you want to be at-one with God, you're going to have to get to know God's feelings, not yours. You're going to have to know yours, too, of course.

Participant: But don't you kill tomatoes and vegetables, even?

See, that's another great justification for being hard hearted.

Participant: Aren't we killing everything that we're consuming?

Yes, but you look at how things are created. I've had this discussion before. Some things, when you eat them, die, other things when you eat them propagate. Do they not?

Participant: Yeah.

So if there's things that multiply and propagate and you're eating them, then obviously that's more harmonious with love than things that are dying when you eat them.

Participant: Maybe you need to explain that?

Well, like a sheep, if you slaughter a sheep, it's now dead. You can't bring it back to life, can you? But if you eat a tomato, there are seeds in the tomato and you can just get all those seeds out, plant them, and away you go, you've got more tomatoes. So one creates life. In fact, the tomato has to actually have its flesh removed to get at those seeds to create life. The other one doesn't create life. It just kills life. So which one's harmonious with love? A lot of people are very resistive to this meat discussion! (Laughter) [02:57:36.19]

Participant: So what's wrong with dairy products - milk, cheese?

Nothing wrong with the product itself, what's wrong is what man does to create that product. You look at the actions that man takes to give you milk. We were talking about it the other day to a farmer, and he said within three days he slaughters all of the calves. He just slaughters them and buries them.

Participant: Wow. Why?

Because it's too hard to sell them, and it's too hard to take them to the slaughter, so he just slaughters them and mulches it all up because he wants the mother's milk. So if that wasn't happening, then, sure, having milk would be fine.

Participant: So if you've got a dairy cow and you milk it yourself with love...?

Yeah!

Participant: It's not a problem.

There's not a problem with that.

Participant: Isn't there supposed to be enough milk, I thought?

Enough milk?

Participant: For babies and...?

There's plenty of milk for both. But why do they kill the calves? So that they maximise the yield of the mother, so that they get more profit. Is that loving? Well, if you're drinking milk, you're enabling that process to continue, unless you're drinking milk from somebody who's not doing that. And how can you guarantee that? The only way to guarantee it is to go to a farmer and ask him whether they do that.

Can you see what's going on? Besides the fact that your body isn't meant to eat milk after a certain period of time anyway - let's face it. Your body doesn't even digest it. But that's a separate discussion in itself. The truth is that if you look at love, you'll know what to do. How many of you have some Kentucky Fried Chicken? Go on to a website that talks of how they get their chickens. You won't want to eat another chicken again, I guarantee you. But you know what we've done? We've become hard hearted. And therefore we deny what's really going on.

4.12.2. The example of war in the Middle East

How many of you care about what's happening in the Middle East, really? Like, really?
[02:59:40.28]

Participant: Would you say we were not telling the truth if we said yes?

Well, many of you would be not telling the truth, yeah. Many of us care about it in an external sort of way, but we're not looking at what's creating it in many cases, and addressing our own conduct in what's creating it. So look at that. Don't be hard hearted about what's going on.

Participant: But this is like being in hell.

What's like being in hell?

Participant: When you really get committed and you start to feel about the cows, and the calves, and the Middle East.... (Laughter) They're your examples! Stop laughing at me! They're your examples.

Spot on. And what do you feel?

Participant: Sad.

So feel it. Feel it.

Participant: Deep, deep grief.

So feel that. Connect to that.

Participant: And sadness. And pain and death.

And resolve inside of yourself that you never want to create any of that anymore, yourself.

4.12.3. The example of diamonds

Like how many of you ladies wear a diamond ring on a finger? Have you looked at that? Have you looked at what you're creating? [03:00:55.17]

Participant: Go and watch "Blood Diamond."

Yeah, go and watch the movie "Blood Diamond" and see what you're creating. Diamond rings, diamond earrings, diamond jewellery - see what you're creating. Now, sure, in a different world it will be created a different way, but let's look at the world we're in now and see what we're creating and stop being hard hearted about it all. Because when you harden your heart, you're denying your soul. When you deny your soul, you'll never be at-one with God.

Participant: AJ, even though it's the norm of our society to eat meat and we're so over-exposed to violence, is that just not taking responsibility, doing the same thing with eating meat, because it's the norm?

Yeah. The norm is just an excuse, let's face it. How many people are in an at-onement condition, did I say, on the Earth at the moment?

Participant: None.

I wonder why! Because it's not the norm, is it? So we're going to have to learn to live out of the norm, for a while at least, if we want to be in that condition.

4.12.4. Being hard hearted from God's perspective

Participant: AJ, with respect to this one, our heart is hardened to how we hurt others by treating them unlovingly. How do you handle it when people accuse you of being hard hearted when you know in yourself that you're being loving to them?

Remember that all of this hard heartedness is not about your own definition of what's hard, or somebody else's definition, it's God's definition of what's hard that matters. So, is telling the truth from God's definition a hard-hearted thing to do?

Participant: No.

No. But how many of you feel that when you tell the truth you're hurting someone? Quite a few. So we obviously have an incorrect belief when it comes to that particular belief. What I'm asking myself constantly is, "What does God think about what is going on here?" Not, "What does the person think?" or, "What is a person expressing at me?" So if the person's projecting anger at me because I've just told them the truth, I know that my intention was honourable, my intention was based on love, my intention was to help them get into a state of more truth, which is going to bring them closer to God. So their response actually doesn't matter, as long as I've been in that state myself. [03:03:18.22]

Participant: When we find ourselves in that situation, how can we be sure that we're not generally being hard hearted and we're fooling ourselves and we're in denial in some way or other about our hard heartedness?

By staying in contact with your own emotion. Are you feeling completely connected with your own emotion? Are you feeling God's Love flowing through you at that particular moment? Are you feeling connected with the person? Do you have compassion for the person even when they're angry with you? Because if you do, then you are staying connected and you are in love. But if you're not, and you're getting angry back, and you're getting upset, then you're not in love anymore. So deal with that - that's another denial of the soul.

Let's talk about an ideal world for a start. In an ideal world, a cow still dies. So in an ideal world, in the end you could use that hide and also the meat and other things for whatever you wished, if it died a natural death. But we know in most cases that's not what's happening. So nowadays what I do is avoid those things. Now, I do have some leather jackets from when I didn't respect that, and I'm not going to throw them away, because that would also be disrespectful of that. So what I'm doing is changing what I'm doing from now onwards. [03:04:49.05]

Participant: That's all you can do really.

That's all we can do. Yep.

Participant: God knows. He knows what we're facing.

And He also knows your intention and your feelings. He knows your desire.

Participant: That we want to be perfect like our Father, we say, but it's going to take more than a couple of nights to achieve it.

Yeah. You won't be able to decide it all today and be there tomorrow. And, you do need to feel it.

4.12.5. The example of eating meat and dairy (continued)

So with the discussion about meat, keep eating meat if that's what you feel. I'm not telling you to stop, am I? [03:05:26.07]

Participant: You are really.

No, I'm not.

Participant: You're making it not feel good. You're making me feel guilty.

"You're making me feel guilty"! I don't make you feel anything! What are you talking about? You just feel guilty. Go with it! (Laughter) You need to feel guilty if you're going to change. (Laughter)

See, the problem is a lot of the time you're saying, "Oh, you're making me feel guilty." No, you're feeling guilty because your soul inside knows that eating meat is actually not good for you. It's not good for the environment, it's not good for the world, it's not good for the meat you just ate, and it's not good for the animal. You know this. If you're in a state of love, you know it. You're just trying to be hard hearted about it and get away from it, because why? Because you're just addicted to this taste. Or you're addicted to something else that's going on emotionally. You're addicted to the feeling of being full with meat, and nothing else gives you that feeling except the meat. Deal with the addictions. Face the truth.

Participant: I actually didn't eat meat for a long time, like ten or twelve years, and then had health problems. And then that led to me starting again.

Yeah, that's a great excuse.

Participant: I know... well, I'm wondering if you really believe that you can get all the nutrients that you need through alternative...?

Totally! Yeah, totally. The reason why we're not is because of an e...? An e...?

Participant: An emotion.

Emotional problem! (Laughter) An emotional problem. Couldn't get it out my mouth!
(Laughter)

Participant: That's the thing - there's only one answer, AJ.

It's the answer for everything. It's true! If we're not getting sustenance from what God created us to have sustenance from, then we obviously have an emotional issue with it. So deal with the emotional issue. You'll find that everything will change.

I went through a really bad period myself where I was eating just vegan, dropping heaps and heaps of weight, and not having good digestion at all. So I started supplementing with vitamin B and all that kind of stuff to help my digestion. In the end it was just caused by this heap of feeling of unworthiness affecting my bowel that caused me to not get the nutrients out of the food. Once I dealt with that feeling, I started putting on weight.

And you know what happens now? If I'm not dealing with a certain feeling, I lose weight. If I start dealing, I put on weight again. And it just cycles like that now. So I know when I'm losing muscle mass that it's to do with an emotional injury within myself. It's got nothing to do with whether the food's providing it, even. In fact, you'll get to a point in your own progression where you won't even need to eat food, if you don't want to.
[03:08:28.16]

4.12.6. Speaking the truth as a child would

Participant: AJ, what do you do if you've got a situation that if you do tell the truth, that perpetuates the sin, it perpetuates like adultery.

Telling the truth can never perpetuate the sin.

Participant: But there's a wife involved.

It doesn't matter. She needs to know the truth.

Participant: And her husband...

He needs to know the truth. Children need to know the truth.

Participant: So you've got to go to them and confront it?

Yes! Yes! (AJ says "yes" with a trembling voice) (Laughter)

Participant: And children?

And children, yes. They already know the truth emotionally, anyway. It's already happening emotionally. Remember I said before, if you avoid truthfulness, you're just avoiding lots of emotion. Where? Within yourself. You're not protecting the other person.

You're being selfish, and you're protecting yourself. That's what you're doing. And the reason why we avoid truthfulness is because we're protecting our own emotion within ourselves that we do not want to experience at that moment. [03:09:37.15]

Participant: With truthfulness I was taught you use "I" statements and you just talk about yourself. But are you saying that you could actually...?

What does a child do? Does a child say, "I've got to use 'I' statements, so..." What does a child do? Just says what's there and just blurts it out, right? Be a child. Just be a child.

Participant: Children do use I statements. They say, "I feel angry. I feel scared. I feel unloved."

Yeah, but sometimes they don't. Just be the child. Own the emotion, though. Own the emotion. Don't be hard hearted with the emotion.

What's the next way we can identify that we're denying our soul?

That's it? That's enough, isn't it? There are quite a few other things I could be saying, but can you see these are the things we do, these things that I've just listed are all things that we do to stay out of the emotion. They're the things that we're doing to deny our soul. If you notice yourself in any of them, start observing. See, "Ah, yeah, I did that again. Denying another thing. Oh well, I'm allowed to."

Participant: So do we not have to worry about how to couch the truthfulness in such a way that it's not blaming or...

Definitely not. Do you know what I mean by couching truth? Modifying the truth and making it feel really palatable to the person who's receiving it. The problem with that is the truth is just the most beautiful as it is in its raw form. And we don't appreciate that. The truth in its raw form is the most beautiful thing you will experience. [03:11:24.29]

4.12.7. Connecting with emotions until they are fully released

Participant: So you could, "You're being a bitch," and it's the truth?

If that's the truth of what you're feeling, but that's a projection. So it's not the truth of what you're feeling, actually.

Participant: So that's why I'm wanting to know what you mean by...

So go into your room, write down, "She's being a bitch. She's being a bitch. She's being a bitch." What's underneath this? She's being a bitch, and allow yourself to feel what's underneath. What is underneath? Why was she a bitch? Why was she a bitch? Why was she a bitch?

Participant: Because I'm feeling bitchy.

Why do I feel she was a bitch? “Why do I feel Alana was a bitch?”

Participant: I felt hurt because you didn’t do what I wanted you to do.

Well, no, there has to be something inside. So if you’re being angry with me, and I’m feeling your anger, and I want to get angry back, there’s a feeling that I’m denying within myself. That’s what I need to connect with. But to connect with that: “You’re angry with me, how am I feeling about that?” I’m feeling angry; I want to get angry back. Why do I want to get angry back? Obviously there’s a deeper emotion, isn’t there? So go into a private space, kick the hell out of a punching bag or whatever, and get angry with that, just really connect with that anger, and allow yourself to go deeper into the underlying emotion. [03:12:44.13]

Participant: How long? (Laughter)

How long? As long as it is.

Participant: How long is a piece of string?

It’s as long as it is. Everything is as long as it’s going to be. So with your emotions, it’s just as long as it is. Stay in it until you just keep connecting. Stay there. Stay there. This is a lovely opportunity for you to stay there. Stay there. Stay there. Stay there. Stay there. Stay there. “Oh! There’s nothing there anymore!”

But if you stay there and then get out, then how many other times are you going to need to get back in? Another five times. And you’re going to need to stay there and get out every time, and still it won’t be experienced, and what have you done? You’ve had to create six events now, instead of one, to access that emotion. Why do that? All I’m doing when I’m doing that is just delaying my own happiness. That’s all I’m doing.

So stop delaying your own happiness. Start wanting to be happy, and the only way to do that is by staying in the emotion as long as the emotion takes to release. So if it takes three days, it takes three days, and you’re out of action for three days. “But I’ve got to work! What about my kids? What about what’s going on?” They’re all justifications for me to shut down my emotion. Why haven’t I already created a space where I can cry for three days? Because I don’t love my soul enough yet to create a space where I can cry for three days. That’s the only answer, really. And that’s okay, I’m allowed to not love my soul. I’m allowed to not love my soul. Aren’t I? [03:14:47.27]

Participant: Free will.

Yeah, I’ve got free will. I’m allowed to not love me.

4.12.8. Speaking the truth as a child would (continued)

Participant: I could understand being truthful to myself about myself, but to say something to another person, I don't know...

But you have a fear.

Participant: But then there's my perception of...

But it doesn't matter. It doesn't matter. If you just say the truth right at that moment about how you're feeling you can...

Participant: So it's always about me?

About how you're feeling. If you say the truth about how you're feeling, then it will soon be exposed what's underneath you.

Participant: I thought we were supposed to be telling the other person about themselves? That's why I was confused.

No, no, no. I'm saying to say the truth about you.

Participant: Okay, that's what I meant.

So for example, "Yes, today I wanted to cheat on you five times." So if I came home and I was a husband, we were married, and I said, "I wanted to cheat on you five times today," how would you feel?

Participant: I don't know. I'd ask them before I knew how I feel.

Well, the thing is, if you were connecting with your emotions and I was connecting with mine, we'd soon get to the bottom of why I felt that, wouldn't we? But if you go into judgement and anger, how much more difficult for me is it going to be to express my truth? And the truth is, I might not have been from the soul level really attracted to that person today five times. It might be just an injury that caused all these attractions. But I'm never going to face it until I can say the truth about it. So, yes, if you find a person certainly nasty to deal with, you need to go to that person and say to them, "I'm finding you really nasty. And this is how I feel when I'm finding you nasty. When you're angry with me, I'm feeling like..." and away you go. If you want to do that, do that. [03:16:39.11]

Participant: But she still has to go back and then feel how she feels about that in herself.

Of course! Yeah, it's all within yourself. But I'm saying, you will get to the point where you will tell the truth one hundred percent of the time in every interaction. And won't that be freeing? That's total freedom.

Participant: AJ, can I just share that I was at a communication skill class many years ago and this was what we were told to do. And the whole class disintegrated. People just couldn't deal with it.

Exactly.

Participant: The whole class collapsed.

And a lot of your questions about this issue are about your uncertainty about the power of truth. So deal with that emotion, too. Many of you don't believe in truth. Many of you have been taught many lies about truth. You've been taught that it hurts you, that it's going to destroy your life and destroy other people's lives. These are all the parent projections that have been placed upon you. Let yourself feel them.

God's Truth is beautiful. The truth is, the truth will set you free. That's the truth. But it means you being one hundred percent committed to that, to you feeling that all the time. Being in that truthful state.

5. How do we deny the soul?

How do we deny the soul? We choose to use external tools or internal tools.

5.1. External tools of emotional denial

External tools - help me with listing some.

Participant: Shopping.

Shopping! (Laughter) Computers. TV, videos.

Participant: Chocolate. Alcohol. Drugs. Work.

EXTERNAL TOOLS

- SHOPPING
- COMPUTERS
- TV
- VIDEO
- ALCOHOL
- CHOCOLATE
- DRUGS
- WORK

Notice with a lot of them there's nothing in particular wrong with them. When I say wrong, I mean, not socially acceptable. But you know what we do? We go down the track of, "Yeah, drugs. Now if someone's doing drugs, man, that's a bad thing, right?" (Laughter) But, you know, if I'm using shopping to deny my soul, that's just as bad as using drugs to deny my soul. In both cases I'm not being loving to myself. So is one really

worse than the other? And this is why often I've found, and I've mentioned this before, that people who are doing drugs or some other thing, oftentimes once they connect emotionally, they progress a lot faster, because they don't have all of these internal justifications of how bad it was or good it was. [03:19:39.03]

Participant: They just know it was shocking.

They just know it was shocking, and they need to stop doing it right across the board. The truth is that when you are using a video to deny your soul, that's just as shocking as it is to have drugs to deny your soul, because in both cases you're going to harm yourself. So the thing with external tools is we can sort of rub them out of our lives, and then tell ourselves that we're over it, and then just replace one with another one; for example, replace drugs with food.

And because food is a socially acceptable form of denial, we're okay about it. We tell ourselves, yeah, we've got things together now. "I was doing drugs before, but now I've got myself together." (Laughter) Have I got myself together about the denial? No. This is why a lot of people give up smoking and then put on twenty kilos or ten pounds or whatever. Why? They've substituted one form of denial with the other.

So they're external tools. Look at yourself honestly. A lot of times we don't look at ourselves honestly with that. We watch ourselves doing things, but we're not honest.

5.2. Internal tools of emotional denial

Now the internal tools are even more insidious, if I can call them that.

5.2.1. Minimising

For example, we minimise. I had a conversation with someone during the break, and I pointed out to her three times where she minimised her denial, and she just skipped over every one of them. Didn't you? [03:21:30.26]

Participant: Yeah. I know I did.

She owns up to that. She didn't own up when I pointed it out, either! (Laughter)

5.2.2. Justifying

We justify. So that's what all of you were doing with that meat discussion earlier. The majority of you were justifying. You were trying to justify why you want to keep doing it, why you want to hold onto a hard heart. You're justifying it. And it's okay, you're allowed to for as long you want. But you're not going to be at-one with God that way, that's all. Do you really want to be at-one with God or not?

5.2.3. The example of eating meat and dairy (continued)

Participant: Do you suffer any consequences for eating meat?

Certainly. Why do you think there are so many bowel issues and problems nowadays in the world? Why do you think there's so many physical problems in these lower two chakra areas, for example? Of course we suffer. All suffering is the result of us breaking laws of love.

Participant: So it's not got to do with we're not actually meant to ingest meat? Are we made as humans to eat meat or not?

No, we're not made to eat meat. Even animals are not made to eat meat. Many of them are carrion eaters; so when an animal has died they clean up the dead animal. For us ourselves, we can eat anything we want, but the truth is what is the most loving thing to do? Where is the love in it? And it's the love in it that determines whether it is in harmony with God or not, in the end.

So we can justify it all we like, but all we're doing is justifying ourselves staying in our same state that we currently are. That's all we're doing. Do you want to keep doing that? Well, you're allowed to. If you want to, you're allowed to. Keep doing it if you want to, but you're going to pay penalties for that inside of yourself. Every time you break laws of love, there is internal harm that you're generating, and you will feel the pain of that at some point in the future, whether it's now or after you've passed.

And most of us are already experiencing the pain of that right in this instant. Even the guilt you feel when I talk about meat, that is the pain you feel. That's the pain you're feeling; allow yourself to feel it. It's okay, it's just a feeling. Feel it and look at what's underneath it. Why do you feel so attached to this meat? Let yourself go there, let yourself feel that emotion. And when you release that emotion, you'll find you won't want to eat that again.
[03:24:28.06]

Participant: You said on one of the DVDs that animals don't have souls.

No.

Participant: And that was a question I was going to ask yesterday, what drives animals? I thought of the soul being the thing that...

What drives an animal is your soul.

Participant: Oh, okay. Because sometimes they seem like they're doing it...

Yeah. They are completely reflecting the emotional condition of the closest owners, or in the case of wild animals, the entire human collective condition. So what drives the animal is your soul. Your animal is responding to your soul constantly.

Participant: So the soul is the power that sort of moves the physical body in the human?

The soul is the power that is behind the spirit body as well.

Participant: Okay. I'm thinking through the meat context. So the human flesh keeps moving because you've got the soul?

Yes. And keeps growing and keeps changing, and keeps the genetic structure maintained, and all the organs are maintained, all via the soul.

Participant: So it's all via the human souls that the flesh of the animals can move.

Exactly. How many of you have had an animal die and you've been really, really sad about that? A fair few. In the future the animal will live as long as you do. The only reason why an animal doesn't live as long as you do, if it's your pet, is because you have emotions in you that it's reflecting about death. [03:26:02.27]

Participant: So if an animal doesn't have a soul, then, doesn't it have any pain when it gets killed?

The physical body and the spirit body still experience pain. They are organisms just like any other organism that experiences pain. But it's the soul condition of a human that the animal is constantly responding to. So for example, how many of you have got an animal that's been really badly hurt when it was little, and it's never forgotten that hurt? That seems to happen quite often. The reason why is it's still connected to its original owner's pain, and it will not release it unless that original owner releases it.

Participant: With any attack by a shark, where you're looking face at it, and you could really project love and...

When you say project love, if I'm not already being love then I'm not projecting love.

Participant: Okay, well, say you were...

If I was in a state of at-onement with God I wouldn't be eaten by a shark, no.

5.2.4. *Intellectualising*

Okay: internal tools of denial. What other ones are there?

Participant: Intellectualise.

Intellectualise. Big thing we do. Inside of ourselves we go, "Oh, but..." and then away we go. And we do this all the time. You know, with this discussion about meat, we've been doing it, just intellectualising it, and not feeling it. See, if you were feeling it, you wouldn't even have the argument. How many of you would get an animal right in front of

you, get your pet dog and slit its throat? How many of you can even bear to do that? Now in all the audiences I've said that to, there's only been one fellow who put his hand up, and it's because he eats dogs. But he was more honest than all of you who are eating meat. You know why? [03:28:27.29]

Participant: Because he's experiencing the emotions.

Because he was willing to do his own dirty work and not make somebody else do it. Do you think there are more penalties getting someone else to do your own dirty work? Of course there are. So he's actually willing to do his own dirty work, so he was being more honest. The fact that we get other people to do this work for us is just hardening our own heart to the whole process. So let yourself feel about that. Just let yourself feel. Stop intellectualising it all away from yourself.

What else?

Participant: Minimise anger. Being in the future.

5.2.5. Shifting the blame

Let's mention the other one, though: shifting the blame. We do this a lot. "That person's angry. It's all their problem." That's just shifted the blame, because the Law of Attraction is stating that it's my problem. There's an emotion within me that's triggered all this. So we often shift the blame. We say, "Oh, but it's all your fault. It's all mum's fault. It's all dad's fault." Whatever it is that's going on, it's always somebody else's fault. We've shifted the blame.

How many of you have had an accident and written down on the thing that you were only twenty-five percent in the wrong? (Laughter) Or not even in the wrong at all, you felt? How many of you have felt like you weren't in the wrong when you had that accident? But from the soul perspective, who attracted the accident? I did. It would have happened to another person if I didn't attract it. Or maybe not happened at all if I didn't attract it. So who's in the wrong? I have got an emotion inside of myself that I'm in denial about, and this particular event is happening to trigger that emotion that I can then choose to experience or not.

So after a while you start seeing in fact that everything going on around you is to do with your own Law of Attraction. Everything. And when you take that responsibility, when you feel that, it's really powerful. But we deny that often by shifting the blame onto others.

6. How to get out of denial

Okay. So let's get to the last section, how to get out of denial. Well, the answer is quite simple, really. Do the opposite of what you do to get into denial. Simple, but hard to do, perhaps.

6.1. Breathe

The first thing is, breathe. Why breathe? Because when you breathe, you're allowing emotion to flow. The whole reason why we're in denial is because we don't allow our emotions to flow. So when we're breathing into our diaphragm and we're filling up our body with air, we're allowing our emotion to begin flowing. So that's great. [03:31:48.12]

6.2. Set your intention

Set your intention. Intention comes from the heart, too, by the way. So look at your intention. If I get angry, I intend to get angry. I'm intending to get angry to get away from an emotion, and I want to get away from that emotion. Tell yourself the truth. This is what your intention is. "I want to get away from my emotion, so I will use anything in my power to do it. I'll use drugs, drink, whatever." Or, "I'll use all these nice things that everybody judges as nice to get away from my emotion. I'll do whatever I can to get away from my emotion. Yep, I'm just avoiding my emotion."

Then go down the track of asking yourself, do you want to keep doing that? And set your intention, your feelings, to be different. Do you want to keep doing that? "No, I don't want to keep experiencing the pain of avoiding my own emotion all the time." So set your intention differently.

Participant: Can you do it intellectually, or does it have to be...?

Always emotional. It can't be done intellectually.

Participant: So if you're numb, it's going to be hard to set the intention.

Yes, very difficult. So firstly address the emotions that you're trying to shut down by being numb.

Participant: Right.

Let yourself feel the emotions that are underneath the numbness. And even just let yourself feel numb. Let yourself stick with that, and tell yourself the truth about that first, and then go deeper and deeper and deeper and deeper into that emotionally. [03:33:24.01]

Participant: I have the other problem that the anger hits me and I explode.

Yeah, because you want to explode.

Participant: It's like that quick. There's not even any thoughts, it just...

No, there is a feeling. It's a feeling of, "I want to get away from why I want to protect myself, and the anger is the best and fastest possible way for me to protect myself in this situation." So your anger is a choice.

Participant: Is it a type of diversion?

It's a diversion from the real thing, the real problem. So go into the anger, that's fine. Go into the anger. Punch, kick, whatever, get a bag and just get stuck into the anger and keep telling yourself while you're doing this, "It's deeper. It's deeper than this. It's deeper than this." But do it. Get involved with actually expressing the emotion fully. Okay?

So what else is on the list?

6.3. Pray

Pray. Be honest with God. "God, stuff ya! I don't want to connect with you. I'm sick of hearing about you!" Say the truth, if that's how you feel. If that's how you're feeling about God, say it to God. Be honest with God. Be honest with God about your intention, as well. If my intention is to deal with my emotion, set your intention and pray about that. "I'm setting my intention. I want to make a contract with you, my Father, that every time I haven't dealt with my emotion, you show me." Set your intention with God. Pray about things with God. Let yourself identify within yourself what's going on and speak the truth, at least to God about it. [03:35:07.14]

What else?

6.4. Talk to your spirit friends

Participant: Talk to your spirit friends.

Yeah. Your spirit guides are there to assist you to deal with your emotions. They're there to assist you to grow spiritually. So talk to them about that. Enlist their assistance; even if you can't hear them. Say, "I know you're there. I know you're going to help me. And what I'm going to try to do is take notice when you're telling me things." Okay?

Participant: So they must be pretty happy at the moment, having a cup of coffee and going, "Yay!"

Yeah! "Our job's just got a bit easier!" (Laughter) "Isn't that great! Boy, it'll be a breeze looking after her!" (Laughter) You've got no idea how many spirits find it so hard at times. Like particularly if they're not yet at-one with God, and they're your guide, because they're going, "Oh, oh, yeah, she's got it, she's got it! She's there! Argh!" (Laughter) "She's just lost it again!"

When you get at-one with God you're not quite that emotionally involved with it, but when I say emotionally involved, you're very emotionally involved with it, but you're not as disappointed. But you still have these feelings: "Oh, another opportunity lost. Another opportunity lost." If you can work with your guides... Our spirit friends are having a lot of fun at the moment, actually! If you can work with your guides, then it makes their job a lot easier, both to protect you and to guide you. So let yourself understand that. You know, stop being in denial about that connection. Let yourself understand it.

All right, what's next?

6.5. Open your heart to your own emotions

Participant: Open your heart.

The opposite to hard hearted is to be open hearted. That means that I'm going to make a choice to be open to every emotion that comes to me in my life. Open, and not judge it, and just feel it. Making a choice to do that. That's an awesome choice, if you can make that choice to do that. Things change very rapidly when you choose to do that.

What's next?

6.6. Start observing your own behaviour

Participant: Observe your behaviour.

Observe your behaviour. So even when you are totally shut down, totally numb, can't feel anything, you can at least observe your behaviour. So start observing it. What do you do when you first get up in the morning? Do you go for the cup of coffee? "Oh, I must be denying something. I'm allowed to deny it." Observe your behaviour, but make these comments to yourself about what's going on. Observe what's happening with you.

As you observe, you open up a part of your soul. As soon as you observe, you're now in a better state of truth. And you're opening up a part of your soul that then allows some emotion to dribble out. And initially it dribbles. Then it dribbles more, and then it just starts to trickle. And then it starts to just flow a little bit more, and then it starts to run. And then it starts to squirt and gush and then it starts... you know. And that's what happens emotionally to your soul, because you're opening and opening and opening and opening. But something's got to start it. [03:38:43.26]

What's next?

6.7. Be honest about your fears

Participant: Be honest about your fears.

Be honest; back to the truthful one. Truth about fear. Fear is your false expectations appearing real, so fear is what's blocking everything inside of you. If you're not truthful about it, then you can't access what's underneath it.

So oftentimes I ask an audience, "How many of you are afraid of dying?" and nobody puts their hand up. And then I ask the audience, "How many of you cry when somebody dies?" Most of them put their hand up. Why are you crying? You must be afraid of dying! In the first statement, we're not truthful. There's an emotion in us of grief. There's this fear associated with it. There are false beliefs appearing real to us associated with that particular belief that we need to release. And we're often not truthful about them. And if we're not truthful about them, we will never release them. [03:39:48.27]

What's next?

6.8. Take note of Law of Attraction events happening in your life

Participant: The Law of Attraction.

Instead of avoiding your Law of Attraction, start noticing it. "Wow, that was amazing!" You should have seen the other day; just in my left side of my body I injured my foot, I injured my hand, and my left eye started flickering, and there's a little tiny growth that began in my left eye, as well. A cataract growth just began, just out of nowhere. "Gee, it's amazing, isn't it? That's my Law of Attraction." It all happened in one day. What do you reckon it might be about? [03:40:32.22]

Participant: The feminine.

The left side, feminine.

Participant: Your soul mate?

To do with how I'm seeing things, anger. It was about a lot of my soul mate stuff. So I need to get into that. But, "Wow! The Law of Attraction's awesome." How many of you have awesome Law of Attractions? We all have awesome Law of Attractions! Everything's happening in our lives just to expose the emotions within us, so go for it. Understand that. And you know, the more you do that, the less the Law of Attraction needs to be harmful, because it's, the more you deny it, the stronger Law of Attraction events occur.

Participant: You know what's fantastic? When the Law of Attraction changes.

That is a beautiful time, isn't it? You deal with the emotion, and, bang, you can feel the Law of Attraction change, and within a few minutes everything starts changing on that issue around you. You think, "Wow, I've just dealt with something! Wow!" It's awesome. So bear in mind that your Law of Attraction's telling you when you've just dealt with something, as well. And that's really great. When your Law of Attraction changes, you

know - “Wow, I’ve just gone for a causal.” That’s the common statement nowadays! (Laughter) “Let’s go causal!” (Laughter) “I want to go causal!”

All right. What’s next?

6.9. Face the Divine Truth of any and all situations

Participant: Face Divine Truth.

Face the Divine Truth. You see, what we often do is, we avoid the Divine Truth. In other words, we avoid what God’s Truth is on the matter.

So, what is God’s Truth? Would God want you killing animals? What do you feel? What would God’s Truth be? He created them. Do you think He creates something for you to destroy it? Now, it’s okay if it’s going to replicate, it’s reproducing, that’s fine, but if it’s not going to be reproducing because you just killed it, is that so fine? From God’s perspective, do you think? Would God want you to waste God’s created energy like that? Ask yourself these kinds of questions. At the start, you won’t know what God wants, but you can work a lot of things out based on what you would want for your children, for example, just by asking, “Would I do this with my child? Why would I believe God would do it with me?” Those kinds of questions. [03:43:00.18]

Face the Divine Truth. Face what God’s Truth would be. These are all progressive states. You can’t just do all of this at once; it’s just a matter of working your way through these things.

What’s next?

6.10. Begin following your passions, no matter how afraid you are

Participant: Follow your passions.

Yeah. Start being dedicated to feeling your passions and making choices to live in them. You know, your life will change so much, and almost all of your emotions will be confronted when you do that. How many of you have got a job you want? How many of you haven’t got a job you want? Now, if you gave up that job tomorrow, do you think you’re going to be confronted with some emotions? Yeah.

So if you did follow your passion, what would be your ideal job? A lot of people say, “But I don’t even know what my passions are,” and that’s okay. Stay in your current job if that’s the case, and work on the emotion of finding your passion. Why don’t you want to know what your passions are? Because I’m afraid to follow them, generally. That’s why we don’t want to even know what they are. I’m not facing my fears about that. So let myself face the fears. We mentioned that already. [03:44:17.29]

What’s next?

6.11. Follow your desires that are harmonious with love

Participant: Follow the desires that are harmonious with love.

Follow desires harmonious with love. In other words, do them. So, is having sex harmonious with love?

Participant: It depends.

Well, it depends, doesn't it? If I'm basing it on an injury inside of myself, and I'm needing some emotional satisfaction of neediness from the other person, is it now based on love?

Participant: No.

So don't do it. And ask yourself, "What's going on? What's the addiction?" But what about if you're wanting sex and it is based on love? Well, then go for it!

Participant: Even kinky sex? (Laughter)

Even kinky sex! (Laughter) What's kinky sex? (Laughter) I don't need education on that! (Laughter)

On the issue of sex, just as a side point - and I will be having a whole discussion one afternoon on sex at some point - there are two really good books. One for males and one for females to read about sex, that might confront you. Anyway... do you want to know what they are? [03:45:30.05]

Participant: Yeah! (Laughter)

Participant: How's that for enthusiasm!

Well, nobody was saying anything! I was like, "Ah well! Nobody wants to know, then."

Participant: We were waiting with bated breath!

By the way, I don't necessarily agree with all the morals in these books, but the female one is called *Female Ejaculation and the G Spot* by Deborah Sundahl. Awesome book, I feel. A really good book showing how female sexual respond, and male sexual respond, for that matter, are very much connected with your emotional state, and what's going on inside of you emotionally. And there are ways for you as women to get a lot more out of your body from a sexual point of view than you're currently getting, by actually triggering a lot of these emotions. And you'll enjoy the experience a lot more.

For the male I think it's called *The Multi-Orgasmic Male*. I can't remember the name of the guy, sorry.

Participant: If you go to Mantak Chia's website, the book will be there.

Yeah. Just search for *The Multi-Orgasmic Male* as a book on Amazon. It's about how a male can actually achieve orgasm without ejaculation, and also it's about how you can cycle your sexual energy through each other, through the emotional connection. Now, my feeling about all of this stuff is, when you'll be at-one with God, you'll be automatically doing these things, but it's interesting to read these books just to open your mind and heart about what's possible even with regard to sexuality. [03:47:49.04]

All of you love sex, hey? Man, it's good! I'm impressed.

Okay, last one.

6.12. *Take action*

Participant: Take actions that focus on opening up your soul emotionally.

So take action. Take action. Ac-Ac-Ac-Action! (Laughter)



So what do we do? Often what we do is, we talk about this so much, and we don't do anything. Why? Because we're afraid. See, when we take action, automatically our emotions will be triggered. They will. If you go home tonight and tell your partner all the secrets you've been holding from them for the last thirty years, don't you think a few emotions will come up? (Laughter) So go for it! It's going to open you up really well.

But if you don't act, of course you're not going to be creating events that will trigger you emotionally. You see, a lot of times we sit in our nice little comfortable cocoon life, which is really in the end a little prison of our own construction, with all these bars around, and we say, "I'm pretty comfortable," but we're also so afraid we can't walk out of the prison.

When you start taking action, what will happen is all of a sudden in your life all different things will be confronted emotionally. That's really pretty powerful when you do that. Take action. Don't be afraid to take action.

7. *Closing Words*

Hopefully that's helped you maybe start to look at your own forms of denial and what's going on inside of your soul. And hopefully as you work through those things, you will start creating a soul space, which is one of the discussions I have separately to this, about how to actually work through and create positive things going on in your life, to create a soul space where you can experience all of these emotions. At the moment the way the

world's constructed is that we are very, very against emotional expression. And what we need is, we need leaders who are going to actually be for emotional expression, who are going to be really positive about emotional expression. [03:50:48.14]

So what we need to do at some point in ourselves, if we want the world to change, is we need to start changing. We need to change. And if we do actions with all of these things in connecting with God, our soul condition is going to expand, and it's going to change the world just to have changes that we make inside of ourselves. One person can change the world. Just one. So if one person can change the world, what do you think a hundred can do? Or a thousand? But we need to have that positive thing of doing it, taking action, and getting going and doing it instead of just talking about it.

Many of you are feeling these wonderful feelings when you come, of feeling positive and feeling connections with your soul. A lot of your questions are getting answered. All of that's happening. But ask yourself now, "Am I putting this into practice in my own life?" Because when you do that, that's when all of the emotional errors will be confronted, and it's also when you're putting love into action. And you change the world by putting love into action. [03:51:54.15]

Participant: Yesterday, AJ, when you talked about wanting to take your soul mate off into the country and make mad passionate love to her, well, that isn't...

That's not what I said! (Laughter) It's probably what I had in mind! (Laughter)

Participant: I've felt so much for you, so much yet again, and so thank you again for giving us the opportunity.

It's my pleasure, Jenn.

Participant: And thank you for addressing Graham's sex issue. (Laughter) No, really!

Yeah! It's fine to be open about all these things. It really is. Hopefully you've enjoyed yourselves today.

Participant: Yeah! Absolutely!

And bearing in mind my own condition today, I think I'm surprised with myself! (Laughter) I've dealt with some emotions recently of feeling a lot more relaxed talking with groups and so forth.

Participant: It shows.

So I'm feeling a lot better within myself about that, too.

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