

## *The Human Soul*

### *The Denial Of The Soul*

#### ***Introduction***

Reminder – What is the soul?

The soul is the real you, not your physical body, nor your spiritual body

It is the living, feeling, emotional, passionate heart of you

The soul has attributes and qualities

Passion, Desire, Emotion, Feelings, Aspirations, Intentions, Free Will

Memory, Personality, Instinct, Natural Love, Energy

God's Love cannot flow into us while we are shutting down our own soul

Truth = Emotions, passions, desires, intentions, inspirations and aspirations in harmony with God's Love

Cause the soul to expand and come closer to God, and create pleasure and happiness

Error = Emotions, passions, desires, intentions, inspiration and aspirations in disharmony with God's Love

Cause the soul to sin (miss the mark) in thoughts, words or actions and create pain and unhappiness

#### ***Understanding Cause & Effect***

Causes of all thoughts, words & actions are emotions, passions, desires and intentions

Pointless trying to change thoughts, words or actions if you are not going to address the underlying causes

#### ***What Is Soul Denial?***

It is when we choose to deny our:

True emotional condition

Our true passions and desires

To not face our deepest soul desires for God, and then our soul mate)

To not face our deepest soul desires for our soul mate

Choose to shutdown how we feel in any situation

#### ***Indications We Are In Denial***

We have physical pain in our lives

Physical pain is our body telling us that we are denying our emotional experience

We have emotional pain in our lives

Emotional pain is the result of our not accepting Divine Truth, or not living in harmony with Divine Love

We have addictions that we cannot seem to get rid off

Sex, food, alcohol, drugs, drink (like coke etc) etc

Repetitive Law of Attraction results

LOA brings you the same events over and over again with different people

LOA brings you children/pet events over and over again

We are numb to our emotions, and live in our logical mind

We do not make instant decisions, but need all the facts first

We have to weigh up the competing emotions of others

Feeling capping emotions

Anger, neediness

Feeling emotions not harmonious with showing Love

Fear, doubt, anger, resentment, hatred, jealousy, envy, rage

We are selective in our emotional experience

We try to deny our pain, and spend time trying to latch onto pleasure

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

We always choose to avoid living in truth in order to avoid an emotion

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

If we are not yet at-one, then we are denying some emotions or Divine Truth in disharmony

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

We have learned to block our ears and our hearts (Mat 13:14,15)

Our heart is hardened to how we hurt others by treating them unlovingly

We line in our addictions, seeing our problems as created by others

***How Do We Deny The Soul?******External Tools Of Emotional Denial***

External tools of denial include:

Anything that is outside of yourself that you use to run away from your emotions

Anything that takes us away from our true feelings, and creates a fictitious personal state

Eg. Choosing pleasure experiences when our soul is in pain

Eg. Choosing to busy ourselves to stay away from pain

Eg. Choosing to shut down ourselves (go into depression or apathy) to get away from pain

Eg. Choosing to intellectualize ourselves away from pain

How do you feel when someone confronts these tools of denial? How do you respond?

***Internal Tools Of Emotional Denial***

Internal tools of denial include:

Internal attitudes or beliefs which help us stay away from our soul

Any internal arguments you use to keep you away from your emotions

We deny we have the underlying emotion

Denial "It's not really happening!"

We intellectualize away the underlying emotion

Repression "It never happened!"

We live in harmony with our underlying emotion so it appears like it does not exist

Conversion "I avoid situations that make me uncomfortable, or that remind me it happened"

We shift the blame other people for our emotions

Projection "I feel this way because of what you said or did"

We disassociate from causal events

Disassociation "I don't remember what happened"

We minimize our emotions, saying that the emotion does not govern our lives

Minimization "I know it happened, but it wasn't that bad really"

We justify our emotions, saying that everyone has them

Justifying "I know it happened, but if it did not happen I would not be the person I am"

***How To Get Out Of Denial***

Set your intention – Do you really want to be out of denial?

Breathe

Pray – Ask God to help you

Talk to your spirit friends, and ask them for help and assistance

Open your heart to your own emotions

Start observing your own behavior

Be honest about your fears

Take note of Law of Attraction events happening in your life

Face the Divine Truth of any and all situations

Begin following your passions no matter how afraid you are

Follow the desires that are harmonious with Love, and allow yourself to admit to desires in disharmony

Take actions that focus on opening up yourself emotionally rather than denying your emotion

***References, Music and Movies***

Movie: "Dead Man Walking" 1995. Susan Sarandon & Sean Penn (MA Rating)

Movie: "Magnolia" 1999. Tom Cruise, Julianne Moore & Philip Seymour Hoffman (MA Rating)

Movie: "Frances" 1982. Jessica Lange & Sam Shepard

Movie: "Sunset Boulevard" 1950. William Holden & Gloria Swanson

Movie: "Requiem for a Dream" 2000. Jared Leto & Jennifer Connelly (MA Rating)

Reference: "The Bible". Mat 13:14,15

Reference: "The True Gospel" Padgett Messages. Volume I, page 159. Professor Salyards "Various Experiences of Spirits When They Arrive in the Spirit World"

Reference: "The Heart Of The Soul: Emotional Awareness". Gary Zukav & Linda Francis

Reference: "Thoughts from the Heart of the Soul: Meditations on Emotional Awareness". Gary Zukav & Linda Francis