

## ***Developing Your Relationship With God Being Truthful With Yourself***

### ***Introduction***

Spiritual development is about love

Reminders of the two forms of Love

Natural Love – the love that comes from within yourself and is expressed to others

Divine Love – the Love that comes from God, and which enters and transforms the human soul

Spiritual development is not possible without truth

Personal truth – what God sees as the truth about you

Divine Truth – what God sees as the Truth of the Universe

This discussion is part 1 of a 10 part series about your relationship with God

### ***Feelings That Prevent a Relationship With God & Soul Growth***

Not facing the truth

Not wanting to feel the Truth about God from your own perspective

Not wanting to feel the Truth about God from God's perspective

Not wanting to feel the truth about yourself from your own perspective

Not wanting to feel the truth about yourself from God's perspective

Not wanting to give or receive love

Not wanting to love others

Not wanting to receive love from others

Not wanting to love God

Not wanting to receive God's Love

### ***Reminders About Your Connection With God***

You are a soul

You are connecting with all souls, including God's Great Oversoul

You connect to others via your own TRUE EMOTIONAL condition

You do not connect with others just by intellect or thoughts, or words, or actions

You can ONLY connect with God personally through your true sincere emotional condition

The Holy Spirit is the connection through which you connect with God

Staying in Divine Truth will:

Expose your emotional injuries in disharmony with your connection with others or with God

If you are resistive, will cause you to be cold and angry, and feeling oppressed and controlled

If you are not resistive, will cause you to submit to experience your emotions fully

### ***Experiencing Emotions Disharmonious With Truth or Love***

All emotions disharmonious with God's Truth or God's Love must be experienced before they are released

Do not choose to rest in the capping emotion

Eg. Angry with God for not protecting me when I was little, but just staying angry with God

Eg. Angry with all men because a man in past hurt you deeply, but never allowing a man into your heart

Eg. Angry with women because of your mother not giving you love, but treating all women badly

Do not choose to damage yourself or others by holding in the emotion

Eg. Angry with God for not protecting me, but denying I am angry at all, saying I love God

Eg. Angry with all men for a man in your past hurting you deeply, but wanting a man to love you

Eg. Angry with women because of your mother not giving you love, but seeking love from women

Choose to experience the emotion

1. Express the rage towards God fully, then experience the underlying grief

2. Express underlying anger towards the man fully in private, then experience the underlying hurt

3. Express underlying anger towards the woman fully in private, then experience the underlying hurt

4. Come to the point of forgiveness (which is emotional forgetfulness)

***How God Feels About Your Feelings***

Remember that:

- God already knows, and also feels from you, the feelings you actually have
- You cannot fool God about your true feelings (about anything)
- God does not punish you about how you feel about God (or anything else)
- God's Laws expect your honesty, and your eventual repentance
- God feels pity and compassion for you choosing to remain in emotional pain

I will suffer more when I choose to:

- Resist the experience of my own emotions Eg. Shut down my own grief when I am sad
- Act on my own desires that are not harmonious with Love Eg. Use an addiction (food, sex, etc)
- Act on my own desire to harm others rather than experience my own hurt Eg. Lie rather than feel pain

***How Do I Really Feel About God?***

***Make a personal list of how I feel about God really, and do try to not fool myself!***

Example 1: My own feelings

I feel God has given me a responsibility and then made it as hard as possible for me to fulfill it. The feminine side of God is uncaring, does not nurture me, is unloving and unkind towards me, expects me to do what she wants without support, wants me to sacrifice myself and my life for her will, does not care about me being happy in my personal life, is callous towards my own suffering and pain, does not want me or love me, does not want to give to me, wants to humiliate me in public, wants me to be alone, wants me to be in pain, wants me to suffer. God hasn't protected me, hasn't kept me safe, hasn't loved me, doesn't care for me, will punish me if I say anything wrong, and she plays with my life. She does not want to send me help, and keeps on expecting too much of me. No matter how hard I try to do things right, she wants to make things even harder. God has made a mistake selecting me.

Example 2: A Friends Feelings

God has not protected me, and has not kept me safe even when I prayed with all my heart for the hurt to stop. God watched me be abused and did nothing. God hasn't loved me, and doesn't care for me. If I say a bad thing about God, he will punish me, God doesn't want me. God plays with my life, and I am just a pawn for him to move wherever he wants. God is a man and just lets men use me for sex, and lets men treat me as nothing. God doesn't love women, and feels women are sexually unclean. God feels women are unworthy, and must submit to men. Women are the ones that really hurt. Even when creating life, men just enjoy themselves and women really hurt. God made women to suffer, even in creation, and made men more physically powerful. God made men dominate me. God is a man, and women are forgotten.

***Experience the anger of how I feel about God's "treatment" of me***

I feel rebellious; I don't want to do what God wants. I am exhausted and tired of suffering. I feel infuriated with God, and want to hurt God as much as her laws have hurt me. I want to scream, and yell, and swear at God. She has exercised her power unjustly and I want her to be punished for it. I feel God is wrong. I am afraid because of the power God has and how it seems she wants to harm me with it. I feel overwhelmed with the responsibility. I am angry with God for giving me a duty that I cannot fulfill, and for not helping me in the way I wanted all the times I have asked for help. I am irate, hostile, aggressive, infuriated, seething with rage, full of violence, and want to abuse God, and crack a temper tantrum. I am outraged at the seeming injustice I keep on experiencing at God's hands. I want to swear and curse at God, and rebel.

***Don't stay in anger, but now experience the grief of how I feel about God's "treatment" of me***

God hates me, because I am unlovable. I am nothing and cannot do what God asks. I am afraid and exhausted. I am unworthy of any caring emotion, and only deserving of pain. I am helpless, and insufficient, and my life is not under my own control. I cannot be happy because God does not want me to be happy, and does not want me to have love in my personal life. I cannot do what God asks, it is too big for me to attempt. I am sacrificed by God, just because I love God and Truth. I feel overburdened and helpless. I have been abandoned by God and soon will feel destroyed completely. I feel disappointing, unworthy, forsaken, tortured. I feel ashamed, self-conscious, wounded, exhausted, devastated, heart-broken, miserable, and my agony does not stop. And there is no way out of my misery!

***Feel The Emotions, Do Not Avoid Them***

Express how you feel completely. Feel all of the feelings emotionally.

## ***How I Feel About Each Gender***

### ***Make a personal list of how I feel about the opposite sex, mother/father, ex-partners***

Example 1: Sum total of how I have been treated by women/mother

She is condescending towards me, cannot see any good qualities in me, is blind to seeing me, is self-absorbed and selfish, does not care who she screws, is disillusioned with love, does not have personal integrity, is not honest with herself, is unwilling to forgive, is blind to her own faults, is superficial, has a fucked up sexual desire for men who she can control and mother, talks about commitment but does not know its meaning, just wants security at all costs, does not want to take risks, does not want a deep love, treats me like a piece of shit unworthy of her love and attention. I feel she uses sex for her own selfishness, is callous about sex, wants to control me with sex, wants to control me totally, wants to hurt me, rejects love, rejects me, lies to me, withholds the truth from me, has no courage, wants to put me down all the time, does not want to love me, is callous about love, is willing to harm me rather than deal with her own emotions, treats me as if I am worthless, treats me as if I am beneath her. She treats me unjustly, treats me like I am an abusive man, belittles me, does not find me attractive, does not give of herself, only gives to me if she can control me, is not freely expressive of passion or love, is afraid of sex. She expects me to do for her what she refuses to do for me, wants to keep her distance, wants to not be vulnerable, is ashamed of me, is ashamed of herself when she is with me, tries her best to hurt me rather than feel her own hurt. She is blind to her own faults, but wants to pick on minor issues with me, she is willing to use her body to get what she wants, she has sex without her heart being involved, she uses me for sex, but desires someone else. She hates me, hates my body, hates who I am, is callous and indifferent towards any pain and suffering she causes, and she is not sorry for anything she has done. She feels I am not big enough, handsome enough, good enough, sexy enough, masculine enough, attractive enough or intelligent enough for her. She hates me being Jesus, and is ashamed of my identity.

### ***Make a personal list of how I feel about the same sex, mother/father, ex-partners***

Example 1: Sum total of how I have been treated by men/father

He is indifferent to me, does not care about me. He is ashamed of me, feels cursed to have me as his son, he is disappointed in me and is always angry with me. He does not talk to me, and does not want to know anything about me. He favors women. He is unkind, and has never shown me affection or kindness. He does not cry, and is ashamed to see me cry. He feels I am unworthy of attention, and not interesting. He avoids me. He wants to boss me around, and control me. If he cannot control me, he becomes violent. He has nothing to do with me. He hates me being Jesus and is ashamed of my identity.

## ***How I Feel About Myself***

### ***Experience the anger of how I feel about opposite sex's "treatment" of me***

I am bitter and caustic, I feel like raging and swearing at her. I am so angry I cannot get any words out. I am outraged at the injustice she does not see herself creating, and I feel contempt for her, she is despicable and unworthy of any of my attention. She deserves my scorn, and I want to make her feel what I feel when I hurt. I feel like rebelling against her, not matter what her motives, she deserves to be punished and I want to punish her. I want revenge. I feel injured and damaged, wrongly used, maltreated, and I want to yell and swear at her. I want to make her life as painful as she has made mine, and I do not want to be patient with her. I don't want to forgive, I just want her to look as ugly as I feel inside, so she is disgusted with herself and what she has done, but then I feel bad about that desire, when all I really want is for her to be sorry about how she feels and acts towards me. She wants me to change who I am, and can never accept me as Jesus.

### ***Don't stay in anger, but now experience the grief of how I feel about opposite sex's "treatment" of me***

I feel sad, afraid I will never be happy, cold inside and without hope. I feel like I am nothing as a man, without value to a woman. I feel ugly and small, a piece of shit to be wiped out of my woman's life. I feel un-noticed, unheard, unwanted, abandoned and rejected. I feel empty and alone. I am not attractive to my lady, not sexy enough for her to desire me, I am only good enough to be used. I am ashamed of myself, and powerless as a man. I am unworthy to be who I am. I am so sad that I cannot change who I am, and be someone else who is more acceptable to everyone. No one accepts me, everyone wants me to be someone else other than Jesus. I feel tormented, abused, despondent, discouraged, hopeless & wretched.

### ***How do I feel about the same sex's treatment of me, with anger first, and then grief***

Allow myself to work through those emotions as well

***Now Relate These Feelings to the Masculine/Feminine Part of God***

When we have these deep feelings about any gender, we assume this is how God views us

Eg. If the gender is female, then we usually attribute the belief to God's feminine qualities

Eg. If the gender is male, then we usually attribute the belief to God's masculine qualities

***Once Emotional Release Has Occurred******Truths About Yourself Can Enter You***

Your emotions about yourself will change, and you will begin to feel that you are complete:

You will see yourself as God truly sees you

You will feel humble, but also happy with yourself

You will feel powerful, because you now completely know yourself

You will feel vulnerable to love, and joyful in love

You will feel childlike in your experiences, not concerned about how others see you

***Truths About God Can Enter You***

Your emotions about God will change, and you will begin to feel that God is:

Loving, kind, compassionate, generous, clever, and cares for you deeply. She is wise, always waiting for you, never forcing you, always wanting the best for you. Her love is safe and secure, and can never be lost. She never abandons you.

He is a powerful creator, just, kind, understanding, never wants or enjoys my pain. He wants me to live and enjoy my life, and never desires retribution or revenge. You will come to feel God and Her true nature, and all of your definitions of God will also change.

***God's Love Flows Into You Without Resistance***

Since I am experiencing my emotions about God, I can now:

Receive God's Love as I release the untruthful beliefs emotionally

Understand in my heart, and feel overwhelmed by, God's Love entering me

***References, Music and Movies***

I have listed none for this presentation, because there are just so many for different emotional conditions.