

# *The Human Soul*

## *Anger Is Your Guide*

*Session 1*

*This document is a transcript of a seminar  
delivered by AJ Miller (who claims to be Jesus)  
from the Human Soul series of talks,  
describing how to work through anger  
to access deeper emotions.*

*Delivered By*

**Jesus (as AJ)**

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# *Anger Is Your Guide: Part 1*

## *1. Introduction*

Today our session is going to be about anger being your guide, and already I've had the projection of some people's anger today before the group. So those of you who did that know who it was (Laughter), I'll get you back at some time in the future! (Laughs)

The reason why this subject is such an important subject is that a lot of people don't realise that anger is a key guide for you in your own progression towards God. And the reason why anger is such a key guide is because it's something that we all generally have a habit of falling into at some point in time or we have a habit of suppressing at some point in time. Underneath anger is just like usually this huge iceberg of emotions, so knowing how to work your way through anger and knowing how to feel your way through anger and then getting to an underlying emotion is very, very important.

Now anger is an emotion that most of us feel on a daily basis, to be frank. The problem is that the majority of times we don't recognise it or we just see it as a mild annoyance or a little frustration or a little irritation here and there. So we have a tendency, particularly if we've been on spiritual paths, whether they be Christian or other religious basis or New Age, to actually overlook the anger that we're actually feeling. The reason why that often happens is because we're so ingrained in this idea that anger means you're not spiritual, or anger means that you're not connected with God, or anger is wrong.

Now while it is true that anger is a very damaging emotion and can be a very damaging emotion particularly if it is held on to, the expression of anger is something that's a natural thing based on the deeper things that we choose to suppress. So for that reason anger is a really good guide into your deeper emotions. Every single time you feel angry, frustrated, annoyed or any of these even slight annoyances, slight irritation even, there is usually a huge emotion under it that you are avoiding and you're choosing to avoid it.

What I'd like to do today is illustrate how to actually dig underneath that, start allowing your anger to surface and then start allowing what's underneath to surface because in a lot of ways your anger is almost the gateway into these other emotions. That's particularly the case if you had suppressed your anger when you were a child.

### *1.1. Reasons for suppressing anger from childhood*

Now most of us have heavy suppressed anger from childhood. The reason why is, what normally happened to us when we expressed our anger when we were children? Usually you got a clout over the ear or you got something happen to you that was very painful. You might have got sent to your room, you might have got ostracised, punished. There are lots of things that happen to little children in order to shut down their anger. Often we get ignored when we're angry. So if I'm being angry as a child and then I'm getting ignored, what's that teaching me? I'm not going to get loved while I'm angry, I've got to stop being angry if I'm going to be loved. So there are a lot of hidden messages that come to a little child right from the time that they're very, very young that causes them to suppress their anger and their rage. And unfortunately there is usually a layer placed on top of their anger and their rage.

So for a child for example, let's say we're a three or four year old child. At three or four years of age we are almost the perfect reflection of what our parents are denying. So if our parents are having an emotion, let's say the parents have an emotion where they feel unloved, as a child if I'm three or four years of age I'll be perfectly reflecting that emotion; in other words, the child will be feeling unloved. And then what the child does is they reflect that emotion, through the Law of Attraction, back to the parent. So when the parent denies an emotion, the child acts out the emotion and then what does the parent generally do? They punish the child for acting out the parent's own emotion. Now how frustrating is that? If you got punished every single time and this is what happened during your childhood, you got punished probably every single time you acted out one of your parent's emotions that they were trying to deny, and most of us grew up in this kind of environment.

So here we are as children as the perfect little reflectors. We can't even help ourselves being a perfect reflector when we're so young like that. And instead of being allowed to reflect the emotion back at our parent, the reflection is actually suppressed through punishment, or through the parent's anger, or through the parent's rejection, and that just bottles up huge amounts of emotions in us. And the only way to access those underlying emotions is going to be to go through the

bottled up anger that's there as a child and into those other bottled up emotions that were there even before the anger arose. So you can see that knowing how to and dealing with anger is going to be a very essential part of your own progression. [00:06:53.26]

## ***1.2. Anger is used to control others and avoid our own pain***

The other issue that we face is that often as an adult, because of these childhood emotions, we start creating a lot of things about ourselves that are not true. We create these fictitious viewpoints of ourselves that we want to maintain as an adult and we'll do almost anything to defend the castle, and rage or anger is a major way of defending the castle. Like how do you find dealing with someone who's angry with you? Don't you find that it's really difficult? Isn't it difficult because of what are they doing? They're trying to control you or manipulate you generally or they want something from you that you're not giving them and so it's a major way that we can use to actually explore having others do what we want. So anger becomes a way in which we can control others.

For example, you can go to a supermarket, and who's the one who gets the “free” product? Let's say that they got a bad product and they get the free product as well as the original product, the good one, in return. Who's the one who gets that? Usually it's the one who goes up there and is the irate customer, isn't it? The irate customer gets served and the person who is nice and calm and collected and waiting to be served, they get forgotten. Now why is that? Because anger is what we are so used to responding to. We're so used to responding to anger rather than actually love and that's why these things happen in our daily life. So it's really, really important to look at this issue of anger.

Before we start, what I would like to do, just to connect you emotionally to the subject is play some mediumship that I did around a year and a half ago now when I was in Barbados with a lady called Natalie who was a medium. We actually finished up speaking to a group of slaves who had been in the hells of the spirit world for quite a number of years, and who had a quite a lot of anger within them. What I would like to do is play this recording for you. It takes some time, it's about a forty-five minute recording altogether, where I go through a heap of things explaining to these spirits the condition they're in, why they're in this condition and so forth, and that will just help you connect to how anger can lock you up and prevent you from actually progressing on your journey.

You see while I've said that anger is your guide, suppressed anger or unexperienced anger will be devastating to you. It will wreck your body and wreck your life and in the spirit world do the same thing unless you decide to experience it. And that's why it's so important to begin to look at this issue of anger. Now I've had many discussions about the subject of anger over the years to groups of people. So what I've tried to do in the seminar outline is outline most of the reasons why we get angry and outline what we do to suppress our anger.

To be frank with you, many of you in the audience feel that you're not a very angry person and yet a lot of the times I can feel extreme rage coming from you. So that means that you've become so used to suppressing your anger that now you don't even know that you're angry. And there are a lot of reasons why you do that and what we want to do is start exposing those reasons. [00:10:42.23]

Then later in the session we want to start talking about some practical ways in which we can actually connect to our anger and start actually connecting even to what's underneath the anger because there are some really practical things that you can do. Ian will come up with his anger kit and he'll show you some of the things that he does with his anger and you'll see that you all have the choice to actually go into these emotions or avoid them. Now if you choose to avoid them you're going to have a pseudo covering of spirituality that has no substance. It's when you connect to them and experience them and release them that you'll have a true spiritual connection with God. So that's why it's such an important subject. So what I'll do first is just play this recording.

## ***2. Mediumship with angry spirits who were slaves while on Earth***

**Natalie/Joe:** I've been asked to speak, to come forth. I have been asked to speak on behalf of a lot of us. There are a lot of us here but only one must speak, so I have agreed. I've been encouraged to say how I'm feeling, to explain my situation because things are the same for many of us here. I am being asked to talk about myself with an understanding that everyone who is around me is feeling the same way but I have been asked to just speak for myself. But I know there are a number of you there and understand that there are

several hundred of us here. We are in, I am in a very dark place and I do not like it here, I have never liked it here. In fact I hate it here. In fact I really hate it here and I hate everybody around me and I hate you and I hate me and I have felt like this for a long time.

I do not really understand why I am here and why things are not the way I expected them to be. I know I have entered the spirit world, which is not nice, which is disgusting, quite some time ago; I am not sure how long ago. I'm being told that it was, I cannot tell you how long I was here because it is too long. I do not wish to say out loud exactly how long I have been here because it is too long.

I lived on the island of Barbados where you are and I was treated so very badly by the plantation owner. There were white men who beat me most days, and they beat me because I was not working hard enough, and they beat me when I was not capable of doing anymore. I was treated like a dog and I longed to die, we all longed to die, and when I died, things were no better.

I went from one hell into the next hell and I did believe that there was a God; I did believe that I would be saved, that there would be salvation for us once we died. And there is nothing, there is nothing here and none of us can understand why there is that nothing. Why we are still in such miserable conditions, why we still feel like those down trodden slaves. Why we still feel that those people who treated us so badly are somehow still with us, are somehow still affecting how we are feeling, and why, why was there not some justice? Why do we still feel so bad? Why must we continue to be punished? Why must I carry on like this all the time without ending? Why?

Well I can certainly understand your confusion but perhaps if I could just make a few suggestions where we can try and investigate a few of the things to see whether they're true. Not the things you've said in terms of your life but rather the things you've said about whether what is happening is just, why you're in your current location and all of those kinds of things, if we can investigate some of those things. Have you ever seen any brighter spirits come to you, to try to talk to you? [00:17:36.01]

**Natalie/Joe:** Just now. I am being corrected. I have not seen much. I have been so angry and miserable and not wanting to see anything worse than I am already experiencing, I do not wish to see anything more than I am seeing. However I would say that for me to be speaking to you now there has been a very kind spirit has come and suggested it, that I have nothing to lose, that I must try this experiment and see what happens and it gives me an opportunity that would be worth taking, so here I am. But as I am talking to you I am getting quite nervous and I am anxious. I have a concern that somehow it is a trick, although I can feel that you are good people.

## ***2.1. Explaining the reason for their location in the spirit world***

Well perhaps I can personally explain the reasons why you are in the current location you are in the spirit world. Firstly I would like to suggest to you that there are in fact many thousands of locations in the spirit world where you could be but where you currently are depends upon the feelings that you are feeling inside of yourself. And one of the feelings that are most dominant in you at the moment as you mentioned is the rage that you feel inside of yourself; the anger and hatred that you feel for people generally and also towards yourself. That anger is actually suppressing some bigger emotions within you that you are afraid to feel within yourself and it's that, that is actually creating your current location and it's keeping you in the current location you're in, in the spirit world.

The reason why it's keeping you there is because if you were in a nice happy place you would still have this anger inside of yourself and so you would then be projecting this anger at everyone around you. So one of the things that is going to need to happen is for you to connect to why you are so angry and start feeling all the emotions underneath the anger, which includes the sadness and the terrible despair and emptiness that you felt when you were on Earth, the huge injustices that were done to you while you were on Earth. [00:20:49.05]

**Natalie/Joe:** I expected justice to be done when I passed. Really I was expecting that somehow things would be put right, but it was one thing to be treated so badly by men of another skin colour when I was alive, it is another thing to still feel like this now. Where is the justice? Why do things not change?

Well what if I prove to you firstly that there is some justice in what's happening at the moment, just by being able to show you the location in the spirit world of where the people are who harmed you. The problem with doing this with you is that you may be tempted to actually visit them and torment them in your current condition.

**Natalie/Joe:** I am confused now because I'm being told not to trust you.

And who's telling you that?

**Natalie/Joe:** Someone has come from the side and has said, "Do not trust, do not trust. This is a trick. This is not real..."

And who is the person who has come and told you that? Would you mind telling me who that is?

**Natalie/Joe:** I do not know who they are. Who are you? They are someone from close by. That's all I know.

Why are they unwilling to give you this information?

**Natalie/Joe:** I do not know. They are just saying, "Do not trust, do not trust."

Why are they not wanting to trust?

**Natalie/Joe:** They say it's a trick, they say we should just stay where we are, that we can do no better.

Why do they want you to stay where you are? Do you want to stay where you are?

**Natalie/Joe:** No I do not want to stay where I am.

So it would seem to me like they are just trying to repress you and keep you in the same place. Isn't that exactly what the slave owners did on Earth? [00:22:52.24]

**Natalie/Joe:** I understand what you're saying. But this is strong, this is strong! There are more now. There are more around them; they are all saying the same thing. They are saying it to me and they are saying it to the others all around me.

But you do not need to listen to them. You see what the problem is, is...

**Natalie/Joe:** It is hard to not listen to them. They are here and they are in our ears.

Well we can prevent them if you want. Do you want to stop them from doing this?

**Natalie/Joe:** What do I do?

You don't need to do anything, we can just ask some of our spirit friends to ask them to move on.

**Natalie/Joe:** How do I know we can trust you? How do I know I can trust you? Why would they have come and said this if there was not some truth?

Well they want you to stay where you currently are. I as you may know from reading me, I want you to be able to be in a happier place, so myself and they...

**Natalie/Joe:** They're saying you're lying, they're saying you're lying! They're saying, "Do not trust, stay where you are. Things will get worse." Why would this be happening?

Things won't get worse and I can prove that to you. But to prove that to you we've got to remain talking. So it's up to you. I can prove these things to you that I'm saying. It's just a matter of you keeping an open mind or not.

**Natalie/Joe:** I will try.



Okay. Do you want the people in your ear telling you not to...

**Natalie/Joe:** No I do not.

Okay well let's ask some higher spirits who are brighter and more loving to ask those spirits to move on. And we can talk to them later if they want.

**Natalie/Joe:** They are moving back.

Okay. Alright well let's firstly talk about this issue of justice that you feel. There are some bright spirits around you that haven't shown themselves to you. But what I would like to do, just for a moment, if they can show themselves to you. So that you can see that there are quite a number of bright spirits around you as a group. And these spirits are quite happy spirits aren't they? They look happy? They look content? Can you see that? [00:25:14.22]

**Natalie/Joe:** This is how I thought it would be. This is how I thought I would be.

Yes. So what we want to do is show you what's going on really because at the moment there are a lot of things going on around you that you're not really aware of and what I'd like to do is just help you become more aware...

**Natalie/Joe:** It is difficult. There are arguments; there is shouting, "No don't do that."

Why is that? Why don't they want you to do this?

**Natalie/Joe:** There is fighting. There is arguing, there is...

Well the question I have for all of you is this; do you want to stay where you are?

**Natalie/Joe:** No.

Would you rather be in a better place?

**Natalie/Joe:** Yes.

Well the only way to get in a better place is to investigate what I'm saying. You can always go back to where you are if that's what you want. So if after checking out these different things that I suggest to you, you want to go back to where you currently are, that's okay, that's your choice. You're allowed to do that but you'll find that you won't want to after I've shown you some of the things that I want to show you. Do you understand?

**Natalie/Joe:** I do.

And all of those ones who are arguing in front of you, if you just stop arguing and fighting for a while, haven't you had enough arguments and fights with people who have oppressed you? Why do you want to still be oppressed, why do you want to oppress each other? Do you follow me? [00:26:55.00]

**Natalie/Joe:** I understand. I am not one of those fighting.

Okay but for all those ones who are fighting if they can just bear that in mind that all you are doing is harming yourself when you do this. If we can just investigate these things that we can look at and then you'll be able to see whether you can trust me or not trust me, that's up to you after we've investigated these things. Does that sound alright?

**Natalie/Joe:** Yes.

Okay. Well the first thing I'd like to show you is the condition in which the people who harmed you, where the people who harmed you actually live in the spirit world now. Now to do that these bright spirits that are around you will actually help you go to these locations. They will stay with you the entire time and then they will bring you back to your current location. Are you okay with that? Can you trust them enough to do that?

**Natalie/Joe:** Yep I am curious, I am interested in this.

## ***2.2. Visiting the location in the spirit world of their masters from Earth***

Okay, well let's firstly do that then. So we'll just spend a little bit of time where you can go off and have a look at the condition in which these people who harmed you are currently.

**Natalie/Joe:** I have seen enough. Wow!

What do you see?

**Natalie/Joe:** I have seen the master who beat me, who gave me so little food, who treated me like a dog, who is now like a dog. He is no better off than me.

No. In fact he is pretty much worse off than you.

**Natalie/Joe:** At first I did not know it was him. I did not recognise him at first. He does not look as he looked when he was my master on Earth.

He looks pretty ugly now doesn't he?

**Natalie/Joe:** He is deformed. I still hate him.

I understand that. And what we want to do is talk about that.

**Natalie/Joe:** I wish he was in a worse condition than he is.

Yes. Well the truth is that he is actually in the condition he is and in the place he is because that's where his condition of his soul places him, that's where he belongs at the moment. And the truth also is that you are in the place you currently are because of a condition of your soul. In particular the condition of your soul is one where you are very, very angry.

**Natalie/Joe:** Why is he not in a fiery hell?

Because there is no fiery hell.

**Natalie/Joe:** He should be in a fiery hell and all other men like him.

I know you feel that way. And this is part of the reason why you are where you are. Do you understand what I just said?

**Natalie/Joe:** No.

You see you're so angry with what he did to you. But now you hate everything around you don't you?

**Natalie/Joe:** Yes.

And that's the reason why you are where you are, because of that hatred that you're keeping within you that you are not releasing, that you're not allowing yourself to let out of you. And the reason why you're holding on to hatred is because you do not want to cry. You do not want to feel sad. You don't want to feel despair about the things that happened to you.

**Natalie/Joe:** I want all those masters to burn in hell forever.

And that's the reason why you are where you are.

**Natalie/Joe:** I want every man who treated us and all other men like us to suffer, to suffer forever.

That's the reason why you are where you are.

**Natalie/Joe:** Where is the justice?

Well there's complete justice because if you were in a more loving place where you could actually go through the process of letting go of these feelings of hatred and anger inside of yourself and connecting with the sadness inside of yourself, you would find that you would very rapidly get into a beautiful place. The only thing that's keeping you where you are is this anger and resentment that you feel about what happened to you on Earth. That's the only thing that's keeping you here, where you are. There's nothing else keeping you there. [00:32:00.14]

**Natalie/Joe:** So what do I do?

Well instead of feeling anger and resentment, all that is doing is covering over how you really feel inside and how you really feel inside is the feeling of sadness about love. You feel all of those injustices and everything but you're not allowing yourself to connect to how much sadness you actually feel in your heart about your life. If you would choose to allow to feel these emotions, these sad emotions that you actually have, you could be taken right now to a new location that would be much more beautiful. But while you choose to stay in this place of anger rather than choosing to connect to the sadness, you are going to remain in your current state and in your current location.

**Natalie/Joe:** I cannot feel sadness. I can feel anger, I can feel frustration, I can feel that I want revenge, I can feel that it isn't fair, I can feel... I don't know. I cannot feel sadness. It is not fair.

No it is fair. All of these emotions that you have just listed are all covering over the sadness. They are emotions that you use to try to feel powerful when inside yourself you actually feel very vulnerable.

**Natalie/Joe:** I do not ever want to feel that way again. That's how I felt when I was being treated so badly.

I know. And that is why you are staying where you are because once you choose to be weak and vulnerable and let yourself feel those underlying emotions you will get out of this location and be in a new location that is more happy. The instant you do this you will be able to move.

**Natalie/Joe:** Why must I feel like that again?

Because in the end if you want to progress towards God, and there is a God, you will become like a child and a child is vulnerable with their emotions, they let themselves feel all of their emotions. The only way for you to progress towards God is to allow yourself to feel all of your emotions. So the reason why you're being kept in your current condition by yourself, which is your choosing keeping you here by the way, is because you are choosing to not be vulnerable because of all of that hurt that happened to you on Earth. You have been so hurt that you now don't want to feel vulnerable ever again and the problem is that if you would like to progress you will need to become softer, more vulnerable, more loving, more considerate, more open, less hateful. All of those things are needed for you to progress to be in a better location. And to do that you're going to have to let yourself cry about all of these things that happened to you.

Now if you choose to let yourself cry about all of these things, our spirit friends will be able to take you to a new location. But if you choose to hold on to your anger and hold on to your resentment and justify it by these things that have happened in the past then you will remain in your current location. [00:35:25.24]

### ***2.3. Viewing a brighter location in the spirit world***

Now just to prove to you that there is a new location that you can go to, what I'm going to do is get the spirit friends that are with you, then ones who are brighter, to actually show you a picture of where they live. So for a moment if they could show you a picture of where they live.

**Natalie/Joe:** Oh! That is real?

Yes, they're real places.

**Natalie/Joe:** It is not. This is not another trick?

No. Well you can test it for yourself again. You can test it for yourself just by allowing yourself to be vulnerable.

**Natalie/Joe:** That is real?

That is real.

**Natalie/Joe:** I can go there?

Yes. You can go.

**Natalie/Joe:** Me?

Yes. All of you in fact could go to these locations if you choose.

**Natalie/Joe:** I can go there?

You can. And even better places.

**Natalie/Joe:** Are you sure?

Yes.

**Natalie/Joe:** Well why did I not know this before?

Because you were in so much a state of anger that you would not listen to anyone.

**Natalie/Joe:** I can go there?

Yes.

**Natalie/Joe:** I can go there? Well can I go now?

Not while you're holding on to your anger and resentment.

**Natalie/Joe:** Well I want to go now.

The only way you're going to be able to go is to start to allow yourself to feel the sadness that's within you. To start actually tuning into what's really going on inside of your heart. Allowing yourself to be vulnerable and open emotionally. Allowing yourself to not tough everything out of you or to just let yourself feel what you couldn't let yourself feel while you were on Earth because you were being hurt all the time. You won't be hurt all the time now. All you need to do is just let yourself feel the emotions of hurt that happened on Earth that's all you need do. And once you do that you will get to that new location. You can choose to do that right now. [00:37:29.16]

**Natalie/Joe:** I want to go there.

So what do you want to do? Do you want to connect to some of these feelings that are underneath...

**Natalie/Joe:** I want to go there.

Okay.

**Natalie/Joe:** If that is what I must do, I will do it. I want to go there. I do not want to spend another moment here.

## ***2.4. Connecting to sadness under the anger***

Well perhaps can I help you then connect to some of that sadness?

**Natalie/Joe:** Yes please.

Okay. To connect to the sadness all you need to do is to place yourself in your imagination back to when you were getting hurt and instead of getting angry allow yourself to feel the sadness and despair...

**Natalie/Joe:** Oh! Now that is too much.

If you can do that you will get to these new locations.

**Natalie/Joe:** That is too much.

Why?

**Natalie/Joe:** I do not want to do that.

So do you really want to go to this new location?

**Natalie/Joe:** Yes I want to go there, I want to go there, I know I want to go there!

But which desire is stronger?

**Natalie/Joe:** I want to go there.

Is your fear stronger or is your desire to go there stronger? Is your fear of feeling your despair and sadness stronger or are you going to now let your desire be stronger? Which one is it? Do you really want to go there enough that you're willing to deal with all of that fear and then deal with what's underneath, the sadness and all of those emotions? Do you really feel that you can deal with those things because you will get help to deal with them? Because if you can deal with that sadness... [00:39:08.25]

**Natalie/Joe:** How do I get help?

These spirit friends who are with you right now have been in your situation.

**Natalie/Joe:** They have?

Yes. That's why there are there waiting to help you.

**Natalie/Joe:** Are you sure?

Yes. Ask them.

**Natalie/Joe:** They say they were.

How long were they in your situation? Did they tell you?

**Natalie/Joe:** Some longer than others.

Yeah.

**Natalie/Joe:** Some a long, long.

Some a long, long time, hey. They have felt the feelings that you need to feel. Can we get them to show you some of the sadness that they had to connect to? Are you willing to do that? [00:39:54.10]

**Natalie/Joe:** Yes.

What about the ones with you now if they show you some of the sadness that they had to connect to.

**Natalie/Joe:** Oh, that's like mine. I can see that. That's me. That's how I was. That's how I am. I see that.

And can he tell you what happened when he let himself feel that sadness.

**Natalie/Joe:** There was more beauty; there was a better place. That slowly got better and better and now he is happy.

Is he on the Divine Path or is he on the Natural Path?

**Natalie/Joe:** I do not know that I could be happy. Have I ever been happy?

Not really, hey.

**Natalie/Joe:** So how can I be happy if I have never been happy?

Well you will see that it's possible if you let yourself.

**Natalie/Joe:** But I have not got that. That is not my luck. I know I cannot be happy because I have never been happy and when I died it's not how I thought it would be.

But what about the spirit who is with you, can he show you that he wasn't happy either, was he?

**Natalie/Joe:** No.

He had a terrible life on Earth too didn't he?

**Natalie/Joe:** He had a very similar; he had very similar treatment to me. I was locked in a shed for much of my adult life and just allowed out to work. I felt that God was punishing me for being alive, that I was bad, that black people were somehow bad and that this is why we were being treated in this way.

God actually loves you. Can you tell me your name?

**Natalie/Joe:** My friends call me Joe.

Well Joe, God actually loves you very much and God just wants to help you get through this anger and connect with all the sadness so that you can be closer with him. But it's been the anger that's been holding you away from God. Now you can actually even right now long for God's Love to enter your soul, you'll start feeling a sensation as soon as you do that. Just let yourself for a moment just feel with your heart and just have a feeling that you would like to understand about God being a God of Love and you would like to connect to God and you would like to understand more about God.

**Natalie/Joe:** It will work?

Because God will start talking to you though the emotion....

**Natalie/Joe:** Well then why has God not done so before?

Because you have rejected God. When you were so angry, you rejected everything. That's the sad part about anger is it causes you to reject everything around you and causes you to stay away from everything around you.

**Natalie/Joe:** I think I understand.

Yeah. So when we're so angry what we're really doing is we're saying no to everybody and we're saying no to God and we're saying we feel everything is so bad that we just want to stay away from everybody generally. We want to punish, we want to control or resent everything, we don't want to hear anything good. And to actually progress beyond that point means we need to get beyond this point of being so angry and rageful and into a point where you're willing to feel your own vulnerability, where your willing feel your own sadness. Just like the spirit who is with you has shown you the pictures of him having to deal... [00:44:53.18]

**Natalie/Joe:** I have to feel the pain of the beating and everything that I went through?

Not so much the pain of the beatings because you've already felt that. It's more the more the emotional pain you felt at the time that you didn't allow yourself to experience, the sadness that you felt at the time. The total despair that you felt, that you just wanted to get away from, you need to allow yourself to feel that because that is what you're using your anger to get away from.

**Natalie/Joe:** That is hard.

It is hard but you'll have lots and lots of help if you're willing.

**Natalie/Joe:** If I do this, I can go there?

Yes. If you do this you will progress...

## ***2.5. Meeting other spirits who were slaves on Earth and who have progressed***

**Natalie/Joe:** What else is there? What else is there? Are there other things that we will like there?

Well about four months ago, or maybe a bit longer now, we talked to a group of slaves who were in your current position, who were slaves on Earth in Barbados I think too, so can we perhaps ask those group of slaves to come now. They're all there now?

**Natalie/Joe:** Oh, these were slaves?

Yes, just four months ago on Earth...

**Natalie/Joe:** You were slaves? You do not look as I look.

So how do they look to you now?

**Natalie/Joe:** They look so different, they look happy. They look good. They look good! We don't look like that.

No.

**Natalie/Joe:** They look good. I like that. What else would be there?

They would like to show you a picture of where they live now.

**Natalie/Joe:** That is different. Why is it different?

Than the first pictures?

**Natalie/Joe:** Yeah.

How different are they?

**Natalie/Joe:** It is better; they seem to be somewhere better.

The reason why is that they chose to follow this path called the Divine Path, which is the path of connecting to God. They chose to follow this path of actually connecting to God and longing for God's Love to enter them as they've been progressing and that causes them to progress very much more quickly. So they can get into happier places even than the first group of spirits who came to show you, can get. [00:47:37.24]

**Natalie/Joe:** I can go there too?

You can go there too.

**Natalie/Joe:** I can choose?

Yeah, you can choose between one or the other. And also you can go there as fast as those groups of spirits went there. And I think we spoke to them only three or four months ago in Earth time. So it wasn't that long ago that we spoke to them and now they're in those new locations.

## ***2.6. Connecting to emotions to move to a new location in the spirit world***

**Natalie/Joe:** So what do I do?

What you do is you need to do is you need to listen to those ones who have done this progression before you and they will tell you exactly what you need to do and you need to trust them. But it's going to involve you feeling your emotions not just feeling angry. Every time you feel angry you are stopping your progression. Do you understand that?

**Natalie/Joe:** Oh, I have times when I cry. When I was locked in that shed. I have to do that?

Just let yourself feel those emotions. Yes. If you let yourself feel those emotions then...

**Natalie/Joe:** I do not understand how that will take me there, to that beautiful place.

Well what happens is when you feel an emotion, the emotion leaves you; it physically leaves you and it leaves your soul. You are actually made up of a soul that you can't see, that is your emotions and your feelings and your passions and your desires. And when those emotions that are negative or sad leave you, you can actually then travel to a happier place. But if the emotions that are sad stay in you, then you are going to only be able to stay in the place where you currently are. That's the way the universe works. There are many other secrets about the universe that these spirits would like to tell you so it's just a matter of trusting some of these first things and just seeing if what they're saying to you works. In other words experiment with them. They have been slaves just like you. And they are now free men, aren't they. [00:49:54.29]

**Natalie/Joe:** Yep.

And they feel love now don't they?

**Natalie/Joe:** Yep.

Can you feel some of the love they have for you?

**Natalie/Joe:** Yep.

So they feel love now. They don't feel hatred now. So somehow they got from the condition you were in where you're feeling angry and hatred and whatever and sad, and in despair, to this new location. Somehow they got there. And they got their very quickly so if you listen to how they did that, you will obviously be able to also progress to that same location.

**Natalie/Joe:** I would like that.

It's just a matter of trusting.

**Natalie/Joe:** I'm going to take a chance. I took a chance talking in this way. I'm going to take another chance.

That would be good. How are the group of spirits feeling with you? Are some of them willing to take a chance too?

**Natalie/Joe:** Yes, they will take a chance with me.

Well what I would recommend is all of you who are willing to take a chance and work through some of these emotions, when you've done that and you go to these new locations, to come back and tell the others that what I'm saying is actually true. Come back and talk about your experience.



**Natalie/Joe:** We can do that? We can come back?

You will be able to come back.

**Natalie/Joe:** We will see, we are not sure. If we can go there, if we can go to those different places, why would I want to come back here? I don't want to.

Just to help the others.

**Natalie/Joe:** Well they should come now. They should come with us now. We don't want to come back. If we leave, we're not coming back.

Well you may feel differently at some point.

**Natalie/Joe:** I don't think so. I don't want to come back. If I can get out of here, I am never, ever coming back.

Even if it is just to temporarily help your brothers?

**Natalie/Joe:** I don't know. Maybe.

Just have a think about it.

**Natalie/Joe:** So there are quite a few of us now, we are ready.

Alright if you can go with your spirit friends and have a chat with them now about what you need to do and they will talk to you about experiencing your emotions of sadness and how you can connect with those emotions. Let yourself follow what they're saying. They've already done what you're about to do so they know how to do this. So let yourself trust them and connect with what they're saying to you. [00:52:47.23]

**Natalie/Joe:** How long will it take before there are changes?

Well it depends on how much you let yourself feel your emotions, that's the first thing. And the second thing is it depends on upon whether you also connect to God or not. So if you choose to not to connect to God, it will be a lot slower. If you choose to connect to God it will be a lot faster. So it just depends on what choices you make at this point as to how fast it will be.

**Natalie/Joe:** I feel bad about connecting to God.

You can feel some anger there too, hey. Has God punished you in the past? That's actually not true. The only reason you are where you are right now is because you chose to hold onto this anger. There have been some people in the past who have experienced exactly what you have experienced but they let go of all their anger and they cried about that and they progressed into other places that are much more happy. But because of the choice you made...

**Natalie/Joe:** But God's not connected to me; that would be easier. Why can't God connect to me?

God can only connect to you if you allow yourself to feel all of your emotions. The problem that you've had is you've been turning off all of your emotions; you haven't been wanting to feel all of your emotions. You've been wanting to blame others for all the emotions within you. And it's fine, a lot of people did create these emotions in you but unless you're willing to experience your own emotions you will not be able to experience God's Emotions. How can God's Emotions flow through you when you don't let your emotions flow through you?

**Natalie/Joe:** This is a lot to deal with.

Well these spirits who have done it before you can help you with every process.

**Natalie/Joe:** This is changing everything.

That's right. But don't you want to change everything? You don't want to be where you are. Why be where you are one more second if you don't need to be.

**Natalie/Joe:** I will give it a try.

Now the spirits who were being held back who were telling you not to give it a try, what we'll do is perhaps we'll talk with them after you leave as to why they feel so afraid for you giving these things a try.

**Natalie/Joe:** They are here, they are still here.

So what if you go off with those spirits now who are ready to help you go, and the group of spirits with you, if they can all go off together and you can all give these things a try and let yourself feel your emotions. You need to bear in mind that you're going to need to feel really sad, you're going to need to release some of this sadness. But if you then also bear in mind that if you involve God, that God's Love will start entering you and you will feel that and things will start to change very rapidly for you if you allow yourself to do that. [00:56:07.08]

**Natalie/Joe:** I want to go to a nicer place.

Yeah. So let yourself do that and you try those experiments and perhaps we can talk with these spirits who were feeling afraid about you trying these things.

**Natalie/Joe:** Good. We're ready to go.

It was really nice to meet you Joe.

**Natalie/Joe:** It's been nice to meet you. It's been quite a new feeling and experience. I'm glad I took a chance.

So am I.

**Natalie/Joe:** And if what you say is true, I am looking forward to a new, a new... is this a life? I don't know anything. Is this a life I am living?

Still the same life, yes.

**Natalie/Joe:** A new life then. A new life, I am really looking forward to it.

New experiences.

**Natalie/Joe:** The others want me to say thank you.

My pleasure.

### ***3. Audience discussion about the channelling***

**Participant:** The ones that came around that were trying to stop them, did they come from a lower location?

Yes.

**Participant:** Motivated by...

Hatred.

**Participant:** Hatred.

### *3.1. Spirit influence of women with AJ following the channelling with the slave spirits*

I finished up speaking to the ones in a lower location afterwards and within two days almost every single person who was with me on that trip hated me. Within two days.

**Participant:** In this physical realm?

Yes.

**Participant:** As a result of those spirits?

Yep. As a result of those spirits now influencing the people that were on Earth who were in anger and these ones connected to them. Within two days the majority of the people I travelled with were in a rage with me.

**Participant:** What did they say was the reason for the rage?

Because they couldn't trust me anymore. Exactly the words that the spirits spoke, it was exactly the words that they told me.

**Participant:** How long ago was this?

This was about just over year ago. Since that one afternoon session three of the women that I was travelling with have never spoken to me. From that one afternoon session of those spirits, the ones who were trying to influence the slave spirits finished up influencing quite a number of our group. So last night we had a mediumship session, it just shows you some of the things that can happen in the mediumship session if you choose to deny your own emotion. [00:58:57.20]

**Participant:** AJ some people did work through their emotions.

Yes some people did work through their emotions. Angela, where are you Angela? Do you want to come up for a second? Ange was there with me. She was actually in Barbados at the time this happened.

**Participant:** I'm not comfortable enough.

Breathe. This is impromptu by the way so Ange doesn't know this was going to happen. Ange was one of those persons who were quite angry in this session that we had that afternoon, and the whole discussion in fact that I had besides the discussion with the spirits, was a discussion about anger. And the reason why I had a discussion about anger was because Ange and another one of my sisters were quite angry and so that triggered off the discussion. Now Angela has since worked through a lot of that anger she was feeling. So Angela has spoken to me the entire time since, actually whereas quite a number of the others who were there now don't speak to me at all. Could you describe what you felt when those other spirits came to talk?

**Participant:** The one's at the end?

The one's at the end.

**Participant:** Oh they were awful. They were sinister. It was just eerie and quite awful. They were in a really, really bad condition, worse than me! (Laughs)

Worse than you. (Laughs)

**Participant:** I could notice that.

Yeah. And what were they trying to do to those slave spirits?

**Participant:** Well they were just trying to cause any damage that they could trying to stop them and they were just horrible. I mean not the sort of people you want to meet in a dark alley.

So evil.

**Participant:** Yeah, evil, exactly.

Now do you remember what happened a few days later when we went from Barbados to Miami?

**Participant:** Yes.

And what were the people who were upset with me saying? Can you remember?

**Participant:** Yeah, exactly. I came down for breakfast one morning and can I mention names or not? I didn't know what was going on but I came down and they were sitting in the foyer and two of the women who were travelling with us were just having a discussion about that we can't trust AJ anymore. And AJ had done nothing different, at all. The only thing different was that we'd picked up these spirits. Both of the ladies were quite mediumistic, lucky I wasn't (laughs). So they were going through a lot of stuff of mistrusting and actually feeling as though they wanted to actually stop the trip and go home. It was that bad for them.

Yeah. So that was just from the influence of these spirits. So what emotions must be in the persons being influenced then? You see how it all works? There's this Law of Attraction happening.

### ***3.2. An example of one of AJ's friends dealing with her anger after the channelling***

Now in the case of Angela, Angela wanted to deal with the emotion of anger that she felt. So what did you do after that, with the emotion of anger that you felt that we discussed that afternoon? [01:02:38.01]

**Participant:** Well I started crying actually when Joe was talking about never wanting to be vulnerable again and never wanting to be hurt again because I'd realised that my anger was triggered by a man. I was triggered into exactly that feeling, I didn't want to be vulnerable around a man, who was a big man too. He wasn't actually projecting anger at me but he wasn't actually having an argument with me, he was having an argument with his wife when it happened. I was actually living there with him for two weeks and I felt really uncomfortable and I didn't want to feel vulnerable so I just got angry. I wasn't abusing him angry, I was just angry in my heart and projecting that at him.

So AJ was addressing that and I was like, "Oh I don't think I'm angry, I think you're wrong." But when the slave started saying about how he'd been treated on Earth and that he'd never been happy and all of the emotions then I connected with them again. I just felt okay I get that now, that's why I'm here. So I actually started to be vulnerable. I realised I didn't want to be vulnerable, that's why I got angry, but immediately after, or during the session I went into the toilet and had a big bawl.

So instantly you chose to actually feel the underlying emotion rather than the anger itself. Although for two weeks almost you'd been feeling the anger.

**Participant:** Yeah.

Can you see the relationship between anger and what's underneath the anger? You can see that in that example with those spirits. So you travelled a bit further along with me, to England as well, and you felt the deterioration of the relationship with the other ladies in the group. So there was a huge difference between the choice to deal with the emotion and what the avoidance of the emotion is. [01:04:35.25]

**Participant:** Yeah, exactly.

And what were your feelings about my treatment of those people?

**Participant:** It was quite loving. It was quite loving and you were treating them just the same as everyone else. You hadn't treated them any worse.

And did I treat them the same as what I had been treating them before that event occurred?

**Participant:** Oh yeah. See nothing had changed. You hadn't changed at all. She did that channelling and from then on things started to get bad. And that's the thing, you hadn't changed.

And ironically even now these people are using exactly the same words that those spirits were using about me. So can you see how easy it is just to be influenced if you hold on to an emotion, just how easy it is to be influenced down a certain road? If you choose, like Angela chose to, to deal with the emotion, there's hardly any influence then that can affect you with going down that road. So it's still an emotion that you're working through isn't it, this emotion of anger.

**Participant:** Every day.

Yep and you're getting now to the bottom of these emotions?

**Participant:** Yes.

So now Angela's been working with that since then about fourteen months ago, and Angela's now really sinking into the bottom of what is the cause of her wanting to get into anger and starting to feel those emotions. So can you describe that? It's a lot of grief you've had to work your way through wasn't there? [01:06:06.28]

**Participant:** Yeah a lot of grief, feeling like I wanted to die. But a lot of what Joe was saying, that my life had never been happy, how would I even know happiness. Yeah just despair really.

Okay.

**Participant:** And I would of said two years ago that I was quite happy.

Exactly. And did you feel very angry two years ago?

**Participant:** I knew I was angry. There was film I watched years ago, I think it was Terms of Endearment or something with Shirley McLaine where she cracked off at this kid for being on the lawn or something and someone said something about her being angry and she said, "Yeah, well I've been angry for twenty something years." And that line in that movie, I went, "Oh, I relate to that." So I knew I was angry.

But not that it sort of mattered to you.

**Participant:** No it was just like that state that you said before, mild irritation constantly.

Yep. Okay well thank you Ange for sharing that with us. (Applause).

### ***3.3. The relationship between anger, trust and confusion***

So what have you learnt from all of that? (Laughs.) Don't suppress your emotions.

**Participant:** I just have a question.

What was your name?

**Participant:** Lisa.

Lisa. So what was your question Lisa?

**Participant:** Yeah okay. I just thought that the spirits started switching into anger at that moment when they lost trust. So what's that thing when you lose trust, what's going on there? Are you confused or are you in fear? Like I don't understand trust.

No worries, I'll explain it. Good question. The reason why we get into anger when we lose trust is because we're actually covering over a deep fear of the emotion of confusion. What we need to do instead is just allow ourselves to sink into the emotion of confusion and feel it; to feel confused and to feel the lack of trust that we have and to actually voice it and express it. You'll notice all the way through the discussion I had with those spirits that I was always encouraging them to voice their true emotions. And after a while they got so used to it right from the beginning that they were now expressing their true emotions. So he said he hated me. And I could feel when he said that this slave spirit's hatred towards me. He hated me because I was white. He hated me because I was in Barbados in a nice apartment talking to him when he was in a terrible place. There were lots and lots of reasons why he hated me in that particular moment and it just encouraged him to express his emotion.

When we start getting into emotions of confusion, usually there's a lot of fear associated with it and we don't want to feel those emotions. Confusion is an emotion, just like all these other emotions, and as soon as we suppress any emotion that's when you'll be tempted to get into anger instead, that's when you'll be tempted again to push things away from you. So allow yourself to get into every emotion. Now obviously that takes a fair bit of courage, courage that many of us feel that we don't have. But courage is another emotion and it's one that God can give you. So pray to God for courage to deal with your emotions, that's a major thing that we can always do.

You see if you choose to not feel an emotion you will get angry. Now there may be a large variety of ways as to how you deal with that anger. There have been so many examples that I can bring up. There's a way of going into calmness, the Zen Buddhist type style of dealing with the anger. Meditate, breathe, get yourself out of the anger. You can do that but you'll need to do that every day for the rest of your life. And when you pass into the spirit world you still won't have forgotten your anger. The anger will still be inside of you and you will still need to actually connect to it at some point to release it. Remember that every time that an emotion passes through you, it's released. Every time you store an emotion, the moment you store the emotion, now it's not released and it defines you then. So the key is to let every emotion pass through you. [01:11:09.12]

#### ***4. Working through anger and layers of emotions within us***

**Participant:** Why do I create so much pain in my body when I'm in such a state of confusion? Last night going home in the car, there was so much anger and rage come up because I got lost. Put me in a car, even with a map, even with a GPS, it still took me an hour to get home when it could have taken fifteen minutes. So then this morning my friend on the computer did a printout, so I had a printout, I had a GPS and I had my map and it still took me an hour.

Okay. So lots of anger.

**Participant:** Yep and I did some screaming. But what it does to my stomach, it just creates so much pain.

Turmoil inside of you. So the question is why do I get into so much pain when I get into this angry state?

**Participant:** Yes.

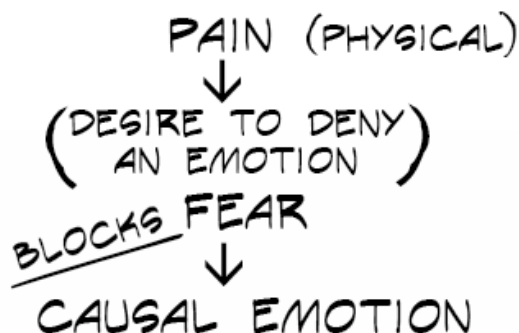
I'll answer that. You'll be finding over the coming months I'll be getting very specific with stories. We have desires to tell stories because we have a desire to get away from the emotion generally and we'll talk about that maybe in another session.

This is what's happening when we get into pain. We have pain; in this case I'm talking about physical pain, that's inside of your body. Underneath the pain is the desire to deny an emotion. Every single time you exercise your desire to deny an emotional experience, you will experience a physical pain, every single time. Now why is it then when I'm in anger that I'm feeling more pain? It's because when I'm in anger I'm in the desire to deny an underlying emotion. And that's what is creating the pain. So yes when you experience your anger you will have some very strong physical pain symptoms in your body because that is the result of denying the underlying emotion.

So what is the underlying emotion? Well firstly the desire to deny an emotion comes from a fear about the emotion. In other words I will only not choose to feel an emotion because I'm afraid of what might happen if I feel that emotion. So what might happen to me if I do feel my anger? What do I feel might happen? Well if I was a child and feeling anger,

what normally occurred? Punishment. So most of us have that emotion in us. Or if we weren't punished physically with a slap or some kind of physical pain, what other types of punishment did we receive if we felt anger? Being ignored, rejected, emotional rejection. So if I'm getting into anger and then denying my anger, I'm afraid of those things occurring so I need to deal with that fear, they're the blockages that are there. [01:15:54.04]

Underneath the fear will generally be some more causal or base emotions. I'll write them as causal emotions but usually what happens is there is a layer of emotions that get down to the causal emotion. So pain is the result of my desire to suppress an emotion, and I only ever desire to suppress an emotion because I'm afraid of it. If I'm afraid of it then I need to allow myself to experience why I'm afraid of it and usually that will also be a childhood experience of some kind. And I call that dealing with your blocks. You will not be able to access your causal emotion until you deal with your blocks. And to be frank, anger is one of those blocks. So every time you get into an angry state, you are in a blocked state.



Now I'm not saying don't experience your anger. I'm saying don't stay in your anger. I don't mean get out of it by actually tuning out of it, I mean get out of your anger by fully experiencing your anger and then realising that it's a choice you're making to get away from an underlying emotion. Make the choice to get into that emotion now, rather than keeping on choosing to get away from it. So if you choose to live in your fear about emotion, you will get angry very often. If you choose to start getting into your emotion, the actual causal emotion itself, and start allowing that emotion and deal with the blockages to experiencing that emotion, which are all fear-based blockages, then you will rarely get angry during this process. But it's your choice.

Now please bear in mind with all of that discussion that I've just done that I'm not talking about the childhood anger, I'm talking about the anger that you get into as an adult and what you experience as an adult. When you get into the childhood anger and allow yourself to experience the childhood anger you will often be like a child when you experience it. So you'll lie on the floor kicking and screaming. Or you'll go outside and bash something yelling and screaming, just like a child would experience their anger. Then the key is still to drop underneath that and get into the causal emotion. Why was the child angry? Most times because it was punished for something else that happened that was sad or for lots of different reasons.

#### ***4.1. An example of a participant having difficulty getting beneath anger***

**Participant:** I just recently started touching on some anger stuff and you might notice I've got a bit of a thrashed voice from doing some screaming. So I've just touched on some of the adult anger and my issue is like you said, you can make the choice to not feel the adult anger. It just feels impossible to go straight underneath that. How do you make that choice? Because I've been in this state of being totally angry as an adult but it just seems impossible to drop in. I'm aware that there's some sort of block about not being able to do this work and...

Are you sure it's the adult anger that you're actually feeling?

**Participant:** Well actually, maybe not, because of the situation happened yesterday.

Can you describe the situation?

**Participant:** It's a lot to do with this anger I feel for my mother and the feminine. It was triggered yesterday and it was almost irresistible to just direct that at her. I just had to like fight that and just run to the room. I was probably directing it as I was going because that's what you do.

So you were almost got into the trap of just giving her a barrage, whoever the trigger was.

**Participant:** Yeah.

So instead of doing that you...?

**Participant:** I just went into the room and got the pillow out. She had raised something that happened when I was younger, that is not the cause, I know that. But I don't want to have to go through this anger and I don't know if I'm meant to feel that anger.

Well when you allowed yourself to feel the anger, was there an emotion underneath that started coming up?

**Participant:** Yeah I could feel that, but I don't know how you make the jump emotionally. I go my emotions are the real me and my mind isn't the real me and I know I'm thinking but this big dilemma that since I've been doing this work is how in the hell do I have control over my soul? I just don't seem to have any serious control over it.

Yep. And can you describe the emotion you felt underneath the anger? You would of felt it quite briefly while you were bashing the pillow.

**Participant:** Yeah it would have been grief.

What was it about, can you remember?

**Participant:** Being blamed for her problem.

Okay. So being blamed for somebody else's problem.

**Participant:** Yeah. Because it was something that was being done to me but I was being blamed for it.

So now just let yourself step into that, into that emotion. So what I do is I breathe and just go into the fact that I've been blamed all of my life for somebody else's problem, and allow yourself to just step into that. So what I do is I feel my anger, beat the pillow or whatever it is with a tennis racket or whatever but then as soon as I can feel what the underlying emotion is, I just jump into that like jumping into a pool. Just allow myself to be immersed in the underlying emotion. Now I can feel that underlying emotion just bubbling just under the surface for you. [01:22:54.11]

**Participant:** I can feel that but because I'm visual I just keep thinking, okay there's the pool, I'm happy to jump in if I could.

Okay. So the fact that you're not feeling that emotion, even though we can feel it inside of you, means that there must be another block to feeling it. So what would you like to do to your mum instead of feeling this emotion? So the instant that she blames you...

**Participant:** I would just want to scream at her for it.

You would like to yell and scream. What else would you like to do? Be honest.

**Participant:** That's the thing that came up yesterday. Naturally I would just say what's wrong with directing it directly at her when I'm directing it at her anyway? I felt that would connect me more because the times that I've got to some grief is when I've been talking to her through these things.

Okay, so step back into your room and then say the thing you didn't say to her. Yell and scream it if you want. What would you yell and scream at her?



**Participant:** I'd be just like...

Just go with it, go with it.

**Participant:** And this is what happens - I'll get into the state where it's just bubbling but there are no tears. Am I doing this right?

Yeah you're getting close. What would you say? Just go with it.

**Participant:** I'd say, "It's not fair. Why? Why would you?" I'm trying to make it happen but it's not coming.

Yeah. But just keep expressing yourself, you don't have to try. Just express it how you feel it.

**Participant:** It's just not fair. That's the way I feel. I feel the judgement of not being allowed to be childlike.

What's not fair? So let's feel more about why what's not fair.

**Participant:** It's not fair that you do all of this for me and you blame that I do nothing. You've done it all for me but...

But you want something back.

**Participant:** I just want her to get away, get away from me. I'm not connected to it right now.

See now you're judging yourself. You're getting very close to the connection but as soon as you're getting close you're judging yourself and saying, "I'm not connected."

**Participant:** I guess there's a fear about all the people being here and being exposed.

Yeah, doing it in front of everyone.

**Participant:** And being vulnerable.

So that's a fear that you'll be able to work through.

**Participant:** But the other question is, am I dealing with anything when I'm getting to that stage where I can feel my stomach shaking and I'm breathing rapidly but there's not tears coming?

Well this is what happened in your childhood every time you were blamed for things. You felt all this rage and you felt all this terror and you felt this anger and everything inside of you and it's just all locked up and it's got nowhere to go. So what it does it starts coming out in your body. So you shake and you tremor and your body... [01:25:59.28]

**Participant:** But is it important for me to feel those things.

Yes.

**Participant:** I just want to get to the source of the problem.

No, no, you will need to feel this because this is a locked up emotion from your childhood too. This is how it got for you; this is how much anger there is inside because of being blamed for things that are not your fault. Just let your body feel those feelings and when you let your body feel them without judgement you will be able then to get into the deeper emotions. It doesn't matter what it looks like it doesn't matter like anything, just feel the emotion, just let yourself feel the emotion. Let yourself feel what it was like to have to shut yourself down so much just to please your mother because that's what she wants you to do; shut you down so much. She was giving you all of these things but she wants a heap of things in return from you and that feels bad to you. So allow yourself to connect with that (Participant is rapidly shaking), that's it, and as you connect to that you will start really connecting. As you connect, that's how much rage is there, this is the childhood rage now. The childhood rage that's still there, let yourself feel it. And you can feel that even just that little

bit of release is better already. And now you'll start connecting to some sadness about that. That rage, the childhood rage is what's capping the sadness about the situation. (Participant starts crying) That's how it works.

**Participant:** But even still I just don't feel like that I'm getting right...

You will. At the moment you've got a hundred people out the front that you're conscious of. When you're by yourself, you'll let yourself get into it, just that state you were feeling, that shaking rage, just let yourself get into that state and stay in that state. Stay in that state and even voice the words you feel in that state as there may or may not be words associated with it, depending on how young all these things began to occur, and then when you do that you'll connect with the grief that's under it. So what you did just now is exactly what you'll need to do and it's going to be a lot easier doing it without a hundred people watching obviously.

**Participant:** Yeah. And I guess maybe it'll be easier if I just put it out there that if something like that happens when everybody's here, that's okay.

Yeah.

**Participant:** It's like what you were saying with the anger and like I'm thinking, alright, I feel this anger, I'd love to get up there and just go straight into anger but everyone's going to see that and...

Judge that.

**Participant:** And then the cops will come again. (Laughter).

Last week the cops came and visited us because there were quite a number of people in their anger. And yes there are some ways obviously, as the very angry policemen suggested, that we all go into our room and scream into a pillow. But that's not always possible. The key is to just allow yourself to express it and if a policeman comes along and says what went on, you can say, "I just experienced some anger, am I not allowed to do that?" And just allow yourself to express what's going on still. I know that there is judgement. So even when Josh was feeling that emotion, many of you had some worries and some judgement. Could you feel that judgement inside of you? What were you feeling? [01:29:48.17]

**Participant:** I was worried he was going to drop the mic.

Yeah, well, who cares about the mic? I don't care. What other judgements? Fear about how bad this might get, how bad this might finish up looking. A lot of you started feeling, "What might happen to Josh?" that's your own fear. That's your own fear about dealing with your own emotions, in fact. These are all these blockages.

So what you've done today is just show how much the rage is and when you start feeling that childhood rage, that's what it will be like. And in your case it was shut down so much from your environment that it's now inside you like this silent shaking and you will go through that emotion in order to get to what the grief is underneath. So allow that to happen and your mum or whoever the woman is triggering you, will trigger you, do that, let yourself go into that. And if they get into a state of judgement about it, leave that house, find another house and do it there. Don't allow anyone to shut you down anymore with these emotions.

## ***4.2. Anger can affect electronic devices and other mechanical objects***

When we get angry by the way and feel anger, if you deny emotions you'll find that lots of things around you will start breaking. And I mean electronic things won't work anymore, there will be all sorts of effects you'll find if you start allowing yourself to feel some of these emotions. The key is just to go into them and let yourself feel them right back to the causal level. When you do that, what will happen is everything will start coming back alive again. We've had computers break and all sorts of things and then next day they're fine. All sorts of things happen like that. My own car broke down in a similar sort of an event, with a denial of an emotion. So you can find that there are a lot of things linked in fact to you experiencing your emotions.

### *4.3. Differences between adult and childhood rage*

One thing I'd just like to say, is that most of us have that intensity of unexpressed rage and anger within us that we're not allowing ourselves to connect to and feel. Now at some point you'll need to allow yourself to connect and feel into it and when you do you will drop into what's underneath it. And so could you see initially when Josh wanted to say those things to his mum, like, "How dare you blame me for things that are in your life?" That's the adult in the rage. When he started allowing himself to drop further down into it and became the shaking man, that's the child in its rage that was suppressed.

Can you see the difference between the two? One of them was the projection at the mother, the other one was actually the ownership of this rage within and getting into the rage within, connecting to that. Once he starts dropping even further into that, and you'll notice Josh that even some of the sadness starts to be present then when you start dropping that far down. And you'll find it might take a few attempts but you'll get to the cause quite rapidly. And because you're quite young, you haven't got as many layers of suppression that many of us who are forty or fifty or sixty have. So therefore it's a bit easier for you to do that. For those of us who are a bit older, you may find it takes a bit longer to step into that stage of dropping down into those emotions.

**Participant:** Seventy-one tomorrow.

Seventy-one tomorrow, yeah, so obviously there's seventy-one years of suppression unfortunately, Ian.

## *5. Practical ways in which to express anger*

Ian has made some shifts obviously and probably this is a good time to invite you up actually, so come up. Bring your bag of goodies can you. Ian's got a bag of goodies and I just want to show you his bag of goodies. So this is what Ian has started to carry around with him now.

**Participant:** This is my rage pack.

He calls it his rage pack. So if Ian can just show you what's in his rage pack and he can explain how he uses his rage pack.

**Participant:** This is the centre of it. This rubber hose, you can see it has had quite a lot of use and I think it's got a lot more use to go yet.

So rubber hose for beating things with. Just not your partner.

**Participant:** No - on this telephone book.

So we'll take this towel out the way, because this is another rage pack thing.

**Participant:** No, it's all part of it.

This is all part of the rage pack. This is a very practical part of the rage pack. Gloves so that you don't hurt your hands. Trust me you're going to want some gloves.

**Participant:** I do this on a mattress on the floor.

So he does it on a mattress on the floor.

**Participant:** And I try to not make too much sound with it.

No, no, make as much sound as you want. We'll be right I think with the police today.

**Participant:** So I put the rubber gardening gloves on.

So you generally kneel down on the floor do you Ian?

**Participant:** On a mattress to protect me so I can lie on the mattress, I can write on the mattress I can scream on the mattress and those sorts of things.

Now for some of you having the gloves might be a problem if they take too long to put on and take off because generally I find when I get into anger you want to express it straight away.

**Participant:** And I start beating the rubber hose on the telephone book, and yell the person or whatever I'm angry with into the telephone book and aim it at the telephone book.

You get the idea? Just connect to that.

**Participant:** If I want to vary it a little I can... oh shit!

What he's doing is he's ripping out the pages of the phone book.

**Participant:** But sometimes you look at an ad in the phone book (Laughter)

Ian finds the ad that he wants.

**Participant:** Picture framing, now that's exactly what it was about, picture framing.

So a lot of times his Law of Attraction is exactly what he sees in the phone book, it's exactly what he's angry about.

**Participant:** And the towel is useful like if you want to wring somebody's neck, you can really screw it up and put all the sound to it. Another tool is a mirror, having a mirror and talk to the person in the mirror, which is a part of the self you're talking to. Another one is a pillow, I put the person, particularly with grief, just put the person in the pillow and talk to the person and that will often bring up grief.

**Participant:** What about on the road with rage, if you get mad what do you do then?

**Participant:** I stop the car, take the key out of the ignition and hold the steering wheel and give it to the steering wheel. And cars are very soundproof and if you turn the music up too if you want to particularly deaden the sound, really loud, and at home too turn up the music. It's a good idea if you feel the neighbours are going to hear you.

So when you walk into Ian's home and you hear his music blaring and you hear this thud, thud, thud with a few swear words thrown in, you know what he's doing. (Laughs)

**Participant:** And I'd like to give thanks to Elizabeth Kubler Ross who gave me all these tools.

There's a lady called Elizabeth Kubler Ross who's since passed by the way, who's now on the Divine Love Path I think. She was very, very interested in helping people deal with emotional processing and she was also very interested in spirit connection as well. And Ian learnt some of these techniques through her.

**Participant:** Through some of the workshops I did.

And he's feeling her now actually; she's here right at the moment.

**Participant:** And some of her staff members, Andy Reeves has passed on and David Mullens, some staff members who've helped me a lot.

Yeah. Well thank you very much Ian.

**Participant:** I'm pleased to share that with you; I hope you can find a new use for your telephone book.

Yeah. Thank you Ian. (Applause)

Now the key is not to stay in the anger. So remember that; the key is not to stay in the anger, it is to express the anger and drop down. If you stay in the anger you're going to find this a very damaging process rather than a very helpful one. We need to drop down into the underlying causal emotion, that's what the object of this exercise is. We want to get this anger out of us and the only way it's going to come out of us, if it's childhood rage or anger, is experiencing it. I want to talk about in a minute about adult anger and rage. So after the break we have, I'll talk about adult anger and rage and what we need to do with that, what's actually happening there. [01:40:55.21]

So here bear in mind, what we're talking about is this childhood anger and rage and how to connect with it and then how to just allow it to be released in a safe way so you're not damaging other people.

## ***6. Working through blockages to feeling our emotions***

**Participant:** My name's Andrew. What happens if your fear or your emotions are greater than you desire to feel them.

Then you'll never feel them, to be blunt.

**Participant:** So how would you get around that?

I was in that state for a lot of my life. So the way I had to work through that is, if your fear of emotions is greater than your desire to experience them, the first thing you need to start understanding even at an intellectual level is that the fear is the false expectations that appear real to you, not what is really going to happen. So most of us have some really, really strong false expectations about how bad it's going to get emotionally. So for example, for many of you if you feel like you allow yourself to get into your anger, what are you afraid of? Now for some would say, "Oh I'm afraid of hurting someone."

**Participant:** Judgement.

Or you're afraid of judgement for yourself, so that's the next layer that you need to deal with before you'll get into your anger and before you'll get into your sadness. There's this locking emotion of fear of judgement. So what I would do then is I would pray to God about people judging me - is it right, should I accept it, how do I feel inside about judgement? And connect to some of the feelings inside that you have about others judging you through your life. And you need to connect to it emotionally for it to be released. Now when you allow yourself to feel the fear of judgement and release that, then you'll also allow yourself to feel the childhood anger that's there. So your fear of judgement is the capping emotion over the top of you allowing yourself to experience the anger. [01:43:15.06]

Now for every person here it will be a different fear or multiple ones. For some it will be a fear of punishment, some it's fear of judgement, some it's fear of rejection. It just depends on what emotions we were brought up on through our family life as to what particular dominant emotions they'll be that are blocking us from experiencing our anger. So the key is to allow yourself firstly to hone in on that emotion.

So to revise, all we need do is say, alright I know there's anger and rage within me but I'm afraid of experiencing it and all we need do is ask ourselves is the question, why? And write down all the reasons why you're afraid of experiencing your anger. And then they are the next group of emotions for you to pray about and they're the next group of emotions for you to actually allow yourself to feel about.

So what I do then is I write about it, I'll write something about it every day. Or I'll pray to God about it every single day as well. And I'll talk about it in my conversations with others; I'm really afraid of experiencing my anger because every time I have in the past I've been judged for it, as bad or whatever the emotion was. Or it might be I'm really afraid of experiencing my anger and feeling my anger because I think you're not going to love me if I'm angry. Whatever the block is, talk about that block. And in talking about the block and allowing yourself to begin feeling the block, which in your case is the judgement, the judgement will lower, it will go down. As that judgement goes down inside of yourself you're fear of the judgement releases and as the fear of the judgement releases you'll find the underlying emotion will feel like it's becoming more dominant and you'll start experiencing the underlying emotion. The reality is that the judgement is a bigger emotion inside of you at the moment than the other emotion is. So that's why you need to feel that one first.

So does everybody understand what I just said there? Often there will be layers of capping emotions even on top of an experience of anger. Often what we're dealing with and in fact the most difficult emotions you'll ever have to deal with in your entire life are going to be the emotions that shut down all the other emotions, or what I would call the blockages.

Releasing the blockages is one of the most difficult tasks that you face and it has been my most difficult problem all through my own progression because once I release the capping emotions, the other emotions just flow like a child. So it's quite easy to access the underlying emotions but it's the capping emotions, and judgment is one of them, fear of rejection, fear of punishment and quite a lot of other types of emotions like that, they are the reasons why we shut ourselves down. And we need to start being even honest and truthful about the reasons. Once we feel that, talk about it with each other. You know this how I feel in this situation; this is how I feel in that situation. Start talking about the emotions that are blocking you, then the fear of the blockages will start releasing inside of you and the emotion that you're blocking will feel like it's growing but in reality it's becoming exposed.

### ***6.1. An analogy of digging for treasure***

So it's a bit like, let's say you were digging a hole, and there's a bit of treasure under the ground, and this is what your soul is really like - you can think of your soul as a five million dollar treasure in your back yard. The trouble is you don't know where it's buried. This is how we often start with our emotions. Often when we start we do not know where our soul even is, let alone experiencing it. But if you were told there was a five million lump of gold in your back yard, wouldn't you start digging everywhere? Wouldn't you do that? And do you think you'd say, "Oh no there's a good television show today, I'll put it off till tomorrow"? Do you think you'd then go, "Ah no, there's a really good movie I can see down the picture theatre so I'll go there today. Oh no there's some mates coming over, so I'll just stop doing it then"? You wouldn't do this if there were this five million dollar block of gold in your back yard. [01:47:51.19]

Well your soul is more precious than that. So why do you stop digging? So we need to make sure we dig. So when we start digging, what happens? Eventually the treasure starts to show itself, does it not? But it's like just the pinnacle of the treasure. We just see the tip of the iceberg as we dig. And this is also what it's like with your emotions. As you start digging around and probing around inside of you emotionally, initially what you will see is just little bits here and there. But as you dig more and as you dig more, it'll become wider and wider until you see the whole thing.

So when you get a fair way along this journey of allowing your emotions and releasing the blockages, you'll become very conscious of what emotions are within you and you'll be able to see them very clearly. You won't feel judgement for them anymore and you'll be very free to talk about them with anybody you meet. And you will allow yourself to begin experiencing them. That's what we all need to do but we all need to do it for ourselves, we can't rely on other people to do this for us. And that's where it's so important that you to have that passionate desire, just like you would if you were told there was some treasure in your backyard.

## *Anger Is Your Guide: Part 2*

### *7. AJ addresses the resistance in the audience to the discussion*

Now there's one thing I'd like to talk to everyone about first before we do anymore of this anger discussion. I'm feeling a huge amount of resistance about this subject from the audience. And I'm feeling that the majority of you feel that you do not have anger to deal with.

When I discuss subjects with an audience, generally there's a general feel from the audience. In some of the subjects that we've discussed in the past you would have noticed that the audience sort of goes through these feeling phases. You remember when we did the Law of Compensation discussion? You remember how there was a really heavy depressed feeling that the majority of the audience felt during that discussion and many of you went to sleep during it, which says a lot for me. Quite a few of you felt very tired and exhausted and overwhelmed and everything and then when I started to address the spirits who were with us and talk to the spirits about how they were feeling and talk to you about how you were feeling about the Law of Compensation, all of a sudden things started to raise again. I don't know if you remember that, but that was the general feeling in the audience.

What's happening today is that many of you believe inside of your hearts that you do not have an issue with anger. Many of you feel that you're over that, that you don't have any problems with that, that you live a pretty good life and all those kind of things; that your Law of Attraction is pretty good and no I don't have an issue with anger. And I'm telling you bluntly, you do. Now you can disbelieve me all you like, that's fine, that's your call. But I can feel the projections of anger from you so whether you want to do something about it or not is up to you. But I'm telling you categorically if you do not deal with this emotion and if you do not face up to the truth about what you feel inside of yourself you will not get closer to God. Is that what you want?

Do you remember in the discussion with the spirits that I played, how I said to them what they would need to do to get beyond their anger, remember they had to get beyond their anger into their grief and their sadness, remember that? And remember the first thing that they said? "Oh no, I don't want to do it now." Before we were talking about being in the nice place and they said, "Yes, yes, yes I want to be in the nice place." And then as soon as I say what they needed to do to get to the nice place, what did they then say? "No I don't want to do that." And this is the problem we all face. We face this issue inside of ourselves - are we willing to really be honest about what's inside of us? Because if you're not, then you might as well give up the Divine Love Path because you're going to find a lot of traumatic experiences on that path if you don't want to be honest and truthful about how you really are inside of yourself.

So allow yourself to have a good look at what's inside of yourself rather than just denying it. Now there are so many of you who feel you're not angry and yet I can feel the anger coming from you from just sitting in the audience. But you don't want to know; many of you feel that, that you don't want to know. But that's okay, that's your free will but there's a part of your soul obviously that's saying the opposite, otherwise you wouldn't be here having a discussion about anger. So let yourself start to realise what's going on inside of you. Are you feeling resistive to this discussion? Are you feeling this discussion doesn't apply to you? Because if you are then it applies to you because the resistance is proof of what is inside generally.

### *8. The importance of acknowledging all emotions within us*

**Mary:** When I first started dealing with my emotions I didn't realise how angry I was. Paula and I wrote up on the board in the break; we have a new motto and it is - always sweat the small stuff because it's actually the small stuff that has led me to really huge emotions inside of myself. So if I get irritated about a phone call or if AJ doesn't, I don't know, do the drying up, there's a huge emotion underneath that but we're very well trained in just skipping over those things. For example, "Oh that's what happens when you live with someone, oh well." Or we're very good at empathising with the other person, and saying, "Oh I understand why they're like that." But in the end we actually skip over what the deep hurt is within us.

You want to give an example of it?

**Mary:** Can you think of one?

I can think of about a hundred. (Laughter) The trouble is every example I think of you seem to get angry with. (Laughter)

**Mary:** Test me out; see if I've worked through an emotion.

### ***8.1. An example of minor issues in AJ and Mary's relationship covering large emotions***

The very first time we met, it was about a year and a quarter ago or so, and we met in Mary's mother and father's home. We started having a discussion but my problem was I was tongue tied and so she didn't get much out of me in terms of a discussion.

**Mary:** I didn't know why he wouldn't talk to me.

I was just blown away by this lady so how can I talk then? That's how I felt. But Mary felt quite annoyed at that.

**Mary:** Did I?

Yeah.

**Mary:** See, I didn't know.

And it was one of these emotions that were coming up for Mary that she didn't notice at the time but now it's quite large for her, and that is an emotion of this person doesn't want to hear me, doesn't want to interact with me, doesn't want to really know who I am. That was the emotion that was triggered in her right in that instant. But all I felt was a bit of annoyance coming from her and she wouldn't have hardly even noticed that emotion at the time. Then a week or two after that, she was very angry then. What was that about darling? [01:56:18.13]

**Mary:** I went to another group of AJ's and he was talking about being Jesus and he was talking about some of the Padgett messages written about the Celestial Heavens closing. I thought, "What is going on here? There's some kind of fire and brimstone person lurking in there," and I was very afraid. The emotion I was avoiding was a lot of deep hurt that I have about organised religion and what that has done on the planet for a long time. But I had some fear on top of that, that that's what he was on about and instead of feeling the fear or even feeling the hurt or even the fear, I went straight into anger and projected. (Laughs)

So what we've found in our own relationship is that there are times when we have a very small discussion about something that has huge emotions under it. Another time was when we had a visitor over, a friend of Mary's from Switzerland, and we were just deciding how to set out our lounge room for visitors.

**Mary:** I can't even remember the exact events but my friend Megan who will probably watch this was just sitting there very bemused because we started out talking about pillow cases and five minutes later I was talking about feeling disempowered as a woman, and AJ was feeling about having his needs never being met. She didn't quite know what was happening. (Laughs)

So what had happened within a few weeks of Mary coming to live with me, I just wanted a certain thing to happen with these pillows. And it's the only thing I'd ever asked in that entire time. And so my feeling was, the one thing I want done my way, it can't be done my way. And Mary's feelings were...

**Mary:** I'm totally out of control, in a new environment; I want this to be my home too. You know, men never listen to me, I'm completely disempowered.

Yeah. So I spent the rest of the afternoon crying on the roof cleaning out the gutter (laughter) and Mary spent about half an hour or so in her room in an anger state and then we came down and had a chat to poor old Megan who was sitting in our lounge room. (Laughter)

**Mary:** She's pretty easy going.



Yeah. So can you see how just with a tiny little thing, there can be some really large emotions? The key is to not to overlook anything intellectually. You see what we often do, and this is one thing that is in the seminar, is we often intellectually choose to skip over really, really huge stuff. We go through this process of justification all the time and that's the major problem that we face, this process of justification that we go through. In the case of many of us, we are so used to intellectualising that "it didn't matter", that in reality we just skip over huge emotions.

Now I've seen many people do this over and over and over again, saying to themselves, "Oh that didn't matter, that was just a little issue," and inside of it I just feel like this huge mountain of emotions there in them in that particular issue that they've suppressed with just that one little comment of, "Oh it didn't matter or whatever it was that they're saying."

So the truth is with all this adult anger, you can see it as your guide or you can just make out it's not there - that's your call. But understand when you make that call you are also making the choice to stay alienated from God and also the choice to stay alienated from your own self because you're not allowing yourself to feel what you truly feel. So there's been many times where Mary and I have had just a tiny little thing happen and it's blown into a really large thing in the sense of there's huge emotions around it.

So I don't know if you want me to mention too many of them because you might be embarrassed. Maybe if I can mention a few of mine and that way you won't be so embarrassed.

**Mary:** You can mention some of mine, like I've had lots of anger.

Mary has had a lot of anger to work her way through, primarily with me.

## ***8.2. An example Mary getting angry at the beginning of AJ and Mary's relationship***

**Mary:** When I first met AJ I really thought I was not an angry person at all, I think my mother used to call me serene. When I met AJ - I was on the later part of the trip that Ange was on for a couple of months - I have never been so angry in my entire life. All of it very quiet and very seething but of course that doesn't stop him feeling the brunt of it. And that was because I was in extreme amounts of fear about what was happening and I just didn't want to feel it so I was just projecting it all on to AJ, all the while going, "I'm not very angry."

So I would say, "Mary you're angry, what's this about?" and the first comment generally from Mary was, "I'm not angry."

**Mary:** I didn't feel angry I just felt like, "Oh I want space, I want control." But really if you scratch the surface as soon as we started discussing it, I was suddenly feeling a lot of anger.

Yeah. So if you have an emotion of I want space from somebody, very highly likely there's a lot of anger in there, if you're looking for space from somebody. So the truth is that in reality what will happen when your soul is in a pristine condition, the moment you want space is the moment you'll have space anyway. So you won't even need to project anything to anybody. Secondly why would you want space? Everything's passing through you, there's no resistance so it doesn't matter where you are, you'll enjoy yourself. Whether you have space or whether you're in a thousand people environment you're still going to enjoy yourself. So a lot of these things that we do are just ways to run away from what we're getting triggered in. In particular usually it's running away from the anger we feel but generally even underneath that there is a lot of other emotions. [00:13:54.22]

I should explain for those who have never heard this before, Mary was very angry with me at the beginning. Then I went away overseas and then somebody else told her that I felt that she was my soulmate. By the way I also felt that I would never see her for quite a few years yet to come because of how much there was that anger there and how many other emotions there were. So I didn't feel that there was any point in even saying to Mary, "I feel you're my soulmate" at that point. But then what happened was that she was told by other people that I felt that she was my soulmate and so she then sent me an email asking the details about that which was almost an angry email too wasn't it, in a way.

**Mary:** Yes.

And then a few months after we sort of start developing a relationship because we start talking, we start getting along pretty well, things develop after that, we haven't been with each other yet, we've just still been talking over the phone from overseas quite a lot and writing emails to each other. And then eventually Mary decides she's going to join me on the trip overseas and just to see what it's all about.

**Mary:** To sort you out basically.

Yeah. Sort me out. The things that she felt was she wanted to show me that I wasn't Jesus and...

**Mary:** Oh, I don't know.

Yeah. Pretty much.

**Mary:** I wanted to show you I wasn't your soulmate basically.

But by this stage we were starting to get along pretty well, so four days after arriving overseas, she has this huge emotional experience. So after four days meeting, for a day we didn't speak to each other because there was just so much anger. So Mary has a lot of anger, which is like your childhood anger specifically about me and what I did in the first century and how she felt about that through the filters of her parents this time round. And so Mary's had a lot of experience in dealing with these same emotions that you'll be working through and working through your anger-based emotions. So she knows what it's like to go through what you're going through. That'd be accurate to say I reckon. [00:16:42.16]

**Mary:** I guess so. I don't know what everyone else is going through.

The amount of anger we are in generally covers over the depth of the grief that we feel. So if we are in a big rage that demonstrates how big the sadness is underneath. And it's the rage that's covering over the sadness. So if you can allow yourself to start seeing that actually there is a big area here to work your way through, it's very important. [00:17:20.22]

### ***8.3. An example of women's anger with men***

**Mary:** Could I just share one more thing? That is about man anger. Before I started looking at my emotions or started on this path, I didn't think that I was very angry with men. And I meet a lot of women who don't think they're very angry with men but just about 90% of those women I can feel are very angry with men because I'm starting to work through that emotion myself. I think that for a lot of women on the planet today there's been a lot of multi-generational hurt and so we sort of have this attitude that "I'm a woman and my needs should be met really and if they're not well it's the man's problem," and that's actually a very angry attitude. Because we're so afraid of being hurt again we actually become quite aggressive. I had more I wanted to say about that but I think that's all.

### ***8.4. Identifying smaller emotions within us that cover large emotions***

**Participant:** Can you give some more examples, like the "I need space" one and those little triggers that we might be able to watch out for because that was a really helpful one for me personally.

So you're looking for the kind of things that Mary has noticed herself doing that are covering over the anger.

**Mary:** Just any little irritation in the day, just like if AJ doesn't do something that I want. For example, he always makes my cup of tea in the morning and he doesn't make my cup of tea, so it's an irritation. So I would usually go, "Oh I'll make my own cup of tea," but it's skipping over this little feeling inside of me.

One time at an airport I didn't carry her heavy bag.

**Mary:** Which is so embarrassing because I'm such a liberated woman. Why would someone need to carry my bag? But he did it every other time and he stopped that time. (Laughter)

I did it while we were travelling and this one time I didn't do it and that triggered a lot of anger for Mary. There have been little things even that I've noticed Mary doing as well. Things like trying to change the subject are a big thing. Or trying to intellectualise the subject is another big thing.

**Mary:** Just justifying my stance on anything. Yeah.

So for instance shortly after myself and Mary met, we went shopping together for some food. We've told the story before but Mary was very, very angry because I was going to buy some basil from Israel and she felt really, really upset with me about that issue. And underneath that was a huge number of emotions for Mary about first century life that you're still working through now, isn't there? So just that one act of being upset with me doing something that she wouldn't normally do.

**Mary:** I guess whenever I feel like I need to be in control more.

And she'll often not state to me what she wants me to do; she'll often ask me the question. But it's an implied thing that she wants me to do. So I notice many of you women do exactly the same thing where you ask the other person a question but really what you're saying is, "I want you do that please." That happens quite often and instead of coming out and saying, "I want you to do that for me," and then receiving a rejection of no, we often go down this track of saying, "Would you like that?" instead. And nowadays I'm finding that there are lots and lots of layers of emotion that are over the top of our true feelings. What Mary and I have found is by staying in the interaction with each other we stay in that emotion until we find the bottom of the feeling.

**Mary:** It's very powerful if every person is owning their emotion and not blaming. Like the pillowcase thing, we really got very deep very quickly.

Where we often find these little tiny events blow up into these huge emotions. Not that they blow up in the sense of me and Mary arguing with each other, but they blow up in the sense of me getting into a major causal emotion and crying for quite a few hours, or Mary doing that. And if you choose to own your emotions in these transactions you'll find you'll rapidly work through issues when you're with a partner. Because remember the Law of Attraction has brought you and your partner together, if you have one, so therefore the Law of Attraction is there to expose these emotions. If you deny the Law of Attraction and say, "You're not doing what I want," or, "I'm not doing what you want," and we walk away from each other then we get away from what's actually drawing us together in the first place and we're not dealing with those emotions. [00:22:55.12]

So let yourself access the emotions that are underneath and that's going to mean working through layers of anger. So in a partnership or a relationship you'll find that there will be issues between each other as a result. So my issue for example is that I have had a lot of issues, although less now, about pleasing women. All a woman has to do is just project a need at me for something and I'll instantly fulfil it without even asking her what it is because I know what it is, I can feel it coming from her and I just do it straight away. I've done that all my life. So over the last two years nearly I've been breaking through that and into these emotions of no, is this a loving thing for me to be doing? A lot of times it hasn't been and the reason why I've been trying to do it is because I just want to please the woman. I just want to get a nice emotion from her of her being happy with me. And that's often meant that I've attracted a woman who's not happy with me unless I'm doing exactly what she wants. So then I've had to work through those emotions.

So I've had these feelings sometimes from Mary of annoyance that she wants me to do things for her that she would not be willing to do for me. And I've had to feel that emotion of, wow this is not right, this is unequal. This is not the right thing for me to be doing and then I've had to feel the emotion of what is Mary going to do if I say no. I'm probably going to lose her and I don't want to lose her, I've only just met my soulmate after forty-five years, do you think I want to lose her? Of course not. So I've had to work through all that emotion of staying in truth whether I lose Mary or not, and that's been really, really triggering for me and I've had to work through quite a lot of emotions about that.

#### ***8.4.1. Mild irritation or annoyance can cover huge amounts of emotion***

So getting back to the anger though, the anger is just amazing. What I find is mild irritation, mild annoyance, mild anything covers a mountain of emotion. So every time you cover over mild annoyance and mild irritation or mild frustration you're actually denying for yourself an opportunity to deal with a mountain of emotion.

**Mary:** And most people don't even feel mild irritation. We're so trained at skipping over it intellectually, we don't even realise a lot of the time that we are actually irritated or annoyed, or it's very fleeting.

So ask people, "Do you feel I'm angry?" Ask somebody else, "Do you feel anger from me?" Let yourself ask that question of others. Often we don't want to know what other people feel about us and that's why we project emotions at them because we don't want to know what they've got to say. But often they can tell us a lot of things. So I've had to ask people, "Do you feel I'm angry at this point or do you feel I'm sad or what are you feeling?" And when Mary says you're angry and I know I'm angry, I say, "Yeah I'm angry alright." [00:26:13.16]

### ***8.5. Working through emotions in a relationship***

Can you see how important it is to work through issues emotionally together? Because if Mary and I split up just because of one thing that comes up, what would happen is we are now not dealing with all the other things that could of come up after that.

Now I'm not suggesting to stay in an abusive situation. So for example if I get angry with Mary and I project anger at her and she then addresses that anger with me and I don't want to own that emotion and I just get angry back at Mary, then she tries to address it with me and then I get angry back at Mary again, now the situation's abusive. You don't need to stay in abusive situations, and if you are staying in a situation like that you've got very big emotional injuries that are causing you to stay there because you're not loving you. So allow yourself to feel that.

But if I get angry with Mary, and Mary says you're angry with me and please go into the emotion and deal with the emotion, and I start getting into the emotion, now she has a good reason to stick in the relationship because I'm actually now dealing with the emotion. And if I deal with the emotion and get to the core, I'm not going to be angry with her about that issue ever again. So that's going to be very, very helpful for our relationship. But obviously none of us are perfect yet. We can't expect each other to never be angry. But if someone's getting angry about the same issue over and over again, then that's abusive and it's time to do something about it; we need to do something about it in those situations.

**Participant:** AJ in a situation like that, where like your injuries are bounced off each other and it gets a little bit overwhelming, using your example, is it okay at that point to say, "I need space." I've just had a trigger like that, where it's just coming at me but I've consciously chosen to take space from my friend so that I could process what I was going through, aware that I have anger and so forth.

Sure. That's fine.

**Participant:** That's a more than okay thing to do rather than...

Yeah but don't write off the relationship. Don't do that; go back into the relationship to see whether you've dealt with it. There's a nice quote in *The Way of The Heart* that I talk about and I said there, "You don't get to leave the room when the shouting begins." So on the Divine Love Path; you don't get to leave the room when the shouting begins. See on the Natural Love Path, you know what you would do? You would just leave the room and make out that now it's diffused, I'll wait a few days and it's going to be gone. No it doesn't go that way; it goes by you feeling all of your emotion and your partner feeling all of their emotion. Don't leave the room when the shouting begins but don't keep shouting or blaming the other person. If you're going to shout feel your anger, feel your anger but don't start projecting it. And that's what I want to talk about with you for the next hour or so is how to actually deal with this adult anger that you're feeling. That's what we'll talk about. [00:29:35.24]

## ***9. Audience questions***

### ***9.1. Gaining the courage to experience our pain by connecting to God's Truth***

**Participant:** When you're in ego or you're trying to deal with pain, where do you get the courage from to go into it?

So the question was where do we get the courage from to go into our pain. Because really that's what all anger is about; all anger is about not wanting to go into our pain. So where do we get courage to go into our pain?

The only way I've gotten the courage is by talking to God and actually learning about truth, what's the truth of this situation. Remember it's the truth that sets you free. So a lot of people think it's love that sets you free but love comes to you when truth sets you free. So the truth is a very, very important factor in all of this. The truth is what destroys all fear. Remember, you can think of fear as the false expectations or false emotions appearing real to you. So the truth is everything you're afraid of, including your anger; you have some false beliefs about it.

For instance many of you might believe if you were to experience your anger or your rage that you might hurt somebody. Well you don't have to hurt somebody, but you believe you might. So that's a false expectation you have about getting into your anger. The truth will always destroy false expectations. So allow yourself to feel the truth. When you feel the truth and talk to God about having the courage to face truth, you automatically start facing your emotions as a subsequent result. And God gives us courage through lots of means but one of the greatest means is by exposing truth to us. When we know the truth then fear means nothing.

So for instance many of you may be afraid of death in the sense that if you went along to a funeral of your husband or wife you would cry. If you'd go along to a funeral where you're going to cry, then you're afraid of something. So you need to face those fears; if it's entered your heart the truth about that will destroy all fear.

### ***9.1.1. Anger indicates we are not in truth***

It's the truth about everything that destroys all fear. Therefore since fear or the denial of fear is the creator of anger, obviously the truth will also have the effect of destroying the anger. So in a way the anger is a guide into truth. The anger is telling you when you are not being truthful with yourself. The anger is telling you when you are not being truthful with yourself. The anger is telling you when you're not being humble. Remember we defined humility as the passionate desire to experience all of your own emotions. If I'm angry I don't have a passionate desire to experience all of my own emotions because the anger is there to cover over an emotion.

So as soon as I'm angry I know I'm not being humble. As soon as I'm angry I know I'm not in truth. So anger is fantastic because it tells you straight away when you're in error. Straight away, the instant you feel even the tiny, mildest of annoyances, you are now in error and you know it if you acknowledge that that annoyance was there. But if you don't acknowledge that annoyance was there, you're not going to acknowledge the truth that you're actually covering over a large emotion. So therefore you'll never experience that larger emotion and get closer to God. That's why it's so important to deal with your anger.

## ***9.2. Anger is never justified***

**Participant:** Is there any justification for been angry?

Right, so the question is; is there such a thing as justifiable anger. No.

**Participant:** So how do you deal with that?

Okay. The same way you as you deal with all other anger. Can I just clarify the “no” to the justifiable anger? Even if you're daughter got raped right in front of your eyes, your anger is not justified. Even if your husband got murdered right in front of your eyes, your anger is not justified. Now they are pretty strong statements, aren't they? But I mean what I say. Your anger is not justified in those circumstances. What is the anger? It is your choice to get away from your true emotion in that particular situation. So what would be your true emotion in the situation where your husband gets murdered right in front of your eyes? Fear, devastation, grief, all sorts of emotions would be there. And you can feel them in that instant. In fact when you become at-one with God, you will feel them in that instant. [00:34:47.07]

## ***9.3. Injustice in society***

**Participant:** Could you give an example about something a bit more removed from us personally?

**Mary:** So something that's more removed, so about injustice in the world? Yep.

**Participant:** Like in school about the funding... like all white schools were funded...

All the white schools get funded and the aboriginal school doesn't get funded.

**Mary:** Yep you've got a lot of grief about it. It's very sad. I relate to this because I have had and still have some anger about injustice in the world. But I've learnt two big things about it. One is that I have massive amounts of grief about it. And when I'm angry I'm actually choosing not to feel the grief because I have some emotions in me about being treated very unjustly in my life and that's probably why I'm so hesitant to feel about the injustice. The other thing is that in the world today we're so hooked on justice; it's all about the justice and a really big important thing that I learnt was something that the slave spirits learnt, and that's about God. If we actually have faith and trust in God as being a loving God and that the Laws of God are actually loving, even though at times we feel like it's not, those things become clear if we build a relationship with God.

When Mahatma Gandhi was on Earth he said, "An eye for an eye makes the whole world blind." And to me that's a huge statement because what it does is it tells you that raw justice as it's portrayed in the world today is not going to work. Because there are so many things that have happened on this Earth today that are unjust and unloving and if we perpetuate the injustice, we just create more injustice.

### 9.3.1. *The “angry activist”*

So you're what I would call the angry activist. What I mean by that is the person who feels angry about the external things to themselves going on in the world and as Mary just pointed out to you, Mary feels exactly the same way as this. Now what is driving that is some very deep personal emotions of hurt within yourself and you are using these external events to cover over. And the key for you is to allow yourself to start feeling the personal emotion you feel about your own life that these events are triggering.

So in other words let's say you notice something external to yourself that's unjust; the politicians raised my tax and then went on a holiday. Now that feels unjust. So I'm looking at the political scene I feel there's a deep injustice in that. But in reality that's just connecting to some deep injustice in my own life, in my own childhood, and what I'm doing is externalising my anger. I'm looking for something outside of myself to blame so that I don't have to feel my own hurt about my own life in that situation. The irony is that when I choose to feel my own hurt in my own life you'll find that that will actually finish up lessening even the external event at the soul level. The reason why is that at the moment if I don't choose to feel my own anger, I am projecting anger on the world and making the world a more angry place, not a less angry place. [00:38:43.13]

**Mary:** The anger projected like that is actually an aggression, it's actually damaging to the whole planet. Us, me included, being angry about all of this injustice. And the way God has designed it is that if we do deal with this stuff within ourselves, it does have an impact on everything around us. And really, only when we're in a true state of love in harmony with God that's the only way we're going to change any of these things. Because there is injustice in the world for sure, but by being angry we're actually wanting to punish in that emotion.

And if you think about our anger, our anger generally is driven by this desire to blame, a desire to punish. We think it's a desire to make things better but actually because we have this desire within us to blame or punish, we're actually right at that moment making it even worse than it is. Not better than it could be. So that's a major issue that we're facing.

### 9.3.2. *Passive resistance to societal problems*

**Participant:** What about things like the Martin Luther King protests where the passive resistance appeared to have had very positive outcomes in society?

The beauty of passive resistance is that you're stating your case without violence. Now the only problem with passive resistance is passive resistance needs to come from the heart, not just from the action. So we can get a whole group of very angry people together, educate them into intellectually passively resisting something and they can go and passively resist it and maybe even accomplish something out of that but if the passive resistance doesn't come from their heart, they are still damaging the situation.

Remember that every single discussion I've ever had with you, we've talked about the soul. Remember it's the soul that is the real you. So if inside of my soul I have anger towards something external to me but I make out it's not there and I act differently to that anger, that doesn't change the fact that this projection of emotion is coming from me to the universe. Can you see that? It doesn't change that. To actually truly change on the Divine Path, this anger that exists within me needs to be eradicated. The only way to eradicate it is going to be to feel it firstly, then to dig deeper under it to find what the cause is under it and to feel that. When I feel that and release that, that anger will no longer exist inside of me. That's when I have the most power in a passive resistance type thing, in terms of changing the world because there is no anger in me generating it. In fact the irony is in that point you won't even need to have passive resistance because your own soul condition will be in such a place of love that everything around you will just be attracted to that and change will happen automatically in a positive way rather than in a resistive way.

### ***9.3.3. The power of changing our souls***

So while those methods make a lot of sense on the Natural Love Path, they don't make much sense when you're on the Divine Love Path. On the Divine Love Path remember the focus is to change yourself at the heart level first. Change yourself at the heart level first; everything around you will change once you start doing that; everything around you. It will be so rapid you'll notice it on a daily basis, just changes happening.

When I was away with you on Stradbroke Island, I went through quite a lot of emotions, in fact I think pretty much every day I was up in the room at some point crying for some reason, whatever it was. You saw me work through an emotion with regard to money and the world's financial situation. That took me a few hours to process and instantly after that my Law of Attraction regarding money instantly changed after that. That's what happens any time you make a change at the soul level - you have an instant reflection in the changes, every single time. If you haven't had an instant change, then you haven't dealt with the causal emotion because the way God made the universe is the instant you deal with a causal emotion, the instant a change will happen in your life. [00:43:21.14]

So if that's the case, then this passive resistance, which is a slow drawn out opposition sort of thing, would never even need to occur. Imagine if every single one of us changed our attitude towards money, right now. Imagine we've dealt with the emotion, which in my case meant crying for quite a few days. So it might not be right now, it might be three days that I finish dealing with it. But if everyone here did it, imagine the change that would occur just for all of our lives. There would just be huge changes in our lives. We would no longer value money like we value it.

At the moment many of us still value money above almost everything else. And we would no longer do that, we would no longer be in this state where we're needy for funds and ironically that's the time when everything will just start coming to us because we've not got lots of opposition to that occurring in the soul. So imagine that we all just dealt with every issue we're facing at the causal level, then there's no need for us to go out and protest something because we've just dealt with everything inside of us at the causal level.

So something I said in “The Way of The Heart” is, “Just to make sure that you change your heart.” That's why it was called “The Way of The Heart”. It's not the way of the head; it's not the way of the mind. It's “The Way of The Heart” because this is the truth that we all need to come to face. The fact is that every single thing inside of our lives and every single thing inside our environment is my own creation. And I can release an emotion and create something totally different. And I can also exercise desire in a loving way and create something totally different too.

## ***10. Practical ways to work through adult anger***

So let's just talk about for a moment some of the practical things that I've had to do to actually work through my emotions about anger. There was only one time in my entire life I was angry before I was thirty-three years of age.

**Participant:** This life or last life?

This life. Well I should say one time that I thought I was angry. And what I've had to deal with since I've realised that actually I've been quite angry, dealing with lots of emotions. I've had lots of anger with God, I've had lots of anger with my soulmate, I've had lots of anger with stuff about myself, in fact most of my anger has been directed at myself and so

I've had to work through these emotions. In the process of working through these emotions I've found some techniques that work for me. So what I'd like to do for a moment is share with you some of these techniques that work for me.

### ***10.1. Make an anger list***

The first thing that worked for me was to make an anger list. Now let me just define anger for you; mild annoyance, mild frustration, mild irritation, annoyance, frustration, irritation, aggravation, disgruntled, displeased, exasperated, impatient, enraged, furious, incensed, outraged, indignant, irate, livid, fuming, belligerent. That's all the things I put into anger.

#### ***10.1.1. An example of AJ's anger with the world monetary system***

Now what I do is I say anything that even makes me mildly annoyed. Like what happened with this issue that I was dealing with when I was staying with James and Paula on Stradbroke Island was I started having a discussion with them about the world's money system. I started to get really into it, like the world's money system this and the world's money system that, and we don't need money at all and off I went on my soapbox. So with any soapbox issue there is definitely anger driving it. So let yourself feel any soapbox issue. And Mary says to me, "Gee you're quite angry about that, aren't you?" "Yeah I am," and as I said yes I am I said, "Oh I need to get into this." So I went straight away and started allowing myself to get into it. And lots of things come up for me in this processing of this emotion.

So if I made an anger list about that the anger would of been; the world's monetary system. So that's what I'd write on my list - I'm angry about the world's monetary system. Why am I angry about it? It's inequitable, it's unjust, it's unloving, it's okay while you've got money, if you've got none it's not very good. You have to buy your own food. Who here doesn't buy at least some of their food? Where you don't buy any of your food, so in other words you just get it given to you? So nobody here does that. Well I think you should just get given food. I think you should just get given a house to live in. I think you should just get given your clothes, why shouldn't you? They are essentials aren't they? Can you live without food? [00:49:51.09]

I was in an airport in the USA and a bottle of water, just a pint and a half or whatever it was US\$5.20 in this airport. You know how much a can of coke was? US\$0.80. Same place, same airport. I've got to pay for water. I'm 70% water and I've got to pay for it. Like I've got to pay somebody to get some water in my system. You've got to be joking. These are essentials to life are they not and I've got to pay for them. So can you see my soapbox? You feel my soapbox? Okay. There's anger in it.

So what I was doing is allowed myself to connect to all of this and it started to get really personal. The reason why was that the whole reason why I died in the first century was because of the monetary system. So whatever anybody has told you about why I died in the first century, it's actually about the money; that's why I died. What happened was the things I was saying to people, by just doing what we're doing today, just talking to groups of people, were causing people to question their entire existence. This included questioning their entire religion and questioning why they had to pay for sacrifices and so forth, and why they had to pay taxes and all of these other things were all questioned.

Now if you were a person who got thirty something tonnes of gold every year because of people doing these things, what do you think you would feel about the person who thinks they wanted to stop doing them? Quite upset. And this is exactly what happened to me, I died for that reason. I died because of the world's monetary system at the time. So there were a lot of emotions there for me about that. Just my wife, my child and all the suffering they experienced after my death, was all the result of the world's monetary system. It was a result of how things were in the world at the time with regard to money in the Jewish system of things. So do you think I was pretty upset about it?

Before then I never knew why I got on this soapbox thing about the world's monetary system. But it got personal; it got very personal for me. And so I went through lots of emotions about that while we were together, and as the guys know I didn't even go out to dinner one night because I was crying all that night. So basically stayed in that emotion as long as it took me to stay in it. And there were lots of facets to it, about how it affected my wife's life, my daughter's life, everything. And how my life was cut short, all the beautiful things that I wanted to accomplish with my life, all the things I wanted to accomplish in telling the truth was all just cut short because of money. So do you think I've got some issues about money? I sure have.



### *10.1.2. Asking why we are angry about an item on our anger list*

So I made an anger list, and the world's monetary system has always been on that anger list by the way. The next step is to ask myself why I am so angry about it. So why should I get angry with that? This gets back to that question about justifiable anger - a lot of times what I'm doing with my life is I'll be justifying why I should be angry about something. The world's monetary system is totally unjust; it's created by a few people for the total suppression of your life. So why should I get angry about it? Yeah I'm angry about how much your life has been suppressed your entire life by this world money system. Now I'm justifying my anger, you got me? Now I'm actually saying I've got a good reason to be angry. From God's perspective do I have a good reason to be angry? No. Okay. So I need to at least admit that this is how I feel. I feel like I've got a good reason to be angry because this is so unjust. The feeling in me was in particular then; we need to destroy this, was the feeling. Remember what I've said anytime we focus on destruction, definitely a lot of anger there.

So why should I get angry? I feel that the world's monetary system is so terrible that I want to destroy it. What am I afraid of? It really got down to for me that I was just afraid of dying because of the world's monetary system. Because there are a lot of things I'm teaching you, about soul condition, soul attraction, all these kind of things, that if you follow up on it, your life will change and things will change around you and one of the things that's going to change around you is the politics around you. Do you think you're going to need someone to govern you? When you're in 100% of love, do you think that you'll need anyone to govern you? Never. You'll not need a single governor. So what do you think that's going to do to for the people who are addicted to power? Don't you think they're going to get angry with you? Probably. So why am I afraid? I'm afraid of dying because of their anger with me. And that's what it got down to with me, I was just afraid of feeling that I was just going to die. [00:56:02.25]

So the interesting thing in my life when I look back on it now is that every time I've had to deal with money-based issues, I would get terrified. Even when I had four businesses going in my life and I started dealing with money issues, I started getting terrified. I mean terrified, like I would not do my accounts for long periods on end because I just felt afraid of the money. When I did my accounts it was really easy, you know tap, tap, tap, it was all done for a whole year in a few days. But I would procrastinate and procrastinate rather than dealing with it. What was I afraid of? This issue of feeling that there's something about my life being threatened and dealing with this issue.

### *10.1.3. Asking what we are afraid of*

You know it's amazing how little tiny things effect your personal life and how it affects you inside of yourself. What else can you do? Write down the emotion that you may be afraid to feel. So what am I afraid of? What's the emotion? The emotions in me are the emotions of loss; loss of my family, loss of my life, loss of all of my goals and desires, and that they won't be fulfilled. Loss of all of those things and I needed to feel all of that which I did a lot of doing. What would you do if you were at-one with God? Do you think you'd care about the world's money system? It wouldn't bother you in the least; it wouldn't affect you in the least. You would have no angry emotions about it. You'd have no sad emotions about it. You'd have no justifiable anger about it. You just won't feel those emotions anymore and ironically you will live your life and you will use the money if you need to use it or not use it, whatever it may be, but it won't bother you.

MAKE AN ANGER LIST

WORLD'S MONETARY SYSTEM

↑  
WHY SHOULD I GET ANGRY?

WHAT AM I AFRAID OF?

## *11. Audience questions*

### *11.1. Physically providing for ourselves and others in the world*

**Participant:** I've just got a question about that and anger, particularly when the ramifications of the world's monetary system is affecting probably a fair few people in the street, loss of jobs, our families, all that kind of stuff. The ramifications on other people's lives are important as well.

Yah, that's right, a lot of people are so worried about it but a lot of these worries are not real. When I say not real, like why are you working? Let's say for a moment that everybody who needed a house in the audience automatically got one because everyone else here helped them build one. And then every person here who needed food automatically got food because everyone else in the room automatically helped them with food. And everyone here who needed any clothes automatically got the clothes they needed because everyone else here helped them get the clothes they needed. In other words we are constantly looking after each other. What else do you need?

**Participant:** Love.

Well yeah but now we're starting to talk about emotional needs. Like the real physical things that you feel you're working for, can you see that they wouldn't even matter anymore? If you were assured of getting them, why would you strive for them? You wouldn't anymore would you? Can you see how the fear that; oh if I don't earn this money, if I don't do that, this fear is all being created by the world's money system by the way, in an effort to control you. To make you so embroiled in a life that's about caring for your basic necessities that you no longer care for your real necessities, which are all spiritual and emotional in nature. The truth is that if we had a house to live in and if we had a little plot of land ourselves to work on two hours a day of work, you'd be able to be completely self-sufficient. Two hours a day. Well you don't have to sit and watch a lettuce grow, do you? All you've got to do is plant it and water it occasionally. You don't have to sit and watch a fruit tree grow; all you do is plant it and water it and care for it and it grows automatically. Then one fruit tree produces something like a thousand pieces of fruit. Brian counted how many fruit he got from his tree. What were they? Bananas, on one bunch! That's it. One bunch of bananas was it 890?

**Participant:** Nine hundred.

He grew nine hundred bananas on one bunch in his backyard. And you had to watch every one of them grow didn't you? (Laughter) Like you just sat there and you just tried so hard and did all this work to make them grow, didn't you? No.

### *11.2. The power of our soul condition on our environment*

In the highest spheres of the spirit world what actually happens is your soul condition automatically looks after everything around you that you want. You'll see this happening on Earth soon with your own soul condition. It's a bit like this; imagine yourself going on a long journey, like you were going overseas for six months and imagine when you came home that your property was even better looking than when you left to go overseas and nobody was there. That's what your soul is capable of doing, of maintaining everything, watering it all, everything. It's capable of doing everything. And in the spirit world in the higher celestial spheres that's what happens.

There are whole planets that you could picture that are just the reflection of your own soul condition. And everything that happens on there is a total reflection of your own desires. And you can have a desire, and not even be there and it will grow. It's like you being on the opposite side of the world and saying, wow I just saw a banana tree, bananas would be great in the backyard and all of a sudden when you get home, bananas are in the backyard. [01:01:57.26]

**Participant:** Why do we need to eat?

We don't need to eat. But it's fun eating sometimes isn't it?

### *11.3. The benefits of working through anger*

So the truth is that we are powerful creators but we don't create powerfully because we are yet to activate our free will in harmony with love. That's why we're not creating powerfully. And so anger is the key to creation because in a way, when we do this anger list thing, what we'll start doing is identifying all the areas in our life where we are actually feeling powerless, and where we're not acting in harmony with our free will, in harmony with love, where we're using our free will to deny love in fact. This is what anger is all about. So let yourself start working your way through the emotion of anger and digging deeper into it because it's such a powerful change in you. You'll notice it.

Now last weekend, you remember on the Sunday three or four or five or so of the ladies went outside and had a big scream, which attracted the police to come. I don't know if you felt those ladies when they re-entered the room. So those of you who were there, did you feel them when they came back into the room? What did you feel? Did you feel they were harder or softer?

**Participant:** Softer.

They were a lot softer. And when they came back in the room they were more connected with their own emotion. Did you notice that? Every one of the ladies who went out was more connected with their own emotion when they came back. So the beauty of dealing with your anger is your heart becomes softer. When your heart's softer, you can feel what's underneath better, when you deal with your anger. [01:03:55.03]

### *11.4. An example of a participant coming to terms with the anger she has created in her sons*

**Participant:** I have two sons in the room, I wanted to ask a question earlier when they were here but I wanted to follow what you said yesterday about resisting speaking up and now they've left, none of what you've been talking about is helpful because the impact of the amount of anger that I've had in my life has destroyed theirs. I had Jeffrey sitting beside me and I turned to him and said, "Are you okay son?" He projected back the anger that he's had from me all of my life and said, "How can I be alright, I just want you to stay away from me?" I'm having problems connecting with what you've said about justice. What you're talking about, anger, I've got it. These two sons are so precious to me; they came into my care in innocence, just like I came into my parents care in innocence. I believe you're Jesus and I'm asking you. (Participant is crying)

Now you're projecting at me.

**Participant:** I don't care.

I do.

**Participant:** I'm asking you.

What?

**Participant:** Please?

Please what?

**Participant:** You ask everybody here to connect to their anger but the consequences of that is what you see, what happens to the rest of your family, what happens as it snowballs.

But I'm not saying to project the anger. I'm saying to connect to it and own it within yourself.

**Participant:** I didn't know when they were really little.

I know you didn't know. I know you didn't know. But you're now experiencing the results of the effect of the denial of your underlying emotions.

**Participant:** I didn't know I was denying.

I know you didn't know. And this is the problem with the awakening is that you need to experience the pain of awakening. Do you understand that?

**Participant:** The pain's too great.

No it's not.

**Participant:** You're asking everybody here... (Participant's crying)

I'm asking everyone here to experience the pain that you're now experiencing.

**Participant:** I don't recommend it. (Laughter)

I know.

**Participant:** I'm not telling you you're wrong. But this today, my son sitting beside me is the most challenging thing...

Yeah because you're seeing the direct results of your own actions.

**Participant:** I didn't do it on purpose.

I know you didn't do it on purpose but it was done. Now all you need to do is take this to God now. So what you do is you talk to God and what you're feeling now is the true...

**Participant:** I don't want people to see, I'm ashamed. (Participant is sobbing)

Turn your head this way; what you're doing now, is you're taking this emotion, this feeling of sorrow to God now.

**Participant:** I want it to change.

It will change because you're now sorry. Before you weren't sorry. Do you understand the difference? See before when you were saying I want my boys to change, I want my boys to do it, I want my boys to do all of these things you weren't feeling the full responsibility of what you created. Now in this grief you're feeling the full responsibility of what you created.

**Participant:** But I came innocent to my parents...

It doesn't matter.

**Participant:** What do you mean it doesn't matter? It all matters because of the impact on them.

I understand the impact on them. Listen what I'm saying is you're feeling that this is not just.

**Participant:** It's not.

It is.

**Participant:** Then I don't understand.

I know. The truth is that whether we do things in innocence or whether we do things without knowing or not it still damages our children. It still damages everyone around us. This is the thing that God wants us to come to see, what you're now seeing. That you have damaged your own children even though you didn't know you were doing it at the time.

**Participant:** I've embraced all of this for nine months to get to this point and I want with all my heart to leave, I want to run away because Geoffrey sat beside me in such pain and I can't leave, I can't because of his pain. It's not my own.

But that's why you want to run. You want to run because you don't want to see the results of your own actions.

**Participant:** Am I so different to anybody else?

No. Everyone else wants to run too when they see that they've done damaging things. The key is to not run, don't leave the room when the shouting begins, don't run, feel your own emotion. When you feel your own emotion like you're doing now, now you're repentant. Remember we've talked about repentance. Repentance is a true heartfelt feeling that I can see the full results of everything I've done. [01:10:44.27]

**Participant:** But what about their pain, I can repent for me but what about what happened to them and their pain is now starting?

This is part of your repentance of seeing what you've done. And once you feel this fully that lowers their burden straight away.

**Participant:** I want to die. There isn't any justice here at all. There's no justice because at every point your free will is impacted. You come into this world, into my parent's life an innocent person and you get compounded with stuff from them, you go through your life and you try so hard, I've tried to survive and I wanted my children, I asked for Geoffrey and Nicholas and you go through your life and you think you're doing the best you can and you get to this point...

But can I ask you Jen, when you were yelling at them, do you feel you were doing the best you could? Right at the moment you were yelling at them, when you were dumping your anger on them, did you really feel you were doing the best you could?

**Participant:** I don't ever remember yelling at them, I remember being angry within myself and withdrawn from them and not knowing how to love them, not knowing how to reach them or meet their needs. My sins are sins of omission rather than actually physically hurting them in such ways, hitting them or in fact I was probably a lax disciplinarian, that's a funny way of putting it, I know that's not the right way of putting it. But I didn't actually hit them, I tried my hardest to guide them but my own guidance was skewed, it was already warped.

So these are the key things that all of us need to come to see at some point. And that is that all of the things that have happened to ourselves, we have actually then perpetrated onto others. So how can I have judgement for what you've done, if I've done the same thing? But in the end all I need to do to have all of this forgotten is to connect to God and feel that sorrow that you're now feeling.

**Participant:** But there isn't a minute in my own life that I haven't felt afflicted in some way, either from the physical people that were in my life or from some spirit interaction. I mean I'm burning up now, it's not just me here, and there are lots and lots all around and they just don't leave me alone.

But can you see that you still have a feeling of blame towards God even?

**Participant:** I hate God.

Yeah, you feel that God has done all this damage.

**Participant:** Why is this whole system like it is because it's just wrong? The system can't be right, there's so much pain.

Who created it? Who created the pain?

**Participant:** People's errors. My parent's errors and their parent's errors and their parent's errors.

And if I didn't have any personal pain would I bother about your pain? In other words would I care about your pain if I didn't have any personal pain? So if I'm creating your pain and then not feeling the consequences of those actions, then will I ever change? [01:14:34.03]

**Participant:** I can't hear you. I can't hear you. (Participant is crying).

So you just need to feel. The feeling that you have is it is all unjust. That is the feeling you have.

**Participant:** I want the pain to stop. (Participant is sobbing)

But darling the pain's going to stop only when you fully feel what pain you've created. It will stop then.

**Participant:** It's too much.

No it's not too much.

**Participant:** And then when I watch my kids with all the ramifications of things that I did consciously and unconsciously.

#### *11.4.1. Connecting with God*

Yes. And once you let yourself feel all of that you'll feel fully repentant and then that's when God's Love can enter you and just rub out the memories of these things from an emotional perspective, but only once you've reached this state.

**Participant:** Where do I find the faith to keep going when the pain is so great? Just tell me. I just don't know He's there and I'm angry at Him.

I know you're angry at Him, yes. How many of you feel you're angry with God, just like Jen feels? So quite a lot. So this is a common emotion Jen. I've been really angry with God too.

**Participant:** I want to die but what's the point of that, you can't go in the spirit world and escape it. We're trapped! (Laughter) You can't get away from it and I'm trapped.

So what are you trying to get away from?

**Participant:** I just want a little bit of peace, just time enough to find myself, I feel lost in all of this.

So talk to God about this. But you're so angry with God that how can you talk to God?

**Participant:** I'm talking to you. Isn't that the next best thing? (Laughter)

No.

**Participant:** Why not?

Because there's no next best thing to God. I'm not the next best thing.

**Participant:** Why not?

Well because I'm not God. The person you need to heal the relationship with is God. How are you going to heal the relationship with God if you don't talk to God about this issue? You need to talk to God about how you're feeling, how angry you're feeling towards God.

**Participant:** I'm sitting on my hands in the audience talking to Him all the time.

Awesome. Now all of these emotions that you've now voiced to me, you need to voice to God now.

**Participant:** Is He not listening now?

Yes He's listening but you're not directing it at Him, you're ignoring Him. You feel emotions of blame towards Him. So start talking to Him about how much you feel that, how much you feel the whole system is unjust and all those things. When you work through this emotion you'll feel entirely differently and in fact the reason why the system has been created the way it has is so you could come to this realisation. This realisation that all the damage that you have done and how bad it's been, that's the reason why you've come to this place.

**Participant:** I don't want to be putting up my hand and asking questions all the time and taking up people's time for whatever is perceived. People come to me and they say you put your hand up, that's a really great question, and I don't want that anymore. All I want from this situation is to heal my life and have change. Do you understand?

Yes I do but you will need to feel this pain to do that. You do need to feel this pain and talk to God about this pain that you feel. This is what repentance is Jen. This is what repentance is. Repentance isn't some intellectual exercise, it hurts. Repentance hurts.

**Participant:** You're not helping.

I'm not helping, no, because you don't want to hear this. But I don't want to stop you from feeling repentant; I want you to keep going. If you keep going you'll get to the bottom of this and you'll understand. It's all right you don't have to stay here if you don't want to. [01:19:04.07]

**Participant:** I don't. (Participant leaves the front of the room still crying).

### ***11.5. Working through feelings of injustice and anger towards God***

Can everyone understand why Jen's feeling the way she's feeling? How many of you feel like this whole system of parents passing on emotional damage to children is just like out of whack, it shouldn't be happening, how many of you feel that? The majority of the audience here. Can you see how angry with God we are? Can you have a desire for God's Love if you're angry with God? Can you see how there could be a problem there? Can you see firstly you're going to have to experience some rage with God and let yourself feel that anger with God and really express to him how you feel, the frustration you feel about it? When you do, I can guarantee to you that at the end of it you will come to see that God wasn't the creator of this. But at the moment most of us feel that God is the creator of this. You feel that God should have made you like a robot, instead of like this free will individual. You don't want the other person having free will at the moment because what do they do when they have free will? They just hurt me; that's all they do.

**Participant:** It's because we're not taking responsibility for our own initiative.

Well yes the reason why we feel so enraged with God is because most of us have a huge amount of personal pain that other people created. Would you agree with that? You think of all the personal pain that you have in your life, how much do you feel you created? Let's face the truth of it; the truth is that the majority of your personal pain was created by the time you were seven years of age. So did you know that you were creating it during that phase of your life? Of course you didn't. So who created it? The previous generation and then for that generation, the previous generation beyond that created it and for that generation the previous generation beyond that created that pain. Can you see what's happened? This multi-generational passing down of pain.

Most of us hate the system. Like do you like the fact that pretty much most of the pain you have within yourself you believe, and I say this for a reason which you'll see in a minute, other people created? Does that feel fair to you? Do you feel angry about that? When you connect to the anger and then connect to the grief of it, you'll release that feeling. When you release that feeling, it'll be an entirely different feeling that will overwhelm you. And that is; this system that God created is the only possible system that could have been created with free will as the basis and that when we make choices disharmonious with love there are painful results not just for us. If you make a choice disharmonious with love in your family, your children will feel the pain of that as well as you. Now do you love your children enough to stop the pain?

Well we say yes, but most of the time we don't mean that, most of the time we don't because we continue their pain. So we say yes but we don't mean it.

You look at the pain that's going on in the world today, if you could see that you were the creator of it, what you're choosing right now is the creator of it, what would you choose to do? Surely you'd choose to stop it, wouldn't you? And the only way to stop it is by dealing with the soul-based emotions inside of you, that's what I'm saying to you. When you stop that, this world pain will stop. This multi-generational pain will stop. The whole reason why it's there right from day one was because the first human couple decided that the course of self-reliance was going to be the best for everyone. And remember some time ago I said to all of you that the biggest emotion inside of you would be your desire to remain self-reliant. You don't want to admit that you've done things wrong. You want to admit that everyone else does things wrong to you. And all of us feel this way at some point, that's our anger and we need to connect to it and feel it and release it. When we do that what will happen is that we'll be able to see all of the truth. But before that time we won't see the truth and that is that God created a perfect system to expose your choice to deny your emotion. That is what God has done.

### ***11.6. Becoming willing to see the truth and work through our emotions***

**Participant:** Most people don't know how to go about it like Jen...

I know this is again a blunt truth but the truth is that those who really want to know how always find how. So the truth is the majority of the world does not want to know how at this point in time. As you deal with your emotions and you become happier in your life and you release these emotions and you feel with that process of repentance and you work towards God and feel happier, after you've worked through the grief and the sadness and those emotions, your life will be a demonstrating point to them of what happens when you choose to actually seek how to deal with things. And when that happens they will look at you and they'll say, "Wow they've made a lot of changes; I want to be like that person." And then they'll want to know how. But it requires at least one of us to do this before others will follow our path. [01:25:14.14]

The problem with the world today oftentimes is yes, people don't know how but the truth is also that most people don't want to know how. You look at how much difficulty all of us in the audience still is experiencing accessing our core emotion. How many of you had a mild annoyance or irritation or frustration last week? That tells us that all of us last week still are struggling with getting into our causal emotion and many of you have been hearing these things for a year. So you imagine the resistance that is out there to them really wanting to know what their causal emotion is. This is a group of people who really want to know, and out there is a group of people who don't want to know at all. But without you changing, without changing your life they won't ever see the results of it. And it's because people can't see the results that they don't want to do. And that's an issue most of us are facing.

Most of you are facing at the moment, you're hearing from me that I cry two or three hours every single day, now does that feel very encouraging to you? No. How long have I been dealing with emotions? For years. And I've been dealing with my relationship with God for five years and I still am crying two or three hours every day. What's going on? The feeling inside of you is; does this work?

Most of you have been with me long enough now to see the changes in me in the last year. So have you noticed the changes? Just like I've noticed the changes in you. Yes you do notice changes, you do notice differences. So you see the results. So this does work but at some point we need to come to terms with how much anger we have within of us about having to do it.

### ***11.7. An example of the Law of Attraction changing after AJ releasing his anger about money***

**Participant:** How did your Law of Attraction change after you addressed that?

Well I get donated enough funds now to live on which wasn't ever happening before.

**Participant:** You had a blockage?



So yeah I had a blockage to receiving. I had a blockage to money. But now I get enough funds to live on just through your donations and that wasn't happening before. So as soon as I dealt with that emotion, you started donating more money so that I could live on it. Before then Mary was starting to get a bit worried that we're going to have to go and get a job and we're not going to be able to do this because that emotion inside of me was blocking everything from happening.

### *11.8. An example of a participant's son responding to her projections*

**Participant:** I'm just wondering I started to connect with Jen and also about the damage we've done to our children.

So you were connecting to Jenny, Yep.

**Participant:** And instantly I started crying and my son come in to hug me.

So the question is your son came in to hug you the instant you started crying when you were connecting to Jenny's emotion. Okay. You're in denial. What happens is when we have a child, if our child comes up to hug us when we're crying it's because we want to get out of the emotion. You'll find if you want to really get into the emotion and you really stop and cry your child won't come and interrupt you at all. They'll wait until you're completely finished and then they'll probably come and see you. I've had times where the person's sitting right next to me and I'm talking to them about their emotion and their child from outside's come in and given them a hug and distracted them. They don't want to deal with that emotion. Our children feel our projections so well and they respond to those projections.

So as soon as Jenny started feeling some of the grief that she feels about the injustice of what God's created, which is the grief that many of the spirits around Jenny are also feeling, you started feeling that same emotion but you did not want to feel it. And as soon as you don't want to feel it there will be something occur around you to distract you from feeling it. Phone call, son, daughter coming and giving you a hug, distracting you, all of these things all happen. Have a cup of tea, cheer yourself up, chocolate, good solution.

## *12. Using anger as our guide*

All right, now can I just get back to the anger discussion though? I've said a lot more about anger than what we've discussed in the seminar outline. My suggestion is have a good look at the seminar outline when you receive it. It talks about firstly the stages of suppression of anger and why you choose to even suppress anger. Then it talks about why you even get into anger. And I'm not suggesting that all of you become angry rageful people here. What I'm suggesting to you is to recognise when you are actually angry and to understand that in that moment you are denying an emotion underneath the anger that you do not want to feel and if you use your anger as a guide to link you down into that emotion, you'll get to every one of those emotions really quickly. [01:30:50.25]

But if you don't use your anger as a guide and just skip over the anger, you'll stay in a stagnated state for a much longer period of time. So if you choose to suppress your anger or you choose to stay in your anger, you will not progress on the Divine Love Path. You won't even progress on the Natural Love Path using those methods because both paths require that you get into your real emotion.

So start allowing yourself to progress by actually seeing the threads of irritation and annoyance and all those kinds of very mild feelings you feel and allow yourself to dig into that emotionally. Really start confronting those feelings within yourself, allow yourself to dig underneath and find out what is going on. If you do that what will happen is that you'll progress very rapidly and you'll allow the experience of the emotions. The anger currently is denying other emotions because you use the anger to get you away from another emotion; it's there to keep you from God in a way. It can be your guide to God if you see what you're doing. But it won't be your guide to God if you don't see what you're doing.

**Participant:** AJ will anger always cap a causal? Will we always have the anger before we get to the causal?

Anger always caps a causal emotion, however it may not be exactly what you're thinking. For instance I might be getting angry because I'm refusing to make a choice to do something different and I want everyone around me to change and me to stay the same. So what's the causal there? The causal there is I want to control everyone around me; I want everyone around me to conform to what I want. So the anger certainly always caps a causal emotion but the causal emotion may not

always be what you suspect it to be. If you allow yourself to experience the anger in a safe environment, like what Ian demonstrated with his anger kit, allow yourself to experience the anger in a safe environment, you will very, very rapidly get into the causal if you really want it.

The big conundrum we all face with regard to anger is this; the fact that anger exists within me means I already want to deny the causal. I'll say that again - the fact that anger exists within me means I already want to deny the causal. So the things I need to start praying about if that's the case, if I'm getting angry all the time, is I really need to start praying about why I want to deny the underlying emotion. And it will always be something I'm afraid of, guarantee it. It will always be something you're afraid of.

### ***12.1. An explanation of Tourette's syndrome***

**Participant:** How do you explain something like Tourette's syndrome?

How do you explain something like Tourette's syndrome? Tourette's syndrome is where there is anger in the person themselves. They are very mediumistic person and there are heaps of spirits in that angry state as well and they connect to them and then they just go into a tuned out state themselves and the spirit just expresses their anger through the person.

**Participant:** That's why it just comes out of them

That's why they'll be talking like, "Fucking, fuck..." and off they go and they're talking along. What's happening at that moment is there's a spirit connecting to the person expressing their anger and rage in that moment. And then they detune that and they are back into "normal" life, which is the suppression of their own anger. So if they allow themselves to connect to their own anger, they would actually find the spirits would have less influence in terms of the syndrome but they would be experiencing their own anger. But remember when you start experiencing your own anger the goal of this isn't to experience your anger but to dig deeper into the grief or into whatever the causal emotion is. So if the person who has Tourette's digs into the causal, they'll find the disconnection with the spirits who are doing that will occur. And they'll be highly mediumistic as well as a subsequent result. [01:35:32.06]

## ***13. Closing words***

All right rather than answer any more questions today, tomorrow we've got the opportunity to ask lots of questions about anger. My suggestion is print out the seminar outline that I have not touched very much of by the way in today's discussion and read through that, and raise any questions you want about anger and the processing of anger tomorrow.

I would like to thank you very much for your listening today. I know many of you found it quite difficult today and to be frank with you I found it quite difficult presenting today. I can feel my own voice closing down because I can feel the resistance in the hearers. So that's the reason why I'm going to end early today, and I would like you to have a think about that; about why you find a discussion about anger as a group so difficult to hear. Maybe that's one of the things we could discuss a little further tomorrow for those of us that are coming back tomorrow, as to why you find this discussion quite difficult because it's going to be of such a powerful help to you if you can see what's going on within yourself with regard to anger.

Thank you for your time today. (Applause).