

The Truth Will Set You Free
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God's Laws:
Laws Governing Love
Of Others



by **Jesus**

Discover the laws involved in how you treat others

God's Laws

Governing Love of Others

This document is a transcript of a seminar delivered by Jesus (aka AJ Miller) as part of God's Laws series of talks, outlining God's Laws involving the treatment of others

Delivered By

Jesus

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Welcome to Divine Truth



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

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

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

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

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

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

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

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

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

With my Love,

Jesus

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Laws Governing Love of Others: Part 1

1. Introduction

The talk today is about Laws Governing our Love of Others. The reason why I wanted to discuss this subject with you is that what we're finding is a lot of people are doing some emotional processing work, and once they start getting into this emotional processing work, they seem to have these feelings that they can pretty much project any emotion at anybody and get away with it. And they justify it through the fact that they are processing their feelings, which is actually releasing something. The reason why we're covering a lot of these subjects now is that we'd like to illustrate to you that this is actually not the case. If you process emotions and in the process of dealing with different emotions you purposely or even unintentionally harm others in the process, what you're actually doing is also degrading your own soul condition. So we want to have a look at how we can process our emotions in such a way where we don't harm anybody or ourselves further.

What I've found is that many started processing their emotions on the Divine Love Path and then when they get to an emotion that is covered with a lot of rage or anger and is quite intense in terms of its feelings underneath, they may have quite a lot of fear about that emotion. And so then they start projecting their anger and their fear around, but then justifying it as everybody else's Law of Attraction, like, "I'm angry with you and it's your Law of Attraction". Now when we justify our own unloving behaviour, we're actually in quite a poor soul condition and we are degrading our soul condition quite rapidly. And this is why I wanted to discuss this subject with you today; how to actually work your way through different emotions, bearing in mind the different laws.

1.1. If we have humility, we are automatically loving to others

There is just one thing you need to remember out of all of this and that is if you are humble, none of this would happen. If we were really humble we wouldn't need to be having this conversation. Remember the definition of humility is a burning desire or passion to feel and experience all of my own emotions. That's how I define humility.

Now remember that your emotion is a part of your soul so when you have a burning desire or passion to feel and experience all of your emotion, you're actually having a passion or burning desire to experience your own self. Or you could say you're actually having a burning desire or passion to love yourself when you're in this state of humility.

So what you call this state is humility.

HUMILITY
 A BURNING DESIRE
 OR PASSION
 TO FEEL & EXPERIENCE
ALL
 OF MY OWN EMOTION

Now if I'm in a state of humility, I really don't need to know any laws governing my conduct with others. Can you see why? Because if I'm in this state, I'm always going to be owning all of my own emotions at every moment and I'm never going to be projecting emotions on to other people and so therefore I'm in a state of love when it comes to my relationship with others. So it's quite simple isn't it? Remember with the Divine Truth the highest laws are very, very simple to understand and grasp intellectually, though it's not so easy sometimes to understand and grasp them emotionally. Intellectually they are very simple to understand but they are not easy to apply, and so most of us have a large degree of difficulty doing that. So while that's a very simple statement of what humility is and what humility means, to actually do it in practice is often so difficult and we get caught up in so many difficult and dark emotions that we finish up not practicing humility. And so we need to be reminded at times about the laws that involve our love of others.

1.1.1. There is a hierarchy of God's Laws

Now remember yesterday in the presentation "God's Laws - An Introduction", one of the things I said was that the lowest laws were the ones to do with the physical and metaphysical. They are the things like the Law of Gravity, the Law of Aerodynamics, a lot of things about your own body and how it works and all of these other things are all part of the Laws of the Physical or the Laws of the Metaphysical. Now remember I said to you while many of you have a 'wow' factor with them when somebody can manipulate them, in the end from God's perspective, they are not important. Then remember I said that the next level of laws were the laws the involving morality, or the Laws of Natural Love. The Laws of Natural Love are far more important in your own practice, in your own life, than understanding the Laws of Metaphysics for example. And in fact once you perfect the Laws of Natural Love, ironically the metaphysics of your own body all become perfect as a part of the process. So in other words once you perfect all the Laws of Natural Love all of the chakras in your body will remain completely open at all times and your body will be able to regenerate and heal at any time, and you won't ever get sick again. That automatically happens when you understand and practice all of the Laws of Natural Love.

Now remember I also said that there are the laws above that, which are the Laws of Divine Love. These are the highest possible Laws. But the process that we often follow when we start progressing is that we are coming from this place where we don't really understand love at all. We start off from this place of not really knowing love at all to this place where I'll be able to understand love completely; firstly understanding Natural Love completely and then understanding Divine Love completely. When we starting off not really

understanding love at all and we're working towards understanding love completely, obviously we're going to make mistakes. So we need to see how these mistakes affect us.

So the purpose of today's discussion is to help you understand how the mistakes you make in practicing love actually affect you and what you can do to circumvent these things from occurring by basically practicing humility. So although it's not set in the outline, I wanted to say right at the beginning that if you practice humility, you will not need to understand the rest of our discussion today. But for the majority of us we can't practice humility completely because the time when we do that is when we're at-one with God. Until that time we're learning humility, which is this burning desire or passion to feel all of our own emotions, and how to practice that.

So even the Laws of Divine Love (and humility is one of the Laws of Divine Love) encompass so much in terms of natural love because that one law effectively throws out the need to understand hundreds of natural love laws. But today what we'll be doing is going through some of these natural love laws so that you can see the effect in your life. Also, sometimes understanding these natural love laws helps you a lot in seeing where you are out of harmony with God, because a lot of times what we're doing is progressing towards God a bit and then we get to this place where we are in a stuck emotion and feeling quite stuck and in that place we don't often know why we're stuck, we don't often know why our relationship with God isn't improving. And it's often because we are breaking some kind of Law and not necessarily being aware of it that causes us to be in this state of stagnation. So it's sometimes good for us to understand what that law is and why we're breaking it, and how it relates to our relationship with God. So hopefully our discussion today will help with that as well.

So while today we're going to be discussing the laws that govern your interrelationships, and particularly your relationship with others, the next time we get together we'll be discussing "God's Laws - Laws that Govern Love of Self". And you'll find that the two sets of laws that govern love of self and love of others are the same; they're just applied differently because one is the object of our love of somebody else, whereas the other is the object of our self love, which is obviously ourselves.

So what we want to do is illustrate both of them to you and then what we'll do is we'll put it all together in the following discussions when we discuss the "Human Relationship" series of talks. So when we discuss romantic relationships and what to do in relationships when things are going wrong, you'll see these laws all just come out quite easily when you start examining relationships. However even with all of these discussions, if you remind yourself of humility, you'll never need to know or understand all of these other laws, and that's something to just keep in mind.

So that being said, what we're going to do first is to briefly describe the laws. Now I could spend four or five hours discussing each one of these laws with you, so obviously we're not going to do that. We're going to have a brief description of each of the laws where we'll have a look at how it can be put into practice; how it affects yourself and others when you break it and then we'll look at examples of what goes on with each one of these

laws. And feel free to ask any questions about the laws as we go through. Now I don't think we'll be able to cover them all because of the time constraints that we have today but there's quite a few pages of information that I've typed up in the seminar outline this morning; it's all there for your information anyway.

2. The Law of Free Will

So let's look at the first law. The first law is The Law of Free Will.

Now this is a very important law and it applies to all the laws of God in fact. It is one of the highest set of laws but it does govern the interaction we have with other people. What it means is that God has given you this gift, this gift of free will, which he has also given your neighbour and your enemy as well. And that is this gift to do anything you want, whether it's harmonious with love or not. Now many of us, with this gift of free will, go down this track of saying, "This isn't a very wise thing for God to do, what if I want to do something bad or what if my neighbour wants to kill me? Are you saying God is going to allow that?" And the answer is yes, because we have this Law of Free Will. But remember there are consequences that we learnt about in "God's Laws - An Introduction" if they do it. But they do have the free will to make the choice to do it.

2.1. Love of others always allows their free will and helps them express their free will

2.1.1. Example one: a child with a messy bedroom

Now how does this law affect us in our relationship with others? How will we treat others if we understand this law? Well one of the first things we will do is that we will always enable the other person's free will in all of our interactions with them. We will never attempt to curtail another person's free will, we will never attempt to manipulate them or control them to do what we want. It sounds good in theory, but in practice this means that when your five year old child doesn't want to clean their room, you need to enable their free will. What do we do normally instead? What we would normally do is we would say, "Clean your room or else," and the "or else" is usually some kind of punishment where something is taken away from them. Is that then allowing their free will? No.

So how do we handle this situation? If we understand the Law of Free Will can you see that we wouldn't be manipulating our children into cleaning their room? May I state why? Because the reason why your child doesn't care for its environment is due to a lack of self love, and in you asking them to clean their room, you're not addressing the underlying cause of the reason why their room's untidy. Their room's untidy because they don't have enough care of themselves or enough care of their environment, and it's a damaged emotion that actually came from you that they are actually triggering in you.

Now it could be that you are so ultra clean and so stressed out about being clean and that is the reason why they're being unclean. Or it could be that you were heavily manipulated by your parents and belted by your parents into making your room clean, so now you feel driven to behave in the same manner with your child. Or when we get down to the real

basis of it, it could be this issue that we do not love ourselves enough, and therefore our child has not learnt to love itself enough and because of that it maintains a dirty environment. But can you see that if I don't address the cause (and we talk about cause and effect more in the discussion "God's Laws - The Law of Cause and Effect"), and instead want to manipulate their free will, I've now broken a law in my love of my child. Can you see there are a lot of fine points in this?

2.1.2. Example two: a husband who makes a mess of the house

So what we'll do to enable another person's free will is firstly we won't attempt to curtail their free will and secondly we'll always try to help them to express their free will. So in a relationship for example, if you know your husband or wife is stopping doing something they want to do because you want them to stop doing it, you are straight away out of harmony with the Law of Free Will. And that applies to any situation in a relationship.

Now that's a fairly big ask, isn't it? How many times do we get upset with our partner for not doing exactly what we wanted them to do? So for example; we are the woman and our partner is the male, we go away for a weekend and our partner decides to get takeouts for the whole weekend, and he just leaves all the stuff all over the place. And then on Sunday night we come home from a lovely weekend away and there's mess everywhere. And he's just sitting in front of the telly drinking his beer and eating the last of the Chinese that he just polished off.

Now that's his free will in action. I'm not agreeing with his free will, I'm just agreeing with his right to express it like that. He is allowed to express that. Now your free will is that you don't have to tidy it up if you're the woman coming home but you certainly may want to deal with some issues about his lack of love for you in the process. But you wouldn't be trying to force him not to do things that he's already chosen to do, and you wouldn't even get upset with him doing it if you're in a space of love. Mind you, you might not stick around for very long if he continued doing it, and we'll talk about your own self love as a part of that process in the discussion "God's Laws - Laws Governing Love of Self". But it's an expression of his free will and he's allowed to do this.

2.1.3. Example three: a soldier murdering a child

Let's take it even further. Let's say you lived in a war-torn country and some soldiers came into your house, took your children away and shot them. That's their free will in action and you would not curtail their free will if you applied this law. Now that's a pretty big ask, isn't it?

Participant: Are there any exceptions?

No! Why would there be any exceptions?

Participant: Wouldn't it be your free will to protect your children in this case?

Of course but you'd be breaking a law by harming their free will, so what do you do? Can you see how love in action is very, very different to love in speak? We talk about it but it's very different to our actions.

Participant: AJ, in that situation could you not plead with them to change their minds?

Certainly that would be appropriate. It would be appropriate to plead with them to change their minds but it wouldn't be appropriate to get out a knife or a gun and shoot them to prevent them from doing it because you'll be breaking their free will. When I say things like that, most people would feel that's pretty hard to put into practice but this is the truth of what I'm talking to you about. Now if you really trusted God and you really trusted all of God's Laws you would have very little fear about the event. Why is that? Because in the end you'd know that there is no such thing as death and your children would have experienced very little pain in dying in the case that I've given you. And so you would get to the point where you would actually feel compassion for the people who are doing it, but that is going to require a lot of love from you and a lot of practicing forgiveness and those kinds of qualities.

Now that's how far God takes free will because some of God's children die because of the free will being exercised by others of God's children. God feels the same about that just like you would if one of your children attacked another of your children; God feels even more loving than you do about that situation. And that's how far God wants us to take this Law of Free Will and practice it. Can you see that if everyone did it, we would have a utopian existence on this planet, wouldn't we? If everyone did it that would mean that the man who came in to murder the children wouldn't be able to murder them either. He wouldn't even be able to walk in the door without knocking first and asking to come in. If he was practising it and if everybody on the planet practiced it then there would be utopia on this earth in terms of a peaceful relationship between every country and every individual, just with the Law of Free Will and nothing else. That's how powerful the law is if it's actually practiced. But unfortunately it requires, on the earth, a group of people practicing it first and that's where most of us come unstuck because we want justice. So in the situation we have talked about just now, most of us would want justice, we would want to go into their house and kill their children and see how they feel about that perhaps; that's what happens in war in the end. And it's all because we don't respect each other's free will. If I respect your free will completely, I will do so even if you kill me. So that's a fairly big ask but this is one of the laws of loving others.

That also means that I wouldn't be projecting anger or rage at another person for anything that they had done because if I'm in a state where I respect their free will, I would respect the fact that they are allowed to do that whatever they have done. I need to own my emotions. I don't have to be around them of course but if I own my own emotions and feel all of my own emotions, I won't even have the feeling of rage towards them; I feel a feeling of forgiveness. Forgiveness is a very powerful emotion.

Have you heard of that man in Hawaii, Dr Hew Len? He was forgiving patients in the psychiatry ward and actually unbeknown to him he was actually forgiving spirits with

these patients. And just the act of forgiving these spirits who were driving the patient to do things that were evil in nature, which he was doing even unknowingly, caused the spirits and the patient to disconnect from each other and the spirits to be able to move on. So the patient could move on and in fact he cleared out most of the wards from their patients, just by the act of forgiving. The process is actually clearing your own thoughts, in other words it starts from your own thoughts and then forgiving the thing within yourself. When we talk about forgiveness, which is another discussion, we'll talk about that principle.

2.2. It is loving to allow, but not support, a person who uses their free will unlovingly

But if we talk about it from a purely sort of action point of view here, the Law of Free Will is a very, very powerful law in that it allows you to act in harmony with everyone else's free will around you; in fact you will enable everyone's free will. The only time when you will not actively support their free will is when they are doing things that harm other people's free will. So let's say Ken decided to harm Hiroko, what I would do? I wouldn't support your harming of Hiroko, I would support your right to harm her if that's what you want to do but I would plead with you to not do it. Because I also support her right to have her free will. So that's why it's appropriate to plead with the person who's harming or wanting to kill our children for example. It's rare that it actually has any effect on the person if they're in a terrible condition but there are results to that in terms of the Law of Compensation for that person. And when we understand the law, even the Law of Compensation, we'll start to see in fact that everything that God does is perfectly organised to correct that person who's harming another's free will. And I would do whatever I can to assist that process.

So can you see how the love of others here is influenced? You think of all the times in the past where you have tried to manipulate somebody else's free will; you knew they didn't want to do something and yet you got them to do it through coercion, for example through punishment or withdrawal of love if it's a child. Every time we did that, we actually broke a law of love.

Participant: Is it breaking a law of love to do things short of harming a person? Say in a hostage situation, trying to get people out? Because I'm struggling with this. A hostage situation where somebody was able to distract the people's attention away or even manipulate them in a way that allowed other people to get out short of shooting them or harming them. I understand that's breaking a law but I'm thinking of situations where somebody is impacting on other people's free will where pleading may not change the situation but there may be ways that you can assist people to get out or to change that action that's impacting on their free will.

Certainly, let me give you an example of that. In the book "Through the Mists", the way that Aphraar (or Frederick as he was known when he was on earth) entered the spirit world, was that he developed in himself his desire to help others so much that when he saw a galloping horse and carriage going to run over a child, he ran and without thinking about it picked up the child to get it out of harm's way. So that was certainly an act where he exercised his free will in harmony with love. They both died. He died as well as the

child and they both arrived in the spirit world in fairly good condition; he because the last act of his life was actually trying to save another person.

But you wouldn't try to save another person by breaking a law of God. He didn't try to save the person by breaking a law of God. He just, without thought, wanted to get the person out of harm's way. He didn't try to put himself in harm's way; he didn't even think about it, he just felt this feeling of love which motivated him to do what he did. And certainly we can do that at anytime. The key is to feel your emotions in each case and feel whether your emotions are driven by fear or by love. Remember every time they are driven by fear, there's an emotion inside of you that's disharmonious with love. So if I'm driven by fear, for example one fear is that in a hostage situation we'll all die and we've got to get out, then obviously I'm now out of harmony with love anyway. If I'm driven by love then it's a different matter altogether.

The key is that if love becomes such a close part into your heart, you won't even need to make a decision in the situation; you will just automatically be drawn into action based on love. Just like Aphraar was automatically drawn into the action of saving the child without thinking. That's how we will be.

You hear a lot of things, like a person walking down the street and then somebody mugging them or somebody beating them. And nobody ever steps in, they will just watch. Well would that be loving? Would it be loving to say, "That's their free will, that's their Law of Attraction. I'll sit back and watch." Because it's not validating the free will of the person being harmed, is it? So I would certainly go up and muddy my nose in the situation, even if it meant the person actually started attacking me. I wouldn't try to defend myself or defend the person but I would certainly go up to them and try to appeal to them in some way to stop what they're doing. Of course if everyone practiced it, none of those events would ever occur, so that's the other consideration we need to make.

2.3. Emotions that drive us to break the Law of Free Will

So can you see how the Law of Free Will affects our relationships? So in your love of others ask yourself the question, "Do I enable their free will or am I actually trying to curtail their free will or control their free will? Am I trying to manipulate them because of a fear that I have or because of some emotions that I'm denying within myself?" Ask yourself those questions and if you ask yourself those questions the emotions that drive you to not respect another person's free will, will be exposed. Now what might some of those emotions be? What would some of the emotions be that you would have inside of yourself that would cause you to not to respect another person's free will? For example if you're a parent what would one of the feelings be inside of you if the child has a dirty room? What is the emotion that would want to make the child clean the room, what would that be?

Participant: The emotion within me as a parent is I just feel really dirty and unclean, because I just went through this whole experience with my eldest daughter.

Did you feel you were a bad mum as well? For example when visitors come?

Participant: No I knew it was my emotion and I just felt like I wanted it to be clean so that I would feel better myself, so that I would feel clean. And I realised it was just an issue of no self love and no self worth that I had that my daughter was showing me.

So you connected with some unworthy emotions inside of yourself?

Participant: Yes and it didn't help, she didn't clean her room. It took about six weeks and it was building up and building up and I felt a lot of sorrow and grief.

So did she get to a point where she cleaned it by herself?

Participant: I gently encouraged her to and I offered to help her a little bit. She did clean it, but I still had to encourage her. Although I wasn't angry; it was more just encouragement.

2.3.1. An example of an untidy house guest

Can I illustrate something that I've done with a person with this issue? There was a friend of mine who never washed very often and he never used any deodorant or anything like that either. He never really washed his clothes very often either so when you went up to him he smelt of bad odour quite a lot. So you go up to him and you go to hug him and the smell is just so powerful it brings tears to your eyes. And so it was very hard to have an expression of love towards him. He would stay at somebody's house or my house sometimes when he was travelling from overseas and the room would always be a mess; you would open the door and there would be all of his clothes strewn over the floor. And the bed would be really untidy and when you walked into the room it smelt really bad with all the bad odour.

Now most people would not know what to do under those circumstances; "Do we put up with him staying for another week or do ask him to move? What do we do? This is really uncomfortable." I realised the big problem that he was having was this personal issue of love of self. Because if you don't love yourself, you don't care about what you smell like you don't care about what you eat, you don't care about your environment, you don't care about your room, you don't care about your clothes. So we sat down and had a discussion about how much he felt unworthy and unworthy to love himself, how much lack of love of self he had. For the next two days, in between occasional eating, he cried about it and then the day after that he just went and just cleaned his room, he got all of his clothes put them in disinfectant and put them in the washing machine and got rid of all the bad odour smells. And then he went and bought some deodorant that was actually good for his body, not the aluminium spray things but the actual stuff that doesn't harm you, and started using it straight away. The transformation was amazing after he had a good cry about how unworthy and how bad he felt about himself.

He realised in the end that he was using it to keep people away from him; that he was actually using it to prevent closeness because he felt he was too unworthy to have people close to him. And the best way to prevent closeness without saying a word would be to smell bad so that nobody wants to come near you. That's the emotion that he eventually

worked through. But in the end we could have actually harmed his free will. We could have said, “You’re not staying here another day until you clean up this room.” That’s one thing we could have done, and we might have felt justified in doing that. We could have said, “I’m never giving you a hug again. You just smell too bad to hug.” We could have done that too. But notice if we’d have done that it would never have addressed the emotion and it also would have been harming his free will, which also meant that my own soul condition would have degraded. But we had to be brave enough to say the truth to him.

Participant: I know you said you had to be brave enough to tell the truth, but how did you actually start the conversation off?

I just said to him, “One thing that I’ve noticed is that you don’t have very much love of yourself.” And he goes, “Oh okay.” And I said, “Can I tell you why, or how I’ve noticed that?” And then I listed all of the things; and I was very specific about how bad he smelt and about how bad his clothes smelt and about how untidy his room was. And then I focussed him back on the fact that it wasn’t anything to do with that but it was to do with his love of self. If you’re loving with others you’ll actually help other people address the cause; you won’t ever deal with the effects (and we’ll talk about the Law of Cause and Effect in a minute). So this applies with your own interaction with a child who’s got an untidy room; dealing with the effect is the untidy room, dealing with the cause is addressing why this person has an untidy room; what is the underlying emotional condition or reason why this person acts in the manner they do? And you will help them find that emotion if you love them.

Participant: Are there any times when treating the effect rather than the cause can help the cause?

No, never. And God never, ever, ever addresses the effect of issues and we’ll talk about that in a minute when we deal with the law itself.

So getting back to free will, we are often very tempted to harm other people’s free will in our interactions with them and most of us even have no consideration that we’re doing it many times. If you allow yourself to analyse your life a bit, you will actually see a whole group of emotions in you that cause you to do it. Now it even gets so fine as to do this – let’s say you feel anger inside of yourself whenever a person does something that you don’t like, but you never express it and you never yell at them. You might withdraw from them a little but the other person, from an intellectual perspective, knows nothing at all that you feel the way you feel. Now if they were sensitive at a soul level they would feel this bombardment of anger and rage from you and if they are sensitive at the soul level, they will actually change what they do. Now this is how many parents control children unknowingly. By actually feeling this anger and rage coming up inside of you, a very, very sensitive child will automatically change their behaviour, even though you have not expressed verbally any of that anger or rage that’s inside of you. They will automatically change their behaviour and you are curtailing their free will. That’s the whole purpose of anger and rage in fact. Isn’t the purpose of anger and rage a way to get away from or to

control the other person to give you back what you want from them? It's all to do with what you're expecting.

So can you see that there are a lot of examples? I've listed some examples in the seminar outline. For example with our friends, "I feel lonely or sick or desperate so I need my friend to come to me. It doesn't matter what my friend's doing in their life, they've got to come to me. If they don't come to me, they're not my friend any more." And that is not respecting the other person's free will. There are so many things we do like that in our day to day situations and we need to bear in mind what is actually happening.

3. The Law of Passion and Desire

Right so what's the next Law? The Law of Passion and Desire.

Now this is linked to the Law of Free Will; I am allowed to desire or want anything I want and in fact when I do have this desire it instantly creates everything around me. If my desire is disharmonious with love, it will create a heap of disharmonious results of which I will feel the painful experience. If my desire is harmonious with love it will create a heap of harmonious results. With this creation of mine my heart will leap with joy. Every single one of you and me of course, needs to learn how to practice the Law of Desire, to learn how to live in our desires and passions.

So what do we do here in our relationship with others? We enable other people to live in their passions and desires. So imagine I am now a parent again and I've got my teenage son. I want my teenage son to go to university, but my teenage son wants to drive around in a car for two or three years and surf. What will I do? If I obey the Law of Desire and the Law of Free Will, I will actually enable him to do that; he's not harming himself or anyone else, is he? Well we'll often think he's harming himself, that he's got no other time to go to university, "What's he going to do with the rest of his life?" And what are we all expressing? We are expressing all of our fears, so we're imposing all of our fears upon him. And what do you think he's going to do with his desire? It gets shut down.

Now how many of you when you're asked what your passions and desires are, you don't even know them yet? Why? Because when we were little this happened to us; we were shut down by our environment and our upbringing so that now we have no idea what we really want at all. And it's such a sad thing because the Law of Desire is about creation. Everything around you gets created by what you are passionately desiring.

LAW OF DESIRE

CREATION

I had this experience overseas where I was living with a family for a couple of days. It's interesting travelling around and staying with people because often what happens is that

we have interactions and they start learning the principles of Divine Truth in practice. What happened was the daughter, I think she was about twelve at the time, wanted to have a horse. She lives in the middle of Dallas, Texas, but the girl wanted to have a horse. She exercised her desire and she longed for this horse, and she found a friend whose parents had horse stables. So she went along to that and groomed the horses every weekend. She wanted somebody to give her a horse, she'd pester her dad to give her a horse and he'd say, "No, no you're not having a horse, we've got to buy food for it, we've got to do this for it or buy that for it." Anyway she was given a horse and the people who she was working for wanted her to actually keep the horse there. All she had to do was earn enough money to actually pay for its food. So she went to her mum and dad for approval and they told her she couldn't have it and yet her Law of Desire, her creation, was that she'd already created that, she'd got it. And yet the whole process got shut down because of the fears of the parents about what the situation might create.

3.1. Love enables others' desires and passions

So it's really interesting what happens with this Law of Desire if we don't enable it in other people - particularly in our children - but in everyone around us. Every time you try to stop somebody from doing what they really want, you are breaking the law. So that means that every time your child has been suppressed a little with their desires, you've broken the law. Every time your partner wanted to play golf and you didn't want him to go, you suppressed his desire and broke the law. Every time your wife wanted to go off for a little holiday for a couple of days and you wanted her to stay home and look after you, you broke the law. You could actually enable the desire of your partner or your children or in fact your friends or anyone around you. And the opposite is also true; when you realise the person is not acting in harmony with their true desire, you will actually talk to them about it and if they are doing something for you, you would actually refuse to accept it.

3.1.1. An example of paying for dinner at a restaurant

I'll give you another example. I went out to dinner with three women and myself. This was overseas again and I had paid for the previous two or three meals in a row where we'd all gone out together. The feeling in all of the women that were with me was that one of them had to pay for the meal. So one of them nominated she was going to pay for the meal and I said, "No I'm sorry but I'm going to pay for the meal," and I got up there and then and paid for the meal; I didn't ask for her approval. Then I came back and sat down and she was very angry with me and said, "Why did you do that? Didn't you just harm my free will?" I said, "I'm sorry, I didn't just harm your free will actually, your free will was that you didn't want to pay for the meal. The feeling I got from you and everyone else here was that none of you wanted to pay for the meal that's why none of you got up and did it. The only person who actually wanted to do it was myself so I got up and did it. So I didn't harm your free will at all."

You see free will happens at the soul level, or the emotional level, not with what you think.

SOUL

Often we think we want to do something when really we don't want to. How many times have you sat down with a group of people who have invited you out to dinner and then you realise three quarters of the way through the meal that they actually invited you but you're going to have to pay for yourself because none of them want to exercise their free will to give you the gift of paying for your meal? Has that ever happened to you when you've gone out? You often see these couples go out and one couple pays for one half and the other couple pays for their half, but how much of it is because of their fears? No one wants to desire to actually do something as a gift for someone else. Often that happens.

All desire and free will, and all of these other things that I'm talking about, they all operate at the soul level; that is why they affect your soul condition. Remember we've talked a lot about soul condition. Your soul condition is what attracts everything, so when you break this Law of Desire and Law of Free Will it affects your own soul condition. When you live by them, it actually enables everyone around you and your own soul condition to grow. That's the beauty of it. `

So if you're out for a meal and you're afraid to pay, what's the best the thing for you to do? Exercise the desire and pay and let this emotion of the lack of abundance be triggered in you. Just do it. You will find the desire and free will will release that emotion and 'bang' all of a sudden you'll start having some abundance. And you'll be able to do it more often. Everything operates upon the soul so that's the Law of Desire.

You notice some other examples I've given there of our children not wanting to do what we want them to do for us.

Participant: I would just like to ask the question about when people constantly like to give but sometimes just can't receive. So they feel the need to be able to give because that's where they're at?

Their action is quite selfish actually. The reason why they're giving is that they want to get an emotion in return and so their motive for giving if they can't receive is actually quite distorted. It's not a loving motive and they need to have a look at that. We'll talk about that when we talk about the Laws of Natural Love. There's a section in there that covers that particular scenario, where a person is always giving but it's not coming from a sincere desire or a passion, it's actually coming from an emotional injury of what they get in return when they do give. So that is certainly not loving.

3.1.2. Enabling desire in a relationship

Participant: If there's a partner who desires to follow his or her dream, would supporting or encouraging your partner be loving?

Certainly, unless you're suppressing your own desires in order to do it. So if Mary wants to do something I will totally support her desire to do it. However, if what she wants to do

means that I've got to suppress my own desire in order to please her, then I wouldn't be able to do that. And that's why we have the next talk on "God's Laws - Laws Governing Love of Self", because that's about the love of self issue.

In fact what happens with all of these laws is that you will have the exact balance; that you treat the other person in the exact manner you wish to be treated yourself. And I called this the "Golden Rule" in the first century. You have balance if you treat other people in the way you wish to be treated; not the way you get treated. Quite often we get treated in a certain way, but it's the way we wish to be treated ourselves that is loving. So just like you wish to have your own desires fulfilled, you would also wish for your partner to have all of their own desires fulfilled. Now a lot of people worry about that because if the two desires are totally opposite to each other they will grow apart. Well if they grow apart then it's highly unlikely they are soulmates in doing what they desire because when you do what you desire generally what happens is that soulmates get drawn together. As long as they deal with their emotional injuries in the process, they feel drawn together by their desire, not pulled apart by their desire.

Another truth is that if everyone is loving in a relationship, you can't be pulled apart by one of you exercising desire. And when I say exercise a desire, I mean by exercising a desire in a pure manner you can't ever be pulled apart in terms of being unloving with somebody. What I mean by that is: let's say that one of the partners realises that they don't desire the person they're with anymore, that they actually desire Joe Bloggs down the road; that's who they desire to live with from now on. Now that's a pretty hard situation in which to enable their desire, isn't it? You might love them and yet the loving thing to do would be to actually enable their desire.

Now it would be unloving for them to go and have an affair and not tell you; certainly that would be an unloving act. But even then they have the free will to do that and if I'm angry about that, I've got some emotions to deal with. But if they come and say, "The truth is I don't love you anymore and the truth is I feel like I'm falling in love with this person here," you would actually enable their desire. That's pretty confronting, isn't it? Instead of spitting and complaining and going and having sessions with girlfriends and boyfriends where we complain about our partner and so forth, we will actually enable their desire because love will do that. And love would also, if I were humble, deal with all of the emotions which that creates in me, like being rejected and not wanted anymore, and all of these other feelings that I need to deal with in order to be loving to the person.

Participant: I've had this situation where the person I am around is the giver constantly. They hate receiving and I go, "Damn it, you're going to receive," and I push it on them. I can feel the imposition of it and I don't know what I'm really doing.

No that's out of harmony with love too. If the person doesn't want to receive the best thing to do would be firstly talk to them about why they don't wish to receive, and whether they want to confront the emotion. If they do then you might enter into some giving and seeing how they go confronting the emotion. But you wouldn't force them into receiving.

Participant: Yes and I feel it's a cop-out and I feel this need to force this on this person.

Well yes it is a cop-out on their behalf but why do you feel you can control their cop-out? That's the issue you have, so the key is to work your way through that issue but it's a good point.

Alright, so does everyone understand how the Law of Desire works in our relationships? We enable the desires in others and we let them do what they desire. In fact we encourage them to do what they desire. "If you really desire it please do it. If you really desire to leave me and go with that man, go for it. I'm going to own all my emotions about that." It's fairly hard in some situations to do, owning the emotions. But remember there are emotions in you that if you're acting angrily or whatever that would be being suppressed by you in that situation.

4. The Law of Cause and Effect

Right what law is next? The Law of Cause and Effect.

This is basically the law of, "What you sow you reap". In other words everything that you create has a cause within your own soul condition that created it. And any action you take has a cause within itself, and that action will actually create other effects even. Can you see how that works? That's a pretty basic explanation, but we will talk about it in more detail in the talk "God's Laws - The Law of Cause and Effect".

4.1. Love helps others find the cause of events, and not deal with the effects

So how does this affect our love relationships? You see if I understand that everything that happens to another person or every effect of their life is driven by some cause within themselves, then what will I help them address? The cause; I won't help them address the effect. In fact it would be highly unloving for me to help them address the effect because if I address the effect then I'm not actually helping them deal with the cause. The cause is still in them and it's going to create the effect again and again and again and again and I'm going to be bailing them out each time because they are not dealing with the cause.

So this happens a lot with our friendships and our family relationships, and even our partnerships generally. We are often trying to bail out our partner or bail out particularly our children; where we are bailing them out of the effects of their life rather than dealing with the underlying causes.

4.1.1. An example of a daughter splitting up with her boyfriend

Participant: I've got a 17 year old daughter who finished a relationship with her boyfriend. When she was bawling her head off, what I automatically did when she was crying was say, "You'll be alright." But should I leave her to start dealing with the cause? Because otherwise I don't know how I can just withdraw and say, "You cry over there," when I love my daughter.

You're asking what's the loving way in which to enact this law? It's highly appropriate to hug a person while they're crying if the person is owning their causal emotion; it's highly inappropriate to hug while they're crying while they're projecting an emotion of self denial or self deception upon you. So what are you feeling from them; are they actually owning the emotion? This is where you need to be sensitive to your own feelings. Are they actually owning their emotion or are they actually denying an emotion? It's obviously going to be very difficult, if you're denying your emotions, to actually understand as to whether they are denying their emotions or not, and this is why it's so important to work through your own emotional issues first when you're helping others.

However in the example you gave, your daughter's crying about her boyfriend and the break-up, is that the causal emotion? No. It's not the causal emotion. Why isn't it the causal emotion? The causal emotion is probably an emotion about being rejected or something like that. If she had a good sense of self worth she would be enabling her boyfriend's desire to go off with somebody else. So therefore she is actually crying about something, but she's not connecting with the causal emotion. So let her cry for however long she wants to cry. She might want to cry for two days, so let her cry for two days, give her the hug she needs but also say to her at some point, "What you're actually crying about isn't the real problem and I'd be happy to talk to you about the real problem when you're ready."

Now if she continued crying for another month about this problem, would you now cook for her, clean for her, wash her clothes, get her off to school, get her off to university if she's going to university, if you're addressing the cause? Most of us would be tempted to do that saying, "She's really upset and I need to do that". I would not do that. What I would say to her is, "You are not actually addressing the cause and I'm not going to help you address the effect. I'm perfectly happy for you to address the effect yourself if that's what you want but I'm not going to make changes to my life to help you address the effect because it's totally out of harmony with love of myself. I can only love myself in this situation if I help you address the cause."

I'm not saying don't hug her, but if you're hugging her for a month and you're only dealing with effects, then you're actually enabling her to stay where she is. This happens all the time. How many times has one of you had a friend who's maybe been abused by their husband and yet they stay in that situation for years? And you are the one they call every time a big blow up occurs? It's very damaging for you to support that all the time because they are not addressing the cause; they don't want to address the cause. The cause is their lack of self love. They need to look at that cause and if you help them address the effect you're not helping them address the cause, which is very damaging to them.

All of man's laws are mostly about effects, aren't they? We get these law bibles, but no lawyer has ever read them because they read them by case history, or applied to each case, but no one really knows what the whole lot of them say because they are made by a large group of people. There are literally rows and rows and rows of taxation law, common law, and all these different laws. This country has this group of laws and I have no idea of what they are, and I don't feel that many of you would know what they are either. And so what

are those laws mostly created to do? They are mostly created to deal with the effect, so they are totally useless. Understand from God's point of view anything that's from effect is totally useless.

Participant: Can you go through a causal emotion without actually knowing it, unconsciously?

You can process many emotions without really understanding that you've just processed an emotion. You see the key is when you process causal emotions, your life changes automatically without you having to try to do anything different. So that's often what happens; you feel the need to change your life and you do it. But it's not something you have to write down, it's not like affirmations like, "I must lose weight. I must lose weight." That kind of thing is not dealing with the cause; that's dealing with the effect. An affirmation doesn't affect causal issues but when you allow yourself to deal with causes, sometimes the causal has been dealt with and you didn't realise it's been dealt with and now your actions have changed. And you don't really know why but it's great when it happens. You will at some point in your own soul development know what's actually happening in each case.

4.1.2. Consequences of breaking the Law of Cause and Effect in our relationships with others

Now what happens when we break this law in our relationships? Well if you look at the list I've given you in the seminar outline, you'll notice one of the results is that we end up doing things for other people so much that we become tired and exhausted; depleted emotionally and depleted spiritually and depleted energetically. So if that's what's happening in your life, you're getting tired and exhausted by helping somebody or helping somebody else or other people, then you are not helping other people deal with the causes of their problems. You are actually addressing their effects of their problems and that is a very tiring and thankless proposition, which is the penalty for not addressing the cause.

So the penalty for not addressing causal issues in other people in terms of the effect on your soul is that you will actually finish up feeling tired and depleted and exhausted, and you'll probably get physically sick as well. It's been a major problem for me in my life because I used to get sick once a month every month on the average for a week; that happened for nearly fifteen years of my life from the time I was twenty until I was thirty three. The instant I stopped doing it, I didn't get sick for seven years; that's how different it was for my body just by trying to fix the effects of problems all around me, rather than addressing the causes. So it's very powerful when you change that for yourself.

Notice also in the list in the seminar outline, we have the effect that others we want to help or seem to help never change. So how many of you have had this kind of friend for twenty years or so where twenty years ago they had this problem and they still have this same problem today and we're still helping them out in the same way we did twenty years ago? That's a fair indication to us that we're not dealing with the cause. Most of the time we

don't deal with the cause because we're afraid, for example, we're afraid that we're going to lose a friendship.

So an example of that: let's say I've got a very strained relationship with my parents. If I deal with the effect, whenever I'm with my parents, I'll just make it easy for them by dodging this emotion inside of myself and dodging that emotion inside of myself, not bringing up anything and what I'll do is not address anything with my parents directly. Why? Because I'm afraid that if I address them directly and actually tell them how I really feel about this situation, they are going to hate my guts and not give me the love that I'm seeking from them. But the truth is that if I were dealing with the cause, I would actually want to deal with the cause within them that causes them to not love me, and the only thing we can do is me telling the truth about the cause within me, about how I feel.

Participant: My cousin is like the example you gave of the friend who doesn't change for twenty years. So does that mean she's actually giving me permission to say, "Well actually this is what I think," or are you breaking the Law of Free Will by saying what the causes are?

Most of the time, people who are doing this are just using you to escape their own emotions and whether they want you to or not, you're allowed to say that you are not going to do it anymore because of your own free will. And when you do that it will certainly trigger whatever that emotion is that they are trying to get from you. So my suggestion is to be very firm about what you feel and when you do that you'll even do it in a loving way. You'll say, "I just can't do this anymore with you because I'm not loving myself doing this when I'm with you and I can't not love myself anymore. We've been in this cycle for twenty years, and I don't want to continue this cycle another day. I'm not going to do this another day with you. Now if that means losing our friendship if that's what you want then I'm going to lose your friendship; that's the way it's going to be. But unfortunately, or fortunately for me, I am not going to do this unloving thing to you anymore or this unloving thing to myself." You see you're being unloving to them as well as yourself by just addressing the effect. In fact what you are often doing when you're address the effect is you're enabling their own unloving conduct, you're actually helping them.

4.1.3. An example of a father buying a car for his son

You'll understand it when we use an example of a teenage child. Let's say dad bought a teenager a new car, paid for the insurance, pays for the tyres, pays for everything, he gets in the car with a few mates, off he goes and then dad finds out he's being doing burns around the main highway. This happens a lot in the country still. He's ripped up half the tyres and now he wants new tyres. Dad says, "Alright I'll buy you new tyres," so he buys him new tyres. So what does the son do again with those tyres? He does it again then his dad buys him new tyres. What's dad doing? He's just feeding the issue. This is what we're often doing with others; we're actually feeding or enabling their unlovingness towards themselves or others, we're often doing that and we often continue doing that for years and years and years without saying anything because we're too afraid to say anything.

Participant: So should we actually say something as well?

Always! But work through your own emotions first. If you're not saying something in that situation, you do not love yourself and we'll talk about more in "God's Laws - Laws Governing Love of Self".

4.1.4. An example of a child taking drugs

I've got another good example in the seminar outlines I'd just like to read it out. If a child is taking drugs we would firstly address the emotions within ourselves about low self worth that have been passed down to the child. In other words we would first look at our own feelings of self worth or how we have treated the child for them to have such terrible self worth and we'd work through all those emotions. Secondly we would talk to the child about the emotions we have just worked through. So we're not telling the child, "You've got this emotion, you've got that emotion." What we're doing instead is we're saying, "I've got this emotion, I've got that emotion and I can see that all of these emotions in me have created this in you."

Then we would never intervene with the effects happening within the child unless they were willing to address the cause. So the child gets picked up for drug selling, gets taken to court, gets put into jail for three months. Would you pay for his court fees? A lot of parents would but it wouldn't be loving because it would be addressing the effect. The child really needs to pay for the effect, not you. And dealing with the effect, bailing the child out, is actually an unloving act unless the person truly desires to change. Can you see that all I'd be doing in that situation is enabling more drug taking behaviour if I did anything else other than those things?

And so often we get so embroiled in the situation that we don't look at the cause. It's a loving act for you to look at the causal emotion within another person and, in love, talk to them about what that causal emotion may be. It's a loving act to do that. It's not a loving act for you to actually talk about the effect and berate them for the effect they've created, and judge them for the effects that they've created in their life because of what they've done. That's not loving but it is often what we finish up doing rather than addressing the cause. There's a lot of love in addressing a cause, and if you can help any single person address just one emotional cause there's a beautiful effect for them in their life and also a very positive effect inside of you in your own soul as well.

4.1.5. An example of a mother daughter relationship

Participant: AJ, my older daughter is 29, and she sometimes gets hysterical about things. I listen but I feel quite dumped on because I feel guilty that I haven't given her enough love in her life.

So she gets hysterical?

Participant: Well, yeah.

She talks to you and you feel guilty?

Participant: I kind of feel that because I feel guilty because I haven't given her enough in her life.

Every situation can't be said to be the same for every single person because there's different sets of emotions going on. So in some cases, and I'm not saying this is your situation now, I'm just talking about situations generally, if the daughter gets hysterical and you feel tired of listening to it then there's only two reasons why you feel tired. One is that you actually do feel like you are to blame and you're not allowing yourself to be repentant for that, in other words to feel the sorrow you feel about that, and you're trying to suppress that emotion. The other option is that her hysteria is trying to get an emotion from you and that you feel that you have to give it and in the process you feel depleted in your energy. Either way there is an emotion inside of yourself to deal with, with regards to the relationship. But can you see it might be different depending upon what's going on inside of yourself?

Participant: Would addressing the cause be encouraging her to talk with me about how she feels about our relationship?

No, addressing the cause would firstly be you going away privately and working through your issues about what that felt like for you; working through repentance, remorse and about things you've done as a parent and so forth. That's firstly addressing the cause. When you do that then the second thing will start occurring. Nina you've had an experience of this with your daughter haven't you? Both of you have had that experience?

Participant: On many occasions now. My daughter has been going through a very challenging time and I wanted to fix her I guess and I wanted to help her.

So you had all this projected emotion of fear towards her of trying to fix her and help her?

Participant: I think it was also guilt. I related to what the other lady was saying and it got to a point where I had this feeling of, "Oh God I just don't want to fix her anymore. I just want to love her." I just wanted to love her, there was nothing that I wanted to do; I just wanted to love her in this way that I hadn't quite felt before. That happened to me on a Monday and I didn't express it to anyone but my daughter and I are very, very close and connected and she's incredibly intuitive. And she rang me up on the Wednesday and she said, "Mum what are you doing now?" because she knows I've been doing this type of work and she said, "What are you doing now? Are you praying for me or something?" And I said, "No love, I'm doing exactly the opposite - I've just completely given up." And I'd given her to God, which was really beautiful. And over the period of months that I've been doing this work on myself, I have felt a lot of repentance and our relationship is just blossoming and it's the most precious beautiful...

So what's happening is that it's drawing her to you and she is expressing herself automatically to you now because she hasn't got that huge projection coming from you that she has to anymore.

Participant: Yeah, and I'm starting to feel she cares for me, which is something I've never felt from her before. It's just so precious. If I could, somehow convey for any parent to walk this road, because it's very, very special...

So does that give you an illustration? Oftentimes as parents, what we're trying to do is fix the child but actually we don't understand if we're trying to do that, that all the child's problems are the result of something that's inside of me that I need to fix. And when I fix that, the child will be drawn back to me and will also be drawn back into the relationship and become closer and closer in relationship. That will happen automatically if I deal with what's going on inside of me.

So in your case, Nina, there's a projection of harming her free will but she's allowed to choose what she wants to choose. There was also a projection in terms of your desire not matching her desire, and there's also a projection of not addressing the cause within yourself, which now you've started to address, you can see now the effects of that. And when you did all this automatically, when you let go of the whole process and then said, "I'm just going to love her no matter what goes on," she's not getting all those projections any more.

Participant: That was the other really profound thing. She said that the reason that she was ringing me up and asking me what I was doing is that she has been suffering from anxiety and she said, "Mum for the last two days I've been feeling less anxious." So here's me thinking, "Oh, I'd like to help, I want to be there for her, I want to fix her," when I was just making her anxious, as well as myself.

Exactly, so your own anxiety was being projected on her, which was making her feel more anxious. And so it's very, very powerful when you actually change at the soul level what's going on towards the children.

4.1.6. An example of receiving a gift

Participant: I was wondering what your suggestion would be if you're reliant on someone giving to you? I find a lot of the time an emotion will come up when confronting the person but I'm also afraid of projecting at them in that situation. So just say someone is giving a lot of things to you all the time and you can see that it's coming from some sort of erroneous place, but you're relying on that?

Then you are in disharmony with love. I would instantly say to them, "I'm sorry but I can see that you're giving it and it's not coming from love so I can't receive it, even though I need it."

Participant: And so if there's a lot of anger tied in with that and you can't refrain from the person, it's like you have to run away before you even say anything?

If you're getting anger from the other person then address that too. "Why are you angry with me now for knocking back something that's a gift? If it were a gift you wouldn't be angry with me." That would actually confront the underlying emotion as to what you were

feeling in the first place anyway. So the truth is that if somebody is giving something to you and you know they are not doing it out of love, they are doing it out of guilt or shame or whatever it is, you accepting it is actually breaking a law of love, whether you need that thing or not. And then the question you need to ask yourself is, “I’m obviously accepting it thinking I’m not going to get it from any other location so therefore my issue is lack of abundance; an emotion that I need to work through.” So allow yourself to see that whenever you notice another person doing something that they don’t really desire to do then you are actually harming them by accepting them doing it to you. If you address the issue then you’ll find that everything will become more harmonious with love.

I can feel Mary’s projecting at me about our own situation on this one. Do you want to say something about it?

Mary: I was just marvelling at my soulmate because you actually really do this. When we first started a relationship it was really challenging for me because I had a lot of pleasing emotions, so I was doing a lot of things that I thought would be pleasing AJ. But because he was so sensitive he would be saying to me, “You don’t actually want to do this. We’re not doing this.”

And what has that helped you do?

Mary: Well, to look at what my own desires are, because I was someone who was completely out of touch with what my true passions and desires were. If it was in any way impinging on anyone else, or what I felt other people wanted, I wouldn’t allow myself to do it.

You would automatically do what they wanted. And Mary was so sensitive that she could feel what I wanted and automatically try to do it and then I would feel, “She’s trying to do it but she doesn’t really want to.” Yeah, so that just helps confront what was happening with the desire. So let yourself do that if somebody is trying to give something to you and you feel the desire to do it is not based on love. A lot of times, people will give to you because they want something from you. This happens to Mary and me quite often actually where people do give us things but they want our time in return. So it’s not a gift anymore, we have to pay for it. And so usually what we try to do is reject those kinds of transactions because obviously that’s not a gift, that’s an expectation, and that’s not a loving thing even if we need the thing that we’re being given.

4.1.7. An example of being attacked

Participant: I had an experience in my sleep state last night and some people were telling me I wasn’t allowed to talk to God. Now obviously that’s a fear of mine that I’m not supposed to be talking to God but they kept on and on and I got very, very angry. I noticed there was a broomstick in the corner, and they wouldn’t leave and they said, “We’re not leaving until you say you’re not going to talk to God anymore,” so I started whacking them with this broomstick. Is that going to affect my soul condition by whacking these people? I felt that I was really being attacked.

So there are a few emotions for you to work through. When you're being attacked, the feeling of you being attacked, you wish to attack in return. So if you wish to attack in return when you're being attacked, then you need to look at the underlying emotion that's there; what's driving that? And often it's an emotion of feeling like not being listened to and not being heard sometimes, an emotion of feeling controlled and wanting to burst out of that control. And there are other types of emotions. Your better option would be to go into those emotions and feel them so that you don't feel like attacking the other person. And the irony is that when you deal with the causal emotion, you will be attacked less or not at all because the Law of Attraction changes and nobody feels they can attack you and get away with it. And so they no longer attack you as much.

So I've said to you in the past I've often had large groups of people who are attacking me, some being very threatening and some even threatening to kill me. And once I've dealt with my own emotions, they are still there and they still have the same anger towards me but they don't do that to me anymore just by my dealing with my own emotions that attracted that. We'll talk about the Law of Attraction in a minute as another law.

4.1.8. The cause of Jesus' crucifixion in the first century

Participant: Why in the first century did you still get crucified?

I've answered that question before so I don't want to answer it again because it's in one of the DVDs. Basically it's about choices that I made that were caused by my desire to teach truth and the choices of other people that I allowed to occur. So I made the choice of allowing them to occur. I could have got out of them but I allowed them to occur in an act of love to help them see what they were doing. And it involved many people. It involved many of our friends who were following me in terms of their real soul condition, what was going on inside of themselves, which I tried to address on many occasions, and it also involved the soul condition of the Pharisees and the soul condition of the Sanhedrin and the soul condition of certain Romans; Pilate and other Romans, and the soul condition of some of the soldiers who were people who I actually knew. So it involved quite a lot of different things and as a result of that I wanted to address all of those things emotionally with all of them.

Do you understand that? There are a lot of things that went on in my death in the first century that are not documented now, and there's this constant viewpoint that I died for the world in some way. The truth is that I made a lot of choices in a very short period of time. In a period of one or two hours, I made a lot of choices based around all of the different things that were going on and I based all of those choices that I made on my love for them. And the result was that I died. I knew that I would in making those choices because I knew their condition but I didn't see any other way to teach them the truth of love I was trying to teach them. We'll talk much more about that at another time perhaps when Mary and I answer some questions about our own life together.

Participant: I was just feeling the effect of your loving decision at that time has been resonated over two thousand years and affected literally billions of people since that time.

Yes, and I had a sense that that would probably be the case too because by this stage I also had the sense of what you were doing when you were growing your own soul condition, you were creating universal spaces, you were creating new dimensions and so forth. I already had the experience of entering three or four of those so I understood the feelings involved and what changes would occur to the entire human race through the actions I was taking. So there were a lot of things that were factored into the decisions that I was making at the time.

5. The Law of Attraction

Alright what's the next one? Now we've talked a lot about the Law of Attraction, haven't we?

We've done a few presentations about it. Remember I said to you in the talk about the Law of Attraction that the Law of Attraction is God's messenger to you of what the truth is about your own soul condition? Because remember the Law of Attraction works upon your soul condition, it works upon the *real* condition of your soul. So if that's the case then it is God's messenger of truth to you, through all the other laws in operation, of what the true condition of your soul is.

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Now if I'm living in harmony with this with my relationship with others what would I do with others? Firstly, if I'm attracting a series of events where other people are treating me in a hurtful manner, I will not blame all of them for their stupid and erroneous conditions, I will instead see that the Law of Attraction is based on *my* soul condition and I will focus on the emotions inside of myself that created this attraction.

5.1. An example of a cab driver being conned

Now Graham, you had a very good example of this last week with your cab fares. Do you just want to relate some of that?

Participant: I'm a cab driver and I had two people con me into thinking that they were going to pay me. I've never had that happen in the two and a half years I've been cab driving.

And were they quite substantial fares?

Participant: Yeah, one was a twenty dollar fare and the other was forty five. I felt they were coming back; that she would give me a ring and organise it and he would come back out again.

So it was a male and a female?

Participant: Yes a male and a female. And I was really surprised with myself firstly that I hadn't seen it and secondly the fact that it happened two nights in a row. It had never happened before and it brought up all sorts of emotions with respect to trusting people.

So what triggered in you emotionally was this issue of trust of others, and you owned those emotions. So initially did you get angry with them?

Participant: No I was just so amazed really that that I hadn't seen it. There was no anger - I was just stunned.

So you were amazed that your Law of Attraction had brought to you two events in a row that you had never had before, that all of a sudden you had an emotion that you had to work through about it.

Participant: Yeah and the way the cab company organises things is that when somebody does a runner, the cab driver effectively has to pay the company their share of the fare.

Which feels really unfair doesn't it?

Participant: Yeah and in the past I've actually brought it up with the general manager of the company and he was nice about it but said, "No this is the policy and we're going to stick with that." I've asked other cab drivers and they have said, "Oh we just do cashies because we get people offering to do cashies all the time, so we give them a bit of a discount."

Can we define a cashie? A cashie is when you do the fare but you don't declare it to the cab company and so they don't get their share.

Participant: Yeah, that's it; it doesn't run through the computer system, it doesn't run on the meter. So the other cab driver said, "Just do a few cashies to make it up." But I've done it a couple of times and I've never felt comfortable doing that and so after the first con act I thought I'll see if I can organise some cashies.

Was the first one twenty dollars?

Participant: The first one was twenty dollars. I thought I'd do the next cashie that came up if someone offered. And in fact I offered some people some cashies and that turned into a disaster, and then the very next night I had the forty five dollar one!

So notice the emotion not dealt with, the bigger the Law of Attraction event.

Participant: Yeah, so that night it took me a few days because she promised to ring me and she gave me her address and her phone number. And so it took me a few days to figure out that she wasn't going to pay; that she'd given me a bogus address and a bogus phone number. So eventually it just was a sort of a feeling of relief that came over me where I just went, "Okay, well the money is not important, I don't feel like I need to get

recompense on it,” and I’d felt like I’d worked through a whole lot of stuff on it. So I felt like, “Wow this has actually been a good thing for me.”

But you also worked through this issue with your bosses too, where you realised that there was this unfair feeling that had come up in you as well that you also had to deal with?

Participant: Yeah, I’d emailed the General Manager about it so I tried to address the injustice but it couldn’t be addressed by pleading. So now it just feels like when anybody does that to me, that’s just my Law of Attraction and I’ll see what I feel. So I don’t feel like I have any need now to try to do cashies to make it up. And when I realised that I’d had that change in myself, it was just such a feeling of relief.

And there’s also an issue of trusting God here as well; you actually you came to trust God more that everything that was happening for you to deal with, emotions that would bring you closer to God as well.

Participant: Yeah well I came to see those two events were very beneficial things to me.

So can you see how Graham owned his own Law of Attraction? Most of the time, we don’t own our own Law of Attraction. What we do generally is we blame everyone around us for our own Law of Attraction, so we get angry with them, upset with them, blame them, want to punish them want to make them pay and do all the other things that we do because of our own Law of Attraction. And that’s not a very fair thing for us to do but it’s actually what we do most of the time.

5.2. Love helps others to see the emotional cause of their Law of Attraction

So my suggestion is, look at the Law of Attraction and live in harmony with it. You notice some of the examples I’ve given in the seminar outline. Let’s say you have this huge desire to punish men because of all the hurt they’ve given you in their life. What that’s doing is that’s skipping over your own Law of Attraction in that actually there is some causal emotion in you that’s caused these men to do this that needs to be addressed. And while you harbour all this anger and resentment towards men, you’re not dealing with the underlying causal emotions that created the Law of Attraction.

So remember I’ve said to you very often, notice your Law of Attraction and if it’s not changing, it means you’re not addressing causal emotion. Also with your Law of Attraction notice other people’s Law of Attraction and if you love them you would encourage them to see that it’s actually an emotion in them that created the event. Now I’ve had this happen so many times. Most people would cringe at some of the discussions I’ve had with some people.

An example was that I was talking to a couple who lost their child. Their child died from an accident and I told them that it was their Law of Attraction. That’s a pretty big thing to say to somebody whose grieving isn’t it? But it’s also the truth. There was a Law of Attraction of emotions in the parents. And we discussed those emotions and everything

and they were open to that discussion and they could eventually see that it was their Law of Attraction that created the passing of their child and that there was some causal emotion in them that they needed to work through. Now the majority of people in that situation would have got very angry with me and I've had lots of people get angry with me about that situation in the past and that's my Law of Attraction. A fear of telling the truth no matter what the cost; you see in the first century the cost was my life so you think I'm a bit afraid of telling the truth sometimes? Yes I am and I've had to deal with that emotion. Mary gets afraid of me telling the truth sometimes because she had to deal with the emotion of losing her soulmate for thirty or forty years as a result of me being in truth so there's been emotions that we've had to work through.

Can you see that if we really love another person we will always tell them the truth about their Law of Attraction, even if in the end they don't love us anymore because we said that thing? So that requires courage to actually do that and a lot of love for people to be able to do that. So when things happen to people, encourage them to see that it's the Law of Attraction that's created that.

Participant: I have a question about Graham and the taxi? At first I felt it was unfair and then I felt that the taxi company is just in a way allowing individuals to have their own Law of Attraction in terms of whether they get pay or with whether they don't. So what do you think?

Well, if it was me, and I'm not saying by the way that Graham needs to do this, but if it was me I would address the issue with the company. It doesn't worry me what policy they decide to continue to do with the other drivers, but if they decide to continue the same policy with me, because I'm an honest man, I would I tell them, "Someone has reneged on a fare and I didn't get paid. That's very unfair and we should share in the loss because we share in the gain." And I would say to them that if they are not going to do that then I wasn't going to work for them anymore. So I'd be prepared to lose my job over the issue and then deal with all that emotion as well that it brings up in me, like lack of abundance and whatever else.

5.3. An example of a scientist changing her job

Is Luli here today? Louise Faber is one of the girls who comes along to our group and she has done this in her job recently. She's a doctor of neuroscience and what she had been doing was being very involved in experimenting on animals for neuroscientific research and that's the only thing that the organisation she works for does. It's a governmental organisation I think. So what she realised was that she felt she was out of harmony with love, so she trotted off to the director of the organisation and said she can't do this job anymore and that she's going to have to leave because she couldn't work on animals anymore. They thought about it for a day or so and then got her back in and said, "We're going to create a new position for you, we're going to create a position where you don't have to work on animals." But the new position was that she had to get funding and had to prepare papers of research justifying the use of animals. So she goes away and feels all about that again and then she trots back up to the director and says, "You know this new

position you've created for me? Well I can't do that position either and the reasons why I can't do that position is that I'd be actually supporting others doing this damage that I don't want to do to animals."

She fully expected again to lose her job and have to go somewhere else. Anyway she goes off and they invite her back up again and they've created a new position for her. This new position is the investigation into neuroscientific research and spirituality, which is right up her alley! So isn't that wonderful? Her confronting the emotions, and I must say she did a lot of emotional processing in between each phase of working through issues of lack of abundance, working through why she was compromising to get this money and all of these kinds of other things, working through all of that and then in the end she got to this point where she was actually offered her dream job. And she can see now also, by following through with all the truth, that it exposed to her what her passion was, which is a combination of neuroscientific research with emotional and spiritual development and linking the two together. You think how powerful that's going to be for the future, having some really strong evidence presented to the scientific world that there is a relationship between those things and that's her passion. That's a very good example I thought.

5.4. Emotions about abundance

Participant: This is to do with Graham's story, something that's been going on inside me for years. If I were to add up all the money that I've handed out and never had back... In the past I've not been anxious or worried because I know what goes out comes back.

Can I just address that emotion? You don't know that because otherwise you wouldn't be talking about it right now, but let's keep going.

Participant: You've confused me now.

Sorry! You have a hope of it happening but the feeling that you have in your own life is that it hasn't happened. And so there's this feeling inside of you that doesn't agree with your intellectual thought that it does happen.

Participant: Yes because it's not happening!

Exactly!

Participant: Which has led me to having to change my attitude, about helping people financially.

Exactly! Because that's your Law of Attraction. Your Law of Attraction is that you are giving, giving, giving at your own expense all the time. Because what you are doing is focussing on the effect in other people's lives, and trying to cure their effects and not the cause. You weren't addressing the causes so you're breaking quite a few of the laws of God. The Law of Abundance only works when you're actually not breaking these other laws generally, so that's the other thing to bear in mind. So yes, you are dead right you have this emotion in you where you don't actually believe what you thought you believed.

And there is an emotion in you of wanting to help others by dealing with the effects rather than the actual causes. And the emotion, which is an addiction in you, is the thing you've got to look at. Do you know what it might be?

Participant: Fear of rejection.

Okay so if you're doing things for people all the time and you're never going to get rejected, they're always going to want you, particularly if there's a little payment along with it. I'm paying you to like me, I'm paying you to like me; in the end everyone's going to like you! Until the money runs out!

Participant: I kind of feel hard and callous about not helping because there's another situation.

And now you're starting to get into some underlying emotions that are really there, which is this emotion that if you don't help a person in need, that there's something bad about yourself. So there are some very strong beliefs about love that you have that are actually not true.

Participant: Loving with a condition? So there is a condition behind why I hand it out?

Yes, there's a condition inside of yourself that there's something that you get back and that's the addiction; that's why you do it. The key is to go underneath it because you are starting to touch on the emotion from your previous comment so if you allow yourself just to feel that emotion of what happens if you don't give out, the emotion that you're starting to feel was, "I must be a bad person because I don't want to give anymore". There's that emotion in there; allow yourself to start really settling into that emotion.

Participant: So feel all those then hopefully the money will come back?

The money will definitely come back when you deal also with the Laws of Abundance. There's a whole series of laws about abundance that need to be worked through for most of us to actually have money or to have wealth, and I use wealth very loosely in the sense that it's not just financial; it's in all sorts of areas of our life.

Participant: Thank you.

6. *Laws Governing Love of Others: Part 2*

The key with love is to see everything in terms of what's going on within you, always to see it like that. As soon as you externalise everything and start blaming others, you have no control anymore, and the truth is that everything that is coming into your life is your creation. So we need to start seeing it as that. Now I'm not talking about our children because what comes in our children's life is our creation as an adult, so as adults we still need to see it as our creation. Our children are creators in training. By the way we act with our own Law of Attraction and all of these laws that we are putting into place, we are teaching our child to create in their life as well.

6.1. *Creating a loving and harmonious work environment*

Participant: Just before we go on to the next segment I just want to say that I have a healing centre at Cooroy and it's been going for seven and a half years now. Just lately there's been disharmony in the Centre.

You mean between the different people providing the healing?

Participant: Yes and I want to know what my role is.

Well, with anything that happens in our lives, the first thing we need to always do, which is what I've just said, is to look at what emotion inside of me is being triggered by this event. Then the next thing to do, if we are in a place where we are actually facilitating something, is to get everyone together and ask them to do the same about their stuff. "What emotions are inside of you?" Ask these things, "All of you, at some point, need to see the emotion inside of you creating this event." Focus them on their Law of Attraction and focus them on the fact that it's their life that's creating this stuff going on.

I feel it's actually a good thing because a lot of the seeming harmony that you had before was actually just fake harmony where everyone was overlooking everyone else's injuries and emotions. Now there's less inclination to do that. I would suggest that what's probably happening is that in their sleep state some of them are starting to understand the importance of emotions and now in the awake state they are beginning to feel these upset feelings, which they are starting to project. The key is whenever you're helping anyone else; help them through the process of doing everything in a loving way. So you can deal with your emotion of anger for example in a loving way, you can deal with your emotions of sadness in a loving way, if you feel hurt you can deal with that in a loving way by firstly being humble and feeling all of your emotions.

So focus them on the laws away from the situation itself and on the emotions that are created inside of themselves. Ask them to work their way through those emotions and then I'd be tempted to say to them, "Anyone that doesn't do that, well, I'll be asking you to leave and we'll keep the ones here who do work their way through their emotions." And you will actually find that a lot of times with a practice, or a company or a business or a healing centre, where we're providing a healing for others for free, we're so emotionally

invested in keeping it as it is or making it grow, that we don't actually recognise the emotions in each individual that are preventing its growth. And the beauty of these changes that occur is that the people who can't handle the potential for growth will leave and the people who are in the space where they can grow will stay with you and they will grow with you. So understand that a lot of things need to be destroyed before they can be created in the manner in which is in harmony with God's Laws because a lot of our creations are in fact creations that are based on disharmony with love rather than in harmony with love.

It doesn't mean it's all going to finish in the end, what it means is that it's going to go through this change and there's going to be some teething problems and there's going to be some emotions come up. But if we can help as many of them get through this process emotionally, in the end you will have a team of people who are able to heal people with far more power and that will actually attract far more people in the end.

And by the way if you have a company or a business or any of those kinds of things, the same things apply. Don't be afraid of change; don't be afraid of it going small again because you're working through emotions of truth. What often happens is that we have created these mansions but they are based on the foundation of sand, and in the end a storm is going to come along and just blow it all over. Unless we start considering to build things on a foundation of rock, it's not going to come good in the end. So what you're going through is this process of changing it so that it's on a good foundation, a solid firm foundation, connecting with all of God's Laws and particularly with the Laws of Divine Love, and that means that it is going to grow in the end.

And this example that I gave of Luli with her neuroscience job was that she went through this process of, "I can't do that and I can't do that so I've got to..." and eventually in the end what did she end up with? Something that's even more like what she was imagining herself to be doing and getting paid for it. And this is what will often happen with regards to our own life when we focus on the truth. So many of us believe that if we focus on the truth and focus on the principles that everything will be destroyed around us and we'll never get it back. But the truth is actually, yes, everything that you have constructed that is based on falsehood and based on error will all be destroyed. But what you'll get in the end is everything constructed on truth, which will be far more powerful and far more everlasting than anything you could have considered any other way.

7. The Law of Forgiveness

Let's now move onto the next law that I want to discuss, the Law of Forgiveness.

Now the Law of Forgiveness is a law that I want to spend a lot more time on later; it's an essential part of your spiritual journey and there are a lot of emotions involved in forgiveness. But the reason why I'd like to raise it right now is that when we put this law into practice, we are actually being loving toward others. Now you'll notice in the seminar outline that I've written that the definition of forgiveness is freely forgiving others, just as God has already forgiven us. Absolutely everything that you've already done that was

disharmonious with love, God has already forgiven you for. And God in fact forgives you even if you did it on purpose. God does that every single time you do it. So if yesterday, the day before, the day before, once we learn some of these Divine Truths and realise then, “Gee most of the day we’ve got something that we need to be forgiven for,” God has already forgiven you for it. Do we understand that? God has already forgiven us.

Participant: You were talking about penalty yesterday in the talk “God’s Laws - An Introduction”. So even though there’s God’s Forgiveness does the penalty still apply?

Of course. Because remember it’s not God that applies penalties, the laws have an automatic penalty. Remember we talked about consequence? So the laws have an automatic consequence on our soul but God already has forgiven us for what we’ve done. However that doesn’t mean that God has taken away the consequence from our soul. There are two different feelings here and it’s very important to understand the difference between forgiveness and grace or mercy. But we’re talking about the quality of forgiveness here and in a minute we’ll talk about the quality of mercy as it comes from you and not from God, so in other words as you display it to other people.

Participant: So once we do our own homework are those penalties eventually released?

Well, no. I’ve already discussed how penalties are released. There are two ways, remember, that I’ve mentioned; one was the Law of Repentance and the other way is the Law of Compensation. So we’ll talk more about those laws another time in detail but there’s only two ways that the consequences of our actions can ever be released from our soul. Both of them are very emotional, one takes a very long time; the Law of Compensation is very emotional and takes a very long time, the Law of Repentance, which is a Divine Love law, is very short period of time but very emotional as well and it’s a matter of using one of those laws emotionally in order to work your way through the issues.

What we’re talking about here though is the Law of Forgiveness with regards to others; my personal forgiving of other people. One of the main reasons why I would do it is that I know that every single day I do lots of things for which God needs to forgive me. So how many of us feel like we have done the perfect job with our children after listening to the parenting talk? Or even before? Even before we may have been having trouble and then after the parenting talk, “Oh dear”. Can you see straight away there are many things that we feel God would need to forgive us for as a parent? So then when we see a parent doing a damaging thing to a child, can we see that we can automatically forgive that parent? Just by reminding ourselves that we ourselves have also done many things to harm our own children.

7.1. Forgiveness involves feeling and releasing all of our own emotions

Now the act of forgiveness is a very, very powerful act, but what it involves is you actually feeling, in a humble state, all of your emotions about the action of another. So if you’re a parent and you notice another parent damaging their child, the initial emotions in

you might be one of outrage, sadness; lots of different emotions might come up with you. To be truly forgiving you need to feel and release every single one of those emotions, so that all that comes up in you is a feeling of compassion for the child and compassion for the parent, and a desire to assist the situation using what you now know to be God's Laws on the subject.

So I don't mean I'll just stand back and watch it all happen, but I mean firstly what I need to do before I can help the situation at all, is that I need to go through this process of forgiving the person who is doing the act of harm. I need to get to the process where I can forgive them before I can actually help them. Can you see why? Because if you go in there "boots and all" in a fighting spirit because you're all upset about what they are doing, can you see straight away that you've judged them? You've just condemned them and what are they going to feel from you? Judgement! Condemnation! And do you think that makes their rage stronger or less? Stronger of course!

Can you see if I actually forgive the person by actually feeling all of my own emotions and releasing them - when I say releasing them it may take you a week, it may take you five weeks; it may take you ten weeks to get through this process of releasing them - but if I can now go to them and talk to them about that subject, I'm no longer in this space of judging them for their actions. I can actually make very clear suggestions to them. I can actually help them and their child in that state because I'm in a loving space towards both of them. But if I'm coming from this really angry, upset place projecting that at them, obviously I am now in a state of disharmony with love. So I'm now doing exactly the same to that parent as what the parent's doing to the child and from God's perspective, I am in just as much error as that parent is now.

So to truly forgive that parent, I need to work through the issue of forgiveness, which means being humble enough to allow all of these emotions to come up in me as a result of their actions, and actually work through those feelings myself. Now when I do that, I can actually now forgive the other person. And getting back to our discussion we had earlier about Dr Hew Len in the psychiatry ward in Hawaii, that's really what he was doing; by forgiving himself he was actually releasing the emotion within himself that would cause him to be similar to that person or that was being triggered by that person. And in the process of this example, that releases the spirit who was with the person causing him to do certain actions. Forgiveness is a very, very powerful mechanism by which you can help others.

Participant: On that point, when you read the Padgett Messages there's a lot of messages where people went into the hells and they stayed there for a long, long time until they suddenly realised that if they forgave the people who hurt them, then all of a sudden they instantly improved their condition. And they went into a completely different place almost immediately after being stuck there for hundreds of years, or even longer, and that lesson was perhaps the most important lesson.

That's right. I've talked to groups of slave spirits who have this terrible anger and rage and feelings of hurt that they want to harm the people who harmed them. In other words

they weren't forgiving the other person and the reason why they couldn't was that they had all these hurt emotions inside of themselves that they weren't willing to personally experience. But then when they did that, within a few moments, they went to another location in the spirit world, they just progressed straight away from that one location to a new location. Forgiveness is a very, very powerful emotion.

7.2. Ways that the Law of Forgiveness is broken

Now when it comes to breaking the law, we often have very strong feelings of justice, you know the "eye for an eye" teaching that makes the whole world blind. You know that's a very biblical thing that most of us have grown up with because we have these deep feelings within ourselves of, "I want to have revenge for all the hurt that other people have done to me." And we can even take that to a fuller extent and that is we go down this track of saying, "I want to hurt every person because I had this one person hurt me." You think about it in terms of the inter-gender problems that we have on earth today. How many men or how many women feel hatred towards the opposite gender because of just their mother or father harming them? So they are not happy with just harming their mother in return, they want to now harm every woman in the whole earth or they are not happy harming their father in return, they want to harm every person. And this is the problem with this kind of lack of forgiveness is that we often become so embroiled in the rageful emotions because we don't forgive. What happens is that we finish up projecting not just at the person who created the emotion within us, but we project it at every single person that we can who fits the bill.

So, how many of you as an older woman, let's say, have had a younger man some time in your life just seemingly get angry with you? Now what's happening there? Besides your Law of Attraction, which we talked about before, this man obviously has issues with women and he's willing to project them at you. Why? You didn't do the thing that he's upset about years ago that he's held on to all of this life. But because this emotion is still within him and he can't forgive, he can't let it go, he can't feel the emotion and release it from him, he now wants to project it at any person who comes into his sphere of operation in his life so that he can actually feel this justified feeling that he really only has towards one or two people.

You see this happening all of the time with inter-race rivalry. One person from my past happened to be a Chinese person who ripped me off so now every time I see a Chinese person I just believe they are going to rip me off. This is what we do. And we even take it to the full extent, where we are willing to actually kill a person or feel so much hatred for them that we'd like them to be killed just because of what we feel they did to us. There's a really good movie I suggest you watch it's called "Twelve and Holding". It's about a group of four twelve year old children who have huge amounts of projected emotions coming at them from their parents and what they do with those emotions. It's a really powerful movie. And another really good movie to watch about this subject in particular on forgiveness, but also the effects of emotions, is "The Merchant of Venice".

The recent one we've got has Jeremy Irons and Al Pacino in it and it's very well done a really good story. It's a Shakespeare story obviously and the way it's depicted is really well done but it illustrates a lot of these issues of repentance and forgiveness and why a person can't give it up, what's going on within themselves that they can't give up certain emotions. Allow yourselves to connect to those emotionally. They're good movies to watch in order to connect to some of those feelings.

The problem with us most of the time is that we are so willing to project anger at other people and all of us, before we even came to one of these sessions, knew that anger from somebody else hurts us. How many of you, before you came to one of these sessions, have thought that if someone was angry with you, it was okay? And yet how many of us in the course of a day will we still get angry with someone else?

Participant: Could you please just explain projection?

If I'm not feeling my own causal emotions, I am projecting those emotions to the universe. So in other words every single person around me is going to be feeling those emotions.

7.2.1. Owning vs. projecting anger

Participant: But if you're angry shouldn't you be allowing yourself to feel that anger?

That's a better place than actually not feeling the anger and being in a rage yes, but it's still not owning the causal emotion. Remember I said it's the causal emotion we need to own.

Participant: But if you're allowing yourself to feel the anger but not actually being angry at anyone, is that projecting?

If you allow yourself to feel the anger and you're punching a bag and you're really connecting with the anger, now you're not projecting the anger, you are actually owning the anger and letting it pass through you.

Participant: What if you're just sitting there and allowing yourself to see it and feel it, you're not projecting it at anyone, there's no one in mind, you're just angry and you're feeling it....

That's doing it less but it's still projecting because you're not actually in the rage itself. You're not actually feeling and experiencing it completely. It's a bit like; people often say to me, "When you're sad must you cry? I don't cry when I get sad, I just sit down and I feel sad and I don't cry." Well I'm saying to you if you're not crying when you're sad, then you're not feeling sad, you are actually sitting in your sadness. So you are not feeling and experiencing the sadness. You know, that's why God gave us tear ducts to actually experience the sadness; well that's one operation of them anyway. The truth is that if you're not experiencing the emotion completely, there is always some projection coming from you. So the key with all of our emotions is to experience it completely through total

ownership, and so my suggestion is that if we are angry and we're just sitting there seething, we are not fully experiencing the underlying causal emotion yet so we are actually in a state where we want to sit in it and so we are still projecting at other people.

So quite a lot on the Divine Love Path Internet forum lately Mary has pointed out to me examples of people justifying their projections. If you justify your projections you are out of harmony with love because a loving person doesn't want to harm anyone around them. You are automatically harming a person around you if you decide that you can be angry with everyone around you. You are, yes, allowed to experience that and yes, you are allowed to be angry with everyone around you because it's the Law of Free Will. So I'm not saying you are not allowed to do it, what I'm saying is that you damage your own soul by doing it and also of course potentially the soul of many others. And we've got to look at the underlying reasons why we turn to anger. There's always an underlying reason which is capped by a fear and we need to access it and we need to go deeper into our emotions, so allow ourselves to do that.

Now the forgiveness of others is so important in our life and it's so important for them as well because you'll notice that any person that you truly forgive in your heart will change in their interaction with you without you having to say a word. Now some of you have already experienced that in your life where you have actually gone through the process of owning all of your emotions to such an extent that you have no more emotion about that person who's negative and have a feeling of love towards them. And now all of a sudden they interact with you quite differently. Or alternatively they leave you alone; but in either case they will interact with you differently.

7.2.2. Forgiveness benefits spirits as well as people on earth

Participant: Does that apply to spirits? For me the person who harmed me has passed, so can I forgive them even though I'm still alive and they're in the spirit world?

Yes, and in fact it's even more powerful to them than it is perhaps for a person on earth because a person on earth is often very distracted emotionally from your process of forgiveness. But a person in the spirit world is often very attracted to you when you go through the process of forgiveness, so it actually has an even more powerful effect on a spirit than it does on a person on earth. So remember that with all of these interactions with people who are passed, with your fathers or mothers or whoever who have passed who have harmed you, the process of forgiveness just assists them so much.

7.3. When we truly forgive, the Law of Attraction changes

Participant: How will I know if I've forgiven or become passive? I'm quite a passive person but could that possibly be because I deny my anger?

That's a good question because a lot of times in the world today people say, "I've forgiven that person" but actually all they've done is suppressed and buried their real emotions. The way you know is the same way that you know about everything that's changing in your life; the Law of Attraction changes. So your Law of Attraction with the person who you

have the aggro with, or the anger with, will change; when you truly forgive they will feel something different from you that they haven't felt before, and often they will feel motivated to talk to you about that. But even if they don't, you will also notice the Law of Attraction change with them you might meet them again and you'll notice your own feelings, "I don't feel angry with them anymore. I feel like I can love them now," and you'll feel that with your parents or any other person towards whom you feel those angry feelings.

But if you have a feeling of wanting to block them out of your life, and they keep popping into your life; you keep seeing them down the street and you walk around the other way, you see them when you're in the movie theatre and go and sit in the corner, whatever it is that happens, that's you denying some really deep emotions of resentment. So allow yourself to work through these, let yourself bring them up and work your way through them because when you forgive them you won't feel like you need to avoid them. Your Law of Attraction may be that they still avoid you if they have been harmful to you in the past, so I'm not suggesting that you put yourself in harm's way knowing they are going to bop you on the nose every time. So if you know that that they have been harmful in the past, then the question I have to deal with the underlying emotion of is, "Why you would put yourself in a position where you are getting harmed all the time?"

That's a bit like when a woman is being abused by a man and doesn't want to leave him; she keeps getting abused, getting abused, getting abused. She is not forgiving him or herself in that situation by the way. All that's happening is her anger and other emotions are just building and building and sooner or later they are going to get to a powder keg and this is why there's a lot of domestic violence because in the end it gets to a powder keg and one or the other person finishes up doing some harm to each other because the emotions are not getting dealt with.

I'm suggesting that when you go through the process of forgiveness, it does not automatically mean that you will remain with the person who's harming you. We'll talk about that in a minute because that's a process of mercy.

7.3.1. Forgiveness happens instantly when we are truly humble

Mary: Can I reiterate that that if you're truly humble then this whole process happens very naturally; if you're just feeling all of your emotions then you'll naturally forgive.

Yes. If you are really humble, which remember we said is a burning desire for you to experience all of your own emotions, the instant somebody does something to harm you will be the instant you also forgive them. Because all the emotions that would have passed through you from their act won't pass through you because they are all cleared. They've all passed through you but you've chosen to experience them all, so you are automatically in the space of forgiveness.

So this happened when I was with Cornelius and was getting nailed to the stake. I just looked at him and felt the feelings of forgiveness while he was doing the act. So while he was hammering the nail into my wrist, I was looking at him with a feeling of forgiveness

and he reacted to that; he immediately put down the mallet and walked off. Somebody else picked it up but my act of forgiveness toward the other person didn't have the same effect. So can you see how the process of forgiveness can affect people greatly?

Participant: Can you truly have compassion for a person and go through the process of forgiving but still have residual anger?

No. All of the emotions of love are pure in all of their expression and once you fully experience forgiveness you will always feel a sense of compassion. You will never feel any anger or rage or even slight annoyance. So once all of those emotions pass through us and are released from us, we don't ever experience those things. Obviously God doesn't ever feel anger towards anything so when you become at-one with God you will also never feel anger towards anyone or anything, no matter what they do. And all of you are totally capable of getting into that state with the reception of Divine Love because these are Divine qualities now we are starting to talk about, not just the qualities of natural love. So the natural love qualities are very much, you could say, toned down versions of the real thing, whereas Divine Love qualities are the real things that you'll eventually develop as you receive more and more and more Divine Love.

7.3.2. The emotional reasons for judgement

Participant: Judgement - that's something I'm really good at.

Yep, most of us are!

Participant: But I feel I'm really, really good because it keeps me stuck....

Keeps you stuck, yeah certainly....

Participant: So how do I get off it?

There's always an emotional reason why we judge others and usually it's a combination of different things. Sometimes it's something that we see in ourselves that we don't like reflected in them, and so we feel that we need to judge them. That's a very common thing; we are trying to deny this part of ourselves that we're actually seeing reflected to us and so we immediately judge them. Another reason that we judge is that we view ourselves as greater than the other person and we need to look at ourselves as to what is going on inside of me that would cause me to view myself as better than them. Another thing is that we are often harbouring deep hurt about childhood experiences around which that particular person is actually carrying out right at this moment, and because they are carrying it out they are triggering an emotion in us as a reflection of what happened in our childhood. And so we immediately judge the person as being like our dad, or our mother or our brother, who was a mongrel, and so you start projecting all of those emotions at the person who's doing the same thing.

You can even get down to the person just looking the same way as someone who has hurt you. Some people have come up to me and said, "I just don't like the way you look, you

look like this person and I hated that person.” So sometimes we even have those kinds of interactions. How many of you have noticed how somebody dresses and really had a big negative emotional reaction to how somebody dresses? It’s because of our judgements that are in us all being due to the suppression of emotions that we don’t want to access within ourselves. So the key for us is to understand that every time I’m judging I am actually projecting an emotion that I have the right to determine whether they have the right to live or die basically. Actually not even God does that so we are setting ourselves up into a very dangerous position. So the key is to allow ourselves to re-tune back into the emotion that causes us to judge; there is always an emotion that causes us to judge.

7.4. Feeling the causal emotion creates forgiveness

Participant: Through a soul condition that’s in error I’ve come into conflict with various people in my life where I think I need to forgive them but, in a way, I’ve created that situation. Do I need to deal with that causal emotion first before going into forgiveness?

Definitely, it’s the causal emotion that causes you not to be able to forgive. So allow the thing that you can’t forgive to trigger you, really feel the causal emotion, and when it’s passed through you completely you will feel entirely different towards that person. So then you won’t feel any resentment or any harm or any of those kinds of things.

In the spirit world it is a little easier sometimes to forgive because what happens is that you see a much bigger picture. Here on earth it’s very hard for you to see the other person’s life, it’s very hard for you to see their childhood, and how they grew up. It’s very hard for you to see their current circumstances, it’s very hard to see the emotions within them of how hurt they feel and how painful their life really is to them, and so we often don’t forgive the other person. In the spirit world because you can actually read what’s going on in each person’s soul quite easily; you can feel the emotions coming from them and you can read the record of their life. And because you can feel all of that, you can have a lot more compassion for them and also because of your distance you now realise that, “Wow that \$5,000 they stole from me on earth, well up here it didn’t really matter very much.” So there’s a blessing in distance in that we see things quite easily that we wouldn’t have been able to normally see, so it’s easier to forgive. So part of this process is actually seeing the truth of their life as well as a part of this process of allowing the forgiveness to take place.

Participant: And in that situation, say I’m in conflict with a few people in a similar way, by forgiving one does that allow me to then easily flow to the others?

Yes, because if you deal with the actual causal emotion, which is the reason why you couldn’t forgive the first one, there’s a high likelihood that your soul condition will change and therefore your Law of Attraction will change. Then all of them will feel the feeling of forgiveness from you.

Mary: I just wanted to point out that understanding is different from forgiving though. You can understand and a lot of us do that and say, “Oh I understand why they did that

and so I forgive them,” but unless we’ve experienced the emotion causally, we haven’t reached the space of forgiveness. A lot of people who say they have forgiven haven’t actually forgiven.

That’s a very valid point that Mary brings up, do you understand that point? It’s really important to understand that unless you experience the causal emotion, you have not forgiven, even when you convince yourself you have.

Participant: Can hurt be a causal emotion?

Hurt is usually not a causal emotion but the feeling of hurt will lead you into causal emotions. So for example if somebody does something to me as an adult, I might feel hurt but underneath that there’s a childhood causal emotion that’s unreleased.

Participant: What if the emotion’s from childhood, this feeling of hurt?

Then it may be a causal emotion and there’s lots of that in most people.

Participant: I’m just wondering can you forgive on an emotion by emotion basis, if that makes sense. For example I’ve a lot of anger with my mum, so if I’m experiencing an emotion about rejection and I get to the causal of that and I can find forgiveness because there’s a very deep understanding and a release of that, does that mean I forgive her completely, or do I need to go through that with every emotion?

No you will need to go through that with every emotion. The truth is though that a lot of the emotions combine. So what we can often end up doing is forgive the person through this process that we work through and feeling a causal emotion towards the person. So a lot of the reasons why we can’t forgive are that we are projecting anger, rage and other emotions at the person. We are not fully owning the emotions ourselves, and once we get into that state we learn a lot of things about forgiveness and one of those things is that everything that I feel is my own feeling – it’s not your fault that I feel this. Even if you kill me it’s not your fault that I feel what I feel from what you did.

So the key thing is that we come to that understanding at the soul level and when we come to that understanding at the soul level, we will automatically be able to be forgiving in every situation. But coming to that understanding at a soul level is a big process emotionally which many of us will work through over time. And to do it over time we release one emotion, we release another emotion, release another emotion we start getting into this place where now we are in this space where anything that any person does to me, I’m automatically forgiving. But obviously it takes a lot of emotional processing to get to that place.

Participant: And also does forgiveness itself come into that then?

Very much so!

Participant: And would we do that before or after because I always feel as if that's blocking me from...I feel so ashamed that I have certain feelings that it's almost getting in the way of forgiving?

Almost all of our inability to forgive another person comes from our inability to forgive ourselves. And that's why we need to have a long talk about forgiveness at some point, which we will do. If you want to do some reading about forgiveness, there's some very good material in "The Way of the Heart". I forget what lessons it is but it's a channelling I did through a man called JM, John Mark Hammer, and there's three books "The Way of the Heart", "The Way of Transformation" and "The Way of Knowing". There's a whole thing called "The Way of Mastery" but they are quite expensive unfortunately. I'm meeting the guys who actually do it next week and one of the things I want to talk to them about is making them less expensive for them to read because it's really, really important material, I feel, although it does contain a lot of New Age concepts that got mixed in amongst the mediumship. But there are some lovely sections in there about forgiveness that are really worth reading. We will be having a talk about forgiveness, not just God's forgiveness of yourself but also forgiveness of your own self and forgiveness of others.

7.4.1. Working through emotions with God also helps deal with emotions with other people

Participant: If I feel a bunch of emotions towards God, like rejection and all the rest of it and they are released, does that mean I don't have to do it for all the people in my life?

The truth is that most of your emotions towards God are created by your emotions that you have towards other people. So if you deal causally with most of the emotions you have towards God, then certainly you will also be dealing causally with the emotions you have towards the other people. But there may be emotions that you don't have towards God that you still harbour towards other people and so you will need to work your way through those separately. But certainly you can work through a lot of emotions by actually just concentrating on the feelings you have towards God; such as God doesn't love me, God doesn't care for me, God doesn't want me, God doesn't look after me, God doesn't protect me. There are all these different emotions we may have towards God, which all actually come from our belief systems of what's happened in our childhood and a life that occurred through interactions with other people.

Participant: Is it true through honesty there's instant forgiveness?

No, I think Mary just really pointed out that forgiveness is not just about understanding. The truth is when you forgive you will understand. I feel forgiveness comes before understanding. When you fully forgive, you're going through these emotional processes that cause you to no longer have emotions within you, and it's these emotions within you that cause you not to forgive. When you clear those emotions, now you will have understanding and that's the time when you have fully forgiven. So I feel forgiveness really comes before understanding in a lot of ways.

Mary: I was also going to offer to email everyone the section on forgiveness from “The Way of the Heart” if they would like that.

Would you like that? No worries, we’ll send that out. Better ask whether that’s possible though, it’s not copywrited material, is it? I’ll ask.

Mary: I don’t think so. I was just going to type out a couple of pages and send it out by email. We’ll reference it.

7.4.2. The example of a parent forgiving a child

Participant: AJ, it seems like there’s a lot of forgiveness that we need to focus on. Where does one start? Do you look at what is present at the time or…?

In your Law of Attraction.

Participant: In my Law of Attraction I have a son that at one stage I thought came from a different galaxy and after doing a lot of emotional work on this, I’ve realised that he’s a reflection of me.

That means you came from a different galaxy!

Participant: But after listening to your great works for five months now I realise that I’m from here and he’s been diagnosed by the physical world as having ADHD and I’m just wondering, what is it that I’ve got to work on in my soul condition? I’m sort of trying to grab onto a hook because there’s a lot of forgiveness but I don’t know which one is more apparent that I’ve got to be clear on.

Everything that your son does is a reflection of what you deny, so allow yourself to be triggered by him and then just go into the emotion, “What is it I am actually feeling from what he just did?” So you might be feeling controlled or you might be feeling manipulated, so allow yourself to start connecting with a lot of these emotions. A lot of parents feel emotions of being controlled and being manipulated particularly, and a child can easily tell when they can control or manipulate their parents. And many of you get quite controlled and manipulated by your children and the reason why is that you still have an emotion in you that allows the manipulation. The key isn’t to stop the manipulation, the key is to feel that emotion, release it and ironically when you do that the manipulation from them will automatically cease generally.

Now it depends on how old they are as to whether it will automatically cease or whether you might need to have some talks with them about it ceasing after you’ve dealt with the emotion because the older they become, the more ingrained the behaviour is and the more the injury exists within them. But when they’re quite young, like under seven, eight, nine or whatever, you’ll find that those children will, a lot of times, automatically change in their behaviour towards you. And in fact many of them will no longer be ADHD or whatever other term we put on them because a lot of times all they are doing is reflecting to us our unhealed emotional injuries of lack of self worth, which they can easily control

and manipulate and they use it through tantrums and all these other ways in order to control us.

Participant: AJ, one of the things I found was not so easy for myself was shame; shame that I had these feelings towards my children that I was projecting on them. I'm just saying it because I know it was one thing that I found as a parent.

It's very difficult to feel. Shame is a very difficult emotion by the way and a very powerful emotion if you allow it to be felt. Shame is the main reason why you kick into defence so shame is a major cause of anger and rage, so allow yourself to feel your shame. Some of you are finding that you are having trouble with anger and rage; a lot of times you will find it's related to the fact you don't want to feel your shame so it's a very, very important point.

So now let's move on because there's quite a bit more to do.

8. The Law of Mercy

The next law that I want to talk about is the Law of Mercy.

Now a lot of people think that the Law of Forgiveness and the Law of Mercy are the same thing really but they are quite different to each other. Forgiveness will become automatic in you, particularly once you've become at-one with God. You will get to a point where you will automatically forgive any single action that is done against you; that's what will happen with the forgiveness issue.

But you will not always demonstrate mercy to the person who has harmed you even when you are at-one with God and the reason why is that God doesn't automatically demonstrate mercy to people. That's a pretty big comment right? The reason why God doesn't do that is that mercy is a different quality. A lot of dictionaries will put mercy and forgiveness as the same meaning but mercy has this quality of lenience. You see what happens with God, is that God automatically forgives every single action that you ever do; anything that you do that's a sin against His Laws is automatically forgiven in the sense that God harbours nothing against you for those things that you've done. In fact God has huge compassion for you with everything that you've done because He knows there's going to be lots of pain you're going to need to experience because you did it. So God has the feeling of huge compassion towards you. But this process of mercy only occurs when you come to recognise what you have done in all its gory detail, and then God demonstrates lenience; and this is where grace comes in. So grace is this process that God actually does with us in that when we enter into this state of repentance or a deep heartfelt sorrow about the things we have done, God can now reach in to us and take away the reason why we did it. This is a process of God's Love.

Now let's look at our relationships with others and see the interplay of these qualities in our relationships with others. Let's say your partner cheats on you. I am saying to you that you will need to get to a point of forgiveness if you want to grow spiritually from the

event. So that will mean experiencing all of your own emotions about what that's created in you, the feelings of rejection and the feelings of sexual rejection and all these other feelings, and you get to the point where you actually feel love again for your partner. Now it might not be the same kind of erotic love but you will feel love for your partner. And you may not ever get back together with them until they demonstrate that they are repentant for their action. Now the reason why you would wait until they're repentant is that if they are not sorry, a deep heartfelt feeling of sorrow for their action, they are probably going to do it again because they have not dealt with their causal emotion within themselves that caused them to take the action they took.

So this act of forgiveness is something you do for yourself. The act of mercy is what you do for the other person. The act of forgiveness is this feeling where you release all of your emotions towards the event involving the other person, the act of mercy is how you are actually doing something for them. Now if you break the Law of Mercy, you will feel a lot of pain. For example, let's say the woman who was cheated upon decides to take back her husband and he has not demonstrated any repentance, she just decides that she has forgiven him and she's going to take him back. What's the high likelihood of what's happening? The same again and what's she going to have to experience again? Forgiveness again, she's going to have to work through the feelings that she feels about that again and then he might do it again.

Now a person who's truly forgiven would be okay with him doing it again and again and again but at some point you can see that there's this law of self love that kicks in; at some point I am going to have to love myself in this relationship. Do I really want a relationship with a person who wants relationships with other persons? What kind of relationship do I want? I am going to have to work through those issues and if that person is repentant, I can easily display mercy towards them by not asking them to go through the whole process of the Law of Compensation. You see what often happens in these kinds of situations is the husband cheats on the wife, the wife gets really angry, the only way she feels she can make it better is to cheat on the husband. Then we're even, now we've got justice. Lots of people feel that way. You don't know what you've done to me until I do it back to you and then you'll know what you've done to me. But that just harms both people.

So my suggestion is that what we need to do is to always forgive but mercy will be displayed when the person actually starts seeing or wants to see what they've done. Do you understand the difference between the two qualities?

Mary: I just want to point out why that's actually loving; because the reason why God isn't lenient with us when we're not repentant is that He/She wants us to experience all of our causal emotions. She wants us to grow spiritually towards Her and actually if we display mercy at an inappropriate time, if we look at it in the same way as we look at our relationship with God, we're actually assisting someone to avoid their causal emotion. It's actually far more loving for us to display mercy only when someone is repentant.

Most of us attempt to display mercy before people are repentant and we do it for our own emotional reasons. Most of the time because we can't bear the thought of living without them, so in the example that I've given, we can't bear acting in truth in a situation. Now when we do that what actually happens is we enable and actually reinforce their unloving behaviour of which we now have partaken, and there are Law of Compensation issues surrounding that for us. So that's something to bear in mind.

8.1. Entering a state of repentance

Participant: How do we get into a state of repentance?

The state of repentance is having an overwhelming emotional feeling of deep sorrow about the things we have done or about the specific thing we have done. And part of that is understanding the effects on all the people involved in the thing that we have done and we actually take that to God and actually feel that with God. But you can also, if you are talking about the relationship with another person, feel that with the other person.

So for example, if I was the man in that relationship who cheated on his wife, if I cheated on Mary and I would have to do a number of things. Firstly I would have to feel my emotions about what feelings I have created in Mary as a result of that action; all of the mistrust she has to deal with now, all of these other feelings that she might have to deal with, I would need to feel about that. I would also need to focus on feeling the causal reason why I actually finished up doing what I did and I would need to work through that emotionally. Now I can do all of that with God, I can talk to God about all of those things, but I would need to do it all emotionally. Once I have done it emotionally, I will change. I will no longer have the same reasons inside of me as to why I did what I did towards Mary then you could say I'm really repentant, I've worked through all of those issues.

Now you can encourage someone to be repentant but you can never be repentant for them, and this is why it's a very individual process between you and God. God can encourage you to be repentant for the sort of things that you've done but He can't be repentant for you, only you can do that and no one else can do that for you. Only you can do it. So if I were the man who cheated on my wife, what would happen is inside of myself I would need to go through those feelings. Now I can go through them with God but does that fix my relationship with Mary? Not really. Mary would need to see my feelings of repentance if there was going to be some mercy from Mary, in the sense that even though I've done that I might badly want to be with her but she may not want to be with me until I have demonstrated to her that I've done all the things and dealt with the reason why I did it so it will never happen again.

Participant: So if I don't know the reason, I just need to pray?

You need to pray about the reason. So if we're feeling that there are things that we've done that we have yet to have an emotional feeling or an emotional response about that we know we've been harmful to others, then pray about getting into a state of repentance. Trust me it's far faster than having to do the Law of Compensation with the issue. So it's far better to go into a state of repentance but it's one of the most difficult things to do

because very few of us want to actually see the things we have done to harm other people. We're happy to see all the things that others have done to harm us and we're sometimes quite happy to see the things we do to harm ourselves but when it comes to seeing the things we've actually done to harm others, that's usually the thing we are most resistive about. So let yourself feel about those. And in fact that group of emotions, which are all the Law of Compensation group of emotions, are the most powerful emotions to release in you and in the end are the emotions that can actually heal you so much and also make you much closer to God in the process.

8.2. The Law of Repentance and the Law of Compensation

Participant: So AJ, in a roundabout way is it almost easier to go via the compensation route?

The Law of Compensation operates in the moment that you do the sin, whatever the sin is. So remember I talked yesterday about what sin is in the talk "God's Laws - An Introduction". Sin is missing the mark of love. So the moment you miss the mark of love, the Law of Compensation is immediately imposed from that moment on; you are already experiencing the Law of Compensation from that moment on. Now you may experience it over one issue for a hundred years before its actually forgiven. And when it's forgiven is when you've forgotten it; when you've actually no longer got any emotion left within you about the event that happened. You remember the event in your mind but the soul has no more emotion about the event any more. So there's a memory of the event in your soul but no emotion of the memory of the event in the soul. When you are at that point, you have now been forgiven. Until that point you're going to feel feelings of agitation whenever that issue comes up, whenever you're reminded of it you'll feel defensive of it initially and after a while you'll work through different emotions and eventually you'll get to the point where you'll realise, "I can think about that event in its complete detail and not feel any feeling in me that is harmful to me, I just feel joy and compassion for myself now." When you get to that point you're forgiven as well ironically. That's how it happens with the Law of Compensation.

With the Law of Repentance what happens is that you can feel the deep sorrow and feelings of remorse, direct them towards God and God can actually take away from you the reason why that event happened in you. And immediately after that, or usually a few days after because you've been crying for a few days usually before that, you actually get to the point where you realise that the emotion and the causal reason why you did it has left you and you also realise that you can think about the event now without any guilt or shame or any of those emotions. That can happen within a very short period of time. The Law of Compensation often happens within a very long spread of time about these events.

So the way to test it is to look back on all the things that you're ashamed of in your own life and when you think about them how do you feel? Because if you feel something, you have yet to be forgiven or you've yet to be repentant; one of the two, because remember one of those two processes is what needs to happen before you're completely forgiven. So the repentance process is a Law of Divine Love, the Law of Compensation process is a

Law of Natural Love. We'll talk a lot more about these two processes at a later time because they are very, very important for your own spiritual progression.

9. The Laws of Natural Love

Alright, there are a couple more laws to cover. The next group are not really a single law; they are a combination of natural love laws that demonstrate how to love oneself and others. So what are some basic laws of love that we want to focus on here?

9.1. Love is a gift and has no expectations or demands on others

Love cannot be demanded without being unloving. So whenever you demand that another person love you, whenever you say to them, "You're not loving to me, I'm going to reject you now because you're not loving to me", or any of those things you are demanding love from them, and you are now, right at that moment, being unloving yourself. Because all of these laws are based on one fact and that is that love is a gift. So any love that you have for another person is a gift to that another person. In fact the greatest gift you can ever give is your love for another person. And whenever another person loves you, that is the greatest gift that you could ever receive from that person. It's more important than anything else that you could receive from that person. And of course the greatest gift in the universe is God's Love for you.

Can you see how they are related, these gifts that we can give? And in fact God Herself does not demand from you your Love because God respects the fact that your love is your personal gift. So God doesn't expect you to love Her, God desires with all of Her heart your love, and you can choose with your free will to give Her your love. But you don't have to and neither do you have to love anyone else; you don't have to love anyone. You would be quite unhappy if you don't; that's part of breaking the law of love, but you don't have to love anyone.

Now when you think about those particular principles, can you see in your own life where you sometimes demand love from others and what's going on there? Can you see the actual act of expecting someone even to love me is being unloving towards them? And yet how many times do we get upset because, "I expected you to love me"? We often have all of these expectations surrounding love but love doesn't expect anything from another person. Love is a gift so therefore it cannot be expected. And in fact if we believe it can be expected, we have a totally distorted viewpoint of love, because love is a gift and it is given with a free will from your heart.

Now when you look at that quality with love and then apply that to all of your relationships, can you see how it can change a lot of relationships automatically? Because a lot of the times we're doing something for another person in order to get a feeling of love back from them. And that in itself is an expectation being placed on the person. We're certainly not loving them as a gift that we're giving, we're wanting something in return before we will love them. We're going in with this expectation, but expectation creates so much anger. You imagine going into anything with an expectation, what's

going to happen when it doesn't happen? You're going to feel disappointed at least, and if we take that disappointment even further, annoyed, frustrated, angry, rageful. Can you see that it doesn't take long to get from one to the other? Because a lot of times we have these deep expectations.

So my having an expectation that you're going to treat my house well when you come to visit is an actual unloving expectation. Now of course if you love me you would treat my house well, that is very true, but me expecting you to do it is an unloving expectation. So we walk out of the shopping centre, walk up to our car and there's a big long scratch along the side; what do we feel? Angry, particularly if it's a new car and there's a big long scratch along the side. We have an expectation that other people treat our property in a loving way. We need to release that expectation from our souls. It's a good Law of Attraction event to release that expectation.

You want to be able to come out, look at the scratch on the side and not mind. If we got to that point we probably wouldn't get the scratch on the car in the first place because of the Law of Attraction. Even when we're at-one with God we might get a scratch on the car, but the truth is that the important thing will be what our emotional response is to it; our emotional response is that we will actually feel nothing negative from the event whatsoever. Now if I'm feeling something from the event, then there's a good access for me to get down deeper into the emotion. And this is part of the law of love; the law of love doesn't expect someone else to treat me well. Ironically when I get into that state, everyone will treat me well because, can you see, most of the time before then we were getting triggered with the expectation.

9.1.1. The difference between desire and expectation

Participant: What's the difference between desire and expectation?

Desire is a passionate feeling within yourself to create; an expectation is something you are wanting from someone else to get for yourself or from the universe to give for yourself. Desire is all about you creating something for yourself; expectation is all about other people creating something for you. Very, very different group of emotions. So when I am in my desire, I will be in this state where I am creating; I'll be wondrous about my own creation. I'll look at this creation that I've created, this scratch down the car and say, "Aren't I a wonderful creator, boo hoo!" And I'll just connect with that emotion. And once I release that causally, then obviously I will create some different things. The Law of Desire creates. Expectation doesn't create anything; it expects other people to create for you.

Now you look at the world today, how many people in the world expect something from someone else to be created for them? Very, very, very unloving. So allow yourself to feel when you are doing that inside of yourself. When am I doing this, expecting from someone else? Really allow yourself to connect to the causal emotion within yourself that actually causes you to believe that you are allowed to expect from someone else.

It was a couple of years ago that I started working through these groups of emotions of expectation and I realised early in the time when I met Mary that I had so many expectations about people loving me. I sat down one day and I cried for a couple of days straight on this one and I realised that actually I had to get to the point where I expected nobody at all to ever love me, but that it would not be a sad place. For most of us if we thought about that, it would be a very sad place, and when I first thought about that it was a very sad place. And what we need to do is get to this place where we do not even feel like we need absolutely anyone to love us, except for God of course, but even then it wouldn't be an expectation. It would be a gift that God has given us not because we expected it but because He did it before we were even conscious of it.

So the truth is that we can actually get to this point of dealing with it emotionally - where we get to this point of feeling like we have an expectation from nobody to love us, no matter what we do, no matter what we give them, no matter how we help them, no matter what we do for them, no matter whether they are our partner, our son, our daughter, our father, our mother, our sister, our brother; we don't expect anything at all from them and we certainly don't expect them to love us. Now when I first contemplated that I thought, "Oh my goodness I've got a lot of work to do." It overwhelmed me when I thought of how much work I had to do; I just realised this huge amount of work I had to do about expectations and how unloving it was to have these expectations. Even the expectation that anybody listens to me, the expectation that anybody understands me, the expectation that people want to be with me, the expectation that somebody buys me a Christmas present or a birthday present; all of those expectations are all unloving.

Now when you get to this place it's really interesting because when you don't expect anybody to do anything, then absolutely everything that you get is a gift. When you get to that place emotionally, it's amazing. I'm not there yet but I have a memory of being there and it's an amazing place.

So allow yourself to deal with all of your expectations, because all of your expectations and all of your demands are all unloving. You see even in a relationship we're often asking ourselves, "What can they do for me? What are they doing for me? You're not treating me lovingly, you don't care about me, you haven't done this for me, and you haven't done that for me." We very rarely ask ourselves, "Why do I expect them to do that for me?" Most of us justify it by saying, "But isn't love like that? If they love me they'd do it for me." Well that's true; if they loved you they might do it for you. But the fact is that because you expect it you are actually being unloving, and there's an emotion in you that you need to work through with that.

9.2. Any pain that we experience is a result of a lack of love within ourselves

I want to go into the laws of love a lot over the coming months because they are just so interesting. I find them really interesting with all the interpersonal relationships. When you are truly practising love, there is no pain in any relationship. So any time you feel pain in any relationship, there's an issue of love inside of yourself that is yet to be resolved. That is one of the major things that I'm relearning in this process of coming from a

condition of sin; one of the things that I believe now that I didn't believe in the first century. Through this process I'm starting to realise something I realised and remember right at the beginning of the last process; that in the end almost everything that I can learn is a lesson of love for myself; a lesson of love that I need to learn inside of myself. Any hurt that I'm experiencing is something inside of me that isn't right, any pain that I'm experiencing, any suffering I'm experiencing, any physical ailment I am experiencing is something inside of me that isn't harmonious with love. And I need to allow myself to feel it and once I feel it and release it, I will become harmonious with love and whatever that pain is, whether emotional or physical pain, it will leave me. This has a huge effect on us in terms of our life.

10. The Law of Divine Truth

I haven't talked about the laws of natural love very much but my suggestion is to read a bit more about those things in the seminar outline because I want to cover the Law of Truth as well. The Law of Truth, and particularly the Law of Divine Truth, is basically that we always live in harmony with Divine Truth as we know it emotionally. I actually feel that the Laws of Truth are perhaps the most powerful laws of love in the universe, in that the truth leads you to love. It's the truth that sets you free because it's the truth that actually leads you to perfected love; without the truth you can't ever get there. The truth is such an essential part of what you will become. In fact you'll get to a point in your own progression that the truth is so essential to you, you cannot live without it or out of it ever.

Imagine that in your relationships. What that means in your relationship is that every single emotion passing through you is going to be reflected in all of your relationships. So let's say you're staying with your mum and dad right now and you have a feeling on condescension from your dad. You say, "Dad I have a feeling you are treating me condescendingly now and that makes me feel..." and then off you go and have a cry right in front of him. Now that would be in a state of truth with your father. Now that has a huge power, a power you cannot imagine because his heart will just be drawn into this. Every single person's heart at some level has this little connector to truth. Sometimes it's tiny but sometimes it's quite a big connection to truth. You look at every child. Most children have this connection with truth and it gets brow-beaten out of us at a very young age because they are so afraid of us as adults, and so they learn that to lie here and there prevents pain.

But if you took away the pain from every truth experience that they had, do you think they would want truth or lies? What do you want? When are the times when you've been hurt the most? Isn't it when someone has lied to you? Or when you've worked out that you've been lied to? A lot of times they're the most painful experiences that you've ever had. The truth is the thing that sets you free but the lies actually bind you up into a terrible stagnated place. Lies are so soul destroying. The truth when it hits you, when you hear the truth, how are you feeling inside of you? You feel so buoyant, encouraged, and uplifted; isn't that how you feel when you feel this truth resonating in you? So if you are actually

truthful in all of your interactions with people around you, what's that going to do? Isn't it going to uplift them as well? It's going to connect to their soul.

Now if you're withholding Divine Truth from a person because of an emotional reason within yourself, can you see that there must be a law that you're breaking there? Because you're actually preventing the other person from experiencing bliss by your own decision and your decision might be, "They'll never listen to that," or the decision might be, "I don't think they're ready." Who gave you the right to decide whether they're ready?

The truth is this thing of beauty. The truth is something that everyone in the world needs to know whether they want to hear it or not. Take every opportunity you can to speak the truth to others; you are demonstrating love to them. Take every opportunity to feel the truth of your own emotions; you are demonstrating love of yourself and love to the other persons in all of your relationships when you do that. When you avoid the truth emotionally inside of yourself, you are avoiding relating to every single person around you emotionally on a truthful level. So allow yourself to see the power of the truth in your life.

It's such an important lesson on the Divine Love Path to understand and feel the truth right down deep inside of you. It's such an important lesson to which the majority of us have such resistance because we are in these levels of fear; this fear that just dominates us and prevents us from actually acting in truth. I am still afraid of all sorts of things and I'm working through these fears because in the end they just prevent me from living in truth. Just this week Mary and I have been working through the issue of my potential death. In the first century I died from speaking the truth. My feelings are that it's probably not going to happen this time but I don't know. I've had lots and lots of emotions to deal with about that through my life. But if you feel that something bad is going to happen from speaking the truth, feel the emotion, work through the emotion because the truth itself has this huge power to create beautiful things around you and without it, the earth is not going to change. Nothing on earth is going to change without the truth. Nothing at all.

11. Closing Words

So what I'm hoping you see from these laws including the laws of love and the Law of Truth is that there are just so many powerful lessons to be learned in there with your reaction and interaction with other people. Instead of just coming to these groups and being encouraged, allow yourself to reflect upon your own life and how you can put into practice these laws, and allow yourself to feel the benefits of them. Nothing that is said in any of these sessions will benefit you unless you are actually starting to feel it and actually put it into practice in your own life. You're better off not coming if you don't want to put it into practice because in the end do you know what's going to happen? This happens all the time with everyone; the more truth you hear, the more discrepancy there's going to be between the truth you hear and what you are practicing. And the more that happens, the more hurt you're going to feel. So you're better off stopping hearing the truth right now if you're never going to practice it. You are far better off, if you hear the truth, to put what

you've learnt into practice over the coming weeks. You're far better off doing that for your own soul and for your own sanity.

I've found lots and lots of people have gotten to a point where they heard more truth, heard more truth, and what's happening there's huge amounts of pain about every single truth they hear because of the discrepancy between their soul condition and the truth that they're hearing. Don't do that; don't put off releasing the emotion and bringing the emotion up in you. The more you listen to truth without actually doing anything about it, the more harm you are going to feel inside of yourself because there's a law governing that too believe it or not; there is a law actually governing when you are not acting upon the truth you've learned and there will be pain in your soul if you don't do that.

Often we are focussed on preventing pain and you know when we do that we are not focussed on the pleasure we can receive from actually living in harmony by what we learn. There's so much pleasure you can get from that. There's so much joy and power that you can get from that so you won't worry about fear of your pain, the pain is nothing. Let's get through that and let's focus on the feelings of truth and love that we are totally capable of demonstrating because when we do that, we get ourselves closer and closer to God, and not just intellectually. At the moment many of us are still understanding things from an intellectual point of view, and many of you feel very attracted to the truth but my suggestion is to let the truth now influence your life. Develop your relationship with God and others using these truths and see what happens; be like a scientist with the truth, experiment with it and see whether it works. That's the best thing to do. Allow yourself to do that.

We'd like to thank you for hearing us this weekend again. We've enjoyed your company again. Mary and I are working through some quite difficult emotions at this time so we've both had a fairly heavy weekend ourselves. So we're sorry if we haven't been as present as we normally are with you.

Thanks for your time. (Applause)

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