

# The Truth Will Set You Free

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### **Relationship With God:**

### **Humility**



by **Jesus**

Part 1

**How to open your heart to truth, love and God**



# *Relationship with God*

## *Humility*

### *Part 1*

*This document is a transcript of a seminar delivered  
by Jesus (aka AJ Miller)  
as part of the Relationship with God series of talks,  
discussing how humility is essential for our  
spiritual progression and our relationship with God.*

*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](http://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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**Part 2 continues under other title**

# *Humility: Part 1*

## *1. Introduction*

Well how are all of you feeling today? Challenged? Glad to be here? Some of you! What I feel from many of you is that there is still a real struggle with emotions and sometimes getting into the emotions, sometimes into the anger and sometimes into the fear.

Well I thought I'd first tell you how I'm feeling. I'm feeling terrible today actually. I really wanted today to be a really good session for everyone, because of all the subjects I can speak of, the subject today is one of the most important subjects in terms of your own progression with God. And the subject today by the way is, "Relationship with God," and I'm focussing on the area of the relationship with God called, "Humility". It's one of the big three things in terms of your progression, humility. It's one of the three big things. Remember the first thing is Divine Love, the next one is Divine Truth and then the third one that we always look at is humility, and so it's one of the three big issues that you need to face in your own life, if you want to come to God. And because of that I wanted to present it in a nice easy flowing manner, but Mary and I have had so many emotions come up this week, and I've gone through so many emotions in the last few days that I've gone into this little hurt childlike state that I'm still in. So I'm finding it very hard to even feel what the subject's all about, and so I don't know how today's presentation's going to go. To be frank with you! I hope that somehow we'll work our way through it and hopefully some of God's Truth can flow as it normally does, but I can't promise that today. And fortunately I've typed up an outline of what was meant to be done today and it's downloadable on the internet, so if you want to know what I should have said today, then you can go and download that.

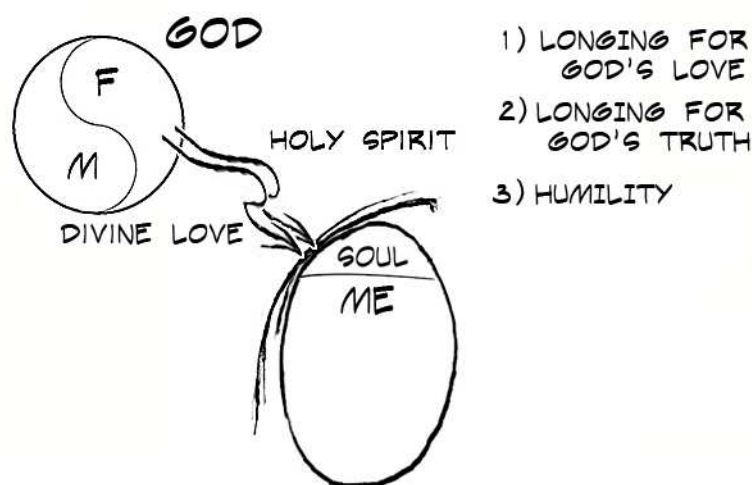
When I get into this state usually what I do is stay home, but staying home means cancelling the session and cancelling the session usually means a few hundred people, who have made plans, get all their plans all harmed. And we were down here already before this emotion came up for me, it came up yesterday and we were already down in Brisbane. By the way we were down there seeing 2012. Anybody seen that yet? Interesting don't you think? So obviously a movie like that is going to bring up all sorts of different subjects for you in terms of emotional triggers. So a few weeks ago we said how are you going with your fear? How's everyone doing with that? Starting to focus on dealing with some of those fears or, you still confronting them? "What fear? I haven't got any fear!" And so hopefully what tomorrow's subject will be, will be focussing a little more on how to help you with your fears, so tomorrow's subject is, "Fears, Emotions and False Beliefs," and what I want to do tomorrow is demonstrate the linkage that we have inside of us, in our soul, between the false belief that we actually hold on to, and the emotional reason why we hold on to it. And so hopefully it will help you actually identify some of your fears, if you are struggling to identify your fears. All you

need to do is look at your false beliefs and you'll soon find your fears, and so it's a way of discovering some of your fears and working your way through them.

## ***2. The three basics for receiving Divine Love***

So that will be tomorrow, but today's subject as I said is, "Relationship with God – Humility". So what I'd like to do first is just have a few reminders about how God's Love flows into your soul. So remember how God's Love flows? So here's God, here's your soul (AJ draws on the whiteboard), your little soul's getting round now it's no longer oval, that's me; that's my true self. So how does God's Love flow into our soul again? It's through this connector that happens, isn't it? So that connector is called the Holy Spirit. Now that connector, can you see that, that connector is like an energetic connection between God and yourself and it's a conduit. It's not a person; it's a conduit for love. So when that connection occurs, the Divine Love, God's Love, can flow through to your soul, but there are three primary requisites for the Divine Love flowing into your soul. What are they?

The first thing is a longing or desire for God's Love. Now many of us have not too much trouble with that concept that we need to long for Divine Love to receive it. A lot of people though have the assumption that they are receiving it even though they are not longing for it, and that's not a truth. But once we start understanding the importance of longing for love inside of us... and when you think about it, it's a bit like a relationship isn't it? When you're in a relationship you long for the other person's love, don't you? You long for them to love you when you are in that relationship, and you long to give them your love, so there's a common thing that get's set up in terms of desire. So most of us don't have too much trouble with that longing for Divine Love, with the exception of those of us who have a bit, or a lot, of unworthiness to deal with and obviously we feel unworthy to long for love. That's one of the impediments we have in that level.



***The three requirements for receiving Divine Love from God into our souls***

The second thing though is what? Longing for Divine Truth. Now that's a lot more difficult for most people, longing for God's Truth, why is that so difficult? Because most of the time we are heavily emotionally invested in our own error. In other words we want to believe that our error is true, so we are heavily emotionally invested. When we are heavily emotionally invested, what do we finish up doing? We start disallowing truth from entering our soul and tomorrow we'll talk about that, how we go through this process of stopping truth from entering our soul.

We also, whenever I've had a talk about Divine Truth and the qualities of Divine Truth, many of you have become very, very upset with the talk and I don't know if you've noticed that. Whenever we start talking about the importance of truth in your life, right across the board, what happens is many of us get really upset and angry. Now, that's a very good indication that we still do not understand the aspects of Divine Truth, the importance of actually seeking truth.

So you can see here (AJ points to the whiteboard) that we're having a longing or a desire for God's Love. Here (AJ points to the whiteboard) we're having a longing or a seeking for Divine Truth. We want to know what God's Truth is no matter how much our life is going to change, even if every single person in our life leaves our life, we will still have a longing for God's Truth. Because when we have a longing for God, our longing for God finishes up taking us over in a way and what happens is, this desire that we have within our soul takes us over so much that it's the most important thing in our life. And I'm not talking about a religious thing here I'm talking about a personal relationship with God that becomes the most important thing in my life. And I am perfectly okay with losing every friend, every family member, my job, and my home, everything just for that relationship. That's how much desire we need to have for truth.

Now the truth is that oftentimes we don't lose those things, it just depends on our Law of Attraction and what kind of emotions we have to work through as to what we lose. But in the end we may have to lose those things because other people around us may judge us, criticise us, and condemn us for what we do and all those kinds of things. And many of you have already seen that happening in your own life, haven't you? Where somebody says, "You know this is all getting to look like a cult," and whatever else. What happens then is you start feeling doubts, and all these different things start coming up for you. And then you start reconnecting with God because this is what it's all about. It's, not about you and me connecting together, although that's part of what will happen, it's actually about God connecting with you and you connecting with God directly, without anybody else being around, that's what it's about. And longing for Divine Truth is a very essential part of that. The third part is the part that everyone finds the most difficult, and that is humility.

So many of us will come to admit to ourselves, "Yes obviously God does love and God therefore must have the highest amount of love," logically speaking. Even if we look at it intellectually God must have the highest amount of love, if all love came from God. And it doesn't matter how much love I have it's going to be a subset of what God has.

And if we add this all together, no matter how much love we can generate all together, it's still going to have less love as to what God has, because God is infinite in love. So therefore we have no trouble with the love part generally.

Often we start having trouble with the truth part because we want our truth to be Divine Truth. We want God to come to our point of view. Can you see that happening sometimes in your life? How many times have you been angry so far with God on this path? Now if you're honest with yourself and if you deal with some of your emotions, you'll find that you've been angry with God quite a lot, because quite often what we're doing is saying, "Why has God made it so hard?" Well the truth is the God never made it hard at all, God made it simple; a child can do this. By the time we get to an adult we're finding it hard because we've lost all of those skills as a child, which is to feel its emotion as it goes, to automatically be humble about Truth. A child comes along and says to you, "Mummy how do the stars get created?" and you look up to the heavens and you can say, "Well there was this great big dragon a long time ago and what he did, he had a heap of fire coming out of his mouth, and he dropped a heap of fireballs and they became the stars." Now your child will believe that at that point; why? Because the child is so humble that it doesn't question what it's getting told. Now later in its life it will look back and say, "Well that's obviously not right, dad or mum had problems with that one." But initially they believe pretty much anything that is coming to them. Now the beauty of that from God's perspective is that God is always going to give us truth, so if we're in a child's state and we are emotionally open and accepting, Divine Truth is just going to flow into us like a pipe pumping out water, that's how it's going to be when we're little. But by the time we're grown up what's happened? We've all become jaded, we've all become feeling like you can't trust anything on this planet, you can't trust anybody's motives, you can't trust what anybody's going to do with the truth that I tell them about me and so on. And we become so mistrusting that we can't accept any truth actually, because all these emotions inside of us are blocking the truth from coming into my life emotionally. The way to open all that up is humility and that's why humility is so important.

### ***3. Humility is a sincere and passionate desire and longing to experience all of our own emotions***

Now what have I been defining as humility to you? A sincere and passionate desire and longing to experience all of your own emotions, no matter whether they are painful or pleasurable. Now when it comes to the pleasurable ones, many of us have no trouble with those, right? But when it comes to the painful ones, now most of us are having a lot of difficulty. So that's one aspect of humility. I've been saying that to you because that is probably the most important aspect of humility, but today what I'd like to do is discuss with you other aspects of humility as well.

## *4. Humility is seeing ourselves as God sees us*

The second one I'd like to discuss with you is, humility is seeing yourself as God sees you, "warts and all". So quite often when we go up and look in the mirror... and historically of course, if you're a lady, you might go up and look in a mirror and see a few blemishes and what you finish up doing to them if you're going out to dinner or something? You paint them over don't you, many times? And this is what we're used to doing in our personal life; we're so used to painting over our blemishes so nobody else can see them. We sort of hold them really tight and in fact in the end we don't even want to see them, and so we finish up living a life where not even we ourselves are seeing our own blemishes.

Now if we want to become closer to God, and this aspect of humility is this aspect of actually seeing ourselves as God sees us, then I'm going to have to see everything that God sees. Frankly there are a whole lot of very truthful and pure things that God sees within your soul, and by the way that's even in the worst of what we would call evil souls. Of all the people who are evil, God can still see the parts that God created in their soul. Often we can't, can we? We look at a murderer who's just murdered and raped twenty five people... how many of you ladies would have difficulty looking at that person's soul and actually finding something in them that you might find attractive? That would be pretty hard wouldn't it? And even for the men that would be hard too. But the issue often is that we are so focussed on what's external and so focussed on the actions of the person, that we can't see the good inside of the person many times, particularly if that person has personally harmed us in their own life. But then there's this other aspect and that is seeing all the warts, seeing all the ugly bits of ourselves, God sees them too.

Now to God they are not really a part of yourself. So all of these good bits that God can see, God knows God created them and God created them as a permanent part of yourself that you can grow through your own desire. But all of these, let's define them as "bad bits," that we judge as bad bits inside of ourselves, this whole group of bad bits, what happens to those is that God sees them and God knows that one day you won't have them. And by the way, it doesn't matter whether you are on the Divine Love Path or not, one day you won't have them. The day will depend on your longing and desire. The day in terms of how long in the future that is going to be, will be totally dependent upon how much you desire that state to be. So if I don't desire it at all and I take no notice at all about my soul, and take no notice about what's going on in my life, and I don't take any notice of my Law of Attraction, I might take thousands of years to get to that point where those, what we would call evil or badness within us, is all gone.

But if I have a really strong longing and desire to be my pristine self, and I have a really strong longing and desire for God's Love, and a really strong longing and desire for God's Truth... and when I say really strong, I'm saying it's going to be the thing that is the most important thing in your life. Once that happens, you can get to a point very

rapidly where none of that damage that has happened to your soul is there inside of it anymore. But the way to get there is via this quality of humility.

Now every time we have a tendency to look at ourselves, we either do one of two things generally. What we do generally is we either start to judge ourselves very negatively, which is actually going to be quite damaging to us in our own progression towards God, or we judge ourselves as if we've got no problems and that also is going to be very damaging in our relationship with God. Can you see we go from one polar opposite really, one to the other; we swing around from one place to the other place when it comes to humility? And to be frank with you, judging yourself as really bad is just as much as a lack of humility, as judging yourself as if you're really good with no problems. Can you see why? Because both are not what God sees in you and if we look from the point of view of the second point, the point of humility being that God sees us completely as we are, then we need to come to see ourselves the same way as God sees us. If I can keep that in mind, then that's going to help me a lot to become humble.

#### ***4.1. Humility is not humiliation***

Now what's another definition of humility? Is it humiliation? No. So a lot of times when we hear the word humility, we have these negative connotations associated with it because we think we're going to be degraded, but God doesn't want to degrade you, God wants you to be the best you can be. Also, humility isn't sort of like a false thing, like a false representation of how I really am.

### ***5. Humility is being as we truly are***

In the first century you used to be walking down the street and on the corner there would be a Pharisee. He'd be kneeling on the ground, tears rolling down his face with his eyes directed heavenward, praying to God out loud so that everyone can hear him on the street corner; that's what they used to do. And everyone used to honour them as a result of that. Now that's what I call a false humility where we are trying to make out that we're humble, when really we're not. And we're doing it for some other reason. In the Pharisees' cases they were doing it for was for glory, they wanted other people to look up to them and they thought this was one way they could achieve it.

Now when you reflect on that today, many of us do the same when you think about it. How many things do we do because somebody else will think we're good doing it? We've got to give up all of that as well, if we're humble; we'll give up all of that, we'll give up defining ourselves through other peoples' eyes.

So in the end when you progress on the Divine Love Path, you may finish up having no friends for a period of time. Trust me it won't be for a very long period, but you will have it. Now why does that happen? Because all of the old friends don't get you anymore. They're saying, "What are you talking about you want to connect to God, God

doesn't even exist, what are you trying to do?" What was that book we read about recently? Richard Dawkins book, "The God Delusion".

God doesn't exist. God is a delusion of your own mind. So you'll get your friends saying that. Or you get a lot of your friends projecting at you that you should be a part of their religion or their faith or whatever it is. So you have this interaction that gets set up of emotions where you get condemned for the path you take.

So that might happen for a period of time and are you prepared for that? If you're humble, you are prepared emotionally to experience everything, and if that mean experiencing what it feels like to have no friends; that's one of the things you'll be humble enough to experience. And then you have your family coming along. Now it's great when your family is on the same path as you, but often that doesn't happen at all. Often what happens is the first member of the family has the most difficult time, whoever discovers the Divine Love Path. So what happens when the first member of the family discovers it, everyone in the family get all the literature out about cults, and they hammer you about that. Then they get all the literature about emotions and intellect, and then they hammer you with that. And then they get all this literature out... and you've got a lovely library in the end of all of these different fears that you can deal with, but the truth is that most of the time all they are trying to do is keep you in the same emotional space that you've always been in. And on the Divine Love Path you are an ever expanding soul. So this soul, remember what is it full of? Emotions, passions, desires and longings. Now what's going to happen to that soul? It's going to expand. How does a soul expand? You know the only way a soul expands? By being overwhelmed, by being overwhelmed. Well if you think about it, if you're merrily plodding along and nothing really fazes you is your soul changing? Not really is it? It's when something challenges you and pushes you to another level, that's now when changes occur.

Now your soul on the Divine Love Path is going to have an ever expanding emotional capacity.

### ***5.1. The reasons for families' resistance to the Divine Love Path***

**Participant:** I just wonder why your family members can put out so much resistance to your changing, even if you're looking better and so on.

Where did all of your emotions that you're dealing with come from? Mostly from your environment and your environment is mostly your family. So whenever they see you make a change, there's a feeling change inside of you, and as soon as that feeling change happens, your family feels that change. You don't have to say a word; they're now feeling something different from you. They are now no longer feeling you're the same person. How many have had said to you, "You're not the same person anymore"? Yes many of you; isn't that wonderful! But for some reason when it comes to your family, it's not wonderful, is it? The reason why is because your family have a certain emotional

set that is your environment and you grew up in that environment, and now somebody who grew up in that environment is challenging that environment. Of course the first person, who does it, is going to get the most pressure and that's what happens. The first person in any family who's doing it on the Divine Love Path gets the most pressure to get off it.

Now of course after a while you may work through different emotions and then they may notice, "Wow you're actually happier now". Many of you don't feel this is possible still do you? Because you're still miserable right? Many of you will get to the point when you're happier now and they'll notice changes in you. They'll notice even changes like, your Law of Attraction is changing for example. All of a sudden things that you weren't doing before seem to be rapidly changing now in your life and they'll notice that and then what will happen is, they'll start asking questions but up until that point, they hammer you to bits. That's what it feels like and we need to be humble enough to take it in the end.

**Participant:** When my sister writes to me she always asks me if I'm better now.

How many of you once you started connecting with some of these emotions inside of you that, let's face it, have been there for all of your life... how many of you now get these condescending comments given to you, like, "Are you better now? Are you still doing that? Are you still feeling that?" My mother says that to me quite often, although she's stopped recently, very recently doing that to me, she's saying, "How's your emotional processing going?" That's what she says now. What she said before was, "I don't see how this is helping you at all, I don't see..." Well of course you don't see because you don't see me. But the truth is they don't notice until you are well and truly on your way, and in fact many of you will not get to the place where you are relatively happy for some time after you start. Now the reason why that is, is because starting is the hardest. In starting what's happening is we're chipping away at all of our emotional blockages, and some of our emotional blockages are intense, like really huge, that we don't even notice, but they are really big emotional blockages within us. And what we need to do is allow ourselves to chip away, chip away at these emotional blockages and our emotional blockages are this castle that prevents us from being humble, prevent us from feeling all of our emotions as they occur.

Now as we're chipping away at this castle; we're really chipping away at my family's castle. Now families are not too impressed with that because they've spent years, generations in fact, developing that castle, whatever the castle is, and so when we start chipping away at it, it's like we're committing the worst crime possible against the family. And so that's why we get a lot of attack generally, and a lot of pressure to give it up. And the pressure always comes the most when you are potentially in the most doubt, which is always in the beginning of anything, isn't it? So if you start playing the piano and you've never played the piano before, and you start playing the piano, the first time you start playing you're like, "Ding, ding, ding," you know it's really quite basic, isn't it? And you're trying to read the music and know where the notes are on the piano

keyboard. Now if someone comes along right then and there and says to you, “You know you’re really useless at that, aren’t you? You’re always going to be useless at that. Don’t you think that you should give it up now?” Now that’s the worst possible time to say that isn’t it? Because you’ve just had a fledgling desire that’s just beginning. Then you get all this pressure and the emotional pressure is often so great and connects with certain emotions within us of unworthiness, or that I’m never going to be able to get it, or all of these other emotions that are within us. And so what happens then? We just give up then and there. That’s what happens on the Divine Love Path for many as well.

So there’s literally thousands and thousands and thousands and thousands of people on Earth right at this moment who have received information about the Divine Love Path, but there’s not thousands of people that are doing it. Why is that? Because many of them had that initial honeymoon period, you know the first four weeks where everything sounds really good. Remember that period? For many of you, do you remember that, that was way back then. Remember that? And then there’s this period where we are chipping away at the emotional blockages coming up, remember to that cliff point, you know the point of jumping off into God reliance. Now that’s a pretty stressful period; not only is it a stressful period, it’s the time when my humility is going to be tested to the max, it’s the time when my desire for truth is going to be tested to the max. Once I get over that period and fall into God Reliance, once I’m into that space, what happens then? What happens then is I start enjoying the process. So if you’re not yet really enjoying the process, then that’s telling you where you are in the process.

Now when we step into full humility, that’s also the time when you’ll step into really starting to enjoy the process, having a real strong Longing for Truth.

Quite often some people come up to talk to me and they say, “AJ I’ve got this particular problem, could you tell me a bit about it.’ So I tell them a bit about it, many of this has happened to you and then their initial reaction is, “No I don’t agree with that, that’s not true, how dare he say that.” Then I get usually over the next week a few emails from you, this has happened for many of you, a few emails, “I didn’t agree with that that was wrong, I don’t see how you can say that.” And then I say a few things back or whatever. So can you see how initially it’s very hard for us to just accept like a child what’s being said to us, and then allow the emotion that get’s triggered about what’s been said about us to come up. Instead what we want to do most of the time is we want to fight the process.

## ***6. The importance of humility for our progression***

So today what we want to do is talk a lot more about is humility. It is the single most important quality aside from longing for God’s Love and Truth; it is the single most important quality you will need on your own progression. So you know we can have all these fascinating conversations about spirits and how they interact with you, and we can even do some mediumship, and isn’t it wonderful? We can even do all these different

laws and some of the laws are really like quite fascinating to find out about, and we can discuss about all of those things. We can talk to all these different people about all these wonderful metaphysical things that occur, but to be frank, all of those things mean nothing compared to these three things. And humility is where you are blocking God. Here is where you're desiring God, firstly Her love and secondly Her truth, but the lack of humility is where we're blocking God. And it's that area that we have the most difficulty with.

## *7. Anger is a sign of a lack of humility*

So let's focus on this Humility. So the first thing we need to remember about Humility is that it is a passionate desire and longing to feel and experience all of my own emotions. So what questions can I ask myself about that? Whenever I get an emotion triggered inside of me, what do I do with it? Do I firstly project it at somebody else? Do you know what I mean by that? So let's say something comes up in me, I get hurt by somebody, it could even be by me, you get hurt by me, you feel hurt by what I've said or done, what do I do with that? Well what I will do if I'm not humble, I will instantly get angry with the person, so that's a good indicator – how often am I angry? If I'm angry quite a lot then that's a good indicator that I'm yet to actually fully choose to be humble. Now, I'm not saying to not feel the anger because you do need to feel the anger, so please don't think that I'm saying if you're angry you're bad or naughty. What I'm saying is anger is an indication that I'm not being humble.

### 1) A N G E R

Now to be frank with you, anger with God is the biggest indication that you're not being humble. So you know those times when we have a good yelling session at God. You know we're sick of one of God's Laws, let's say the Law of Attraction and we just totally don't want that law at all. Why did he create that law? It's cruel, it's bad, it's this and it's that and we go on and on and on about it. What we're really doing is just yelling at God, we want God to change Her plans. And do you think God's going to do that? Well God hasn't for a long time, so I don't think God's going to and particularly for you; if She's got to change it for you that means She's got to change it for everybody, and that's not going to be very helpful for your long term development.

So a lot of times we have a lot of anger and rage so let's look at anger. Anger is annoyance, slight frustration, irritation, then it goes into anger, then it goes into rage, and then it goes into hatred. So what would you define hatred to be? For me hatred is when you desire to destroy something. So it could be a person or it could be a thing even, but that's hatred. So anger has this huge slice of emotions involved with it, but all of those emotions are indicating that we're not actually being humble in our relationship with God. So if you find yourself frequently getting upset or annoyed with others, then that's

a very good indication that you are not being humble; you are not owning your own emotional feelings, your real core emotional feelings.

Now some of the core feelings are very difficult to feel aren't they? For instance, if you have been hurt when you're a little child and abused and you don't understand why you've been abused or hurt, then that's going to be a hard emotion to work your way through. There's also some emotions like, most of us have grown up in our family castle believing that the family loves us. Trust me; you will really see when someone loves you if you don't do what they want. Then you'll really see if they love you. And the majority of times what happens is they get angry with us when we don't do what they want. That's an indication that they don't love us by the way. You see a lot of times what we're doing is we're telling ourselves these messages about love that we want to believe so that we don't have to feel what it feels like to feel the opposite thing. And this is one of the things we do with the lack of humility. In other words, I don't want to feel that mum and dad didn't love me, so what I do is I construct this whole world where I believe they love me. If somebody says... and you hear it all the time... I was talking with Anna this morning and you actually said something to me in this interaction that we had, where you were trying to make me believe that Mary's brother was loving Mary even though he was in a rage with her, and the truth is he doesn't love her in that state.

We're told the family truth not God's Truth, we're told the family truth; the family truth is the family is always going to care for you, always going to love you, always going to stick by you as long as you tow the line. That's the family truth. God's Truth is, "I am going to stick by you," this is God speaking to you now, "I am going to stick by you no matter what you choose." That's God's Truth. "You can even choose to hate my guts," this is God's Truth, "but I will still love you." That's God's Truth. You might not feel my love in a state of hatred but God will still love you in that state, and does God get angry with you? Well most of us believe He does because all of our life we grew up with our family getting angry with me whenever I did anything that was outside of their boundaries and so I grow up feeling, from these two parents, that love is punishment, love is anger, love is rage, love is... I have all of these definitions of what love is inside of me and so I then attribute all of them to God. But all of those things are caused by me not being humble, because if I was humble I would go into my emotions. When you were three or four or five and you got a belting, in that moment did you feel love? Mum or dad is there saying, "The Bible says spare the rod, spoil the child," and so what do they do, they are smacking you and saying, "I don't really want to do this to you but God says I've got to." What are we just getting told? God's a punishing God who's going to inflict pain on you whenever you do anything wrong. This is why many of you are so afraid to progress, because you are so afraid of doing anything wrong. Because what happened when you were child whenever you did anything wrong, you got pain. So now you have, mistake equals pain. What am I going to finish up doing then? We don't want to make mistakes do we, because we know there's going to be pain so we do one of two things. One of the first things we do is we give up doing anything. So in other words we don't take any responsibility for anything in our life because if I get it wrong then

somebody's going to punish me for it. Or I just go and do my own thing and blow the consequences, which is also not a very self loving thing to do because there are always consequences with God's Laws too.

So we finish up through this aspect of not feeling the truth. The truth of that particular example that I gave you, mum and dad were not loving me when they were punishing me or getting angry with me or in a rage with me, or any of those other states... and by the way every time you as a parent right now, if you're a parent now doing those things, you are not loving your child. That's one of the reasons why we get resistive with humility too. We recognise that what I'm crying about with my mum and dad I've done hundreds of times with my own child, and so we don't want to come face to face with the personal feelings about how we've damaged others. And so what we then do is maintain the fiction that what we're doing is loving, when it's actually not. Instead it would be better for us to face the fact that what I'm doing is not loving and what my mum and dad are doing is not loving and the generations before them, what they did was not loving. We've all got to grow up and start to be loving, that would be a more powerful thing to do, but we often don't do that.

So anger is a really good indication that we're really folding down and shutting down our connection with God. You see when we're humble we don't get into anger very much, if at all. When you're at-one with God you won't get into anger at all but before you at-one with God, if you get angry frequently, it means that you're still in a state of resistance. And instead of trying to punish yourself which is actually worse, it's going to make the situation worse, it's far better to talk to God about why you're so resistant. Now remember we said the other week that anger is always covering over fear? So there are some fears that you are not facing when you are in an angry state, and you need to start talking or looking at them. So for any of you who feel that you don't have fears, do you have anger? Well if you have anger that indicates that you have quite a lot of fears but you're just covering them over with anger.

**Participant:** Is it possible that there's another step to that where some people feel so unworthy that they can't even get to the anger stage?

Yes that is a potential issue in that a lot of us actually don't allow anger because we feel so unworthy to even have anger and I've personally been in that state. Where I've had so much unworthiness that when somebody treats me badly and I just think that's what I deserve so I don't even get angry, but that's still a self delusion and it's also a denial of the truth inside of yourself. So what I had to do myself is go into the pain of getting treated in that way and allow myself to feel the hurt. Many times what we do is if someone treats us badly, we justify their treatment of us. "They treated me badly because I did the wrong thing, or they treated me badly because I confronted them with Truth," or, "They treated me badly because of whatever," and as soon as we do that we are actually getting out of the emotion that we feel, which is the hurt emotion inside of ourselves.

## ***8. Judgement is a lack of humility***

**Participant:** I'm just thinking of judgement, of being judgemental, and wondering if being judgemental is in a sense a projection and avoidance because of the feelings we have when we're humble? Or it's a scapegoat; it's in effect a projection outwards, the opposite of humility?

It is the opposite of humility but we have to define judgement in its proper term as well because a lot of people say that judgement is one thing when... A lot of people say that telling the truth to somebody is a judgement for example, that's not, actually that's an act of love, that's not a judgement. Judgement is, and we talk about this later in the outline, judgement is an emotion that's projected at a person that they are lower than ourselves, or an emotion projected at ourselves that we are lower than someone else. So, we can be self judgemental or we can be judgemental of others and both of those are avoidances of really, really deep emotional pain in both cases.

**Participant:** And both of those can exist in the same person?

At the same time on different subjects or even on the same subjects. Yes, dead right. And in fact many times we judge others as lower than us when in reality we have exactly that emotion within ourselves. Have many of you seen the movie American Beauty? Do you remember the Kevin Spacey character, I forget his name now in the movie, remember he was working out and his next door neighbour was a male who had homophobic tendencies. And the whole sequence of events that occurred through the movie was actually about that man's judgement of his own condition then being projected on others. And that's what happens with judgement a lot.

But judgement is certainly a lack of humility. In fact I'll be giving a four hour talk on judgement coming up in the future because it is such a terrible emotion to actually dump on other people, and it's also a terrible emotion to dump on yourself. It actually doubles up all of your own personal processing, so it actually makes every single personal emotion that you are going to need to work twice as hard, but it also does the same when you do it to others; it actually creates more of a burden or baggage on the other person about them dealing with their emotion. So for instance if you come up and say to me, and quite a number of you by the way have come up and said this, "When I was a bit younger I aborted a child." And you've heard I've said in one of these sessions that actually doing that is an act of murder. Now that's not a judgement by my saying that, it's just a statement of truth. So what a lot of people do, they come up to me and say that and then are surprised that I give them a hug and then ask them to deal with what was the emotion. What was the emotion that caused you to do that? Most people are actually expecting that the statement of truth will then result in a judgement that the person is lesser. And this is something we've got to stop doing inside of ourselves, and when we have become humble we will stop doing this.

Often what we do is we, inside of ourselves, take a statement of truth and because of our own suppression of our own emotions, we take that statement of truth as if it's a judgement of ourselves. Now many of you have done that when you first met me about lots of different subjects that I've brought up, and you don't need to do that. You see truth is just truth, judgements are to do with now putting yourself or another person as lower than you, and that's actually an untruth. So you can say the truth of what happened in your life. You can say, "When I was young I was really promiscuous, I actually took a lot of drugs and I was a prostitute for a while and then I must have probably had sex with a thousand people. I don't know and I don't even know how many people." Now for most people if somebody said that to them there would be judgements starting to come from them. But they're just stating the truth and there are just emotions in all of that, and they're just as loved by God as you are, even if you hadn't done any of those things. So why do we judge it? We judge it because of all sorts of emotional things going on within ourselves and that's what we need to do, if we're humble, we won't get into judgement.

**Participant:** If we judge the actions rather than the person, is that any much better?

No it's no better really. We can state the truth about the actions. So let's state the truth; if I get angry with you and I start yelling at you, am I being loving to you? So you can say to me, "AJ you are not being loving now." That's the Truth. But if you went down one step further and said, "You're lesser than me," or you've had a projection of an emotion saying, "Ah, boy, look at him he's angry, isn't he an idiot?" that kind of thing coming from you, then straight away you are now in judgement of me and that means that you've just committed a sin, if you like or a disharmonious action, an action disharmonious with love by being in judgement of me. So it's really important to see that the judgement is actually an emotion towards the person, it's not just a statement of truth. So we're allowed to state the truth and in fact God desires for us to always state truth all the time. Now you notice you get into a lot of trouble when you start doing that but it's a very important place to be in, to always state the truth.

## ***9. Giving and receiving truth***

**Participant:** I'm finding that when you do state the truth, even when you are trying not to project judgement, people are feeling judged by what you're saying.

Very much so and that's one of the reasons why we stop saying the truth. But as soon as we stop saying the truth, we actually close down our throat chakra and we'll start causing all sorts of physical harm to our own bodies. The way God made your body even was that it must say truth. When it gets shut down either by your own choice or by somebody else's actions and then you're responding to those actions, when it gets shut down, your own body enters a state of harm towards itself. When you shut down truth.

But you're right; when you say truth to people most people take it as a judgement. Why is that? Because they have their emotional filter on. Their emotional filter is... you

might say to me, “Ah you’re angry,” and I might say, “I’m not angry, I’m not angry.” I’ve got my emotional filter on, in that I’m already denying some stuff within me and I want to stop you from exposing my emotional truth in that state. And all I’m doing is projecting back at you the anger that you’re saying that I don’t have. You’re saying I have and I’m saying I don’t have. And in most cases what’s happening is that we often, when we say truth, get a projection back because the person has entered a state of judgement themselves of that truth, and this is something that happens very frequently and it’s something by the way, if you want to live in truth, which remember was the second important thing that we have to do in relationship with God. If we want to live in Truth, we’re going to have to weather that storm initially.

**Participant:** So even when you know a person is feeling judged and you are still sharing that truth with them and saying, “No this is how it really is,” we’re not actually being unloving by stating that truth, even though they feel you don’t love them very much at that very moment?

Exactly, you are actually being the most loving you can be to them compared to before.

**Participant:** Is there anything you can do or say that will alleviate their feeling of being judged?

Yes you can remind them that you love them even though you are stating this truth, and of course it depends a lot on your feelings and emotions coming from you. So if you’re saying a truth to a person and you’re really saying it just to make them feel terrible about themselves, are you judging them then? Of course you are. If your purpose is to make the other person feel bad, or put them down, or be condescending to them or any of those purposes, then you are actually out of harmony with love now and they are going to feel that. But if you have a feeling of love coming towards the person, you can say then, in truth, “I love you but this is an issue, this is an issue for you, and to be frank with you, I would love you to do the same with me when you notice an issue with me.” Do you know what I mean? Exactly the same thing. Be truthful. And so once you enter that and also continue to treat the person in a loving manner, then of course things change over time, but initially most people will respond negatively to truth because they believe they are being judged.

**Participant:** What about, is there a truth you can get away with not telling people...?

This is a common question, Brian.

**Participant:** Like if it’s not going to hurt them but is that still harmonious with love.

Not telling the truth always hurts somebody. So the way God designed Her Universe was that when you don’t tell the truth it’s always going to hurt somebody. But it hurts them a long time into the future. When we don’t tell the truth, we’re actually harming every single person around us. I’m not just saying telling the truth either by the way. I’m

saying when you are not truthful about your emotions with the person; you are actually harming them too.

**Participant:** So even if you think it could be damaging towards you.

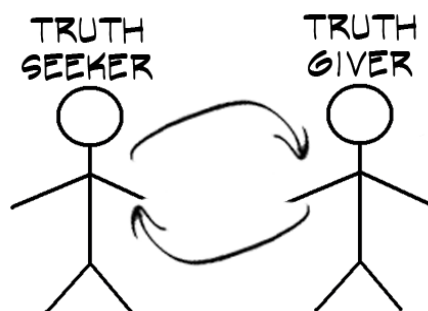
Well that's the reason why we avoid telling the truth, and this is the emotion we have within ourselves about truth. We avoid telling truth because we are afraid of what the person will do to us about that truth.

**Participant:** So the comment in the Bible, "Don't cast pearls amongst swine," is that something you said, and if it was what is that about?

Certainly it was something I said. What I was talking about there was a whole different aspect and that is, let's say you come up and ask me for a truth and your desire at that particular time is that you want to know the truth, then of course it would be right for me to say the truth to you from that perspective. But if you went away and you were then really angry about that and you got upset about it and you projected all this rage at me about it, and you did all those things with that truth. Do you think the next time you come up and ask me for some more truth that you're really in a ready place to receive the truth? So if you've gone ahead and just projected huge amounts of rage at me for receiving the truth the first time and you're still in that state and you still haven't done anything about that, and you haven't been repentant in your actions towards me, in other words sorry that you did that with me. Then why would I then give you the truth the second time?

**Participant:** So in effect why would you spend the time?

Well I'm not now being loving to myself if I do that. So I will always speak the truth unless it's a situation where speaking it would actually be unloving to myself. Now you've got to be careful here because when I say speaking about being unloving to myself, I mean obviously speaking the truth is always correct, but in this case what I would say instead is, I would say to you, "No, you do not want to know the truth about this particular subject, you need to know the truth about repentance." Because I'm still speaking the truth, but not the truth that you want to necessarily hear. So can I illustrate that more perhaps, because I can feel a bit of that confusion?



*Emotions transactions between a truth giver and truth seeker*

So here's a person, this person here, we've got two people, this person here is the truth seeker shall we say, the truth seeker and this person here is, let's say, the truth giver. So the truth seeker comes up to the truth giver and asks for some truth. So the truth giver, because the truth seeker wants to know this truth, tells them the truth. Now this is an emotional transaction by the way, it is not an intellectual one. So many of you get told truth even when you haven't asked for it yet, and that's because your soul is already asking for it; this is all soul based transaction. So the truth seeker has a longing for truth, and the truth giver comes along and tells him some truth. If the truth seeker then gets into an uproar about the truth they've just received, what are they doing with the truth they've just received?

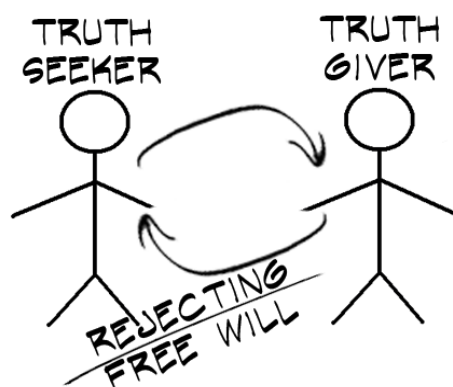
**Participant:** They're not accepting it?

Not just not accepting, what else are they doing?

**Participant:** They're going into denial of what they're really feeling about their own emotions.

Yes, what else? They're judging the truth as wrong as bad, right? Now they're actually in a state of rejecting truth now.

When you get into a state of anger you are now rejecting truth, and the projection will be at the truth giver, "I'm angry with the truth giver because of what he/she said." Now when this person is in a state of rejecting truth, they then often go through weeks and weeks of doing this and doing that, going through different emotions sometimes, and then they usually get into a state of intellectual denial that they are now in that state of anger. Then they come back wanting to know some more truth. Now in that state what's coming from their emotions? They are still in a state of rejecting truth. They are still using their freewill; remember the soul is about free will, they're using their freewill to deny truth. Now in that state if you give them more truth, all they are going to do is give you more anger.



*If the truth receiver is angry they are using their free will to reject truth*

**Participant:** So also it's unloving to tell the truth to someone who doesn't want it as well. Is that part of the meaning of that?

Yes well this is part of it. If the person is rejecting the truth already but then saying to you I want to know more truth, but their actions and emotions are that they in a state of anger about the previous truth that they've been delivered, then they no longer want to hear truth anymore. If I love them I will honour their free will to not hear truth, and point out to them what they are doing instead. So some of you have had that happen in interactions with me where you have come up to me and asked me for something and I said, "Actually you don't want to know," so you say, "Yes I do" and I say, "No you don't." "Yes I do, yes I do." "No you don't, you don't want to know." Because if you knew... when you did know in the past, you got angry when something was told to you, you got angry so therefore you don't want to know. That's your free will really.

You see a lot of times we go up to ask a person a question and then, do you know what we really want from them? We really want some commiseration and consolation, so that's what we really want. Yes you're doing fine, isn't it wonderful. You don't want to hear, "No I'm sorry I don't agree that you're doing fine," you don't want to hear that most of the time.

So, most of the time, our desire is actually not even humble. So we say we have a desire for truth, but in reality all we've got is a desire to feel good and we want the other person to tell us, "Yeah I feel good," from their comment. Now a person who's living in truth won't do that with you. When you want them to tell you that you're good, they will actually resist telling you even if they think that you're good, because that would be just feeding your emotional error.

Now when I said, "Casting pearls before swine," what I was talking about was feeding a person's emotional addiction, and you would never do that if you loved them. And you'll never tell a person more truth when they've just got angry with you for the previous bit of truth that you've given them. And also what would happen with the Pharisees is they would come up and ask me a question, but they'd ask the question because they wanted to catch me out all the time. So what's the motive for them asking questions? Isn't it an unloving motive? They have a motive of trying to cause harm to the person that they're attacking. So quite often the truth seeker is not actually a truth seeker in reality but often a pseudo truth seeker, a "truth seeker" in quotation marks, I would put them. In other words what they are often doing is they come up to you under the guise of seeking truth, but in reality they have the desire to put you down or treat you condescendingly or be belittling to you, or whatever. Now a person who's doing that is not seeking truth and that would also be like casting pearls before swine. You would have to actually point out to them what they're doing, which of course they're probably going to resist.

So in the first century I would often say, "I will answer your question as long as you answer first one of my questions." One time I remember they came up to ask me about

some questions about my personal life and I told them I would answer their questions as long as they answered my question. My question was, “How was it that King David called me his Lord,” which is a Bible verse that they knew. They couldn’t answer it one way without getting trapped and they couldn’t answer it another way without getting trapped so in the end they said, “We don’t know,” and I said, “Well I don’t know the answer to your questions either,” and walked off. Now, they knew what I was saying; you understand everything that was going on was at a soul level. They knew what I was saying to them. I was saying, “Actually, you’ve just done all of that with the wrong motive and I am saying to you I am not going to engage with you in that wrong motive.”

## ***10. Friendship***

**Participant:** AJ this is a really interesting point for a lot of people here, because we’re in a position to be given this truth and we’re on this path. But I would think that I would probably speak for a lot of people here in as much as we all have friends and family who don’t want to be on this path, and you know that I’m pretty game in putting it to people and I do frequently, and I get a lot of knock backs, but that’s fine. I still have those people as friends and I accept that they don’t want to know that truth. So I have friends that tell me stuff like you have just talked about, how they’ve had abortions and they’ve been prostitutes and all this. I recently had this experience and I said to this person, “How do you feel about that? Do you feel that’s okay?” And she said, “Yes that’s fine. I’m perfectly fine with that.” So I feel that as a friend I want to keep her as a friend, I don’t feel that... I’m speaking for other people here... I feel that it’s okay to have my friend and feel compassion that she feels that way without judging her for that. Is that..?

Yeah, but there’s a part of that that you’re skipping over and that is: Why don’t you want to say what’s God’s Truth is about the issue?

**Participant:** She’s clearly told me in the past that she doesn’t want to know.

Okay, so how do you feel about getting shut down when speaking about God’s Truth?

**Participant:** Well, I feel that I’m not ready to wipe out all my friends who are not on this path...

I never said to you to wipe out your friends, but it’s interesting where you are going with your answer.

**Participant:** Yes I did, I really want to put this out there because I just want to ask it.

Can you feel yourself wheedling yourself out Carol?

**Participant:** That’s alright, go for it.

Go for it... what’s going on inside when I ask that question?

**Participant:** I guess it's a feeling that in the past I've had a lot of religious people trying to force their religions onto me and I think we've all probably felt this, I felt it anyway and at the time I sort of thought, I don't want to hear this. I feel that I really love this path and it makes so much sense to me but it's the path I want to walk on. And I put it to my friends and when they tell me, "No it's a load of crap and you're in a cult." And now they're starting to say, "Well it's obviously working for you so it's okay. We'll let you be in it now." They're good people too.

I'm not saying they're not, by the way.

**Participant:** Yeah, I know you're not. I'm just saying that I think a lot of us are in a position where we have good people as friends who are saying that to us, that don't want to hear the truth and how you feel...

You see you have to be very careful Carol about your definition of a friend for a start, and this is something that many of us don't want to acknowledge. Is a person being a friend to you when they tell you that they don't like what you are doing and they don't allow you to say what you feel? In particular if they don't allow you to say what you feel. So in other words if I've got to modify myself to be in your company, then what am I actually doing? Can you see that I'm being unloving to myself? Now as soon as I do that I'm going to harm my own relationship with God, in other words I'm never going to become at-one with God in that state.

So remember I said at the start of this that your relationship with God needs to be the most important thing you'll ever do? Now when your relationship with God is the most important thing you'll ever do, I will want firstly to never harm or never do anything myself that's going to harm my relationship with God. And one of the things that will harm your relationship with God is when you deny yourself and your own emotions; that always harms your relationship with God. Now if a "friend" is asking you, and I'll put a friend in quotation marks, is asking you to deny yourself when you're with that "friend". Are they being loving to you in that particular situation? My answer is no, your answer is yes they could be. My answer is no.

**Participant:** I don't think my friends ask me to be any different when I'm in their company. What I'm saying...

But you are different when you are in their company. You talk about what that friend wants you to talk about and you stay away from the subjects that you would like to talk about, but that friend won't allow you to talk about without getting upset with you, or rejecting you, and that is an emotion inside of yourself. I agree that you need to work your way through the emotions because in the end what will happen is you will not enter or engage in friendships that cause you to have to do that, because you can't be unloving to yourself and keep your connection with God. So in the end you will not compromise yourself and what you're being asked to do by your friends without you being really aware of it. You're being asked to compromise yourself when you're in their company.

Now a good friend will not do that to you. You don't ask them to compromise themselves when they are in your company do you? Like they are still allowed to be a prostitute in your company aren't they? They are still allowed to be a drunkard in your company, they are still allowed to drink in your company, and they are still allowed to smoke in your company perhaps. Although smoking is a little different when they are blowing it in your face and there's a love issue there for yourself. But can you see you don't want to change them, you don't want to stop them from feeling their emotions and it would be an unloving act to stop them from feeling their emotions, but why do you then engage with friends who want to stop you from feeling yours?

**Participant:** But if a friend tells you something about themselves, not asking you for the truth of what you think... this friend didn't ask me to tell her, she was just telling me a story. I had to really stay out of judgement, I felt I was trying to stay out of judgement on that and say to her...

If you love them you will stay out of judgement, Carol. I'm not talking about judgement, I'm talking about there's a burning desire in your heart to say what the truth is about the issue; God's Truth, not your own. And you're not responding to it because you are afraid of what's going to happen to the relationship if you do. So it's a fear that you have and any fear is going to prevent your at-onement with God.

**Participant:** So where does that sit with throwing pearls in front of swine... because you know they don't want to hear it?

If that person doesn't want to hear it and I've told you they don't want to hear it, then what you do is an act of love for yourself. Why do you remain in the company of people who are shutting you down emotionally? The only answer is that you don't love yourself enough yet.

**Participant:** Okay.

That's the only reason why you would stay in their company. So when I'm saying, "Don't throw your pearls before swine," what I'm saying is love yourself enough to be yourself with everyone around you all the time, and if they're unhappy with that, don't spend time in their company. If you're spending time in their company when they shut you down, you're not being loving to yourself.

And remember on this path it's not just about love of God. Because what God's teaching you to do as you progress towards God is you're coming to love yourself as well. And you see most of us don't want to give up the areas or the addictions we have about how we define love of self. Most of the time most of feel that we're loving to ourselves when everybody else wants to be loving to us. In other words as long as I've got fifty friends all being loving to me it must mean I'm a good person, it must mean I'm a happy person, it must mean I'm a... whatever we define as 'good' in that interaction. The truth is that you can actually have a relationship with God and be completely happy, and not need a single other person in your entire life. Now in that state you will have hundreds of

people in your life ironically because you're actually staying in truth, and you're staying in love, and you're staying in humility and that will actually draw people into your life. But initially you may have to go through losing current friends and gaining new friends in that process.

Now I'm not saying to reject your friends. What I'm saying is to be very sensitive about when they're rejecting you and causing you to reject yourself, and work through the emotions inside of you that cause you to go along with that treatment. And that's a whole group of emotions about love of self that we need to allow ourselves to focus on.

**Participant:** I had a recent experience like that with a good friend who I have been really open to what he has been saying over the years. He does a lot of this access work and he's really open to what I talk to him about, like you and things like that, but I just find he keeps asking questions all the time. He wants to know more even though he doesn't want to go down the path, he's still... it's still coming from within him...

Yeah and he's still not judging you for doing it. He's not trying to stop you from doing it and he's not trying to stop your emotions when you're interacting with him. So that's a lovely friendship; you both can be on totally separate paths and be in a really good friendship in that state. I have many friends in the spirit world in particular that are in that state with me, where they are in the sixth sphere state or whatever and we're friends. But they allow me to experience my emotions, they just don't feel it's for them, and that's fine. It's when they project at you to stop feeling your emotions in their company, now you're not being loving to yourself by remaining in their company. Can you see that? And unloving to you might be from condescending right the way through to in a rage, remember? If I'm condescending towards your emotion, am I loving you? No, whatever that emotion is, I'm not loving you if I'm condescending towards it. Now if I'm in a rage about you feeling that emotion in my company, or talking about one of your favourite subjects in my company, do you think I'm loving you then? No. Why would I be in a rage with you experiencing your desire for anything?

This is what happens a lot. We finish up compromising ourselves on the Divine Love Path so much that we never become at-one with God, and do you know what we're really doing? We're basically saying that our relationship with our friend is more important to ourselves than our relationship with God. That's really what we're saying. Or we're saying that our relationship with our friend is more important to ourselves than our relationship with myself. That's often what we're doing; we're sacrificing ourselves for those friendships.

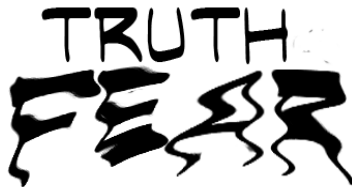
Now, you can and do have the capacity to be friends with every single person on this planet even though they are on widely variant paths to you. However, you may not be able to do that and if you realise as soon as you start compromising yourself, you are no longer being a friend to yourself, you may not be able to enter into friendship or reactions with those people.

So there are many people at the moment who are very, very angry with me, personally angry with me and upset with me. I do not spend time with them and I just say, “You’re very angry with me and I’m not loving to myself if I spend time with you in my personal life.” I’m perfectly happy for those people to come along to these groups and many of them don’t of course, because they are angry with me, but I’m perfectly happy for them to do that. And I think of them with love, when I feel about them I miss them, but I’m not going to compromise my love of myself to spend time with them when they are still being unloving towards myself. And that’s something to bear in mind. So hopefully that sort of answered that question for you, Carol.

## ***11. Fear of truth impedes humility***

**Participant:** Hi, I’m afraid of the truth big time and actually...

I reckon join the club; it’s called, “The Afraid of Truth Club.”



***Many people have a fear of receiving truth***

**Participant:** But I actually push everybody away and I push all my emotions away to the point that I’m actually pushing God away. So when you say pray to God and I am really scared of the truth and I’m scared of you, how can He hear me if I’m not feeling my emotions?

That’s right He can feel you but you won’t feel Him if you’re not feeling your emotions. God will still love you but you won’t feel that love while you’re shutting down emotionally. Let’s look though at the issue of being scared of truth. This is a major impediment to humility.

If we allow ourselves to understand that when we’re scared of truth, we’re actually scared of love and we’re scared of bliss, then we can start examining what’s underneath it emotionally. So let’s look at our beliefs about truth. What do you believe truth is? Why are you so scared of it in other words?

**Participant:** Why am I so scared of truth? Can I say I don’t know?

You do know.

**Participant:** I don’t know...

Let’s start again...

**Participant:** It's pretty shitty...

Why is it shitty, what happens? What happens when you speak the truth, every time?

**Participant:** My whole body feels weak.

So you go into a state of fear, so what are you afraid of?

**Participant:** Exposing myself?

Why would you... just have a think about this for a moment. Why would you get to a point when you're shaking at truth? I've done this myself; many of you have done this. Why do we get to a point when we're shaking, you know you sit down and you know you've got to talk about the truth to a friend and you know that it's going to be a hard discussion, you know this right? And you can feel all this anxiety come up in your tummy and you start shaking, and you're breathing and it takes you weeks. You settle on it for weeks and you're still shaking after weeks. Then you go say the truth and you shake so much you can't say it... why would that have happened to you? What would have happened when you were young? Punishment, it has to be some kind of huge terror base, because it's terror that you are experiencing. You have a terror about the truth from your childhood. Now the first thing to do with any terror, about any matter, is to acknowledge that I'm terrified. So acknowledge that I am terrified of, in this case, speaking the truth.



*For some people there is terror about speaking the truth*

Now why would you be so terrified? It can only be because there was a lot of pain associated with telling the truth at some point in your childhood, or your parents' childhood for that matter, because it can be a multigenerational thing. Now the only way to actually bring this terror up out of you would be to actually tell the truth and experience bodily the terror while you're doing it. That's the way to deal with the emotion; to actually go ahead and tell the truth and actually feel the shaking and the trembling inside, and breathing. And start breathing diaphragmatically as you're doing it; that's the only way you can release these terrors, is actually to experience them. So allow yourself to do that. So tell the truth and then experience all of the terror that comes up as a result, and when you do that you'll actually find out what events caused you to feel so much terror, but you won't find out before then.

You won't even be intellectually able to go back in your life and say, "What would it be? What would it be? What would it be?" For most of us we've got so much terror

associated with feeling what it is that we won't have a memory of it at that point, and it's only when we allow ourselves to experience the terror and release some of it that a memory of what's it's about will come to us.

**Participant:** I've actually really gone out of my way to keep saying the truth now, and I'm really causing a lot of trouble.

And how are you finding it?

**Participant:** Oh I'm getting a lot of fear and I go into the shakes and I really get into it, but I keep having it every time...

Let's talk about your Law of Attraction with truth. The majority of you are still afraid of truth. The Law of Attraction means then that when you speak the truth something negative will happen to reinforce your fear of truth, and this is something we need to work our way through. Some of you have worked your way through that emotionally... where's Peter at the moment? There he is. Pete, you're not very afraid of truth, honestly? You often just go, "Bla bla bla" and what happens around people around Peter generally, they all have a tendency to listen or not listen, but it doesn't seem to bother Peter much either way. And a lot of you have heard out Divine Truth because of his desire, why is that? Because he's not that afraid of truth. He's afraid of other things but not afraid of truth.

Peter has other problems with different matters but not a problem so much with the truth. So he has definitely a problem of living in truth with everyone around him, that's a different matter. I'm talking about the Divine Truth, telling the Divine Truth. So the beauty of that means that whenever he tells the Divine Truth a lot of people listen, because his Law of Attraction is that he doesn't need to be triggered all the time about his fear with telling the truth. And you'll find that when you have that shift emotionally inside yourself, all of a sudden a lot of people start listening to you who weren't listening to you before. And it's because you've now dealt with the fear of truth inside of yourself.

I was talking before to Daniel. That's what happened to you about this coming up to Queensland thing, isn't it really? You've never told the Truth in your life, you were saying to me. And you're the same are you? You'll confirm that he's never told the Truth in his life. So what happened was that you just thought you had to tell the truth about why you came up didn't you?

**Participant:** Yes we were looking to come up to Buderim to look for a house and the people that we were staying with are over here now with us. We went into the house and looked around. And it all felt really good but I'd just watched a video on truth, one of your DVD's, and something just didn't feel right. I just had to say, "Look the reason we're really up here is that we want to come and see AJ," and Joyce, who we live with,

grabbed her daughter's arm and screamed, "AJ, where?! When?" and they'd been living here for some time.

And you hadn't come to one of the sessions before had you?

**Participant:** No, and out of all the houses in Buderim... so that was my experience of telling the truth.

So you were compelled to tell the truth under that circumstance and you did. Then what happened was that now there's other people involved with hearing the truth and so forth, just from your desire to tell the truth.

**Participant:** Yeah, exactly.

That's a pretty good lesson to remember for a person who's never told the truth in their life, isn't it? So can you see the importance... quite often, we don't trust God very much in the end. Oftentimes when we're in such deep fear about truth, we're not trusting God at all, we're not trusting God's Laws at all. We don't believe that when we tell the truth, everything will eventually happen for the best. We don't believe that and because we don't believe that, we then don't tell the truth and of course all of our worst nightmares are realised generally as a result.

So, the key is to understand that when you bring your life into harmony with God's Laws, then all of God's Laws and universe will actually act for your benefit. As soon as you break one of God's Laws, now God's Laws are acting against you. Can you see the difference? Now I don't know about you but I'd rather have God's Laws with me and no one else with me, than God's Laws against me. That's something that eventually you will have a realisation about.

## ***12. The importance of Divine Truth***

**Participant:** Does that then mean that coming to know truth because we are in a state of injury is a gradual process as we release emotions?

Coming to know truth is always going to be a gradual state, but the decision to live in truth as you know it is like a realisation process. You'll go through a process of realising how important it is to God and to you, and to your relationship with God. Now once you go through that process of realising how important truth is, you'll start longing for truth in your life all of the time. So you know when you come up to me, many of you still come up to have a discussion with trepidation in your heart, if I can say it that way, because you're worried about what next instalment of truth you're going to get right? Now that is an indication that you're still not yet longing for truth, and the reason why is there are still some humility issues to work your way through. You see when we long for truth we have a strong desire to feel all of our emotions surrounding it. In fact that helps grow our humility, if you think about it. When I decide to actually keep truth away from

me, to repel truth, the only reason why I would ever do that is because I'm afraid of something emotionally. And so what I need to do is, instead of being afraid emotionally, I need to look at the emotion. Why am I so afraid of truth? What is it in my childhood that caused me to be so afraid of truth? I need to experience that emotionally and release that from me because that is one of my barriers to God. I need to release that feeling of I can avoid the truth.

Now many of you have come up to Mary or myself over the past six months and asked us questions and been given an answer, and then you've gone ahead and avoided the truth. And many of you have done it because of friendships. Let's put you in a scenario. Let's say a friend of yours has done something unethical and you know about it, nobody else knows about it, why wouldn't you tell the truth? Maybe you're in an organisation where people are wondering who did it and all those kinds of things? Why wouldn't you tell the truth? The only reason why you wouldn't tell the truth is because you are afraid, and the only reason why you're afraid is because you'll be afraid of your friend's emotional response. So let's go even deeper. You're actually afraid of your response to your friend's emotional response. That's really what you're afraid of. So if I'm afraid of my own emotion, am I in a state of humility? No, because remember what humility was? It's a passionate desire to feel and experience all of my own emotion whether it's pleasurable or painful.

If I'm actually taking a step to avoid my emotion, I am not in a state of humility. And remember I said at the beginning of this discussion, that when I'm not humble that is the biggest impediment to my relationship with God. So what I'm really doing is I am using my free will to construct the block towards God. I am basically saying to God, "My relationship with you isn't that important. It's not as important as my relationship with Mary, it's not as important as my relationship with James." That's really what I'm saying. I'm saying that my relationship with Mary or James, or the people that I'm worried about upsetting, are more important than actually staying in this connection with God.

I'm now suggesting to you start considering flipping that over, flipping that over and saying, "Alright, I want my relationship with God to be the most important thing in my life and if that's the most important thing in my life, then every other relationship is going to fall second to that relationship I have with God." And that also is going to mean that I am going to be in the same state of truth with God at all times, which means feeling my emotions, my really truthful emotions, you know the warts and all emotions, with God at all times.

Now if I stay in that state, I will progress really rapidly. What causes us to stagnate on the Divine Love Path is always when we use our will to avoid humility, we use our will to avoid our emotions.

**Participant:** If I have an expectation that I'm going to be heard, or an expectation or an agenda of any kind, does that then dilute the Truth?

As soon as you have an expectation of being heard for example, basically that is an addiction and the addiction being satisfied is always an avoidance of an underlying emotional truth.

**Participant:** So then do you not speak the truth?

No if you have an addiction to being heard, always examine your own motives before you speak. So when you speak and you have an addiction to being heard and the person is not hearing you, the Law of Attraction will be that people won't hear you right? If you have an addiction to being heard, the Law of Attraction is going to be that people won't listen to you and then when you get upset with them for not listening to you, straight away I note, "Ah, I'm not being humble here, I'm not feeling this 'I'm unheard' emotion again which comes from some kind of childhood experience."

**Participant:** Okay, so then how do I find truth if I recognise I come majorly from a place of error? How do you find it?

Well you've already found it, Jen, so it's an interesting question that you ask! But remember it's always the three things we've mentioned. If you have a love for God first, more important than anything else, and you have a desire for God's Truth more important than your own truth and more important than any other relationship, and you have a desire to feel and experience all of your own emotions at any one time, you will always come to truth, always. Truth will be attracted to you; you'll be like a magnet for truth.

Now many of us become a magnet for truth and what do we do, we become so frightened of the whole process because there's so many emotions like... I have this emotion... then I have this realisation... "Argh, I didn't know I had that problem, and I didn't know I had this problem. Argh!" And before I know it I'm getting snowed under, what I feel is snowed under, with all this truth and then I start not being humble you see. Remember I said at the beginning about the soul; remember I said how does this soul get bigger? Here's the soul, how does it get bigger? By getting overwhelmed!

### ***13. Being overwhelmed enables the soul to grow***

The only way you are going to get bigger in your capacity to experience Divine Love and bigger in your capacity to experience your desires, is by this soul being overwhelmed emotionally with truth.



### *Our souls grow when we are overwhelmed*

Now that's an interesting way to conceive things isn't it? You actually start to enjoy being overwhelmed emotionally, can you see that? You start going, "Wow this is so good. When I look at last week, or last month, or last year, wow I can cope with so much more now. I can actually cope with a million spirits projecting rage at me now without falling in a mess." About three years ago I could cope with one person projecting rage at me before falling into a mess because I had to release all of these different emotions about why that was the case. The feelings of hurt and all of that kind of stuff. So now the soul has expanded in its capacity, and also it's expanding in its capacity to experience love.

## ***14. The power of growing in love***

To give you an idea where you're headed because a lot of times we forget where we're headed; we had a very interesting experience, or I should say Mary had a very interesting experience this week. I hope you don't mind me mentioning it about the kangaroos? Mary started channelling spirits about four weeks ago or so, and because she's pretty open to it and obviously had prior experience, it's happened pretty rapidly. So the other day Mary was sitting out on our porch, we've got this little two bedroom shack, I suppose you'd call it in the middle of nowhere, and there's always kangaroos around us but they never come up generally close to us. There are a few that do come up relatively close, but they never sort of bound up really close to you. What they do is... you walk outside and they might be a few meters or ten meters away and depending on your emotions they'll usually leave. Anyway what happened this day was Mary decided to sit down and do some channelling. The instant she sat down she got a connection with some of her Celestial friends, one of the joeys and his mother bounded up to her, right up to her and stood on the concrete in front of her and looked at her. Mary got so shocked that she just got out of the connection, and as soon as she got out of the connection, they bounded off. Then Mary decided to get back into the connection with her spirit guides. As soon as she did that again, they bounded back up to her right in front of her again and there they stayed. It's pretty amazing isn't it?

Now why did they do that? They did that because the love of the Celestial Spirit is so strong that it's going to attract absolutely every living thing to it, and that's where you're headed. So you'll be able to walk out in the wild with all these afraid animals and they'll actually come up to you because you're in that state. That's the state of being at-one

with God, that's what it's like. So it's not about taming them or anything like that, because these are wild animals that came up to Mary. They are in the wild, they are not tame, they've never been hand fed or anything like that, and so they're wild animals.

Now I've had the same experience with a bird. I know some of you have had similar experiences where you've been in the state of connecting with God, or you've been in a state of connecting with a Celestial spirit. This one lady I know had a willie wagtail come and just sat on her shoulder while she stayed in the connection and then as she lost the connection it went away.

Why that happens is because that's what love does in its full expression, it attracts everything. So many of us are so worried about where we're headed; "I'm going to lose all my friends, I'm going to lose my family, I'll lose this and I'll lose that," and that's because we're going through this transitional phase. That's all because in the end you'll gain a hundredfold family, friends and many other things too if you continue with firstly your relationship with God. Do you see what I meant when I said those words in the first century? You'll gain a hundredfold, you'll gain so many friends and so much family and everything you'll wonder what the hell you were worried about in the first place. You'll think, "Why was I worried about that one person who just couldn't accept me being myself?" You'll look back on it and think what a silly thing to do because you'll have understood what can be attracted to you.

## ***15. Lacking faith impedes humility***

You see the problem most of us have, the reason why we're not in the state of humility most of the time? It's because we have very little faith. We don't really think that what's being presented to us is going to happen in reality and so what we do is we go down this stage of then not wanting to... we reject the emotion of everything, because we feel inside of ourselves that it's not true. "You know, yeah, you know how AJ says that in two or three years I can be at-one with God, what a heap of crap, honestly. I've tried it, I did it for six months and after six months what happened? I was in such a mess emotionally, I was crying every day, I don't know what was going on, all of my friends said I was a weirdo now, and my family didn't want to speak to me anymore. Some of them wanted to commit me." And in the end this is where we go, "And in the end it's dangerous. It's just downright dangerous". And so now we start working our way through a lot of our fears, when I say working our way through I don't mean working our way through them, what we're doing is living in them. We start voicing all of our fears to our self and in the end; "I want nothing to do with him anymore." So that's where we go. Many of you have actually been in that state for a week or a day at least and then you get through that emotion, because in the end that's just an emotion too, of something we're avoiding, of something that we're not being humble about and we get through that.

## 16. *Emotional processing in men and women*

But many by the way don't. As yet, to be frank with you, there has not been one woman on the planet who's yet worked through her fear about truth. I have not yet met one. Now when I say one woman, there's about three men that I know of who have. I feel it's got something to do with what happens. Women have this huge capacity to experience emotion which is your advantage over a man, and that half of the soul has a huge advantage. But there's one down side to it, and that is when you're afraid you think your fear is real, that's the downside. Men have a lot of trouble getting into their emotion, you look at them and many of them do. But one of their advantages is that when they do get into their emotion they're generally not quite as afraid, because they have had less multi-generational fear to deal with.

You look at what happens. Who goes to war? The men, up until recently, even though they were afraid they still went. So what happened multigenerational men often have less emotional investment in fear, but the problem is they also have less emotional investment in emotions, so that's their limitation. So, many of the men are not allowing their emotions to flow very easily. Many of the women allow their emotions to flow very easily and they get in the swing of the Divine Truth, they progress but then they hit one of their major fear barriers, and that's when many women stop processing. We'll talk more about this tomorrow.

Now remember every time you do that, we're just not being humble. You see if we were humble, we'd have a passionate desire to experience every emotion within us, even if that emotion is terror. Even if it's terror!

Now of course many men are not being humble too because they're not experiencing their emotion. They're okay with getting through some of their terrors in many cases, but they're not experiencing their emotions, they're still shutting down that. And this is where you start understanding that each half of the soul has its own beautiful parts, and there is a certain beauty to masculinity and a certain beauty to femininity that, when the two of us work together, we can work through a lot of things emotionally.

So if we're in a partnership, a husband and wife or someone in a partnership, what the man can bring to the partnership is this feeling that even though he's afraid, he'll still do it, and that's a good thing for both the man and his partner. What the woman can bring to the partnership is; emotions are of utmost importance to deal with. "I'll show the man how to actually process my emotions at the causal level if he's having trouble with that." And that's what she can bring to the partnership.

The problem that we face is that one or both of us finish up living in the state, so the man finishes up living in his denial of emotion, so he goes into his intellect and starts shutting down his emotion quite a lot. Of course that makes the woman really upset generally because you want a nice connected man, and now what you've got is some kind of man that just lives in his intellect and sort of seems a bit like a zombie half the

time. On the man's side, he can bring this really beautiful quality of not being afraid of his fear because that's what many women are doing, being very afraid of how afraid they are. They are afraid of their terror so they don't even let themselves experience it or when they get into it, they believe that it is real, and it is not real. Remember fear is "false expectations appearing real," so your fear isn't real and you need to be reminded of that. So let your fellow remind you, if you've got one. Remind you that fear is not a real thing to experience, you need to get under the fear, and you need to get further down than just staying in this fear place; that will help a lot.

Both genders, both males and females, have huge benefits to bring to the table of emotional processing and when you start seeing the benefits and start working with each other, you can help each other stay in the state of humility. And this is where many of you... and we haven't had a talk yet about soulmates. Oh by the way I want to ask the question, how many of you would like to have a talk about soulmates soon? Okay, we'll have a talk about soulmates soon. When I define soon, before the end of December is that soon enough? Earlier!

One thing we haven't talked about with soulmates and this is something that's really handy is that if you are not humble, when you meet your soulmate, you are going to have terrible strife in dealing with the emotions that arise, because your soulmate is going to trigger you. If you think you're getting triggered now, think again because when you meet your soulmate, you are going to get full on emotional processing happening. It will just ramp up if you're open. The problem for many of us is that we are not open to it and that's why some of us definitely prefer to remain single, because you get into that relationship and what happens? Everything starts happening and before you know it... and if you can stay humble to it, you can progress really rapidly. So that's one thing myself and Mary are really focussing on, on trying to stay humble to everything that comes up in the relationship, because it just opens both of us up and expands both of us each time.

### ***16.1. Emotional processing in gay couples***

**Participant:** I just got a bit triggered AJ. The gay stuff, the sort of combination of the masculine and the feminine that you were talking about.

The same happens in a gay couple where one half of the gay couple will generally be less afraid of dealing with their terror than the other half, but one half will be better at emotionally processing than the other half. So it's the same principle and many times with a gay couple, this happens to a lesbian gay couple or a homosexual gay couple, many times both of them are more in tune emotionally and that's a part of the gay soul, or that one whole soul before it splits in two. So there's often a higher propensity towards dealing with emotion.

**Participant:** And one of the things then that seems to happen is that we trigger a lot of homophobia around the place because this stuff is going on.

Another reason why you trigger a lot of homophobia around the place is because you're not accepting God's morals; you understand what I mean by that?

**Participant:** No.

No? Well God's morality is that you would only have sexual liaisons with your soulmate.

**Participant:** Now I get it.

Now what often happens in the gay community, particularly the male gay community, is that sexual liaisons are very indiscriminate, and a lot of times without love at all, and you know that to be the case. Now as that happens, what's actually happening is you're breaking a lot of God's Laws and that brings a lot of pain to you and your relationship. So one of the major issues that particularly gay men face is this issue of actually understanding of how morality affects their happiness in relationships.

**Participant:** And that will have to do with AIDS then, won't it?

Of course a lot of the diseases that we see associated with all sorts of things in the world are due to the fact that we're not looking at the Law of Attraction that's occurring. And the Law of Attraction always indicates that something is wrong at the emotional suppression level. So AIDS is not a punishment of God upon the homosexual community. What AIDS is instead is an indication that the homosexual community generally, particularly the male homosexual community, is not getting one of the basic principles about love that causes suppression in their body, and then their body's immune system. So their immune system can't work anymore. So when they actually work through that issue emotionally then you'll find the AIDS problem will just disappear.

**Participant:** Yes it sure does.

So the key for many gay couples and particularly male gay couples is to deal with the issue of morals. But from the issue of emotions and humility, both halves usually have this male/female balance a lot more even. That means often a gay couple can progress very rapidly on the Divine Love Path and that's why the apostle John, for instance, his soul couple is gay and they were the second soul to enter the soul union state in history. So that's because of the specific qualities of the soul that often are associated with gay couples. Of the fourteen, two of the couples... of the seven souls that returned to Earth, two of those souls, so four people were gay couples. So two souls were gay souls.

This is God's demonstration if you like that every single person has the ability to reach at-onement no matter what their sexual orientation, but it requires that we actually look at all of the areas of our life and not just at the areas that we think we want to focus on. And one of the areas that is very difficult for many homosexual men to focus on is the

area of promiscuity. And to be frank there are a lot of spirits involved in this process of promiscuity in the gay community.

## 17. *Truth “police”*

**Participant:** Yeah, I was going to start off by saying I have confusion around sharing your truth with others and then I realise that’s not truthful; I actually have firm ideas about it.

So let me hear your firm ideas about it.

**Participant:** I just feel what right do we have to be the Truth police in a sense in another person’s life? And that may not be what you’re talking about, but there’s an element of danger in what we’re hearing I think.

Well, can I just address this emotionally for you? A lot of times our words tell us our own emotional injuries so let’s look at the words “truth police”. What does that feel like to you when it’s repeated back to you?

**Participant:** It’s in imposition of ... imposing...

So this police part is imposing on free will?

**Participant:** Yes and taking a higher position and not being humble actually.

Okay... condescending?

**Participant:** Yes, judgement. All that, yep!

'TRUTH POLICE'



IMPOSING ON FREE WILL  
CONDESCENDING  
JUDGEMENTAL

Right, judgemental... I can’t spell that, my other half of the soul got that bit.

**Participant:** I’m seeing that the two can’t exist... don’t belong together.

Exactly!

**Participant:** And I’m seeing that people can perceive that they have a moral obligation to impart truth upon others where they see falsehoods, for example somebody steals something, and “Okay I need to speak up about that.” What right do I have to speak up about that when I’ve just gone out for dinner and eaten and spent enough money that could have fed and saved five peoples’ lives that live not far away?

Now you're actually mentioning another injury that we all have many times. I notice myself doing something then I think, "Mmm". Then I notice somebody else doing something and that's bad. In other words a lot of us allow ourselves to get away with what we condemn in others and we don't understand that yes, a lot of times what we are doing ourselves is what we're creating, and what we're condemning in others. So I condemn a person who's a stealer but a lot of times I won't give him enough to eat. I'm actually helping create him so a lot of times this is what we're doing.

Now obviously if I'm acting in harmony with Love I won't do those things. The second thing is that this police idea comes from the fact that when we get truth given to us, a lot of times it's given to us through, and we receive it through, some filters and the filters are, "I'm getting attacked, I'm getting hurt, I'm being judged." and, frankly, a lot of times you are getting judged by that particular person or hurt by that particular person. But understand that that's not what God means, and that's not what I mean when I say you must tell the truth at all times. What I mean is that you won't have these feelings in you towards that person. So often you hear me say, "Do you want to hear the Truth?" to a person. Many of you hear that, and most people say, "Yes". And sometimes they actually mean, "No" but they say, "Yes" because they think that's the right thing to do. But often it's not, because it's not how they feel. But what we try to do is when I say, "Do you want to hear the truth?" "Yes." And then I'll say the truth so then when they get angry, I'll say, "Do you want to hear the truth?" "No." So next time, say, "No, I don't want to hear the truth." You're allowed to do that, but the problem we have here on the planet is that free will is often not respected in all sorts of transactions.

And in your own life, Kim, free will hasn't been respected. In other words I mean other people have, when you were little, imposed upon your free will so much that now there's this terrible feeling inside of you whenever free will has the potential of being harmed. And that's an emotion that causes you to then use the term "truth police".

I would never feel that I could ever police your life. You have complete free will and are totally able to do whatever you decide; that is God's gift to you. However, my relationship with God means that I have a desire to state the truth at all times, even if that means you are going to get angry with me. In other words, I love you enough for us to finish up not having a relationship because of your feelings towards me for me speaking the truth. Does everyone get that?

Let me state it a different way. If I love a person, I will tell them the truth no matter how they react to it. But I won't ever do it in a judgemental or condescending way, or by imposing on their free will. Now many of you I could come up to and tell you a long list of truths about your life. But have I done that? What have I done instead? Many of you have come up and asked me and so I tell you. Some of you have even said, "AJ, I want to know everything" and so I tell you everything. Jen, you've done that with me haven't you? And you've regretted it now, haven't you? But you did say that, and so I take you at your word and I tell you everything. Every reaction and every interaction, even if it's public or private, bang Jen get's the Truth from me because that's what she asked for,

and so I give it to her. Now there are times when Jen has been angry with me and when you're angry with me what do I do? I just say, "No, Jen you've got to stop now and go away, because I don't want to spend time with you now because you're angry. You asked me to do this, I'm doing it but now you're angry with me and this is unloving." And Jen has gone away in a huff sometimes with me, sometimes for a month or so and then worked her way through the emotion of it and when you've worked your way through the emotion of it, Jen has always come back to me and said, "AJ I'm really sorry for that projection of anger," and often she's been crying and saying she's sorry and I give her a big hug and said, "No worries, Jen, let's go on to the next Truth." And the beauty of doing that is that gives you the capacity to actually get more truth in your life, but the majority of us don't want to do that, so the majority of us instead have this terrible viewpoint of truth.

So my suggestion is the truth always needs to be said but the motive in which you say it is very important. If your motive is to be condescending, judgemental or imposing on the other person's freewill, you're demanding them to change, then you are now not in harmony with love, and instead of speaking the truth you need to stop and start to focus on your own truth as to why you are not in harmony with love. When you get yourself back into harmony with love, now truth is so important to say, and it's always loving if it's delivered with a loving motive. In fact, truth is the only thing that is going to set everyone free, the only thing.

Now I've said this to you over and over and over again, and in the first century I said it over and over and over again. The truth is the only thing that is going to set you free. If you dislike the truth, how are you going to ever be free? If you view Truth negatively in any way, how are you ever going to be free? It's going to be very difficult isn't it? Can you see that?

So can we continue with the emotions? Kim, so you're right, can you see that the word police and the word truth don't really belong together?

**Participant:** Yes I can.

And can you see how, because you put them together there must be some emotions of a fear of these emotions from others? And that's what needs to be dealt with inside of yourself.

**Participant:** I will explore that.

So there's been many times in the past that people have harmed your free will, have been condescending towards you, been judgemental towards you and when you release those, what will happen is you'll get to think of truth just without the police on the end. You will think truth is so important and you will start saying it yourself, and practising it yourself completely and loving it when other people do it with you.

**Participant:** Yeah, okay but when we get the truth of our own failings, of our own denial, our own patheticness, and own... you know... come on... it's big, big stuff, who are we to possibly look at another person and say, "Mate I'm sorry but you're just missing..." That's what I'm talking about as well...

And again, you see you're coming from the point of view of having been judged, you see I don't look at it like that at all. If somebody comes to me with truth, I feel really blessed that they've told me those things.

**Participant:** So it's to do with your own intention... your own feelings...

It's to do with your own emotion about how truth has been used against you in the past. You see, if you're coming from a loving motive you don't want to use truth against a person, you're trying to help them with truth to get closer to God. So you're actually in a loving space with them with regards to truth.

In your past, and to be frank in most people's past, people have been harmed with truth by actually having an unloving motive. So in other words you tell a friend a secret and before you know it the whole world knows it and what did you feel? Embarrassed, and you didn't want to feel the emotion of embarrassment and then you got angry with your friend and all of these other things come up, but if you release this emotion of embarrassment within yourself, would you be afraid that anybody knew any Truth about you? You wouldn't would you? It doesn't worry me what truth you know about me. You can know I was a Jehovah Witness in the past, that's fine by me. You can use it against me if you want, you can actually think that of all these teachings that I'm teaching come from that religion if you want; you would be wrong of course. In fact you'd be so wrong. There are only probably three things that I've ever taught that have actually come from that religion that actually has as Truth in it, but you can believe differently if you want. You can judge that if you want. You can then call me a cult leader if you want, which is also a judgement as well. You can do all of those different things, but if I'm in a state where I'm willing to feel all of my emotions about that, it won't matter to me. I may get hurt and I'll feel my hurt. I may get attacked and people are getting angry with me because there's lots of people swearing about me on the internet, I'll feel hurt about that, but I won't attack in return because I'm in a state of humility.

(AJ Speaking to Mary) You were going to say what I've just said? I must have been channelling you for a moment then because goodness knows I'm not doing anything else! (Laughter)

## ***18. Judgement and processing emotions***

**Participant:** I went to the car and just had a huge breakthrough about fear of truth. It was when I was a kid, my mum accused me of stealing some money out of her purse which I never did, and so I went into a big fear about that. So do I have to come and see you about a release? Because I've been working on this...

Why do you have to come...? This is not about me and you. This is about you and God.

**Participant:** I know, but I haven't been able to do this and then I just go out to the car and in two minutes bang...

Well, yeah, a lot of you will notice that when you come and talk to me or see me or whatever, all of a sudden some emotions come up that you've been struggling with for a month or two; many of you have found that. Many of you find when you come up to me you can't even get your words out because you're crying already, and you've been struggling for a month before to cry. Now the reason why that is the case is really simple, I don't have any judgement about you feeling this emotion and you can feel that from me. So for those of you who are processing in that way and you come up and we talk and all of a sudden you're crying when you've been struggling, it's because you're feeling that I'm totally okay with you feeling how you're feeling, and totally okay with you and the emotion that you are experiencing, or need to experience. And I don't have any judgement of you for crying. In fact I'm here on the sidelines going, "Yeah, yeah, yeah! Go for it! Yeah, yeah, go for it!" when in fact most people are actually going, "What are you doing crying?" You think about your environment generally, what is your environment saying? "Get yourself together. How dare you do this? I want my food on my table at the right time," if you're a wife with a husband or whatever, "you can't cry like this all the time, there's something wrong with you. You need to go and get a pill or something." How many have you had that said to you? I've had that said to me before quite often. "You need to go and be put on medication because you're too emotional." And how many times when you were a child were you told you were too emotional? Yeah, a lot of women have had that history.

So we're shut down all the time. When you meet a person who isn't shut down towards their emotions, it feels like a relief inside of you. Quite often I have people come up and they tell me all their secrets and then say, "I've only just met you, why did I tell you all those things?" The reason why is because they can feel there's no judgement coming from me about those things, and I have a desire to know them; not some fictitious them, false masked them, but the real them. And so they feel drawn into the discussion. This will happen with you as you deal with these judgements as well. Judgements of truth and judgements of emotions and everything. You'll start noticing people coming up to you, if you haven't already noticed. People coming up to you wanting to talk to you about their feelings when before they wouldn't. Why do they do that? Because they can feel the change in you!

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