

## ***Relationship With God Humility***

### ***Introduction***

Spiritual development is not about knowledge, but rather about love

Reminders of the two forms of Love

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

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

Reminders of how to progress spiritually on the Divine Love Path

1. Pray to God for Divine Love
2. Pray to God for Divine Truth
3. Be Humble

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

Humility is the most important personal quality that you **MUST** develop if you want a relationship with God

True Humility cannot be arrived at by “trying”, we must deal with the EMOTIONS that prevent humility

My 1st Century Experience

Reasons for my very direct statements of truth towards the Priests, Pharisees & Sadducees

Reasons for my very direct public statements about people who were acting in disharmony with Love

What I do now

Reasons for my very direct public statements about people publicly acting in disharmony with Love

Reasons for my public discussion of people’s public displays of emotions disharmonious with humility

### ***What Is Humility?***

Dictionary definition of “being humble”

Having a lack of false pride, unpretending, meek, defining characteristic of an unpretentious and modest person, someone who does not think that he or she is better or more important than others, free of illusions of self-deception

Jesus’ definition of Humility

Having a burning desire and willingness to feel and experience ALL of your own emotions, whether those emotions are painful or pleasurable.

Having a burning desire and willingness to see yourself as God sees you

Having a burning desire to be as you really are, NOT as you hope you are

What Humility is NOT!

It is not deprecating one's own sanctity, gifts, talents, and accomplishments

It is not having a false modesty or humility, falsifying for the sake of receiving praise or adulation

It is not underestimating your true worth, nor an inability to see or talk about our own or others virtues

It is not humiliation

### ***Why Humility Is Essential (Aspects of Humility)***

***God’s Love flowing into my heart depends upon my wholehearted desire to feel & experience ALL emotion***

When I desire passionately to experience all of my own emotions:

My longing for God’s Love becomes stronger than my longing for any other experience

My desire to feel my own emotions becomes my focus of attention in my personal life

I never attempt to use methods or techniques that shut down or dampen my emotional experience

I never get angry, resentful or afraid about having to feel my own emotions

I never feel that I am giving up anything or losing anything because I have chosen this path

Am I willing to lose family, friends, property, position, power etc just to receive God’s Love?

Am I willing to look foolish & stupid in the eyes of those around me but continue to receive God’s Love?

Am I willing to feel all the emotions about what I may lose on the path to at-onement with God?

Am I willing to feel all the emotions about being alone, being attacked, being belittled just to be me?

***“Seek first God’s Love and ALL these other things will be added to you” Jesus***

***“No one can come to God who is not first willing to lose everything; father, mother, sister, brother, friends, position, power, glory for the sake of their relationship with God” Jesus***

***God's Love flowing into my heart depends upon my WILLINGNESS to take responsibility for, experience & release fully without reservation all the error within myself that prevents God's Love from flowing***

When I desire to take full responsibility for the experience all of my own errors, I:

I have a strong longing within myself to feel all of the personal pain inside of myself

I take full responsibility for all of my actions, & never blame others for my unloving actions

I desire with all my heart to experience the Law of Compensation for what I have done to others

I desire with all my heart to experience the CAUSAL emotions of what happened to me in the past

I desire with all my heart to abandon ALL of my anger, justifications, minimizations & denial

I desire with all my heart to experience my FEAR about becoming a trusting child again

Do I have a tendency to justify my anger or fear to God, others or myself?

Do I have a strong resistance about feeling my personal fears?

Do I use my intellect to tell myself that "I am over that now" when all indications are to the otherwise?

Do I resist seeing the damage I have done for others, and refuse to take full responsibility for the effects?

Do I have a tendency to deny, justify, minimize or shift the blame onto others for my feelings?

Do I resist seeing my own body shape, body pains or illnesses as indications I am in denial?

***"God resists the proud, but gives His Grace to the humble" James 4:6.***

***"When he was being reviled, he did not go reviling in return. When he was suffering, he did not go threatening, but kept on committing himself to the one who judges righteously." 1 Pet 2:23***

***God's Love can only flow into my heart when I am willing to be as I truthfully am***

When I am being REAL:

I always admit to others & myself what emotions I have within me no matter how others criticize

I am always truthful, & I never avoid telling the truth in any situation no matter what the result

I am always honest with God & myself about my flaws & I never justify them to others or myself

Do I desire passionately to be the person I truly am inside, no matter how bad that looks to others?

Do I desire truth AT ALL COSTS, no matter what the price may seem to be?

Do I desire passionately to DO what I know to be Truth, rather than just listen to it?

Do I often shrink away from personal truth, and misrepresent my true feelings in my actions with others?

***"For if anyone is a hearer of the word, and not a doer, this one is like a man looking at his natural face in a mirror. For he looks at himself, and off he goes and immediately forgets what sort of man he is." James 1:23, 24.***

***"But he emptied himself, taking the form of a servant, being made in the likeness of men, and in habit found as a man. He humbled himself, becoming obedient unto death." Phil 2:7, 8.***

***God's Love can only flow into my heart when I am truthfully willing to be taught by God***

When I am completely willing to be taught by God:

I no longer feel self-important or self-reliant

I do not feel emotions of criticism of God's Laws or methods of teaching me

I demonstrate respect for God & Her Laws by instantly attempting to practice those I learn

I do not ignore or justify my own unloving thinking, words or conduct

I do not attempt to avoid my own unloving behaviour, nor to continue it knowingly

Do I love, respect and practice ALL of God's Laws of Love?

Do I excuse myself from practicing what I know to be Divine Truth?

Do I arrogantly feel I am better than God, and that God should bend His Laws to suit my desires?

Do I love my Law of Attraction (LoA) & feel my emotions WITHIN myself that create my LoA?

Do I often get angry with God, or angry when I hear about God's Laws?

***Humility enables us to receive both Direct and Indirect emotional assistance & counsel***

Direct Assistance is when:

Someone else with a loving motive & desire tells us directly what error is within

Someone else with an unloving motive & hurtful desire informs us what is "wrong" about us

Indirect Assistance is when:

A child acts around us a certain way that exposes denied emotion within us

Any animal around us acts in a certain way that exposes denied emotion within us

Any person around us acts toward us in a way that exposes denied emotion within us

Other people around us have discussions about matters that we believe we have resolved

Events that happen to us always indicate what we are denying in our soul condition (LoA)

God is constantly giving us direct and indirect assistance to help us become at-one with God

Most of the time, we reject both direct and indirect assistance from God because of a lack of humility

When I am completely humble and able to be taught by God:

I always look at the emotions inside myself when I get direct assistance

I always refer everything that is happening around me to attractions caused by my soul condition

I never blame others who have hurtful desires for taking actions that cause me pain

I always see that God is constantly trying to show me my own blockages to experiencing bliss

Do I receive direct exposure of my emotional condition with Joy or with Dread?

Do I long for others to tell me what things within me cause my disconnection with self or God?

Do I react with coldness, rage, anger, resentment, denial, etc when my emotions are exposed?

Do I recognize that even when others around me discuss an emotion there is something there for me?

Do I listen to people's comments to me as direction for me, or do I regard the person as lowly?

## ***Opposition To Humility***

### ***Arrogance***

Arrogance comes from a basic untruthful emotion that I feel I am better than others:

Arrogance; an offensive display of superiority or self-importance, overbearing pride

I am automatically judging others as lesser than myself

I am setting myself up as having authority over others, usurping God's position

I am blasphemous & treating God's children as lesser than myself

Releasing arrogance is VERY difficult emotionally, & arrogance betrays a VERY dark condition

Arrogance is therefore an indication that I am not being humble

### ***Ego***

True Ego is the centre of self that God created within you

False Ego is the centre you have within yourself that society (parents, environment) has created for you:

Please see <http://deoxy.org/egofalse.htm>

Ego is the false impression of myself created by my environment

Both my environment & I wish to retain ego so I do not have to feel myself as I truly am

I am unwilling to see myself as God sees me, & retain a view only as society or I see myself

I become addicted to feeling good by doing what others want, or avoiding what others ridicule

Ego causes us to become addicted to admiration from others, & may even cause "false" humility

If I wish to retain my false Ego, & resist its exposure, I am not being humble

### ***Judgment & Criticism***

More will be said about judgment in another talk "*The Human Soul – Dangers & Pitfalls Of Judgment*"

The Judgment being discussed here is not:

Discernment; noticing the truth & then acting on that truth in a loving manner

I must openly state emotional Truth to all people who I interact with

The statement of Truth about situations or people is a requirement to remain at-one with God

e.g. I can state you are not being loving, that may be a Divine Truth, and is not judgmental

Judgment is the action of deciding that someone else is lesser than me, or I am better than him or her:

It is the emotional treatment of someone as more lowly than myself

It is the emotional treatment of myself as if I am superior to others

When I am belittling, condescending, snobbish, denigrating, patronizing then I am judging & not humble

### ***Intellectual & Emotional Denial Of Unloving Thoughts, Words & Actions***

More has been said on this subject in the talk "*The Human Soul – Denial Of The Soul*"

Intellectual & emotional denial of my own unloving thoughts, words & actions causes me to:

Justify; "I know that happened, but everybody does it"

Minimize; "I know that happened, but it's wasn't really that bad"

Shifting The Blame; "I thought/said/did what I did because of you"

Deny God's Laws; basically explaining to myself that I don't have to follow God's Laws at all

Deny God; my own opinion of what is right is more important to me than God's Truth

When I intellectually or emotionally deny my unloving thoughts, words & actions I am not humble

### ***Anger With Others***

More has been said on this subject in the talk "*The Human Soul – Anger Is Your Guide*"

Anger projected towards others is usually:

The result of the denial of my own fear or sadness,

The result of personal expectations or desires I feel others should satisfy for me,

An indication that I wish to blame others for my own painful emotions

An indication that I wish to blame others for my own personal desires not being met by others  
Anger is therefore an indication that I am not being humble

### ***Hatred Towards Others***

Hatred or resentment towards others is usually:

A severe projection of blame aimed towards others to help me avoid my own painful emotions

I hate because I feel others must fix my own severe emotional pain

A desire to annihilate a person, place or thing because of the emotional pain it brought myself

A desire to cause as much pain to another person in order to avoid my own emotional pain

A desire to destroy the source of my own unhappiness or pain

A very strong emotion resisting Love (either from God or from others) from entering us

Hatred is therefore an indication that I am not being humble

### ***Living In Fear***

More has been said on this subject in the talk “*The Human Soul – Fear Is Your Friend*”

Living in terror or fear usually:

Is an excuse I use to prevent myself from feeling deeper much more painful emotions

Is holding onto a belief that the false is True & resisting the emotional release of the false

Is projecting damage to all living things around us & therefore not taking emotional responsibility

Living in fear, or working around fears in our life is therefore an indication of a lack of humility

### ***Doubt***

Living in doubt, rather than allowing the emotions under the doubt to surface:

I seek other people who are in doubt in order to support my own condition of doubt

I seek to cause other people to doubt to avoid my own fear of action

Doubt prevents us from living the Truth by giving us an excuse to avoid action

Doubt prevents us from acting on Truth we already feel in our own heart, which is a lack of humility

### ***Seeking Power, Position, Glory, Respect or Value***

Giving of yourself to others only for a feeling of glory, being noticed, respected, valued:

Often our motives for so-called “loving” action are totally selfish & self-focused

I seek emotions from others in order to feed my false ego, feed my false opinion of self

I seek emotions from others to avoid my own deeper causal emotional experience

I am avoiding the emotion of powerlessness, or being alone, no-one noticing me

This is a major emotional cause for our children to seek addictive substances

It is oppressive emotionally for others to always be required to emotionally support us

Giving of self only to get something emotionally in return is not a position of humility

### ***Jealousy***

Being unhappy, angry, resentful or in a rage that others are happy:

I project anger or needy emotions at others when others have things that I do not have

I am unwilling to experience the deeper emotions within myself about myself

I do not desire the best for others, but rather feel upset when others have success or joy

I feel that others should not be successful or joyous unless we also can be the same

Jealousy is an indication that we are not being humble

### ***Commiseration***

When we want others to commiserate with, agree with, or support our emotional state:

We grumble for the sake of attention

We complain about how “hard” everything is

We want others to agree with our own assessment of things

Commiseration is not taking responsibility for our own emotions & therefore not a state of humility

### ***How Do I Know I Am Being Humble?***

I will feel a passionate desire to feel & experience all of my own emotion without damaging others

I will feel a passionate desire to take responsibility emotionally for everything happening in my life

I will have a passionate desire to be as I really am with everyone around me

I will have a deep desire for God to teach me everything I need to know

Divine Truth’s will enter me easily without a struggle

I will receive direct and indirect counsel, criticism & assistance without resistance

I will enjoy being childlike even when those around me judge me or treat me condescendingly