

The Human Soul

Fear, Emotions & False Beliefs

Introduction

FEAR – False Emotions (Expectations, Beliefs) Appearing Real
 Emotions – I am primarily referring to CAUSAL childhood based emotions in this outline
 False Beliefs – Beliefs within the soul not in harmony with Divine Truth or God’s Love

The Reasons For Examining the Link Between Fear, Emotions & False Beliefs

We need to understand the relationship between false beliefs and fear of emotional experience
 When we understand this relationship, we can better identify what emotions have attracted the belief system
 When we release the causal emotion, we automatically in most cases also release the erroneous belief
 It is only our fear of our own emotion that causes us to hold onto stagnating belief systems

Reminders About Fear

Fear causes us to base our future decisions on what happened in the past
 Fear is usually the cause of all anger (even childhood anger is the result of childhood fear of emotions)
 Fear prevents us from emotionally accepting the Divine Truth and living in Love
 Fear prevents us from being able to exercise our desires in a pure manner
 Fear covers over the emotional experience of the Truth
 Fear causes us to “bury our head in the sand”
 Fear causes all physical pain
 Major fear beliefs:
 I am not capable of coping with the overwhelming experience of ALL my powerful causal emotions
 God does not care for me or does not exist at all

Reminders About Emotions

Emotions are soul-based energy being expressed or denied (i.e. Energy in MOTION)
 When an emotion of any type is expressed completely it no longer remains within the soul
 When emotion is denied in any way it remains as potential “frozen energy” in the soul that creates attractions
 Denied emotions attract belief systems that support the fear state suppression of the emotion
 Belief systems then feel “safe” because the belief is helping us **avoid** the experience of the causal emotion
 All our life attractions are the result of the Law of Attraction of the soul condition

What Are False Beliefs?

“False Beliefs” are beliefs not in harmony with God’s Truth or God’s Love stored as energy within the soul
 All belief systems that are the result of the suppression or denial of emotions are fear based and “False Beliefs”
 Fear based belief systems often “feel good” as they help avoid the fear of experiencing causal painful emotions
 Fear based belief systems all create painful events through the Law of Attraction
 The largest result of living in fear-based belief systems is that it prevents us from getting closer to God
 Fear of experiencing our causal emotions prevents us from accepting truthful beliefs harmonious with Love
 Fear of experiencing our causal emotions creates addictions that seek error for satisfaction
 As our soul seeks to deny experiencing emotions it attracts belief systems that support its denial
 These belief systems then are rigorously & often angrily defended (since they support our emotional error)
 The fear we have of experiencing truthful emotions makes the Truth appear like errors (or pain)

How Emotions Make False Beliefs Possible

The unhealed emotion creates an open pathway within the soul for the false belief to enter the soul
 The false belief is attracted by denial of causal emotion & supports my desire to suppress the unhealed emotion
 There must be an emotional openness to the false belief or a desire to emotionally avoid the Divine Truth
 This emotional openness is created by the child’s environment being primarily fear based
 It is the primary caretakers of the child that create this emotional openness to error within the child’s soul
 Events created by the soul condition will:
 Constantly focus our attention on the false belief until we become aware of the underlying emotion
 Constantly focus our attention on the unhealed emotion until we become aware of what it creates

How A False Belief Enters The Soul

The soul must be prepared emotionally to accept the false belief as Truth even though it is error
The belief must fit, mirror, or be sympathetic to past unhealed emotional experiences, or fears of such

e.g. Environment – Mum & Dad’ emotions told me they loved me only when I was “good” but when I did something “wrong” they punished me

Casual Emotion – Mum & Dad did not love me & I don’t understand why

Fear – I’m afraid to feel Mum & Dad didn’t love me when they were violent towards me

The Soul is now open to numerous false beliefs:

I am a bad person who deserves punishment

If I love someone I must accept punishment from them

Mum & Dad “loved” me when they punished me in a violent manner

Violence at times must be loving & justifiable

Punishment when we are naughty or bad is loving

If God is loving, God must also be punishing

e.g. Environment – Mum & Dad’s emotions told me I am a sinner who needs to be saved from him or her self

Causal Emotion – I am not a good person within myself

Fear - I am terrified of feeling the pain of everything that I have done “wrong” (real or imagined)

The Soul is now open to numerous false beliefs:

I am not responsible for things I have done “wrong”

I cannot cope with the painful feelings of all the things I have done “wrong”

Someone else needs to help me feel that I am good because deep down I am bad

Jesus paid the price of my sins with his blood

e.g. Environment – Mum & Dad told me we must stay together and stick together at all costs

Causal Emotion – I am alone without my family, I am worthless if my family says, I won’t be loved if I do things my family does not agree with

Fear – I am afraid to make decisions & takes actions that will disappoint my family

The Soul is now open to numerous false beliefs:

I cannot survive without my family

If my family says I am wrong, then I am

I am alone & unsafe without my family

I cannot survive in the world without my family

My family is “supportive” & “loving” even if they are manipulative & controlling

My family is more important to me than God

e.g. Environment – My family/friends treat people of other races with fear, anger, rage, hatred & intolerance

Causal Emotion – People different to me need to treat me as if I am better than them in order for me to feel “special” or “loved”

Fear – I am afraid to feel I am the same as others because then I don’t feel “special” or “loved”

The Soul is now open to numerous false beliefs:

I must be treated better than other people in order to feel “loved” & “special”

If people who are different to me do not treat me better than themselves they do not “love” me

People of different colour or race should serve me

People of different colour or race should be punished if they do not “know their own position”

e.g. Environment – Family or friends whom we look up to or want love from are sexually promiscuous

Causal Emotion – I must be the same as mum or dad (the promiscuous parent) in order to be “loved”

Fear – I am afraid of the promiscuous parent’s disapproval, condescension & lack of acceptance.

The Soul is now open to numerous false beliefs:

There is no “morality” with sex because it’s just a physical need

I am not able to be monogamous because I have “needs” that I deserve satisfaction for

Humans are not capable of everlasting monogamous sexual relationships

Sex is my “right”

How Truth (Personal & Absolute) Is Rejected By The Soul

Rejection of God's Truth is always due to fear of accepting the Divine Truth

We fear acceptance of Divine Truth because:

We are afraid to give up the false beliefs because they support our denial of painful emotions

We are afraid to experience the underlying painful causal emotions

Soul acceptance of Divine Truth depends totally on our personal willingness to:

Identify our beliefs that are not in harmony with the Divine Truth

Be willing to explore the possibility that these false beliefs are just capping fears of emotions

Identify our fears that support our retaining the false beliefs

Be willing to emotionally experience our fears

Then allow the painful causal emotions to surface

Process could be as follows:

Identify false beliefs disharmonious with Divine Truth that stop me accepting the Divine Truth

Talk to God about my willingness to explore & desire to know the fears that these false beliefs support

Identify the fears that support retaining these false beliefs

Talk to God about developing desire to allow the emotional experience of these fears

Ask the support of your spirit friends and God to help you attract events that trigger these fears

Set your soul intention to attract events to access & experience emotionally these fears

Talk to God about having a desire to experience the underlying causal emotion for each fear

Create the space, location & give yourself time to feel and experience the painful causal emotions

e.g. Emotional Rejection of the Law of Attraction

Why don't I want to be emotionally responsible for my personal life?

Why do I want other people or God to take responsibility for my personal life?

Why do I want to blame, get angry with, hate, resent, & punish others who do things to me?

Why do I want to get angry about my life & how bad it is?

How do these actions demonstrate that I wish to reject the Truth about the Law of Attraction?

e.g. Emotional Rejection of the Law of Love

Why am I still allowing myself to get away with treating other people unlovingly?

Why do I still act condescendingly, critically & judgmentally towards others?

Why do I still harm animal life (by eating meat)?

How do these actions demonstrate that I wish to reject the Truth about the Laws of Love?

Look At Your Beliefs & Fears With Humility

When AJ tells you (directly or indirectly) about an emotion or false belief within you:

Be humble (remember the definitions of humility)

Honour your Law of Attraction (your Law of Attraction has resulted in AJ's comments)

Honour that God has your process of coming to Her as Her highest priority (your LoA is a part of this)

Allow yourself to see that AJ does not have an emotional investment in your acceptance of what he says

Allow yourself to investigate the **possibility** that you have the false belief

Allow yourself to investigate how your false belief supports your **possible** fears

Allow yourself to identify, experience, and release the fears

Allow yourself to feel, experience, and release the underlying causal emotion

Instead, when AJ says things to you, many of you are still:

Trying to attack AJ privately or publicly (remember that a desire to attack stems from a desire to destroy)

Dismissing entirely what AJ has said as wrong before you allow the investigation of the false belief

Getting angry & upset with AJ directly (remember anger indicates a fear)

References, Music and Movies

Movie: Revolutionary Road (2008). Leonardo de Caprio and Kate Winslet

Movie: Bang, Bang, You're Dead (2002). Thomas Cavanagh & Ben Foster

Movie: Lorenzo's Oil (1992). Susan Sarandon & Nick Nolte

Reference: Divine Love "The True Gospel" Padgett Messages. All Volumes.

Reference: "Toxic Parents: Overcoming Their Hurtful Legacy & Reclaiming Your Life" by Dr Susan Forward with Craig Buck

Reference: "Feel the Fear And Do It Anyway" by Dr Susan Jeffers