

God's Laws

The Law of Cause and Effect

This document is a transcript of a seminar delivered by AJ Miller (who claims to be Jesus) as part of the series on God's Laws, focusing on the Law of Cause and Effect and how there is a soul based cause for every event that happens in our lives

Delivered By

Jesus (as AJ)

On 4th December 2011

this online edition published by

Divine Truth, Australia

<http://www.divinetruth.com/>

Table of Contents

The Law of Cause and Effect: Part 1	1
1. Introduction.....	1
2. Everything that happens has an underlying cause	1
2.1. Physical effects	1
2.2. Spiritual effects	1
2.3. The real cause is the soul	2
2.3.1. Everything that happens is because of what is in the soul	3
3. Fixing the cause will change all related effects.....	3
3.1. Treating physical effects with medicine is not addressing the cause.....	3
3.1.1. Hay fever is due to suppression of grief.....	4
3.1.2. An example of the cause of a cat allergy.....	4
3.2. Asthma is caused by mothers' suppressed fear of their grief	4
3.2.1. The impact of fear on children and the environment	5
3.2.2. The eldest child feels the most fear	6
3.3. An autistic child is very sensitive emotionally	7
3.4. Living in fear is not feeling the underlying cause.....	7
3.4.1. Dealing with fear and it's cause	7
3.5. A mother's emotional investment in her son can create illness in him.....	8
4. Everybody affected is involved in the cause	10
4.1. Understanding the Law of Cause and Effect gives us the power to change the future.....	11
5. God's Laws are a loving framework of the Universe.....	11
5.1. Working around God's Laws is impossible.....	12
5.2. God's Laws are unchangeable	12
5.3. God's Laws existed before any matter.....	12
5.4. The hierarchy of God's Laws.....	13
5.5. The purpose of the Law of Cause and Effect.....	13
5.6. The Law of Attraction is the link between the cause and the effect	14
5.7. God's Laws address loving events but not unloving events	15
5.8. Responsibilities with the Law of Free Will	15
6. Everything that happened to us that was unjust... was unjust	15
6.1. Forgiveness	16
6.2. Justice is not love	17
6.3. We are not responsible for unloving behaviour towards us.....	17
6.4. Parents bear part of the responsibility for negative events that happen to their children	18
6.4.1. An example of a child being sexually abused	18
6.5. The Law of Cause and Effect is real justice.....	19

The Law of Cause and Effect: Part 2	20
7. The effect will never change if the cause is not dealt with	20
7.1. Denying painful effects creates more severe future events.....	20
7.2. Denying painful effects make it harder to get to the cause	22
7.2.1. An example of lack of self love creating teeth problems	22
7.2.2. An example of the world financial system.....	24
8. Ways in which to find the cause.....	26
8.1. Truth allows us to find the cause	26
8.1.1. An example of children making a mess	26
8.2. If we feel the painful effect, we will get back to the cause.....	27
9. Dealing with the cause changes the effect instantly	28
9.1. The example of physical injuries	28
10. Denying the cause prevents our spiritual progression	29
10.1. The process of forgiveness.....	30
10.2. Denying the cause is a denial of our hurt.....	30
10.2.1. Dealing with emotions in the wake and sleep states	31
10.3. Coming to terms with working with, and not against, God’s Laws.....	32
10.4. When to act vs. when to feel: the example of dealing with mothers	33
10.4.1. Feeling the cause gives us power over our lives	35
10.5. Nothing can change until we feel the causal emotion.....	36
10.5.1. The example of AJ holding a workshop.....	36
10.5.2. The example of Mary replying to emails	37
10.6. The importance of facing God’s Truth	38
10.6.1. Dealing with angry mothers continued	38
11. Feeling all of our feelings takes us to the cause	40
11.1. The example of dealing with a difficult daughter	41
12. Painful events always have an unloving cause	43
12.1. Love never creates pain: the example of a previous relationship of AJ’s.....	43
12.2. Using the principle of unloving causes creating painful events to change our lives	44
12.2.1. The example of money	44
12.2.2. The unloving causes of fears	46
12.2.3. The example of being adopted and having two sets of parents	48
12.2.4. We need to experience intense emotions to grow	49
12.2.5. The example of a mother not loving her sons	51
13. Closing Words	52

The Law of Cause and Effect: Part 1

1. Introduction

Well I was going to give you the second half or session 2 of the talk, "The sleep state" today but I've decided that I'd like to talk with you about something that I should have talked with you about and I've mentioned quite a number of different times before. And I should have talked with you about it much earlier I feel. So this is the subject of our talk today. It's part of the God's Laws series of talks and its "The Law of Cause and Effect". Sound boring? No. Okay. [00:01:04.00]

2. Everything that happens has an underlying cause

The Law of Cause and Effect fundamentally is quite simple. The basic premise of the Law of Cause and Effect is this; that every single thing that ever happened, in other words every effect, had an underlying cause. So that sounds pretty basic to understand, doesn't it?

2.1. Physical effects

Now what we do most of the time is we then look at that from a very physical perspective? So for example if we get a sore on our arm develop, we look at that and that's the effect of a cause. So what we do is we physically start examining the reason why that sore on our arm developed. And it may work out that we were deficient in a certain vitamin or mineral and all of a sudden the sore developed. And so we see there's a cause, which was the deficiency in the vitamin or mineral, and we then take that vitamin or mineral and all of a sudden the sore start healing up and it goes away. And we go, "Great!" We found the cause of that particular event. [00:02:32.29]

So this applies from a physical level and there are many events that have causes that are physical in nature. But the problem that we face is that we have a tendency as humans to only examine the physical level. And this is where we run into the main problem that we have, and that is while we are physically-centric, while our awareness centres around physical matters, we do not understand yet the true effect of the Law of Cause and Effect.

- PHYSICAL - BODY
- SPIRITUAL - BODY

2.2. Spiritual effects

This Law of Cause and Effect also applies spiritually. It has a spiritual level. Now if we're talking about our body, we're talking about our actual physical body. If I'm talking about my spiritual, I'm talking about my spiritual body in terms of what happens in my spiritual body. Now let's look at the same thing happening with our spiritual body. [00:03:47.08]

Our physical body had a deficiency of a certain type of mineral or vitamin in my previous example that I just gave you and so the sore developed on my right forearm. Now if I have a deficiency of a certain mineral or vitamin, why does the sore develop on my right forearm and not on my left forearm or my left bottom or my right foot or whatever? What's going on there? Why is it happening in the left side of a certain location? So we've got to understand that the physical part is not everything that's going on because if it was everything that was going on, our whole body would be covered with the same thing and not just a certain location. So there's obviously something else going on. So what a lot of spirits have done once they've passed over is they no longer have a physical body so what kind of centre do they have of their awareness? [00:04:52.17]

AWARENESS

Their spiritual body, so they now focus on the awareness in their spiritual body. So this becomes their level of awareness and then they start investigating and they go, "Wow, yeah, that's why I got the physical sore when I was on earth, because in this location of my spirit body I see there's an energy problem. There's an energy deficiency that causes the flow of energy over my spirit body to actually create some kind of a vortex or hole there that then allows any physical manifestation of the deficiency to occur in that location." So they start seeing a link between the spirit body and what's happening to it. And they become aware of the spirit body. And they start seeing the effect in their spirit body and then they go, "Wow that means the mineral wasn't necessarily the cause of my physical body problem at the time. What was the cause was this energy problem." And what they do then is they focus their intellect in particular on fixing the energy problem in that location of their spirit form. [00:06:07.18]

And sure enough you can do that, if you really concentrate and you really try hard, you can actually do that. You can actually cure certain parts of your spirit body by using that method. And so then they go, "I've now found the real cause of that problem that I had when I was in my physical body and that real cause was the energy that was flowing in a certain location and what was going on there."

2.3. The real cause is the soul

And they still have not found the real cause because there's this third element that we've got to factor in to everything, and that is our soul. And our soul is the most powerful of all of God's creations. One thing that you're not yet fully aware of in terms of your own emotional awareness.... now many of you intellectually are aware of this, but emotionally yet to be aware of is that your soul is actually more powerful potentially than the sun. [00:07:17.00]

SOUL

Your soul is able to manage more or higher amounts of energy than the sun can actually emit. You understand? This is your potential. So it's not what we're doing right now, obviously. But it's our potential. This potential of the soul. Now when we become fully aware of the soul we start understanding its true power and nature. And we start seeing how the Law of Cause and Effect actually is created through what is happening inside the soul. So, in the previous example I gave, physical body had a deficiency of a certain vitamin or mineral in a certain location on my body and all of a sudden the body developed into a sore. I fed myself the mineral and it cleared up. And then when I passed in the spirit world and I looked at that event, I saw that actually my spirit body, even now I've got rid of my physical body now, my spirit body still has the same problem in the same location. [00:08:42.23]

And I'm going, "Why is that? I can't take a mineral now and fix that particular problem." So I go through this process of discovering about the energy systems of my body and developing the energy systems of my body, and I'm able to repair my body that way, still using my mind to sort all of these issues out. Not understanding that the true cause is actually something that's even deeper than that. It's actually something that's going on in my soul. Now if you look at it from a physical perspective, if you imagine your soul encompassing your two bodies, which are basically at this point overlaid each other. [00:09:37.03]



The spirit body and physical body are overlaid and enveloped by the soul

One's a physical body, one that you currently see, and one's a spirit body, which only spirits can currently see, or you can develop your spiritual body's eyes to see yourself. And then you have your soul, something that you can't see and the spirit body can't even see, enveloping or controlling these bodies.

2.3.1. Everything that happens is because of what is in the soul

So everything that happens to these bodies - any accident, any event, any attraction, any relationship, any physical harm, any health problem, everything that happens, happens because of what is in the soul. [00:10:25.12]

Now the Law of Cause and Effect has many aspects to it that we need to investigate. Now one of the aspects that we need to investigate is how do we go about addressing the effects of certain things? For example, on the previous comment that I made, I suggested to you that the soul controls every accident that happens to this body. It controls every accident that happens to this body. So you walk along, stub your toe; soul controlled that. You walk along past a bush, there happens to be little prickle on the side of the bush, you scrape across and you get a little scrape across your skin. Your soul controlled that. [00:11:12.23]

You're out playing footie or basketball and the ball drops on your nose. The soul controlled that. Most of us will go, "No, no the other guy threw it at me." No, no, your soul controlled that as well. And then you're driving down the highway and your left front tyre just blew out. Your soul controlled that. That's what I'm suggesting. And what we need to do is we need to understand how it controlled that because we can deal with the effects. So if the front tyre blew out... on the side of the road, we undo the tyre, put in the spare. Oh the spare's flat. Your soul controlled that. [00:12:04.27]

And so, you know, we ring up the RACQ, if we're a member in Australia, and they come out and sort out the issue for you and your soul controlled that. And if you weren't a member and you're sitting on the side of the road thumbing a ride for something, your soul controlled that. [00:12:38.05]

And what I'm suggesting to you is that every single effect of every single thing that happens in your life at every single moment, whether you are in the spirit world or on earth, your soul controlled that. So that is quite an interesting idea, isn't it? That your soul controls all of these things! Now how does that relate to the Law of Cause and Effect? Well the Law of Cause and Effect also has this side point to it, which is very important to understand and that is this; that if I attempt to fix the effect I will automatically be creating another effect. [00:13:29.22]

3. Fixing the cause will change all related effects

But if I address the cause, all effects related to that cause will automatically change. So let me illustrate how that works, shall we? We'll go into how that works. By the way, ask questions at any time, so fire away if you've got questions. Yep? Okay. So remember what I just said, I said that if we focus on dealing with or solving the effect we will in fact create another effect that often will be of a similar nature or even worse nature. But if we deal with the cause then all effects associated with that cause automatically are dealt with, they're all solved, they're all resolved. [00:14:35.13]

3.1. Treating physical effects with medicine is not addressing the cause

Now, let me give you the illustration. I used to get really sick once a month on the average, for a week. Everyone used to say that I just had a very poor immune system. My mother used to get really worried about me when I was young because I had such a poor immune system. I spent a good week of every month home in bed and often a couple of weeks of every month home in bed being sick. And it would be usually a combination of asthma, a virus of some kind and a number of other things all happening at the same time. And so quite often I would be staying home from school dealing with all of these effects. [00:15:26.09]

And like quite frequently, I would get very, very bad hay fever. Many of you have had bad hay fever, yes? How many of you have ever had bad hay fever? It's very uncomfortable, isn't it? So I used to get that all the time when I was a child. And so eventually the doctors gave me antihistamines. And that helped a lot, I'd take an antihistamine and the effect would disappear for 4-8 hours on the average. Since I was a child I couldn't take another one usually for the whole day which meant for the other 16 hours of the day everything was just still running out of me. [00:16:10.27]

And I had no idea what the cause was. I was a child, and I had no idea about God's Laws about cause and effect, and my mother and father had no ideas about the Law of Cause and Effect, so of course they went for the physical solution. But the physical solution just created more effects. And in the end I got to the stage where I became almost allergic to some of them, and so what would happen is I'd have to stop taking them and then find another one that I could take and so forth. [00:16:43.26]

Eventually I'd run out of how many I could take and then I had to get back to just dealing with the effect again. And it was pretty constant. So that's why most of you still see me carrying around handkerchiefs, which is a very old fashioned thing many people say to do, and yet I for some reason still carry around two. (Laughter) And what I find happens now is they do get used but not by me. Usually they get used by someone who's crying that I've caused to cry. So I give them my hanky. So I have a supply of about 100 hankies at home because I generally lose them in the process. But not for the same reason I used to have when I was younger. So what I was doing, and what my mother and father were doing, was trying to cure the effect by using a medical means.

3.1.1. Hay fever is due to suppression of grief

I never had any success with that all of my life and it wasn't until I was 34 years old that I stopped having hay fever. I can remember the events that caused that: I started crying. Before then I didn't cry at all and I started crying when I was 34 years of age. And when I started crying I noticed all my hay fever stopped.

And there was only one time that I got hay fever after then and that was when I was around a cat. And then I'd get hay fever. But other than that, I could walk through a field of wheat, not a problem. Before then if I walked through a field of wheat I'd be hospitalised usually for a couple of days with all the different effects of doing so. On a number of occasions I nearly died before I got to hospital, after walking through a field of wheat. After 34 years of age I could run through a field of wheat and not be affected at all because I started crying. And that made me realise; the hay fever's about crying. It's about the suppression of my grief. And I started to put these things together. [00:19:11.29]

3.1.2. An example of the cause of a cat allergy

But there was still this problem where every time I was around the cat, bang, it would start again. And it was only when I was about 40 actually when I sorted that out. What happened was I realised the relationship between my father's emotions towards cats, and my emotions with my father. Once I realised there were these relationships going on where my father disliked cats; he used to get quite angry with cats. In fact what my father does, and I'm sure he'd be fine with me mentioning it; he used to have a 22 rifle. I don't know if he still has but he used to have a 22 rifle and he used to watch for the cats outside the yard, passing through his yard. [00:20:09.22]

And any cat that passed through his yard he would shoot and bury it in the backyard. It didn't matter whether it was somebody's pet, it would get shot and buried in the backyard. And it took me back to an emotion, an event when I was a child, an event that happened when I was about 8 years of age, maybe 7. There was a friend of ours that had 38 cats in their house. Now you can imagine it was a pretty messy house. And my father offered to sort the problem out for them. And his solution was to shoot them all, which he did. And I helped him. I helped him by digging the hole and buried them all. [00:21:06.27]

It was a great big hole, I remember it was about 4 feet square, about 3 or 4 feet deep and we just threw all the cats into the hole and buried them. And it took me back to that event and lots of grief about that event and once I released the grief and fear about that event, no more hay fever with cats. So that was gone. Now what I'm illustrating by that experience is that we can deal with the effect by taking pills, that's up to you to do that. It's your health and your life; you do what you want. However it cannot permanently address the problem and we need to understand this. The only thing that can permanently address a problem is dealing with the cause of the problem. The actual cause of the problem is not what we imagine or hope the cause to be. [00:22:20.06]

3.2. Asthma is caused by mothers' suppressed fear of their grief

Participant: AJ, my eldest son who's now 27 or 28, he had asthma when he was small. He was really quite sick at times and needed to be hospitalised. Only once or twice I think. And I got to the stage where I was like,

"Nope, this isn't happening. My child is not going to be on medication for the rest of his life." And so I started investigating alternative stuff and got him into swimming and all sorts of... [00:22:55.27]

My mother did all those things, yep.

Participant: But the thing is that by the time he was about 13 or 14, maybe even younger than that, he didn't need any asthma medication and hasn't used anything for well over 10 years, probably longer. So how does that happen? Did I actually clear some of my grief? Or did he clear some of his grief or what happened with that? [00:23:30.29]

When a child is small, just born to a few years old, who's the person who has the most influence over them? [00:23:41.19]

Participant: The parent. And in this case it was me, the mother. [00:23:44.25]

Mum. It's always going to be mum, probably because in our Western society that's the general way it happens. Now as the child goes into 6 or 7 years of age, how much connection now emotionally does he have to his mum? It's less, isn't it, than it was when he was 2 because when he was 2, probably still a baby, still needed to be cared for food wise. By this stage they're starting to eat their own thing, get their own snack out of the fridge, and do a bit of stuff with friends. You'd be around less, yep? And then by the time they're 13 or 14, what's happening now? [00:24:27.11]

Participant: Well they're usually quite independent and making a lot of decisions for themselves. [00:24:31.01]

Doing their own thing, having their own life and so forth! Almost every child onset disease has nothing to do with the child. It has everything to do with what the parent is doing emotionally and what's going on in the parents' own soul. Now what causes asthma is a fear of grief that you don't want to feel. [00:25:00.17]

Participant: That's true because I know that I've done a bit of processing around it and I realise that his grief was that he had this huge job to fulfil because I needed somebody to love and I didn't want to feel my grief around being alone. [00:25:19.11]

And none of that is the truth.

FEAR
OF
GRIEF

Participant: No?

No. Because you didn't understand what I was saying to you! And many of you parents are still having this problem of not understanding what I'm saying to you. The child did not get their problem by any grief they had. [00:25:41.21]

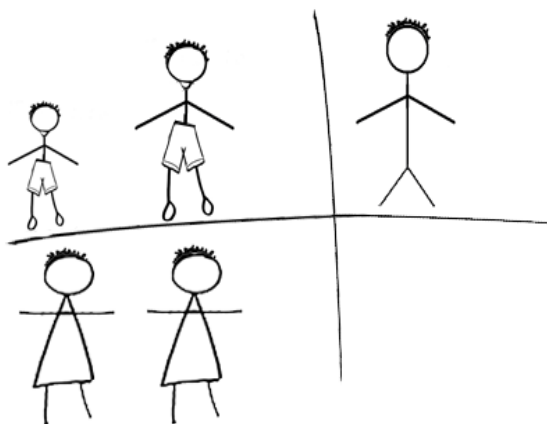
Participant: It's my unhealed denied grief.

3.2.1. The impact of fear on children and the environment

It's your fear of your grief. This is something we need to understand. Again it's a cause and effect issue. When we have fear we do not understand the effect as parents. We do not understand the effect it has on our children. Many of you think you're making your child safe by being afraid for their welfare. The reality is fear is the worst possible emotion that you could potentially project at any living creature including your own children. Your own fear is the worse. Now how do you project it? But not owning it. By not actually feeling it! That's how you project it. So whenever a parent does not own and feel their own fear, the child is feeling the full barrage of their fear. And in that moment there is no love. Fear and love cannot co-exist at the same time. Does everyone understand that basic principle about love and fear? [00:26:53.02]

I'll say it again; fear and love cannot co-exist at the same time. As soon as you have fear inside of you as a parent, there is no longer any love coming out of you. And the child no longer feels loved. Immediately! Now this applies to every living creature around you as well. Every living creature around you from insects and the smallest possible creatures, even viruses, and bacteria, right the way through to your own child, all respond to your fear. And as soon your fear is present, and denied, in other words you're not feeling it but its present, every one of those things responds in an attacking or negative manner to the fear that is present. [00:27:59.08]

That's the soul creating something. Now in this case, your soul and the denial of the fear of your grief created his childhood onset asthma. And as he grows he disconnects from his mother more and more and more and therefore is less connected to mum's emotions. And as a result, automatically has less asthma.



As children get older they can disconnect from their mothers' emotions

For adults who still have asthma, they have yet to actually disconnect from the mother's emotion. And therefore have yet to disconnect from her fear of her grief. And as a result are fully asthmatic still even as an adult. [00:28:52.04]

Participant: So we both still have to deal with our grief, separately now as adults? [00:29:01.10]

Well no, his grief is very different to yours. While you had a fear of your grief, he did not feel loved. So his grief is about not being loved. Your grief is not about that. Your grief is about different things. Do you understand? So they are very different emotions. The grief in him is a result of your creation, but it's not the same emotion you have. [00:29:29.10]

Participant: That makes sense.

And this is what we forget as parents, that it's our emotion denied that is now projected and the child automatically - not only the child, every living organism around us, responds to that denied emotion. Every tree around us, every bush around us, every insect around us, and every child around us responds to that emotion. Now because a child is very connected to us and very personally involved with us, they're going to have the largest response to that emotion generally. [00:30:06.17]

3.2.2. The eldest child feels the most fear

Participant: So because he's the eldest he was the one that was most effected by my denied grief? Because none of the others had asthma! [00:30:14.08]

Yes because usually a mother has the most fear of anything when she's the first time mum. Is that not true? How many of you were freaked out, first time mums? And then second time? Bit easier. The only thing that freaks you out then generally is the birth and then it generally gets easier; you get more relaxed. Both parents get more relaxed, they're both more into a routine, they understand the process so there's less fear in the relationship with the child. The first child generally feels the fear the most and as a result is more hooked into the parent's emotions than other subsequent children, unless subsequent children have other emotions that are being hooked in. For example, sometimes the first child is not the most approved of child because they felt the most fear. And therefore they had the largest fear response. And you find in many households in fact that the first child has the most physical ailments as well, for the same reason. [00:31:19.26]

And then subsequent children often have less but that is not a rule, it's just a general thing that happens for many families because many families have dealt with some of their fear by the time the second child comes along. And then by the time the third child comes along there's less fear and more projection of investment. So unfortunately the younger child actually has more investment emotionally, and when I say investment, the parents want things from them a lot more generally. So a lot of times the younger children have almost the opposite feelings that they've got to work their way through. They have feelings of demand, feeling that they can expect things. So it's a general cycle that many families go through. [00:32:06.06]

3.3. An autistic child is very sensitive emotionally

Participant: With a child that's labelled autistic, is it generally one major emotion? Or because, I believe, they're born sensitive is it several? They're getting a whole barrage? [00:32:25.18]

They're getting a whole barrage. An autistic child is very sensitive emotionally and they do not have any sense of themselves emotionally. So the only thing they can feel as a result of them not having any sense of themselves, which of course is related to their parent's condition as well, and the people in their environment. And what they do then is they respond immediately and without any checking to every single person in their environment. And this is why many parents of autistic children notice that when the parent's a bit more afraid or a bit more stressed out the child acts worse or differently and they can see the relationship, not understanding the cause. The cause is the soul of the parent, not the soul of the child. [00:33:29.05]

3.4. Living in fear is not feeling the underlying cause

Participant: Recently I spent some time in the shopping centre and Jade, my daughter, was with me. She decided she was going to get under the table and play and she was very quiet. I was with a customer at the time and I just looked around and I couldn't see her. Five minutes went by and I was like, "Where did she go?" Normally she would say, "I'm just going to the toilet," or, "I'm just going to do this." And so the adrenaline starts pumping, I'm feeling quite sick in my stomach. My question is am I living in my fear in that place? [00:33:59.12]

Yes. You're feeling some fear but you're living in it. The underlying cause is not being experienced, which is you're afraid of her life, you're afraid of her potentially being harmed. You're afraid of some child molester grabbing her and taking her away. That's the real fear! Not that fear that you're actually living in, which is the fear, "Where is she? Where is she? Where is she?" That's covering a lot of other deeper issues. [00:34:34.08]

Participant: So in the last question about the child, the fact that the child was missing was caused by the soul fear. But the feeling that she was having of going, "Oh my God, oh my God;" that's living in the fear? [00:34:50.07]

That's living in the fear, not addressing the real cause and as a result of that she's in denial of the real cause, which means the real causal fear is being fully expressed and therefore fully felt by all of her environment. [00:35:04.03]

3.4.1. Dealing with fear and it's cause

Participant: So what would be dealing with the fear? Because I'm feeling fear now, in speaking! [00:35:16.27]

So dealing with the fear is a bit different because dealing with the fear is you won't go into a panic and try to do something. You see what we do when we're in a lot of emotion... and we're talking here about emotional fear. Obviously physical fear responses are a little different in the sense you're afraid of something, like you pull away from it, there's a physical protection of your body there. I'm not talking about those kinds of things; I'm talking about the emotional fear that is present inside of us that we feel in a situation like this. So in the situation just expressed, the emotional fear is that, "Something is going to happen to my child. Something bad has happened to my child. And I'm really freaked about what it is. Something must have happened." And of course when you think about it from a suggestive perspective the chances of something bad happening are quite low. But it becomes our highest fear, which indicates that there's an emotion from some past event inside of ourselves that we need to connect with. [00:36:21.01]

So if we act and try to find the child without dealing with the fear, without actually feeling the fear, the reality is there's a high likelihood we won't find the child. There's also a high likelihood that we're going to push the child even further away because fear does that. Fear rejects. Fear pushes things away. But on top of that, we do not understand that the fear that we're trying to act upon is actually caused by a deeper emotion, the real cause of this event. The real cause of the event, my child doing this, going off without telling me, has been my soul. And its emotion, whatever it's feeling. And so what we need to come to terms with is that actually if I act in this moment and if I act in accordance to my panic then all I'm doing is denying the cause and trying to solve the effect. Which means, as I said earlier, I'm going to create another event of a similar type down the track that may be even be worse in its nature than this particular event that is attracted to me in this particular moment so that I can access the actual cause that created this particular event. Does everyone understand that? [00:37:50.16]

Participant: A little more on that. So as I'm feeling this fear come up right now, what is the best thing for me to do? (The question asker starts crying) [00:37:58.18]

Well just what you're now doing. See that's the right thing to do. See just straight away into the grief, the fear and that's the thing to do. Just feel it like that. That is a beautiful thing to do and as you do that now you're feeling it instead of denying it. That's all you need to do. [00:38:16.15]

Participant: So the anxiety part of it is living in it but this feeling that I'm feeling now come up is actually dealing with the cause? [00:38:24.09]

Exactly! It's getting you closer to the actual causal emotion. And you see what we're doing with fear is we hold ourselves in a stoic place. We hold ourselves in a place where we don't feel the underlying emotion that needs to come out before we'll access the cause of this fear that we've experienced.

You know, you've got a microphone in your hand and you begin to speak and you can feel there's fear. But then you shove it all back down without going into the fear tears; I'd call them, without going into that. Then what's happening is that you are shutting down the underlying cause of the fear that you're experiencing. [00:39:07.24]

Now intellectually you think, "Oh no, I'm just trying to ride the wave of it and get over it because I want to ask this question," but the reality is you've just shut down your soul to ask the question. Whereas now your soul's open and asking the question. Very different! [00:39:31.01]

3.5. A mother's emotional investment in her son can create illness in him

Participant: I'm fearful about the answer you're going to give me on this one, AJ. My son, Mitchell, has never been sick in his life but when he goes away and he comes home he always comes home sick with a cold. All within a few days of arriving home. So I always put it down to, "Well, what did you eat while you were away, darling?" You know, "You didn't look after yourself..." you know, "like mum looks after you." So what's that about? [00:39:58.01]

What do you think it might be about, Barbara? [00:40:02.03]

Participant: Well I've got this deep seated fear that you're going to say... I did not... [00:40:08.15]

Go with your fear.

Participant: I didn't want him to come back. And he felt that? [00:40:13.03]

No that's not what I'm going to say. [00:40:16.22]

Participant: Thank you.

Well I don't know why you thank me. If it was the truth I would say it. What do you think it might be? [00:40:34.12]

Participant: Well, you've said to me before that emotionally he feels responsible for my emotions, so is it connected with that? [00:40:47.10]

Yes. It is very connected with that. Yes. Very connected with that! Many of you don't realise that when I give you a general one line comment, there's usually a lot in it. And one, one line comment I gave to Barb, probably a few years ago, was that she's very emotionally invested in her son. Now he feels that emotional investment as oppression. When he comes home there's the difference between when he was away not feeling oppressed and when he comes home he's now back into oppression. And in that particular moment there's automatic stress in his body, which automatically attracts a virus or a cold or something like that. [00:41:28.11]

Because when he's with you, he does not notice that he's being oppressed so much as when he's not with you and comes back. Does everyone understand why that's the case? It's like if you're living in a situation that you tolerate or have to tolerate, you get used to it, don't you? Have you found that with your sense of smell? You can be right next to a sewerage plant and after a period of time, I'm not sure how long it is, but I think it's about an hour or a bit less or something like that, where you actually become detuned from that smell and you actually sit there living in it quite happily. [00:42:12.05]

Because you don't even notice the smell anymore! And it's very much like that with your life. We're often sitting in deep levels of fear and other emotions in our life, not realising what's getting projected at us because it's normal. We've become desensitised. It's the old adage that if you put a frog into boiling water of course he'll jump out straight away. You put him in cold water and you heat it up slowly, he will stay and boil to death. And we're exactly the same as that. If you put us in an environment for long enough and slowly change the environment we tolerate it. We tolerate it and tolerate it and tolerate it and tolerate it, until a point that something happens where we feel it's unbearable, we will continue to tolerate it unfortunately. [00:43:16.29]

But when you go away from it, for a week or two weeks or whatever and then come back to it, you find it initially intolerable. And as a result of that, that is the time when your body goes into stress, your soul is in stress, causes your spirit body to get upset in terms of its energy system flow and your physical body usually manifests some kind of illness or sickness as a result. [00:43:47.23]

Participant: I knew I wasn't going to like your answer.

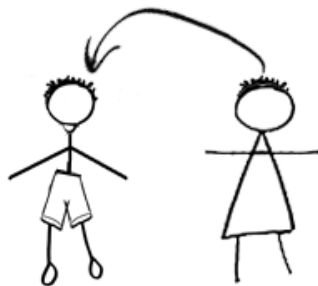
Yeah, you knew you weren't going to like the answer but it wasn't the one you were expecting. But he's telling you that he still feels this terrible feeling of emotional investment that you have in him. And if you look at your Law of Attraction with men you can see why you've had emotional investment in your son. You've wanted to create a perfect male that you can inter-relate with and get a lot of your needs as a female met from a male, your son. You don't get every need met but you get a lot of them met and then you don't need another man in your life as a result. And this is the projection that he feels every time he comes home. Every single time! And so it's an indication that that's not healed inside of you. He will actually enjoy coming home and you will actually enjoy him either leaving or coming home, either way, it won't bother you, once you work through that emotion. Can you see again the relationship between the cause and effect? You can start looking at what it is from a physical perspective, and you do, don't you? You say, "Okay, what have you picked up? What bug? Who were you with? What have they got?" [00:44:58.19]

Participant: What girls did you kiss?

Yeah, "How many girls did you kiss? Who were they? You probably got it from one of them." And you also then make up concoctions, here you go, here's your vitamin C drink or whatever it is that you want to make up to cure the problem that actually has a completely different cause. And as a result will happen every single time or most times he goes away and comes back home. [00:45:24.03]

Participant: The interesting thing with that, AJ, is that he often rings and says, "Can I come home?" earlier. [00:45:31.06]

Of course! Because you see he is totally emotionally invested, and you are totally emotionally invested in his emotion. So here he is, here you are, right?



A son can feel his mother's emotional investment in him

He can feel you and he feels your emotional investment in him, and when you have a feeling, "Oh I'd like to have him home. Oh I'd like to have the man around." All those feelings that you have he is automatically feeling, and of course he's going to ring you up saying, "I'd like to come home," and you go, "Oh! At last, he's coming home. I'm so relieved." [00:46:01.06]

Participant: That's exactly what happened just this week! [00:46:05.02]

Yeah, sorry about that! And see this is where we go as a parent, "But he wanted to do it!" Yeah, of course he wanted to do it, he's emotionally invested in you for the whole of his life. Of course he wants to do what you want him to do. That's what he wants. He thinks that is what he wants. He doesn't have the freedom to make any other choice and that's the cause. So him even phoning you, and saying he wants to come home, is because of whose soul? Your soul! And of course his response to that is what he's learned in his soul over the period of his 18 years. [00:46:51.20]

4. Everybody affected is involved in the cause

Participant: What about effects on groups of people? Like there could be a number of people in a car crash or in a collective household the dog craps in the lounge room or something like that. Is that everybody's cause and effect or, could you say, "This is your Law of Attraction and not mine"? And if it is everybody's, then are the causes related? [00:47:32.05]

Everybody affected is involved in the cause.

EVERYBODY
AFFECTED
IS
INVOLVED IN
THE CAUSE

So a nation goes to war, everybody affected was a part of creating the cause of that war. [00:47:58.19]

Participant: And is the cause, is it a common cause between people or can it be completely different causes with the same effect? [00:48:05.03]

It's usually common causes, but often the underlying emotion is quite different. So you and I can have a very similar event happen to us but as a result of a different emotion that creates that event happening. So for example, we might be in an accident. You injured your left side of your body in the accident; I injured my right side of my body in the accident because the car came from a certain direction. So we could say that we were both in the accident but the fact that I injured one part of my body and you injured the other part of your body demonstrates that there was a different cause inside of both of us to that particular accident. What happened to me, physically and emotionally and spiritually, is the effect of the underlying cause for me. [00:49:05.17]

So for example, if a person is raped, the rapist and the person who's being raped have two completely different causes going on for that particular event. They don't have the same cause. The woman who was raped didn't want to be raped. So she had a completely different cause going on as to why she was raped than the rapist who did want to rape her had going on inside of him. But they are both part of the creation of the event. We're not talking about whose responsibility it is for the unloving action. So the rapist has the potential of not choosing to rape. So therefore has a far larger culpability for the unloving action from a compensatory perspective. But the cause is the souls of the people involved. [00:49:59.03]

Everybody affected is involved in the cause. Everybody affected. So if the roof fell in today on all of us, we would all be a part of the cause of that event. And by the way the council would also be a part of the cause of the event because it affects them. Financially it affects them, so they would also be a part of the cause of the event. Everybody affected is involved in the cause. [00:50:32.23]

Participant: So in that situation might all of our emotions be completely different that have caused us to be involved in that? [00:50:40.19]

Yes, they will be different because it would affect us in different ways, and how it affects us determines what the cause is. But obviously we are affected by being involved so there is some effect created by our cause. So for example, something happens on the other side of the world and you turn on the telly right at the moment and that's the first thing you see. You are involved in the cause of that event. Because it just affected you. It just affected you. [00:51:21.20]

4.1. Understanding the Law of Cause and Effect gives us the power to change the future

So you are involved in the cause. There's something inside of you that added to the event to actually cause it. That needs to settle with you because this is where it's very important to understand this law. If you start understanding how everything that is a part of your life is involved because of the cause that happened in your own soul, that there's something in your own soul creating it, you start to actually for the first time in your life have the power to change things. [00:52:11.27]

You see the majority of us are addicted to changing effects and the problem with being addicted to changing effects is that we are reducing the power of our own soul because our own soul is the most powerful when we address the cause rather than the effect. And most of us are purposefully reducing the power of our own soul by continuing to attempt to address the effects. And if we had instead focused on the cause we would be increasing the power of our own soul and quite often exponentially so, because once you address the cause now a whole series of potential future events or effects that could have happened now no longer will happen. [00:53:09.29]

So you not only solve this particular event but you now solve or have the solution to every single event that is caused by the same thing. Can you see the power of that? And this power occurs positively and negatively. So we've been talking a lot about the negative effects of different causes but there are positive effects of different causes too. For example, if you exercise a passionate desire in harmony with love, the Law of Cause and Effect will demonstrate to you that actually you will always get the things that you desire because that's a natural consequence to the Law of Cause and Effect. This is why we've been emphasising to many of you, follow your desires, find your desires, and embrace them. Really follow them. Don't be afraid of them. Don't be shying away from them. Don't be trying to ask other people what they are or any of those kinds of things. You need to embrace that because there's a positive side to every single law.

5. God's Laws are a loving framework of the Universe

You have to remember that all of God's Laws are loving. Every one of them! So that means the Law of Cause and Effect is loving. And everything can be embraced in a loving manner and have a positive outcome as a result because it's loving. [00:54:43.16]

So the Law of Cause and Effect, when understood and actually embraced in a loving manner, what will happen is everybody affected is involved in the cause that was positive, not negative. One of the biggest things in my life in 2000 years has been investigating Laws of God. If you ask the apostle John what he's passionate about, he's passionate about different things than I am. And my passion has always been this focusing on how God's Laws work. Because God's Laws are like a framework that everything else exists within. Do you know what I mean by that? It's like a framework. How can

I illustrate this? Because this is a universal thing to understand, that all of God's Laws are what enable all other potentials and possibilities. [00:55:59.13]

So all of God's Laws can exist without the possibilities! The entire universe came into existence and is structured in its current form by laws that were created before the universe came into existence. The law existed before the physical thing came to be. Every single law that governs your soul came into existence before you, your soul or anybody's soul for that matter, was created. Every single law was present. Now that's pretty fascinating that these laws exist without the physical matter or the spiritual matter existing. [00:56:57.18]

5.1. Working around God's Laws is impossible

And if you can understand that every one of God's Laws is loving and was in existence before anything physically or spiritually in terms of matter was ever created, then you begin understanding the power of actually engaging those laws at your soul level. You see what most of us are doing is we are avoiding God's Laws or trying to work around them constantly. And in the process of doing that, we are actually working against laws. Now let me illustrate to you how that looks. So if this is a brick wall (AJ points to the whiteboard), you imagine that's a brick wall, this is how it looks. (AJ bangs head against whiteboard.) That's how it looks. [00:57:47.10]

That's what we're doing in our life. Now what do you end up with? Minimum! A headache! Maximum! Your whole skull cracked apart. In other words death is what you end up with, doing that. And the majority of us are continuing to see God's Laws as trauma and something to rebel against and something to avoid and something to work around. You cannot work around any of God's Laws. Now on earth, we get used to working around men's laws, don't we? Do you find that? Speed limit, 100, totally open road, no one's on the highway, 130, 150, 170... Yeah this feels comfortable. Because we are so used to wanting to get our own way, wanting to break the law! [00:58:55.03]

5.2. God's Laws are unchangeable

Now from God's perspective we're often just constantly butting our heads against the brick wall of God's Laws because God's Laws are unchangeable. You cannot adjust them in any way and they affect all of us in the same manner. I am totally under the same control of the same laws in the same manner as you are. There is no difference. All of God's Laws are completely loving and completely perfect but also completely just and completely in harmony with equality. All of them! [00:59:34.29]

We all live by them. So then we have got to ask ourselves why does a different thing happen to me than happens to you? Because of our soul, what's going on in our soul? [00:59:51.12]

5.3. God's Laws existed before any matter

Participant: AJ, you just said before that all of these laws were created before any physical or spiritual matter. Have you discovered why? I don't understand the purpose of having laws. I understand how the laws affect... from what you're saying I understand how the laws affecting things spiritually and physically. [01:00:15.02]

All I can do is talk to you about what I've discovered and I'm still fascinated in the process of law because I'm still fascinated in how law provides framework. It's a very fascinating thing from a physical and spiritual perspective, how all of the smallest particles in the universe, the adamantine particles in the universe, how they all respond to every single law that God's created. They respond completely to every single law and it's a fascinating subject. But if you think of it this way, God has actually created a whole series of structure that I am still in the process of discovering and I'm talking about 2000 years so far of discovery receiving Divine Love in the process of discovering. [01:01:12.03]

I'm still in the process discovering this minute infrastructure that is universal in nature but affects every single particle within that universe and how God placed that structure in place before the universe came into existence. Now we do know for certain that God did that. And the reason why we know that for certain is the instant the universe came into existence,

it instantly conformed to those laws. So that proves the laws had to exist before the universe came into existence. [01:01:50.12]

5.4. *The hierarchy of God's Laws*

And so this is why I'm fascinated in law. At this stage the highest law I've ever discovered is the Laws of Divine Love, the Laws of Repentance, Forgiveness, and those kinds of laws. They all involve the Laws of Divine Love, which remember in a previous talk I gave about the hierarchy of law? I said that the Laws of Divine Love are higher than the laws of natural love. And then we talked about the laws governing the soul being of a higher nature than the laws governing the spirit body and then of a lower nature again the laws governing the physical body. [01:02:25.09]

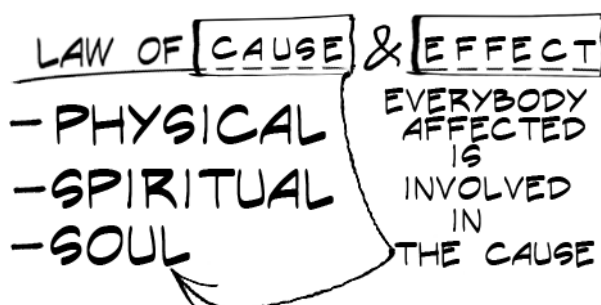
Now if you discover these things about law and how they all relate, you can find out some fascinating things without ever having to investigate using any other method. It's like discovering the Law of Gravity without having to drop a ball and see what happens. And the Law of Gravity, for example, is a framework that God has placed on the physical universe. For a lot of good physical reasons this Law of Gravity is in place. And yet the only way presently that we came to discover it was by actually doing experimentation. [01:03:03.19]

But what I'm saying to you is that it's possible to discover laws that are yet to have an effect. Something that might happen in the future, it's potentially possible. Theoretically! Now that's a fascinating process in itself, and I'm getting off the subject of this particular law. What I want everyone to understand is that this law is loving in its nature. Always! And so when I drive along in my car and I have an accident, the law was loving. So why did I have the accident? Because I was doing this (AJ knocks head against whiteboard) to one of the laws. I was beating my head against a brick wall with something and the eventual result of that is personal pain of some kind. [01:04:05.29]

5.5. *The purpose of the Law of Cause and Effect*

Participant: So then basically the Law of Cause and Effect is in place so that we always have an opportunity to deal with the cause? [01:04:13.17]

Yes that is God's purpose. God's purpose with the Law of Cause and Effect was to say to you, and it's a very clever law in a way, if you think about it, He's saying to you, "If something happens to you, then something inside of your soul created it." That's what He's saying. Now if that thing that happened to you was good, then something inside of your soul that's good probably created it. And if the thing that happened was bad, then there's something inside of your soul that is against one of the Laws of Love created it. Because all of the laws are loving so therefore the only time that we can have an unloving effect from a loving law is by actually having an unloving cause inside of us. That makes logical sense, doesn't it? [01:05:09.20]



If all the laws are loving and the effect feels unloving, then that tells me that the actual cause must have been unloving. Is that not a logical conclusion? And that is the case. And what God's done is created this law and if we understand it... and I'm just giving it a terminology, from God's perspective, God doesn't call it "The Law of Cause and Effect". It's just a law that we've discovered that actually has a cause in the soul that creates all of these effects; good and what we would call bad or evil or negative. Same! [01:05:50.21]

5.6. *The Law of Attraction is the link between the cause and the effect*

Participant: So is this the same as the Law of Attraction?

In what way?

Participant: Is it the same law?

No.

Participant: Can you elaborate on that then? [01:06:09.28]

Well the Law of Attraction is a little different, isn't it? In that the Law of Attraction says that everything inside of my soul creates every event. And the underlying reason is because my soul attracted it. And the way, in which it attracts it, the Law of Attraction governs. So in other words, if myself and Graham are in the same car accident, we're sitting next to each other in the same car and we have the same car accident and I get injured in a different way to Graham. Then the Law of Attraction has caused my injuries to be different to Graham, and Law of Attraction is based upon some of the things that are in my soul. How it happens is in my soul. The Law of Cause and Effect is a little different in the sense that I can address the causes or I can deal with the effects of that Law of Attraction. So the Law of Attraction attracts the event, but the cause of the event is something else inside of my soul. [01:07:20.01]

Participant: Okay.

Does that make sense?

Participant: Yes, just.

So the Law of Attraction is the thing that creates the event, and in terms of there is a law that co-relates causes and effects and that's called the Law of Attraction. So, perhaps I can illustrate this more fully. The linkage between cause and effect is the Law of Attraction. The linkage between the two is the Law of Attraction. The Law of Attraction creates the link. But the actual event is created by a certain cause. [01:08:02.08]



Participant: I think I get that. [01:08:02.29]

So they're different laws. They are related, heavily related because both of them have an effect on our life. The Law of Attraction is the messenger of the truth if you like to us, but we can either ignore its cause and deal with the effects or we can start addressing the cause. That's the power. The power we have is to either ignore the cause or address the cause. And the Law of Attraction doesn't determine that, that's our choice, that's our decision. And so the Law of Cause and Effect I really love a lot because it actually ...the other factor of it is our free will. We have the free will that God has given to us to ignore the cause and deal with the effect. Or we can choose to go differently and address the cause, which is always in our soul. [01:08:59.22]

FREE WILL

5.7. God's Laws address loving events but not unloving events

Participant: God's Laws are loving; everything's loving. If we are born, we have our soul and then we have our parents causing our error. I'm having trouble seeing that as loving, even though I know our parents cause it. The soul has no defence against that. [01:09:39.12]

No, your soul has very little defence against anybody else in the universe acting in an unloving manner, whether that's your parents or anyone else. Because there is no law looking at unloving events! They're only laws looking at loving events. So our soul has no defence against unloving actions in the sense that we can't prevent unloving actions taken by others. We can't prevent them. Ever! Now when you're in a state of complete love you don't need to prevent them anyway because they don't affect you emotionally anymore. You don't feel bad about them so to you they're not bad anymore. So when you're at-one with God, somebody comes along and shoots you, you don't think that's a bad event. So you're not afraid of somebody coming along and shooting you anymore. And because you're not afraid, the chances of it happening are far less. [01:10:56.13]

But if I'm not at-one with God, and someone comes along and threatens to shoot me, I'm afraid of death and so the chances of it happening are greater. And also I am going to be traumatised by the event because I'm not yet at-one with God, I'm not yet in a state of complete love so there is some fear in me that needs to be released and it's going to be released through the event that I've attracted. You're still not convinced, Laurleen. [01:11:29.02]

5.8. Responsibilities with the Law of Free Will

Participant: I guess I'm feeling that that's connected with the Law of Free Will then, isn't it... is that how it is? [01:11:38.15]

Well this is something that we need to understand about the Law of Free Will. We all have been given free will in the sense that we all have the right to make autonomous decisions by ourselves. But there are responsibilities in every single law and one of the responsibilities of the Law of Free Will is that if I make a free will choice to harm your free will now I am out of harmony with the Law of Free Will. So if I make a choice to take actions that harm your free will, I am now out of harmony with the Law of Free Will, which means I'm beating the head against the brick wall of the Law of Free Will now. And there's going to be some negative consequences both to you and myself. [01:12:26.14]

We are not independent. The only time you'd be totally independent is if you were the first person that was alive in a certain location and the only person there. And even then you're not independent because every single living creature around you is affected by whatever you feel. So you're still not independent. Free will and independence are two totally different things. You see what we're trying to do, most of us, is we're trying to be independent. The reality is that that is impossible in the universe that we live in, to be independent. We are all dependent. The reality is if the world was destroyed tomorrow six billion children of God would pass from this world to the spirit world. Isn't that the reality? We are dependent upon the earth for our physical survival. There's an automatic dependency. We keep forgetting this. We keep forgetting we're inter-connected. [01:13:38.11]

This is how we're inter-connected. So yes I have free will but if I use my free will in disharmony with the laws of love, I am going to harm you, every single time. I'm going to harm animals, birds, other living creatures, trees, the earth itself. I'm going to harm my own environment, every single time, because I'm acting out of harmony with the law. I'm butting my head against the law. And every time I do that, I will have pain. So a lot of times when we ask these questions it's because we are not prepared to feel our own pain. Because we have this belief system that I shouldn't have to feel the pain that others have created. [01:14:28.17]

6. Everything that happened to us that was unjust... was unjust

How many of you feel it's unjust? To have to feel the pain that others have created? That's one primary reason why none of you are at-one with God yet. Because to become at-one with God all of us on the planet are going to have to feel the pain that others created. And you know what that's called? That's called forgiveness. That's what it's called.

6.1. Forgiveness

When you're prepared to feel the pain that everyone else has created inside of you, you will have forgiven everyone. And that's the higher law related to the Law of Divine Love. That's one of the higher laws. Now if we do not involve the Law of Forgiveness then we're going to have to go through the Law of Compensation, a lower law. And it's going to take a longer time to sort out the issue. [01:15:23.14]

And there's only one reason why we don't want to forgive, and that is because we don't want to come face to face with this primary truth. Everything that happened to me, everything that happened to me that was unjust... where do you think I'm going to go with this? Everything that happened to me that was unjust... Natalie, you want to see if you can finish it off? [01:16:24.19]

Participant: I created?

No. I'm not going to say that. [01:16:30.14]

Participant: I have to feel and forgive.

You do, yes. That wasn't what I was going to say. It's very simple what I was going to say. Sorry, we have to follow this chain of thought. [01:16:54.25]

Participant: Was created because we didn't have a desire to be in harmony with God's Laws? [01:17:03.13]

No, you were just born. You were just conceived and straight away things happened to you that were unjust. [01:17:10.07]

Participant: Well somebody didn't want to be God-reliant. [01:17:14.26]

Yeah but it wasn't you.

Participant: No.

So how?

Participant: Isn't that the cause that somewhere along the line somebody didn't want to be compliant with... [01:17:21.04]

It might be the cause but I'm not talking about the cause here. I'm just talking about a principle that we need to understand because once we understand this principle you will start crying. Trust me. [01:17:34.00]

Participant: Is ours to forgive?

It is ours to forgive but that wasn't what I was going to say, it's much simpler than that. [01:17:43.14]

Participant: My soul created?

No. I wasn't going to say that either. We can go on all day. "Everything that happened to me that was unjust was unjust."

EVERYTHING THAT HAPPENED
TO ME
THAT WAS UNJUST
WAS UNJUST

You see once we really let that hit home we will start to grieve all of the injustice in our life. And that's what we need to do. You see what we've been doing is holding on to the injustice in our life and when we hold on to the injustice we don't grieve it and therefore we cannot forgive. Because if we understand this basic principle; that everything that's happened to me in my life that has felt painful in my life was unjust. And so I probably should qualify that everything that's painful in my life, that's happened to me in my life that was unjust, is actually unjust. [01:19:01.21]

And once we allow ourselves to actually realise that we will be able to grieve all of those events. See this is the issue that I'm going through at the moment a lot. Just this issue of allowing myself to feel the injustice of how I get treated at times!

The total injustice! And allow myself to grieve that it's happening. Just allow yourself to grieve it. In the first century one of the things I learned early in my development spiritually and it's taken me a bit longer this time to learn it, is that forgiveness is one of the primary things that you can develop to actually work your way through things emotionally and get closer to God. Forgiveness! [01:19:53.01]

But it's not what everyone on earth thinks forgiveness is. It's not what they think. Forgiveness is this; coming to the realisation that every pain inside of me that was unjustly caused did have an unjust cause. And that all I need to do is grieve it, that it happened to me. That's all I have to do. As soon as I fear it, or as soon as I want to feel that it's unjust, then I'm angry and I'll never feel it. I'll never feel it. Many of you are not going to ever feel things while you stay in the state you're in with regard to the statement of justice. You want justice and I've said many, many times that justice is not love. [01:20:50.12]

6.2. Justice is not love

It's not love. The reality is that many of you, if you looked from a point of justice, many of you would be fully justified becoming paedophiles. Now shall I qualify that? Many of you have been sexually abused as children, have you not? If justice was the criteria in which you wanted to live your life, then surely that would then justify you becoming a paedophile of children. Because that's what happened to you! It's the same principle like a murderer. If somebody murders somebody in your family, like your child, surely justice would dictate that you just murder their child? Then you're even. Doesn't it? Eye for an eye, tooth for a tooth, life for a life. Isn't that the concept that we have of justice? [01:22:03.21]

That's the concept we have of justice. It's totally unloving. Totally unloving! And while I do not face that everything that happened to me that I feel pained about that wasn't just was actually unjust, I am not going to work my way through the grief of it. You see what needs to happen on the planet is every single person on this planet needs to release the feelings of injustice that they have. Because if we don't release the feelings of injustice, we will continue to demand justice rather than love! And in demanding justice we will do and perpetrate some very unloving actions. Whole wars have been caused by the feeling of injustice. Whole wars, world wars in fact, have been caused by this feeling. [01:23:14.15]

So we need to deal with that. But that's a little bit of an aside. Can you see the causal emotion of why we feel things are unjust are that actually things happened to us that were unjust, and we need to be prepared to just cry about it rather than doing anything else about it. But most of us want to scream and yell and shout and we want to be totally angry and annoyed and we want to take affirmative action for all of the injustice that has been done to us. While we do all of that we are going to create more injustice! What we don't heal within ourselves within our soul we continue to create around us. It's the only result. [01:24:13.29]

Participant: Instead of feeling that it's unjust, I would tend to feel that I'm responsible for what happened and I would feel like there is something in my soul that created it and it's hard to feel it's unjust. [01:24:33.08]

6.3. We are not responsible for unloving behaviour towards us

Let me just briefly mention the feeling of "I'm responsible". So, you are not responsible for absolutely everything that's happened in your life. It's impossible for you to be responsible for everything. I'm not saying that you don't have a cause in your soul, I'm saying it's impossible for you to be actually responsible for everything and the reason I say this is this. That the moment of your very conception, at the moment of your very conception, a whole heap of damaging emotions

entered your soul. And that was totally unavoidable by any act you could have taken at the time. Totally unavoidable! So how can you then say that you're responsible for those emotions that entered your soul? [01:25:32.20]

What's actually happened on this planet is we often have parents who tell the little child that they are responsible for what the parent is not taking responsibility for and that's the feeling that prevents a lot of emotion from flowing. See I need to come to terms with the fact that actually when you treat me in an unloving manner, there is a cause in my soul, if I get hurt or if I feel pain from the event, there is a cause in my soul. But I am not responsible for you treating me in an unloving manner because you could choose to treat me differently. And you are responsible for that. Not me. [01:26:26.26]

So I am not responsible for every unloving thing that happens to me. There may even be a cause in my own soul that attracts the event, but I'm still not responsible for it because it's the person who chooses to act in an unloving manner who is responsible. And the point of that is that at the moment of conception your parents chose to act in an unloving manner in the sense that they chose to not release all of their emotional injuries before you were conceived. And if in the future we had some parents who choose to release all of their emotional injuries before they conceived a child, the child would not have any of the damage that those parents had, and now do not have. And so therefore the child must not be completely responsible for what actually happened. [01:27:23.29]

However there is cause and effect involved. So there is a soul-based thing going on in the soul of the child, the personality of the child is the perfect child to actually help the parent work their way through their emotions to get to a state where they no longer have them. They're the perfect personality for that parent to actually work through their emotional condition. But they're not responsible for how the parent treated them. The parent is. And God's Laws all address the causes back to every single factor. Every single factor is accounted for in all of God's Laws. In fact there's a statement you'll find in the Padgett messages that says, "The wheels of God's Laws grind with exceedingly tight tolerances". And what they imply is that you can't get away with anything. It will always be attributed to actual cause. [01:28:29.04]

See the Law of Cause and Effect also affects us in this way and that is, if I'm involved, there is a cause within me, and if I choose to deny the cause and choose to act in an unloving manner, then the effect of what I create is also going to be attributed to me. So for example, let me give an example.

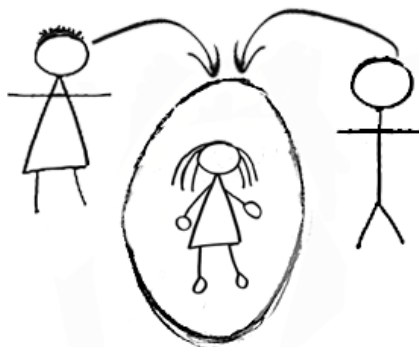
6.4. Parents bear part of the responsibility for negative events that happen to their children

6.4.1. An example of a child being sexually abused

A parent, maybe a mother, when she was a child was abused sexually. She has a baby daughter. The parent does not deal with the emotion. She does not address the emotion inside of herself of the abuse. In other words, the fear that she has and the sadness and grief that she has and the terrible affect it's had on her psychology and so forth. She chooses to deny all of such things. [01:29:45.29]

As a result of the denial of all such things, the child is totally exposed to potential perpetrators abusing her. Now this is actually a loving thing. If you as a parent do not love your child enough to actually deal with your baggage then what other possible reason could you ever have for dealing with your baggage? If the love of your child isn't a large enough reason for you to deal with your baggage, what is ever going to be a large enough reason? I suggest nothing is going to be larger than that reason. And see this is the thing we need to also consider is that the child may be abused but the actual unloving damage that's been done to the child... it was not only the perpetrator that caused it, it's also the mother. And it will be attributed to her. [01:31:11.20]

Her unloving behaviour of choosing to not release the damage will be attributed to her because of the damage that's now been done to the child as a result of her choice. The Law of Cause and Effect will actually mean that mum will actually have Law of Compensation issues to deal with the fact that she did not address what had happened to her and therefore caused her child to have the same experience. She was a part cause of her child having the same experience. [01:31:47.05]



The mother and paedophile both bear responsibility for the daughter's sexual abuse

Not the total cause! Because obviously the perpetrator was a large part of the cause, was he not? So, he has the primary responsibility, but mum also is attributed the responsibility. There are many women in the spirit world who have yet to exit the hells for one reason only, and do you know what it is? They refuse to accept the responsibility of their own child being abused and their denial of their own abuse. That's the only reason why they're there. They refuse to accept that because they didn't release what they could have chosen to release that this event occurred. They refused to accept their part of the responsibility. [01:32:35.01]

6.5. The Law of Cause and Effect is real justice

One thing we need to understand is the Law of Cause and Effect is real justice. It is real justice; and everything is attributed, in the long run, everything is attributed. Now the problem here on earth is that we are so separate from it, we are so separated from the law that the majority of us continually butt our head against all of the laws and as a result we all have a lot of painful consequences happening all the time. And we start feeling that all of the laws are unjust. They'll only feel unjust when we act out of harmony with love. See if we were in harmony with love we would not feel that any of the laws are unjust. Because we'd understand the purpose of every single law and the relationship between the cause and its effect! [01:33:49.17]

I think I'm starting to lose you a little bit with this Law of Cause and Effect so what we will do is have a break, and then I'll revisit some of these things that we've just been talking about.

The Law of Cause and Effect: Part 2

7. The effect will never change if the cause is not dealt with

Before I answer any more questions I think I'd like to explain the rest of the law first. And then we can answer a lot more questions about the law itself. With the Law of Cause and Effect, there's a basic underlying principle and that is, if you do not in some manner deal with the cause, then the effect will always occur, and on top of that, the effect will never change. [00:00:50.10]

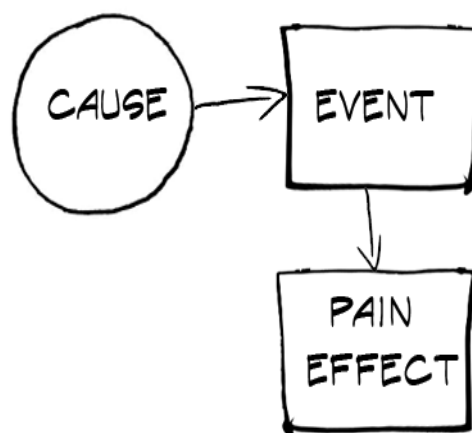
So it will always occur and it can never change. So what I find a lot of people trying to do with their life is they try to deal with the effects of what's going on in their life all the time. And the problem with dealing with the effects is that you're just going to exacerbate the future effects. You're going to make everything in your life even more difficult than it is currently. And unfortunately for most of us, what we do is we'd prefer to do that for some reason and I still haven't worked out why the human race would prefer to do that. Sometimes it's because there's this desire for immediate remedy of an effect and the problem is that's not even logical because you're not actually remedying anything.

IMMEDIATE REMEDY

What you're actually doing is creating the potential for even more severe events to occur in the future because of the denial of the previous cause that was triggered by the Law of Attraction. So what you finish up doing is that when you try to cure the effect... and when I say cure I'm not just using it as a health term, but rather as a solution to an effect of something that's painful or negative. When you try to cure an effect, the problem is, is that you don't actually deal with anything. [00:02:30.29]

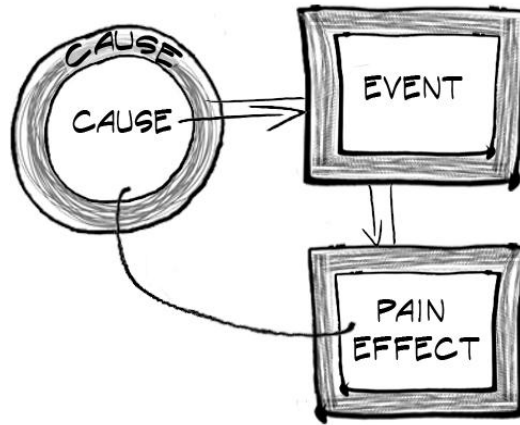
7.1. Denying painful effects creates more severe future events

You don't actually fix anything. And in not fixing anything, there's this additional effect and that is you've now denied the Law of Attraction event that just occurred to cause you to try to get into some kind of causal situation. And as a result of that there's a higher likelihood now of future events occurring that are more severe and that can only be more severe because you denied the past event, which is an additional part of the cause. So you could draw the cause as that big circle. That cause causes an event to occur, which has its effect on us emotionally. And let's say it's a pain-based effect at this point, because these are the ones we avoid, the pain ones. [00:03:37.01]



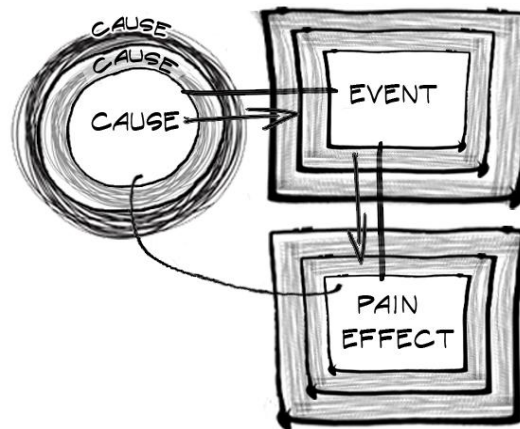
Negative causes create events that have a painful effect on us emotionally

So the Law of Attraction operates between the cause and effect, so the event is actually all about the Law of Attraction, and we have the pain-based effect. And then what we try to do is we try to rub out the effect. "Nobody saw that! It never happened!" So what's going to happen? The event still happened but of course another event has got to happen but what we don't realise when we rubbed out this effect is that the pain from the effect adds another layer of denial around the cause. So now the cause is larger. So what does a larger cause do? It creates a bigger event, which creates a more painful effect. And then what do we do with that? We try to rub all that out, make out that didn't happen. [00:05:06.21]



Denying the effect creates a bigger cause, which leads to a bigger event, and a more painful event

And so what happens? It adds to the cause and creates a larger cause, which creates a larger event! You get the idea? It adds to the event, which then adds to the painful effect.



The more we deny the painful effects, the bigger the cause gets and the bigger future events become

Now why has God created it that way? There's a really simple answer. [00:05:51.15]

Participant: So you eventually see it.

Exactly! So you eventually go, "Maybe I'm doing the wrong thing. Maybe I need to choose to do something else. Maybe I need to change my action. Maybe I need to stop trying to fix the effect." That's why it's done. But unfortunately with the human race we're quite de-sensitive and insensitive to effects. So what has a tendency to happen now is that this creates a bigger cause, which creates a bigger event, which is often cataclysmic in the sense that it terminates our physical life. Or cataclysmic in the sense that it causes us to deny our life to such an extreme that we don't even remember our life. So this is why there's a higher and higher incidence now of things like Alzheimer's. It's because as a human race, we've got a stronger and stronger and stronger tendency to try to avoid the painful effect. And the more we try to avoid the painful effect, the worse the condition becomes until we can't even remember what actually happened anymore. We don't even want to remember anymore what happened. And that's pretty sad, because at some point in the future we're going to have to.

7.2. Denying painful effects make it harder to get to the cause

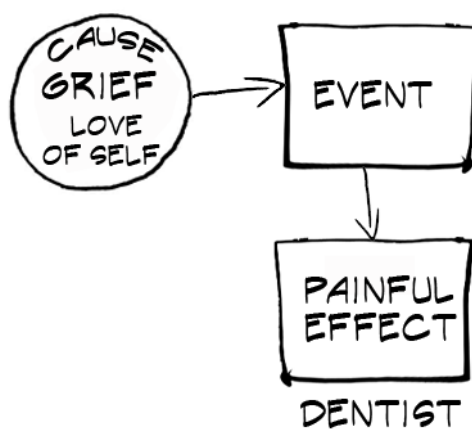
So now we're going to have to go through the layers that have been added to each cause before we get down to the original cause that actually caused the original event. We have just made our life much, much more difficult. You see this is something we don't generally understand. Every time we attempt to address the effect rather than the cause, we are making our life much more difficult. We think we're making it easier but we're actually making it more difficult. So let's put in an actual situation that might occur, shall we? [00:08:51.12]

7.2.1. An example of lack of self love creating teeth problems

Let's say we have a causal emotion and the causal emotion that we need to address is that we have very little love of self and we have a huge amount of grief associated with that. So in other words we have grief about love of self. We don't love ourselves in other words. And the reason why we don't is because we were taught to love our parents instead of our self. So whenever there was a situation where our parents needed love and we had to abdicate any love of ourselves in order to love them, we did that. We automatically did that. We automatically chose to not love ourselves. [00:09:40.09]

Now because we don't love ourselves and we're yet to grieve it, it creates an event. The event's purpose is to trigger the emotion, that we don't love ourselves and that the grief associated with not loving ourselves. So the event causes us some pain that under normal circumstances would demonstrate to us, if we were quite clear and we could just feel our stuff really easily, we'd realise the pain is about, "I don't love myself and I can feel that I don't love myself," and I'd just grieve. I'd just have a good cry about how much I don't love myself. A painful effect! [00:10:51.06]

Now let's say this painful effect is related to my body in some way. Because when we don't love ourselves we have a tendency to injure our body or hurt our body in a lot of ways. One that comes to mind is a lack of love of self usually causes fairly severe teeth problems for example. And so the painful effect is we have to go to the dentist. How many of you like going to the dentist? Some of you like going to the dentist? Wow. I'm impressed. [00:11:45.03]



The cause of a lack of self love can create a the painful effect of teeth problems, and needing to go to the dentist

There are only a couple of people with their hands up, I noticed. So we go to the dentist because we've now got a rotting tooth on one side, and whatever side it's in relates to, the grief of love of self is related to that side. So it might be from a male or from a female, and it will affect which side there is a problem with our teeth. And usually with the dentist there's a lot of fear associated, isn't there? How many of you feel afraid of going to the dentist? So fear is major emotion. So can you see how the fear actually relates to a fear of feeling the emotion of, "I don't love myself"? You're afraid to feel that. [00:12:30.26]

So we go to the dentist and what does he do? He does a big root canal on the tooth or whatever it is that's affected. We feel that the whole thing's solved now. Now the whole thing isn't solved, is it? And our teeth are a pretty small event. You can live without one of them. Not always comfortably, but you can live without one. And I'm not saying don't deal with the effect, by the way. I'm not saying don't go to the dentist. I'm not saying don't go and get your teeth fixed. What I'm saying is, don't assume it's all over because it isn't all over. That's what I'm saying. [00:13:29.16]

So, you go to the dentist, you get your painful effect fixed and you feel it's all over, but for how long? He says, "Come back in 6 months or 12 months for a check up," so you do all of that. And you then think the situation is resolved and you go every 12 months and you might have a few patch ups to do here and there and your teeth get a bit worse and you might have another one to come out, so there's another one gone. And you might have a cap put on that one and then eventually a couple of them might be taken out so you need a plate made up and you put all that in and everything's fine again for a lot longer. Now there's a plate of course, the chances of a plate going rotten are pretty remote, and so you might not have to visit the dentist for 10 years now. Or if you do it's only for a check up; everything's fine. [00:14:19.19]

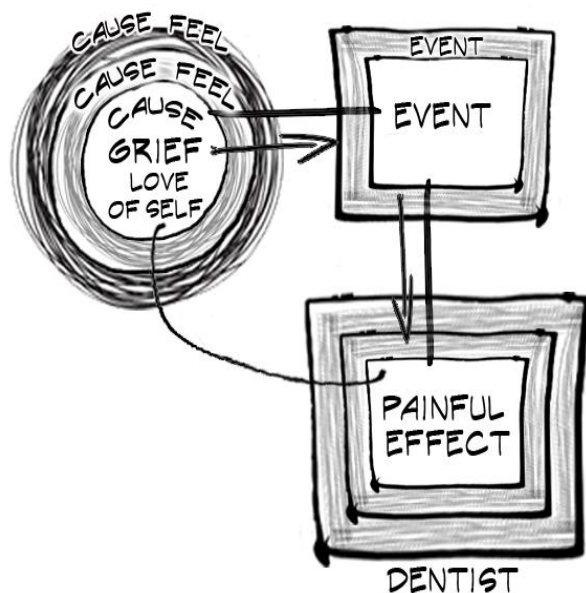
But the cause is still present. The cause of the problem is still present. And by the way, because we've denied the painful effect and only dealt with the effect, the cause of the problem has layers now of fear associated with it. The reality is the majority of you would prefer to go to a dentist than actually cry about the lack of love of self. Isn't that interesting? We ask people to put up their hands; how many of you like going to the dentist? Two people put up their hand or so. None of us like going to the dentist very much at all. And yet I'm saying to you, you would prefer to go to the dentist than you would to feel the grief of a lack of love of self. [00:15:12.27]

That's how strong we have the denial of that emotion. We'd prefer to have a very painful and often what we'd consider to be a traumatic event to occur than we would actually deal with the underlying emotion that caused it. That's pretty intense is it not? That's how strongly we want to deny it. So we finish up having a greater cause that creates bigger events now where we have a bigger lack of love of our self and we now have these layers of fear associated now with this cause, where we do not any longer believe that we're even capable of even feeling the emotion and releasing it anymore. [00:16:09.28]

That, that's the problem with the layers, the layers add to this belief that we are unable to actually release the emotion. And now, because we believe with all of our heart that we're unable to deal with the emotion (which is not a truth of course but it's something that we actually believe), larger events get caused. Instead of involving our tooth, they start involving our life. And you know what? We would, most of the time, prefer that than still feeling the grief of a lack of love of self. We'd prefer to have a life threatening accident than actually deal with the lack of love of self in most cases. [00:17:10.21]

Participant: I'm just wondering, if the layers of the cause continue to grow with the effect-based denial of the emotion, is that like blockages in our fear when we're trying to get to the grief? [00:17:24.29]

Yes. What actually happens is every time we take an action to cure an effect, we are actually adding to a blocking belief around our cause. We're adding to a blocking belief around our cause. We're actually adding to the layers now that it's going to take us to get into our cause. [00:17:47.29]



When we cure effects we create more layers of fear around the emotional cause

Participant: I'd imagine that that creates a bigger facade. [00:17:51.15]

It does; it's related to the facade. Obviously the more and more fear and blocks to the fear that are created, the more we become a person who we not even really are. At this stage many of you don't know each other and you know why the reason why that is? Because most of you don't know yourselves yet and you present a facade to each other! And you present a facade to each other, how can somebody else know you? They can't. And so we're in these layers and layers of blocks now, and every time we respond to the effect, particularly a painful one, every time we respond to it, we're creating another layer of blockages around the cause as well at the same time. There's more resistance in other words to getting to the cause. [00:18:42.19]

7.2.2. An example of the world financial system

Participant: And just on a big picture note is the financial crash a big example of the denial of the cause and it just gets bigger until the event just hits and it's a complete breakdown. [00:18:55.26]

Totally! Yeah. The financial crash; it's a good illustration of what we do as a human race. See what we do is we make out that everything's fine. We do this all the time, don't we? And so we make out everything's fine, and an event is caused. So one country goes into total financial ruin, like Ireland in the European Union for example, goes into total financial ruin. And everybody says, "Oh that's just Ireland," So another layer of denial around the cause. The cause is these huge problems that we have emotionally, all of us, even here, with regard to money, finances, how the financial system works, why we want it working the way it's working and all these other issues are what are creating a lot of these events. They're all unloving, the way the monetary system works is unloving and we've got a lot of denial about it. [00:19:55.01]

And so one country goes into financial ruin, and so what do the other countries do? They bail them out. See what the government does first is they get the people in the country to bail it out. So what they do is they tax people more and that raises enough finances generally to bail out the problem. But when the people can't be taxed anymore, they then ask for help from other countries. And you know how the other countries help them? By taxing their people more! [00:20:30.21]

And so all of us start to feel the pain of the bailouts of irresponsible handling of money! So what's caused a lot of it in the European Union is this idea of; "I should be able to have what I want now". The reality is most of us still believe that we should be able to have what I want right now, whether it's loving or unloving, "I want it, and I should be able to get it right now." And some countries have that emotion to a much larger degree than others. That causes the event further and then we get a second country like Portugal that has financial problems. It goes into what you would call in a company issue, receivership basically, and then because everyone wants to prop up the system, or prop up the country, they then feed more into it, more people are taxed, more people get hurt and so forth. But the underlying emotion of, "I must have what I want right now" doesn't get addressed. [00:21:38.20]

And it's still in most countries. And so we have this cycle of cause, cycle of denial, everybody says, "No, no, it's not bad enough yet for us to do anything." You know, 11 trillion dollars worth of United States debt isn't bad enough for the United States to deal with its debt, because they just had a meeting a few weeks ago and they decided that they couldn't deal with the issue and so they have postponed it. So it's obviously not bad enough yet, and this is what we do. We postpone what's bad. Have you noticed we do that in your personal life? You know you get a bit of a sore on your foot. Instead of looking after it and loving it and caring for it, and then trying to work out what its cause is, what do we do instead? "Oh yeah, we'll be alright." Put on the same boots that cause the same problem. Put on the same boots. "We'll wear them in," you know. And before we know it we've got a great big sore there and there's a threat of going gangrene if we don't do something about it. [00:22:40.11]

And that's what we're like with life and that's what the financial system is like. Exactly the same! We're all just a mirror of this process. And we don't want to address the cause so again we somehow try to deal with the painful effect. So then another country, Greece goes belly up. In fact I saw a quote recently, which was really funny; they said that, "In most countries the people have to forgive the politicians for what the politicians have done. In Greece the politicians need to forgive the people for what the people have done." And the reason why that is, is because in Greece everybody does have that big emotion thereof, "I want what I want right now. And if I don't get it, I'm going to... do my Grecian thing," which is usually have a lot to say about it, even though there might not be too much truth with what's going on. [00:23:42.16]

And so there's this further collapse. Now there's one country in the European Union, Germany, who is able to basically relinquish or help all of these other countries because their economy's better than all of those other countries that I just mentioned put together. Does that seem fair to you? To have a country that looked after things and has done the right thing by their people financially. They haven't taken the steps of, "We'll take what we want right now, thank you very much," and instead they've been what you would call fiscally responsible, And yet they're now bailing out the countries that have been exactly the opposite to that. So of course they're a bit resistive. You can understand that, can't you? It's like if you've been saving and scrimping, you've taken care of your finances and everything and your next door neighbour, he's just gone on world trips and he's gone on holidays here, holidays there. He doesn't work at all. He just expects everybody to give everything to him and then he goes financially into ruin, and then he comes along to you and says, "Oh I want your money now, thanks." [00:25:04.11]

And would you feel happy about that? Definitely not! Most people would not, would they? And yet that's what the Germans are being asked of them right now. And of course, they're quite resistive to that idea and concept. Hence the issue is not resolved. And while the issue's not resolved, what's happening? The pain is, the whole market now has got these painful effects happening. The whole world now has this slump in their finances. All the share markets are going; you have drops of 5% a day in some cases over the last few weeks and it rises back up. Very volatile! And all of this is happening because of the uncertainty in the market. But the problem still doesn't get addressed. The problem is that all of us still want what we want right now, thank you very much. It's still not addressed. [00:26:07.04]

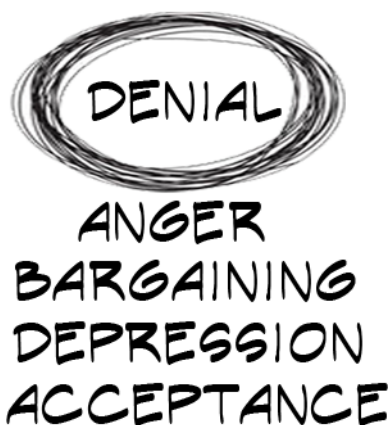
So now we've got a worldwide event imminent, because the major power of the economy comes from the USA and Europe, Western consumption. We add very little to it because we're such a small country. Our entire economy is far less than the economy of California. California's economy is far more than, I think it's about 165 other countries, separate economies. Just one state in the USA! So now a worldwide event is imminent. And what do we still do? We still want what we want when we want it, thank you very much. [00:27:35.09]

So when is it going to change? It's only going to change when the worldwide event happens economically and all of us feel the pain of it. And you know what we'll go through first? What do you go through first in any grief process? You know the grief process, what is it? Ah, yes, denial. We will all deny that we had anything to do with it. And then what's the next step? Anger! We'll all get angry that somebody else was the cause. And then what's the next step? [00:28:52.19]

Participant: Denial, Anger, Bargaining.

Bargaining, yeah very good!

Participant: Then depression and then acceptance, if you believe that. [00:29:01.25]



Depression and acceptance! We've got a long way to go, have we not? Because where are we when it comes to the financial position? We're in denial, so we go through denial. "No it's not happening. Not happening. Not happening." And then all of a sudden, our own bank account is not even accessible. "I can't say it's not happening anymore," Then I go into anger; "How dare the bank do that to me? How come they collapse? What's wrong with them?" That's the stage where we're basically blaming everybody around us, and then what do we try to do? We try to do bargain with the process.

"Well maybe I can get some of the money back? Maybe I could do this or maybe I could do that?" We can try to arrange something so that something works out in the long run and we try to do all of this stuff and all of a sudden we get to the point where we realise that's all useless. [00:30:09.04]

And what do most of us feel when it's all useless? Yeah, we suppress everything. We suppress our anger, we suppress our fears, and we just go into this place; "What's the point of living? What's the point of doing anything?" And then after we get through that, which is a process of having to feel our denial, we have to feel our anger, we have to feel our fear and then we get into our grief and we actually, during this stage, eventually get to the point where we accept the grief of the cause and we process it. And we end up in acceptance. We accept that we were a part of the creation of this worldwide cataclysmic economic event. That's what we do. So we've got a long way to go on that one, haven't we?

8. Ways in which to find the cause

8.1. Truth allows us to find the cause

So can you see it not only affects our own personal life, but even worldwide events are created by this denial process of the pain, or attempts to deal with the painful effects. Most of the time we even try to deny the painful effect! I've had literally thousands of talks to different people when I say to them, "Your parents actually hurt you," they said, "No they didn't, and they were good." "Yeah, that's why you just had that event happen that's related to your parents, because they were good." [00:31:54.28]

Now they might have thought they were good and you might think they're good too, but the reality is they caused some very painful emotions inside of you that start causing these effects. And we need to allow ourselves to face the truth of it. Can you see how truth and the issue of cause and effect are so closely related? Without truth you will never want to see the cause. And how many of you are still afraid of hearing the truth? Do you know why you're so afraid? Because you don't want to know what the cause is. That's the only reason why you don't want to hear the truth. The truth allows you to trace backwards from this effect to its cause and to actually deal with it, to actually address it. The truth allows that. It's the only thing that actually allows it. [00:32:52.06]

CAUSE & EFFECT
TRUTH

And yet when we're afraid of truth we're basically saying, "No, no, no, no, no, no, no, no, no, no, don't tell me the truth. Don't tell me the truth." And when we do that, can you see what we're doing? We're not even relating the effect of what happened in our life to its cause. And it's like we're automatically creating blindness. Now most of us would get very stressed if we were placed in a dark room with no light ever getting in, and then told to live there for a while. For two or three days most of us would be beside ourselves with distress. But that's what we're doing our whole life, it's no wonder we're distressed. Because our life, what we're trying to do, is we feel all these effects that we're blindly hitting into, every single day, and yet when somebody comes along, "Look I can tell you the truth about that event." "No, no, no, I don't want to hear that." We have the feeling that we don't want to know. [00:33:58.16]

And we're not then relating the two things; the effect of what happened with its cause. And truth is the thing that does that, so truth is essential to our life. That's why truth sets you free because it allows you to fully embrace the power of your soul. While you're dealing with an effect, you cannot fully embrace the power of your own soul because your own soul has just created the opposite thing. So while you're trying to rub out the painful effects, your soul is busy creating more painful effects.

8.1.1. An example of children making a mess

Now you imagine you're sitting in your own home and you've got some children and they just come through your kitchen, they get all the flour out of the kitchen, and all the honey out of your kitchen, and they spread all of the honey over the

living room floor and spread all the flour over the top of the honey on the living room floor, while you're sitting there. [00:34:59.07]

Now many of you wouldn't even be able to watch this disaster happening, is that not true? Now, while that disaster is happening, you could start cleaning it up, couldn't you? Say, "Ah, yep, my kids are about to put honey over the floor. Okay, I'm going to need a mop and a bucket... what else am I going to need with honey over my carpet? Very hot water obviously. Oh, a steam cleaner. I'll go and hire a steam cleaner ready for this particular thing that's about to happen." And so you can just imagine how you see this event unfolding and instead of stopping the child from creating the event, what do you do? You say, "Oh no, no, they're allowed to create the event. I'm going to watch as its happening and I'll clean up after them." [00:36:02.26]

Now, I don't know many parents that would ever do this but this is what we're doing in our own life. We're creating train wrecks in our own life and then we're just mopping up afterwards as we go along without addressing the reason why the train wreck's happening. That's what we're doing. And it doesn't make any sense to do that anymore, does it? But we keep doing it, we keep doing it. So we're going along mopping up after our own soul, which is appropriate because it's our soul that created it. But we're mopping up after our own soul and also many times expecting other people to mop up after our own soul, don't we? And we get angry when they don't. [00:36:50.11]

And so we're mopping up after our own soul and our whole life is like this for usually 70 or 80 years long, maybe 90 or 100 if you're lucky, And what you're doing the entire life is mopping up as you go along. That's what you're doing. Now it doesn't make much sense to me to keep doing that. And yet we do it all the time. So instead of doing that, wouldn't it be better to stop mopping up after the event? So we stop mopping up after the event. [00:37:30.07]

8.2. If we feel the painful effect, we will get back to the cause

So instead of trying to rub out the event, what we want to do is this. The event caused a painful feeling or a painful thing to happen to us; the painful effect. And what we need to do is, (AJ sings) "Feel it, feel it, feel it, hey everybody, hey, won't you feel that there's something?" We need to feel it, if you feel it; you will get to the cause. And if you get to the cause, there's a much higher likelihood of this event never happening. Now instead of mopping up after the event all the time, what you're doing is now you've jumped in front of the event. The event cannot occur anymore, they'll be in the past because you've actually dealt with the reason why it's being caused. [00:38:40.03]



So in other words, you've tied up the children and put them in their room. So they can't spread the honey and the flour over the floor anymore. Not that I'm suggesting you do that to your children. But that's what we need to do with ourselves; we need to stop ourselves creating the same things or even worse things over and over again without addressing why we do it. And it's understanding too that effects can never change and they can only get worse if we don't deal with causes. We need to understand that; really get that at the soul level in our heart. We need to really understand it. [00:39:29.04]

So when somebody comes along and says, "Oh, I had a big cut today, but I went to the doctor and got it stitched up," and they said, "I took some pain killers and it's all fine now." I'd say to them, "It's not all fine now because you're yet to address the cause. It's not all fine yet." [00:39:53.19]

9. Dealing with the cause changes the effect instantly

9.1. The example of physical injuries

Participant: Say we cut our self and we deal with the cause, is there a time lag in the physical or once we completely heal the causal emotion will then that cut will heal instantaneously? [00:40:06.18]

It would heal instantaneously if we dealt with the cause. If we fully dealt with the cause, it would heal instantaneously. It will heal gradually if we slowly deal with the cause. I've explained sometimes how during my progression over the years, I've had my thumb just split apart for no apparent reason and just bleed; just crack fully apart. I notice that some of you have had this happen to you too, where you've had different fingers or the heel of your feet or whatever just cracks apart, starts bleeding, for no apparent reason. One of the cracks in my thumb stayed there for four months. I had a band aid on my thumb collecting the blood for four months. [00:40:56.17]

It took 2 days for me to deal with the emotion. One day later it was completely healed. That's how rapidly things can change. And in fact if things don't change rapidly it means you're not getting there. It means things aren't healing. If things aren't healing it means that the cause is not being dealt with. So instead of being punishing of ourselves, we go, "Okay I must be very resistive to dealing with those things so I need to address why I'm so resistive. I need to maybe pray about my own resistance," rather than getting angry with ourselves for being resistive. [00:41:49.08]

Participant: AJ, throughout my adult life and now when I think back on it, in my childhood life when I was a runner I kept on spraining my right ankle all the time. But as an adult, I started realising I was feeling hopeless when that happened but I never felt it. I didn't feel it emotionally but I thought, "How silly of me, I feel stupid, I feel helpless. I can't do anything." And as the years have gone by that spraining has slowly got worse. It would happen about every 6-10 months, always at work. And I realised that it was happening when I was usually getting angry at men. [00:42:33.11]

And most people you've worked with have been men. [00:42:34.21]

Participant: Exactly! And then three weeks ago at home I had a man turn up who comes to do the watering system and he's an angry man and he's an alcoholic and I always go out and talk to him and placate him usually, due to my fear of the angry man. This day I decided not to, and I saw him through the kitchen window and I said, "You're just an angry man and you're an alcoholic and I'm not going to talk to you."

So you judged...

Participant: A huge judgement.

You judged him and condemned him. Yep. [00:43:01.03]

Participant: So he left a few moments later and I went down to tend to my garden.... [00:43:04.10]

Which he would do because he's now being judged and he can feel that emotion, yep! [00:43:07.24]

Participant: And as I was walking down to my garden I fell over.

And you sprained...

Participant: Sprained my ankle and my knee and my leg. [00:43:15.07]

And it was on your...?

Participant: Right hand side. And so I was thinking, "Okay well this has happened, it's my Law of Attraction; a cause and effect for me to look at." And I was in a lot of pain and in actual fact I couldn't get out of bed for about 5 days. So I was feeling hopeless and useless again. [00:43:35.19]

So you start feeling that this time.

Participant: Yeah. And I was and I was releasing and I watched a movie, "The stoning of Soriah M" twice every day for the five days, wailed and cried for five days... [00:43:51.15]

About men's treatment of...

Participant: Yes, the injustice of it and how useless women were to all of that. And so all throughout my life that sprained ankle was actually showing me that every time because that's how I felt but I personally didn't feel it. [00:44:06.21]

That's right.

Participant: Until now but I haven't felt it completely because I'm still limping. [00:44:11.24]

And it hasn't healed instantly yet.

Participant: It hasn't healed instantly. [00:44:14.10]

So often what we do is we deal with it more and more until it heals eventually. [00:44:20.16]

Participant: But I'm just wondering because the causal emotion was women are useless, so is that that a grief of self love? [00:44:40.14]

Well underneath almost all of our emotions is terrible lack of self love. But with most emotions we need to be more specific than that. So this is why specific emotions cause specific physical ailments, because there is a direct linkage between a certain part of our body and what's going on emotionally. So in this case, your rage with men causes you to also lack direction. You are constantly either trying to rebel and prove yourself with men or you're trying to get them to do what you want; you're trying to do one or the other. Instead of actually loving them! The final result of all this corrective cause and effect stuff is that God wants us to get to the point of love. And the point of love is that, yes, every single woman in this place, and every single woman on earth, and every single woman in the spirit world will eventually have to learn that they need to love men. [00:45:46.16]

And every single man in this place and every single man in the spirit world will eventually have to learn that they have to love women. And I don't mean love them sexually, I mean love them as people, to care about them and love them as people. Which doesn't mean pandering to them and it doesn't mean doing what they want and it doesn't mean those things, it means having a feeling inside of yourself of care, love and truth with the other person. Actually loving them! And every single one of us will get to that position some point in the future. You know how long it will take? [00:46:25.00]

Participant: That's my decision, isn't it? [00:46:26.02]

Exactly! It's your decision of how much you are going to accept the truth about what is the actual cause.

10. Denying the cause prevents our spiritual progression

So many of us finish up raging against the opposite gender, for example, and while we're in this rage about the opposite gender we're nowhere near getting to the cause of our emotion. And because we're nowhere near getting to the cause of our emotion, we're going to keep creating the same effects and on top of that, many of them will possibly get worse because of the additional levels of denial that we're placing around our soul as we do this. And eventually at some point, and for many people it will be in the spirit world after many hundreds of years (which is the reality for most people), they'll sit down and feel the pain rather than keeping on denying, keeping on trying to rub it out, keeping on trying to do something else. [00:47:26.17]

It's our willingness to just surrender to the actual emotion that is going to help you the most. And most of us don't like surrender. We don't like surrender. So what we do instead is we like fighting. We like that. "Fighting is good. Surrender is bad." It's because we have all this pride, ego, stoic feelings inside of ourselves that have all been also created by other

causal emotions that have been usually placed in us by our environment. And instead of giving all that up, or having to choose to give it all up, we decide we're going to live in them for as long as we possibly can. [00:48:19.14]

So it's the same as doing this thing where we clean up after our soul. And we're deciding that we're not happy with it taking until we die, we want to keep cleaning up after our soul even after we die. And for many of us, we won't stop cleaning up after our soul until way after we've passed, if we're not careful. Many people who have passed who have known the Divine Truth that you know are still cleaning up after their soul in the spirit world. They haven't actually stopped cleaning up after their soul. And the reality is that it's even a little more difficult to stop cleaning up your soul in the spirit world because the facade's not there anymore. You don't get any rewards for anything, so you just act as who you are. If who you are is that you desperately want men's approval you will keep desperately going for men's approval, trying to avoid the painful effect of never having men's approval, and you'll do that for maybe 500 years in the spirit world. And do you think you're ever going to get beyond the first dimension in that place? Definitely not! Until you're prepared to go through this process of actually feeling the cause rather than trying to rub out the effects! [00:49:43.19]

10.1. The process of forgiveness

And we need to go through the process of forgiving, really forgiving, which is a willingness to feel all of your own hurt. To feel all of it! And many of us are still fighting, fighting, fighting, fighting, and fighting against our own hurt, fighting against our own hurt and getting outraged about the injustices that other people cause us and so forth. Outraged every time, outraged again and outraged again. "It was terrible what AJ did to me. I'm never going to forgive him." And even if I'm the worst person in the world, you're going to have to forgive me if you really want to be happy at some point in the future. That's the way it is. [00:50:38.06]

Participant: I'm aware that I'm wanting to continue my punishment of my father and my mother for what I believe was unjust to me. By doing that, because I am angry and because of the hatred that comes up is what I'm doing to them worse than what they did to me? [00:51:29.11]

Well potentially you can definitely do worse things to another person than what they've done to you. Certainly! So for example, there are some really good examples in the Robert James Lees material. There's an example of one woman who was just jealous of another person and their relationship with a man. And she did some terrible things to that woman trying to prevent their relationship and she purposely set out to destroy their lives when they got together. Now her perceived hurt was that the man should have been with her rather than with the woman he was. That was the perceived hurt. And the problem for many of us is we can perceive hurt even when there's none. That's the reality. We can actually feel hurt about events that there is actually no purposeful or any hurt whatsoever coming from. We can do that. [00:52:31.19]

Why would we do that? Well because there's been past hurt perhaps or oftentimes the opposite emotion. We've had what we want all of our life and now we don't get what we want but we now feel hurt. It can be both. It can be that we've been hurt or it could be that we've never been hurt and we want everything our way. And for the first time in our life we're not getting something our way so now we perceive there being a hurt of some kind. Now in either one of those places, if you do not allow yourselves to feel the emotion that created it, you will definitely act out the rage as a result. And when you do that, you can potentially do even worse hurt to another than what they have done or you have perceived that they've done to you. [00:53:24.19]

10.2. Denying the cause is a denial of our hurt

Participant: Why I asked that, is that in the wake state I've started to remember my sleep state and I'm discovering I'm doing a lot of things that are pretty awful as a result of my denied emotions. [00:53:50.15]

Yeah. Every time we take actions out of rage we are taking them because we are denying our hurt. We don't want to feel our hurt. We want other people to feel our hurt. And we don't care who the other person is often even; we're not very selective. In other words oftentimes the person we want to feel our hurt might be our husband when actually the person who created our hurt was our father. So what we finish up doing is hurting our husband when he didn't deserve the hurt but now he feels hurt, now he wants to be angry as well back with us because he has been hurt by you. [00:54:28.27]

But unfortunately a lot of times our hurt has been done by somebody else and a lot of times our hurt doesn't even exist. Can I put to you that a lot of times we interpret something as hurtful that isn't hurtful at all? We just interpret it as hurtful because we're no longer getting our way, which we feel is a hurt. To give you an example of that, I've seen many of you in the audience perceive a hurt from another person that wasn't there at all. Some examples; somebody has told you the truth and you've gotten hurt by it. And you hate them for a while and you just don't want to see them anymore and you feel really upset with them all the time. That's a perceived hurt that doesn't exist. Some of you treat your husbands or wives very badly. Still. [00:55:28.17]

And it's because of the hurt from a previous relationship or from your family or from your parents that you're unwilling to face. And you think that your husband is out to get you, or you think your wife is out to hurt you, and the reality is that she doesn't even know what you're talking about half the time. And the reason is because it came from somewhere else, the hurt came from somewhere else. And the problem is that when we do that, we then go into this state of justification of hurting other people. And we are adept at hurting other people because of justifying that rather than feeling our own pain.

10.2.1. Dealing with emotions in the wake and sleep states

The biggest single thing you can do for yourself in both your awake and sleep states is to be willing to feel your own hurt. [00:56:24.06]

That's the biggest single thing you can do to help your states improve markedly, is to be willing to feel your own hurt. To be real about your own hurt. [00:56:43.13]

Participant: Do you mean to feel my own hurt in the wake state will affect my sleep state or...? [00:56:52.01]

Of course it will. And also being willing to feel your own hurt in the sleep state will help you in your awake state too. [00:57:00.20]

Participant: That's what I don't know how to do. [00:57:02.26]

Well it's the same in both cases. It's exactly the same process in both states. You just need to cry. [00:57:19.10]

Participant: I'm just becoming aware of what I'm doing in my sleep state and I feel I can't control what I do in my sleep state. [00:57:28.08]

You can't. The only way to control anything to deal with the cause and this is where a lot of people get very surprised when they go to sleep or when they pass. Because when they pass or go to sleep the facade is less a lot of the times because you can see the condition of yourself, and you give up all pretence of facade, and as a result of that the emotion is the only thing that drives you. So if the emotion is, "I hate my dad," that will drive you. It'll drive you and drive you and drive you until you exhaust that emotion. That's what will happen. [00:58:07.22]

Participant: So to get my sleep state so that I'm willing to feel the emotions, I need to deal with it in the wake state? [00:58:19.21]

And vice versa! You can deal with emotions at any time. Sleep or awake. You can deal with them at any time. You just need to make an internal choice to actually deal with the cause rather than always blaming somebody else or trying to deal with the effect. We need to make the choice to feel the cause. This is the power of your soul; while you choose to damage other people, while you choose to deny your own emotion, while you choose to justify it, while you choose to feel the injustice, while you choose to not forgive... and remember forgiving is not an intellectual action but rather feeling all the emotions associated with the hurt. While we choose to not do that, we are just going to perpetrate further acts of unkindness on other people, whether we're awake or we're asleep. And we need to give up this idea that we're capable of actually intellectually fixing that. [00:59:27.02]

Now the reality is we are capable of intellectually fixing it to a degree; that's what the natural love path is all about. But I don't know about you, but do you want to take 500 years doing this or not? I don't think that's a very wise choice when you could take a few years. Now for most of us, we're taking longer than a few years because we don't want to face the truth, we want to mop up our effects. We want to. We like that. We don't want to deal with the cause. Every single day

God has made this beautiful Law of Attraction, and this beautiful Law of Cause and Effect to work hand in glove with each other to expose to us the actual causal emotion of grief that we need to experience. [01:00:15.29]

10.3. Coming to terms with working with, and not against, God's Laws

God's made this beautiful system to lead us to God. And yet what we're doing a lot of the times is we're going, "No, no, no, no. Don't like that system. God, you've got no idea how to create a system." That's what we're saying to God and we're saying that instead of this system we want to have another system. It's called the law of Alan John Miller, in my case. In Karen's case, it's the law of Karen and in Joy's case it's the law of Joy and so forth. And that's the one that we want to be right. [01:00:57.02]

And because we want that to be right, we are in total denial of the real causes, therefore unable to fully embrace the power of our own soul. And that's why many of us are frustrated. Many of you are frustrated, yes? When it comes to dealing with some of these emotions now. Frustrated! Really frustrated! You don't even know why you come along to these sessions anymore; frustrated! (Laughter) And the reason why we get so frustrated is because we're in denial of the effect or we want to rub out the effect and not face the truth that it has a cause. And so what we do is; we become more and more and more frustrated. And in that place now who can influence you? Absolutely anybody who wants to cause you to doubt something that's true. Absolutely anybody! [01:02:05.18]

A little person comes along and says to you, "Why do you go along to that AJ fellow?" And you go, "Yeah, why do I go along? Why do I even do that anymore?" is the feeling we have, "I am sick of hearing about emotions! Sick of it!" (Laughter) And so what we do is we get into this state where just a tiny little spirit who's barely able to keep his own body alive can say to us, "Don't go anymore." We go, "Yeah, I'm not going anymore. (Laughter) That's it." Then six months later, we're going, "Gee I feel like going again," because we come out of that state sometimes. Some don't by the way. I've known someone six years ago go into that state and I haven't seen them come out of it yet. [01:03:00.15]

Eventually they will have to come out of that state, because everybody has to in order to become either a completely loving person in the 6th sphere of the spirit world or at-one with God, which is the other option. Everybody has got to deal with all of that rage and all of the anger and all the upset that they have. All of it! Everyone has to sooner or later. God's made a perfect system. You can't, not get used to that. The problem is we go, "No, no, no, I don't want God's system. I don't want to have to do that today. That's not free will!" So what do you want? The free will to be anarchists or the free will to join in with the laws that are all loving that God's created? [01:03:47.05]

That's the free will you've actually been given; not the free will to be anarchists. That's what we want often at times; the free will to be anarchists. But the trouble with anarchy is that it affects everybody else's free will. It harms other people and God created a more perfect system than that. That's what God's done. So what we finish up doing is unfortunately when we get into this place where we're able to justify any action, we become so internally enraged and frustrated and annoyed with what God has created. And instead of yelling and screaming at God, who created it... like all I'm doing is telling you about it. It's pointless getting angry with me. You know if you get angry with me; I can't change it. If you want to change God's Laws you talk to God about that, not me. All I'm doing is telling you them, that's all. [01:04:41.16]

But what we do is we have a tendency to focus on the person that's telling us, the messenger, rather than actually focusing on the person that created it, don't we? We do that with a lot of things. If we're angry with God about God's Laws then be angry with God about God's Laws. Feel it. Let yourself feel it and you'll get back to what that was caused by, if you let yourself feel it. Don't act upon it because if you act upon it all you're going to do is cause more. That's all you're going to do. When I say act upon it, don't get so enraged with God that you decide to blow up every church. [01:05:22.11]

And there are people that have done that. Literally! They become so enraged with God they've decided to blow up every church. Why do you think there is all this violence in the world? Because people are so enraged that they're willing to do anything to harm another person rather than feel their own pain. If you trace everything back, if you're willing to feel the painful effect, rather than act upon the painful effect, you will eventually get to the cause of its creation. That's what will happen. [01:06:11.16]

10.4. When to act vs. when to feel: the example of dealing with mothers

Participant: Isn't there a point when you've felt the feeling of a painful event but then isn't there a point where it's time to act? So, if somebody does something and I can see it's either unloving, or it's a mistake that I've made in the past, and I want to fix them so I speak up about it. But I was coming from a place of fear. Like, "Oh no they're going to do it wrong," so I have to fix it. So I realised that that was a mistake and then I went almost to the other extreme of going, "Okay I'm just going to feel the painful feeling of how that feels to have someone say something like that." And then now I'm at this place where I've been dealing with a lot of feelings of oppression and having been controlled. And so I've been feeling a lot of that and now I'm getting this feeling like, okay, there's another part to it. I need to act and speak up and yet I'm afraid to because before I used to act and speak up out of fear. Do you know what I'm asking? [01:07:25.13]

Yeah, I do know what you're asking. Let's break it into two things. Firstly we'll deal with your fear later about acting. Let's look at this whole thing of cause and effect. If you feel the effect it'll take you back to the actual cause of it. So let's say the effect was that you had to go to the dentist and get a filling. And instead of taking the painkillers after you've gone to the dentist, you decide that you're going to feel the pain of it instead, and see where it takes you. See what direction it takes you. And in the end you get back to feeling the fear of your mother and how much you feel that she didn't love you and therefore you don't love yourself. Let's say it gets back to that emotion. So you allow yourself to feel your mother's fear and how every time she was afraid you never felt loved. And eventually you get down to this feeling that, "I'm not loved by a woman." It was on my left side that I had my filling and it's all related. [01:08:40.01]

Now my mother, due to the Law of Attraction, gets on the phone and rings me up. And she starts treating me unlovingly again. Now can you see that if I've actually felt the grief of my love of self in relationship to my mother and actually felt it a fair bit, I will actually treat my mother differently. I will automatically treat my mother differently. So when my mother starts being derogatory to me, saying, "Yeah, you've always been pretty useless in your life and you know you've never really amounted to much and you're still doing the same thing, aren't you? Yeah you're so stupid doing that." Like she always has been in her life, but before you hardly even noticed it maybe. Now you're noticing it, which is an indication that you've dealt with some of it, otherwise you wouldn't even notice it. [01:09:35.25]

So she's saying all those things and now you say to mum, "Mum, you need to stop. Just stop. If you keep pulling me down like this, I am not going to stay on the phone. And every single time you phone me if you do this, I am not actually going to finish up responding to you at all. That's what I'm going to do." [01:09:57.05]

Participant: But I'm so afraid of saying that.

Now I'm suggesting to you, if you're afraid, you have fear of saying that, which is an effect, it's because there is still more grief to feel regarding that particular issue. So what I'm suggesting to you is once you actually deal with a lot of the cause, not necessarily all of it, but a lot of it, you will actually get into this place where you automatically act and you won't be afraid of doing it either. You'll do it because you know you have to and it's the right thing to do and that's it. You will no longer allow your fear to dominate the interaction. [01:10:42.14]

Participant: Well where I'm at right now is I can still feel the fear a lot but then I'm willing to say something but I'm also afraid that when I'm saying something while I'm still feeling the fear that I may not be coming from love? [01:10:58.07]

Well of course you aren't because you're afraid. You're never going to be coming from love while you're afraid. That's fine. You can't expect yourself to come from love while you're afraid. [01:11:06.05]

Participant: Yeah I think I do expect it.

Remember I said earlier, fear and love cannot co-exist at the same time. So if you're afraid, of course you're not going to be loving. However you can look at the causal emotional reason why you feel guilty with your mother. You can look at that. You can actually begin to examine the guilt feeling, which is another effect that has a relationship to a causal emotion inside of yourself. And all she's doing in that example is the Law of Attraction has brought you another event to demonstrate to you that you have another flavour or another part of this emotion that needs to be addressed. [01:11:49.10]



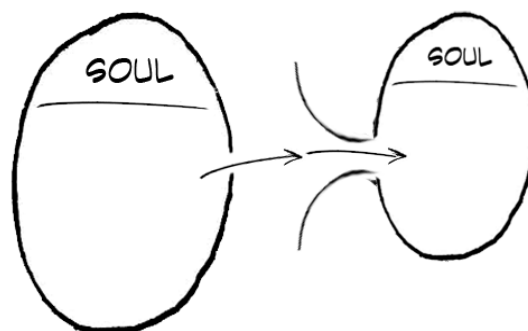
Emotions that need to be felt to reach the cause

So many of you do know what the truth is in a certain situation. Is that not the case? But many of you also do not act upon that truth in the situation because you're afraid. That tells you there's more work to do on the issue. That's all. That's all it tells you. And once you release the actual cause inside of yourself, as to why you respond to the guilt trips of your mother, for example, you will never again respond to the guilt trips of your mother and you won't have to try. You'll get on the phone, all relaxed, going, "It's my mum," instead of going into what most people do when they get a person who's caused them a lot of grief in their life on the phone; they get into this rigid feeling, where they go, "Okay, it's my mother. I've just got to control myself the whole time I'm on the phone. I've just got to be very, very careful of what I say. I'm going to be very, very loving with her." And of course you cannot be because you're afraid. [01:12:54.22]

But this is what we tell ourselves. Instead of doing that, what will happen once the emotion is completely out of you, you'll be there all nice and relaxed and on the phone with mum, "Oh mum, how are you, good to see you, good to hear from you again." And then mum starts bitching at you, and you go, "Mum, you're bitching at me again. What did I tell you about bitching at me? What did I tell you?" And she says, "I'm not bitching at you." "Yes you are, you're bitching at me. What did I tell you?" And she says, "You're just a bad boy now." "No, mum, no I'm sorry; you're just bitching at me again. What did I tell you? What did I tell you?" (Laughter) [01:13:31.12]

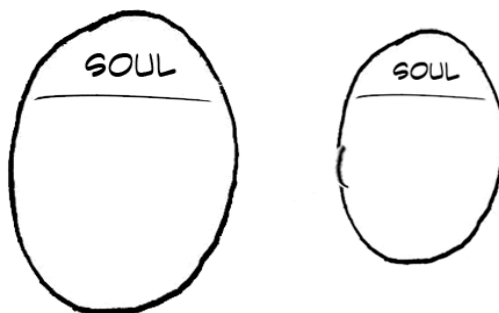
She goes all silent on the phone. "What did I tell you? I told you that I am not going to have conversations with you anymore where you're bitching at me. Didn't I tell you that?" And you'd be quite happy inside of yourself doing all of this. You'd be all relaxed. "Didn't I tell you that?" And eventually she'll go, "Yeah." "So you know what I'm going to do now, mum?" "No?" "I'm hanging up the phone on you." [01:14:10.25]

And what I did with my mum is I just said, "Ring back in a month and see if you've changed." (Laughter) And now my mum treats me with some respect because she knows she can't get away with unloving treatment anymore and she doesn't know because of how I treated her or what I've told her; she knows because her soul can feel my soul.



Holes in our souls enable others to feel they can treat us badly

And she can feel that this hole that I had here, which said, "Treat me badly if you're a woman" is now getting patched up. Now it's only a tiny little dribble, and eventually it's not going to be there at all. Like that. (AJ draws a clean circle on the white board.) [01:15:10.17]



When we heal our souls others no longer feel they can treat us badly

And when it's like that, there's not going to be a single woman who actually believes that she can get away with anything with me. In that place many of them won't even try because they know they're not going to get it because soul to soul you can feel the hole inside of somebody's soul which is actually unhealed. The reality is you can feel that. And as soon as the other person doesn't feel that from you anymore they will not do it, they can't. [01:15:43.04]

So my mother gets on the phone now, and you know what our last conversation was? She says, "You know this Law of Attraction thing you've been talking about, what about this and what about that and what about this?" And then we started talking about the media and, "Yeah, they're all full of crap, aren't they?" She was saying, "They tell lies all the time and one of my friends came up to me..." because one of her friends that knows me since I was born, "... and told me, 'Yeah, like, Johnnie,'" they called me Johnnie, "He's not like that at all, is he? You know, why is he saying he's Jesus?" And she asked me about that and I didn't know what to tell her. Can you tell...?" You know, and so we have a conversation, which is actually a respectful conversation. [01:16:25.24]

Not because of anything that I've done or said, but because of the emotion being less within me that allows the treatment that it used to allow before. So of course you will act differently because acting differently will be automatic. That's what I'm getting at. Once you release a causal emotion inside of you, it's impossible for you to keep doing the same thing you used to do. So many of you would even feel terrible about saying, "I'm going to hang up on you, mum," to your mums, wouldn't you? Many of you would feel terrible about that. And yet many of you need to hang up on your mums quite regularly for a while until she stops treating you badly. [01:17:13.22]

And the reason why you don't is because there's an emotion of guilt that is yet to be released that she placed there probably that you've yet to release. And yet every time you get on the phone you get off the phone and go, "Gee that just made me so angry. I'm so upset with my mum. I just wish she'd never ring at all." And so you know what you do then? You don't even ring her anymore. And she rings you up two weeks later, "You don't ring me anymore." "No." "Okay," and off she goes again. And you don't tell her because you feel guilty because you don't want to address the cause of the guilt. You don't want to address why you allow somebody to treat you badly and you don't want to feel that even they treat you badly and many times we get angry when they treat us badly but we still don't want to feel the grief associated with somebody treating us badly. [01:18:11.27]

10.4.1. Feeling the cause gives us power over our lives

And we're prepared to feel the grief, when we feel the cause, now all of the effects disappear. Trust me; your life becomes really simple, hey? Simple as! You go through life going, "Wow this is awesome. Like I know that I can change anything that's negative in my life. Anything! Anything that is negative in my life I can change as long as I'm willing to feel the cause." What kind of power does that give you? That's power to change your entire life! Not by any intellectual action, but actually to actually physically change your life through your soul's condition. [01:19:06.02]

Participant: I thought the emotion of guilt was a self deception emotion. Is there a difference between living in it and feeling it? [01:19:15.16]

Well what I'm saying is the guilt is the effect.



I'm not saying guilt is the causal emotion. So the effect is with my mum, I feel a feeling of guilt. I can't hang up the phone on her, no matter how she treats me. She tells me, "I'm your mother. I'm allowed to treat you however I want. I brought you into the world." And as a result of that, hearing that all my life and feeling that all my life from her, as soon I feel my mum on the phone, I just I go into this fear place. I can't do anything wrong. I can't do anything bad. I can't hang up on her. She's treating me terribly but I can't even tell her that. And guilt is driving me and guilt is fear in the end. It's an effect and there's a cause in there. The cause is this terrible grief I feel about myself in relation to my mother. I just feel like I'm no good, I'm never wanted, I'm not loved, and all of these feelings come up. [01:20:16.05]

And instead of letting myself feel all of those feelings, I have a layer of fear over the top of them that cause me to feel guilt every time she calls. I actually feel rage with her but I don't want to feel rage because that's bad too. So these are the causal emotions, even childhood rage. Many of you have childhood anger with your mothers because by the time you were just born, what do most mothers do? You're hungry, your mother goes; "No, every 3 hours you have to be hungry." How many of you have done that with your own children? "Every three hours you have to be hungry. And anytime before that, you're just going to be left to cry. That's it. Because I've got to get control of you! You can't dictate to me my life. I've got to get control of you." Of course, mum's feeling a lot of uncontrolled things to actually do that so of course you're going to cry more and she's going to feel more uncontrolled but that's immaterial to mum because she's not interested in dealing with her cause. [01:21:25.16]

So what she does is tries to control you. So what she does is she feeds you on the dot every 3 hours or every 4 hours or whatever it is that she's decided is the regime. And the rest of the time you feel unloved, unwanted, uncared for and you cry about it. It makes no difference. Nobody is listening. Nobody is listening. And so you've learned that whatever mum says is what happens. You've learned that, and so by the time you get to be 30 you're still learned, you still feel that. 50, you still feel that. Mum's on her deathbed and you're still feeling that. And then she passes into the spirit world, like Michael's mother has, and you still feel that. Isn't that the case, Michael? Yeah, exactly! [01:22:12.03]

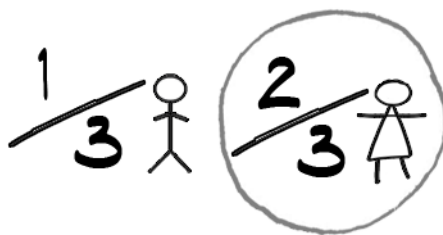
10.5. Nothing can change until we feel the causal emotion

You still feel the same thing going on because until you feel the causal emotion inside of yourself nothing can change. Nothing can change. And that is the problem that we face with all of our life is that all of these emotions that we have, have their causes and nothing can change until we understand and fully conceive in our own hearts and minds that until I address the cause, there is nothing effective that I can do. Nothing! But if I address the cause, I have complete control now in reality. But some of the emotions feel like they're out of control. And so we don't want to feel that. Some of them feel like we're going to lose our mind. And we don't want to feel that. Some of them feel like we're crazy, and we don't want to feel that. [01:23:10.02]

And so what we do is we want to deal with the effects without healing the cause. And the Law of Cause and Effect is telling us, "Sorry, not possible. It's not possible to do this." What we're trying to do; not possible. We have to address a cause before something can change. And so what I do myself is I look very, very carefully at the events that the Law of Attraction have brought to me. And I go, "Okay, this is very interesting."

10.5.1. The example of AJ holding a workshop

Remember I told you some time ago, I think it was probably 3 or 4 years ago, I told you the story where I set up an event, which was a workshop and there were eventually about 100 people booked into a series of 5 workshops. And some of you might have come to some of those workshops. About 4 years ago or so! And something that happened then was I had about third men and two thirds women in each of the workshops.



So all of a sudden that tells me something, so I had far more women than men and every single woman was upset with my assignment of the date of the workshop. And I was providing the workshops for free. Can you imagine that? You're providing a workshop for free and somebody's assigned the date and they're upset with you and angry with you for it being that date. And they're getting the whole thing for free anyway. [01:25:00.27]

Now that's a lot of unjust emotions, isn't it? And I had 48 emails from angry women in one week. And I'm sitting there going, "Wow, I have got huge problems with women." Because my Law of Attraction is telling me that there must be a cause inside of me. What would cause 48 women who are getting a free thing to be angry with me? Without even thinking, "I'm getting a free thing. Can I even be angry with a person when he's giving it for free?" And this is what I had to consider. Now my first response was just sitting there going, "This is so unjust." I'm feeling it's pretty unjust. [01:26:09.01]

Would you feel it's unjust? If you were giving something for free and you get 40 or 50 people angry with you for doing it not at the time they wanted it. You'd feel it's pretty unjust, wouldn't you? Most of us would just say, "Well don't bother coming along then." You know what I did? I changed the dates for them. I started changing the dates, changing the dates, and I get half way through changing the dates and I go, "What in the hell am I doing?" (Laughter) That's just changing the effect. So I stopped. [01:26:47.20]

Okay. I've got all these angry women. If it were where I am right now, I would have written one message. I would have put them in a group called angry women and written one message. "Dear Angry Woman. (Laughter) You do not have to come. Love AJ." That's it. But back then I was always pandering, even when I realised I was pandering I still pandered. Even though it was a bit less, and so what I did was write to every one of them, talking to them about their anger. Why do that? They're angry. Now some of them responded but of course many of them stayed angry the entire course that they came to, which was for free. [01:27:46.24]

And of course they would because I didn't state the truth. If I stated, "Dear Angry Woman, you do not have to come. Love AJ," and that was it, and I upset 44 of the 48 and 44 of them didn't come I would have been left with 4 potentially angry women who at least realised something and that is they cannot demand something for free and then get angry about it. And you see a lot of the time what we're trying to do is we're trying to make things better but we actually make things worse for ourselves. I see this happening all the time. Just because we're afraid of the truth and we don't want to deal with the cause we start addressing issues by the effect and in the process we make more trouble for ourselves. [01:28:41.20]

10.5.2. The example of Mary replying to emails

And this is something Mary was doing quite frequently about a year ago. She'd get an email from somebody, let's say it was a person who was potentially rageful with her and there were quite a lot of men who were potentially rageful with her, who would email her. And Mary would say all these nice things back. And then she'd send the email to me to have a look at it, and I said, "Why are you sending it to me to have a look at it? Is it what you want to say?" "Yep" "Send it then." So she'd send it. Two days later the guy would email back even more stuff but even worse emotions coming from him. [01:29:26.28]

And she'd be saying, "Why do I always get people treating me worse when I treat them better?" And I said, "Because you're not addressing the original issue of truth. He was sexually projecting at you in the original email and now he's doing it more because you let him do it more because of what you said back to him. Because you didn't want to deal with the emotion! If you don't want to deal with the emotion, that's what happens." And so she says a bit more truth. Now he sends back a rageful letter. "Why do I attract all these angry men all the time?" And it's the same thing, because right at the beginning, what you could have done is just address the emotion and you could have skipped over three or four different emails, all that wasted time, and then eventually you would have got the anger back and you would have gone, "Wow, I'm really afraid of angry men." And go into the emotion. [01:30:19.11]

10.6. The importance of facing God's Truth

But because we pander and we twist, and what we do with this truth is we're not happy with God's Truth, very rarely are we happy with God's Truth, because we feel God's Truth needs to be embellished. It needs to be made nicer, more palatable to the listener. That's what we feel. We believe this with our whole heart, most of the time.

10.6.1. Dealing with angry mothers continued

So the truth that you feel even is that, "Yeah, mum's pretty nasty. You're just a nasty person, mum, to me most of the time." That's what you really feel. Mum gets on the phone, "Oh hello, mum, how are you doing?" Big facade! "How are you doing?" And mum goes into her stuff, all of the guilt trip and whatever else and then she starts getting angry and nasty with you again, like condescending or whatever. "No worries, mum, no worries." You get off the phone. "Fucking bitch!" (Laughter) [01:31:18.10]

How many times has that happened in your life? Honestly? For many of you it might not have happened with your mum but it might have happened with your dad or a friend or an acquaintance or a guy who's selling Telstra to you on the phone, and you do feel those kinds of emotions. And yet we don't want to face the truth. If I had said the truth right at the beginning when I picked up the phone; "Mum, you treat me terribly and I'm not putting up with it anymore. When you're ready to treat me nice, give me a call." That actually now avoided the next hour and a half of being attacked by her and she has the option now of working out, "Why does she think I treat her badly for?" Because let's face it, she obviously doesn't know otherwise she'd stop. [01:32:17.18]

And she would have the option of being able to determine that as to what's going on. And she might actually get on the phone and, "You know how you said I treat you badly, how do I treat you badly?" Now she's given you an option to talk about it that you wouldn't have created if you hadn't spoke the truth before. Or she might get on the phone and say, "You're a bitch, you know, you think I've treated you badly. You should see how other people get treated. You know that's what..." And you go, "Yeah, mum, what you've just done is exactly what I'm talking about. See you later." [01:32:56.01]

It will become very clear as to who is your friend and who is not and a lot of people who claim to be your friends are not your friends. And some of the people who your parents have told you are your enemies; they're not your enemies either. Because once we start dealing with the truth and we understand the law, we can start dealing with things as they really are rather than as we want them to be or imagine them to be. And when we do that, we have the power in our lives to change everything that happens in our life. Everything that goes on in our life can change. [01:33:41.06]

So what I would like to recommend to all of you who are present and all the people who are listening to this on the net or whatever is that we start to look at where in our lives we are attempting to deal with effects rather than actually look at the cause. And even if you're still tempted to deal with the effect, at least acknowledge there is a cause, maybe a cause you don't even know, but there is at least a cause that created it. At least acknowledge it. But you could go a lot further if you allow yourself to get to feeling it. [01:34:29.12]

Participant: AJ, what if your mother has never ever called you and when you call her, she actually says that to you, that you treat me badly and then, for example, I might say, "Well what have I done?" And then she'll go, "Bla bla bla," and tell me everything that I've done and I receive that and I feel into it and go, "Yep," this is like 10 years ago, and I go, "Yep. No worries, that's alright." [01:35:03.20]

Did you do it?

Participant: Yeah. I felt into ways of where I've not... [01:35:08.02]

Do you feel repentant for doing it? [01:35:10.19]

Participant: Yes I have felt that.

I'd suggest not.

Participant: Okay.

Because if you truly repentant for doing it the person doesn't keep repeating the same thing to you generally. [01:35:18.27]

Participant: Oh no, no, it doesn't happen anymore. Now it doesn't happen anymore. [01:35:22.13]

She doesn't call you at all now. [01:35:23.29]

Participant: That's right.

She's angry with you, yes? [01:35:28.26]

Participant: Yes.

Okay. Well if we're the mother, in other words if somebody else is calling us and saying, you know, "You've treated us badly," or whatever. Or we've called them and they say, "You treat me badly," then my first thing to do would be to look at whether that's truly the case. Whether there has been a time when I have treated them badly and then I would go to try to find the underlying causal emotional reason inside of myself why I did it. So if my boys rang up and... I've had these discussions with Tristan, my son, for example, where Tristan says, "Well, you know, at that particular time, dad, you did treat me badly." And I go, "Yeah, certainly. Definitely, treated you badly" Now that's not good enough. I need to look at the reason why I did. And a lot of the reasons why I treated my sons badly had everything to do with trying to get the approval of my wife. [01:36:24.09]

And so I had to work my way through how much I'm willing to sacrifice for a woman, including sacrifice my own son's welfare for a woman. And I had to go through and look at that emotionally. I had to look at what was my investment in that. So what I'm suggesting to you is to look at what's being said to you and see it as a Law of Attraction exposing something within you. However your mum loves guilt trips, yes? She's an expert at them, is she not? [01:36:56.10]

Participant: Yes. Definitely!

This is one reason why you were rebellious when you were a teenager, yes? [01:37:01.22]

Participant: Definitely.

Which is the reason why you caused her a lot of grief in your teenage life, is it not? [01:37:06.21]

Participant: Most definitely.

I haven't heard anything about your life; I'm just feeling what you're feeling. What happened for yourself is that your mum oppressed you with this same kind of treatment for a lot of your childhood. You then in your teenage years went into rebellion and then purposefully caused her a lot of grief to punish her for her treatment of you. Is that not true? [01:37:38.06]

Participant: Yes.

Yep. And in some ways you still attempt to punish women for their treatment of you, even now. You still have that same pattern. So the key is to allow yourself to look at firstly, "Yes, I have this emotion where I want to punish a woman for any perceived injury that I feel they have caused towards me," even if it's just a perceived injury, let alone an actual one. And that comes from the fact that your mum did cause actual injuries in your soul and you felt this huge desire to rebel and punish her for those particular injuries during your teenage years. And of course on the receiving end of that, a person doesn't feel very good. So mum wouldn't have felt very good during those particular years of your life. [01:38:27.06]

However mum's not owning the fact that she created it all, is she? No. And as a result of that, there are emotions that I would then go into of, "Why am I still attached to wanting my mother to love me even though she has proven to me over and over and over and over again that she doesn't love me and that she feels that I have caused her harm?" And there's an emotional reason why you want that from her and you're not willing to give it up. You're not willing to grieve properly how she's treated you. [01:39:12.06]

Participant: Yep.

So now that I say it, you can feel it a bit, allow yourself to grieve how she's treated you. She's treated you very badly. This is why you rebelled when you were a teenager. She treated you like you were worth nothing and she's narcissistic and treated you like you were worth nothing only for her pleasure and enjoyment. And as a result of that, you then went into rebellion and the key is you're still seeking this love that you feel is missing from her. So when you ring her you're actually projecting at her, "Please love me mum this time. This time, love me. This time, love me." And of course she doesn't love you and she never has. And so she just gets on the phone, and says, "You're angry at me and I'm upset with you. You've caused me all this trouble..." and she proves again that she does not love you and she proves again that she does not understand that whole time you rebelled it was all because of how she treated you. And let's face it, Renee, she's proven this over and over and over and over again to you and you still do not want to grieve that your mother does not love you. [01:40:37.01]

When you actually cry and grieve that she doesn't love you, which is the cause of these events, you will actually no longer feel like you need her love anymore. And once you get to that point you won't feel like blaming or rebelling or any of the other things towards other women either. You'll actually have a good sense of yourself rather than a rebellious sense of yourself, which you currently have. But can you see that because when we don't want to deal with the cause, we go into all this effect stuff, and part of the effect stuff is trying to get something from another person. Like one of the things we're adept at doing is we badly want to be loved, we badly want love. [01:41:32.04]

And it's amazing the lengths we'll go to and compromising truth in order to get the feeling that we feel is love. But I suggest to you that every single time we compromise the truth, it is going to be impossible for us to be loved. Or feel loved. So my suggestion there is that you're avoiding the cause. The effect is mum attacking you. The cause is the events when you were a teenager but the real cause of the events when you're a teenager is how your mum treated you when you were little. And how you felt as a result of that treatment!

11. Feeling all of our feelings takes us to the cause

Participant: I was wondering about how you mentioned the child being fed every three hours, and feeling like they're crying and then they want to give up. How do you get to those giving up feelings to know your grief is actually going to help you? [01:42:48.15]

The only way to get through any feeling is to feel it completely. And this is something I keep repeating over and over and over again, but many still do not understand what that means. Feeling something completely means that you have to actually feel the emotion that's present in that moment. So if the emotion is, "I'm angry with God," be angry with God. Be angry with God, direct all this anger and rage that you have and feel at God. If the emotion is you're angry with me, then be angry with me. You don't have to come and do it to me, because I'll just say, "Go away, Chris," you need to do it in the privacy of your own house. So be angry with AJ if you feel you're angry with AJ and see where it takes you. But underneath a lot of this stuff is deeper emotions of course and the key is if you feel the emotion that's right there, the layer that's right there, and you have a willingness to get below that you will go very rapidly below it. So I find if I'm ever angry with somebody within 15 seconds I'm into some grief generally about what that anger is about. [01:44:02.19]

Participant: Yeah, I've got the problem where I go into the anger and then it's just this big kind of blanket of, "It's useless," kind of comes over me. [01:44:09.10]

So feel it's useless. Just feel it's useless. And actually voice it. "This is just useless. I don't know why I'm bothering. I can't get anywhere." And feel that feeling. Just allow yourself to feel that feeling completely. Every feeling that you allow yourself to feel completely will release from you. And you'll know it's released because you don't feel it anymore afterwards. Now many of you have yet to have what I'd call the major emotional breakthrough, which is understanding the peace that comes after something's completely dealt with, or dealt with significantly. Because when you deal with an emotion significantly, one of the causal emotions, there's this beautiful feeling of peace afterwards that stays with you often for many days. [01:44:59.27]

And while you may have to revisit some of the emotions again because you haven't dealt with all of it, that feeling is present. If the feeling isn't present, then it's because there are blockages to feeling those particular emotions. So for many of us, there are blockages to grief, and we don't want to feel through the blockage. So if one blockage to grief is fear, I'm going to have to feel the fear; to actually feel it. So that means shaking and trembling and feeling terrible, actually feeling

the fear and once I start really feeling the fear, I'll actually probably be crying while I'm feeling the fear. It'll feel quite traumatic and shocking, feeling fear. But when you've gone through that, you'll easily get to the grief. We have to feel through every causal emotion. And a lot of our layers on top are emotions that were there from our childhood that we also have to address. [01:46:03.06]

If we just focus on the effect, which is, "I'm angry about how my mother treated me," then I'm not going to get very far. I need to feel my anger but I need to be prepared and willing at the soul level to go deeper. And there's a change that happens in your soul when you're fully desirous of feeling every feeling. And what happens is there's this willingness inside of you just to go there, no matter what "there" is. If "there" is feeling that you're crazy, you're willing to go there. If "there" is a feeling that everything's unjust and I hurt terribly because of the injustice, you're willing to go there. [01:46:48.18]

And one of the best things we can deal with is our unwillingness. If we can deal with our unwillingness, everything else gets a lot smoother. And our unwillingness is usually a causal emotion because we are afraid of humiliation, we're afraid of being punished, we're afraid of being hurt more if we cry. How many of you have remembered your mother or father saying to you, "If you cry anymore I will belt you again"? How many of you remember that? More than half the audience. That is going to block quite a lot of grief, this fear of being punished again for just even crying. Now God doesn't feel that way with us but our parents often do. And it's those blockages that are causal blockages within us. [01:47:47.07]

When I say they're causal, they're actually layers over the top of some causal grief that is still within our soul that creates further events. And we need to allow ourselves just to feel them. Every time we feel them they will release. If we don't feel them, they will not release. I know it sounds simple but as you know, it's quite hard getting to the emotion that is able to be released at times. And I feel that too; the difficulties of getting to certain emotions. [01:48:26.21]

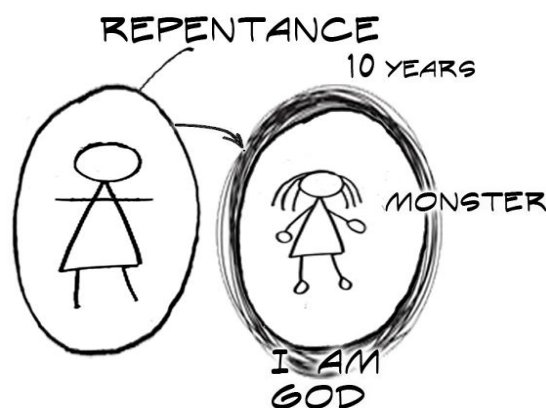
11.1. The example of dealing with a difficult daughter

Participant: Our eldest daughter, Lucy, has always been what we would term our "wild child" but now I've been doing this emotional work I'm owning as much as I can, or am willing to, of everything that she is in her life. So when she triggers me I will really feel into the emotion, rather than telling her off or saying, "That's really disrespectful," or whatever. And I'm really feeling there have been changes in the last week or so with my doing that and now I've gone to a real deep level of huge repentance for what I've done to her. [01:49:20.18]

Can I explain to people what's happened for yourself, just to give some clarity to it? What happened is you have a daughter, your eldest daughter, and what mum has done through the eldest daughter's first 10 years of her life is basically everything she wanted. Is that not true? [01:49:42.00]

Participant: Yes.

Everything the daughter demanded was given to her. If daughter wanted to come and sleep in the bed with mum and dad, then she slept in the bed with mum and dad. If daughter wanted to get something to eat then mum sorted out something to eat for her. If daughter wanted to go shopping... I'm just giving some illustrations; mum did those things for her. And so in the end the 10 year old came to learn that "I am God to mum." That's what she learnt. In other words, "I am the boss of this family. I'm the one with total control." And what we've got to do as parents first, if we've created that kind of a child, is we have to first grieve or go through the process like you say of repentance for the fact that we created that. [01:50:41.05]



Giving a child everything that they want turns them into a monster, believing that they are God of the family

Now it's an emotion within us that did that. It's an emotion of pandering to our children, trying to give them what we never had, and a lot of other similar types of emotions cause us to continually give and give and give and give, not looking at what we're creating. Because what we're creating is this: a monster. That's what we're creating. And what we need to do as parents instead of trying to correct the monster, is we firstly need to correct the reason why we created the monster, which is all to do with what we define as being a good mum. So for example, a good mum always does the best for her children, a good mum does this; a good mum always gives the child whatever she wants. And there's guilt driving that. There are all sorts of emotion driving that and what we need to do if we get into repentance we'll start to actually see the emotions that created this. Now as we do that, actually there will be an immediate effect on the child, which is what you're finding this week. [01:51:50.02]

Participant: Yes.

There's an immediate effect on the child. However because the child is now how old...? [01:51:56.04]

Participant: Fifteen.

Fifteen! She will also have some of her own work to do and there is a demand coming from her now that she is treated like she is the ruler of the household; and that is something that you'll have to confront as the effect of your own creation. And as you do that, she'll go through a tantrum here and a tantrum there, and eventually she'll work through the grief of not getting her own way anymore and she'll actually feel happier too actually as a result. Because she will start having self responsibility! She'll start treating other people with more love. She won't try to boss other people around all the time, treat her sister badly and so forth. And that will happen automatically because she is now dealing with that emotion. She's now getting rid of the thought that she is the ruler and realising that actually for love to happen everyone needs to have some equality. She needs to be equal. [01:53:00.10]

Participant: It's also made me sort of kind of stronger that I can say no. [01:53:05.11]

Yes.

Participant: There was a huge injury in me that I couldn't say no and that comes from my mother who just gave everything because she couldn't love us so she gave us everything physically. She was a typical mother; feed you, nurture you, cook for you, do everything for you. That was love. But I didn't know I was doing that of course. [01:53:23.11]

Exactly! You do now though.

Participant: Yes I do now.

So by the time your daughter was 10, you were feeling the painful effect of the creation and the key is to not go into blame of the child, which a lot of parents do. So that's what Renee's mum's done, she's gone into blame of the child, which is actually not dealing with the cause for mum at all because she was the cause of the rebellion. Instead deal with the

underlying cause within yourself as to why you created the child in that manner. Why you assisted her to develop in that manner. And when you do all that you'll find there's an immediate release in the child without the child having to do much. Until they get to a point where now the child has only a group of emotions that were their own creations, based on their choices rather than what the parent assisted them to do. [01:54:23.06]

And she will have those emotions to deal with. She will have emotions to deal with about her own choices that were unloving as a result of what was created. But by you repenting for what's gone on, you automatically assist the clearing of both yourself emotionally and the flow of God's Love into you emotionally but you'll also assist her to have some connection as well. [01:54:50.18]

Participant: Thank you.

It's a very powerful effect actually. Most people do not realise.

12. Painful events always have an unloving cause

Now one thing I'd like to just talk about just briefly is that there is a relationship between this law, the Law of Cause and Effect, and every other Law of Divine Love. And that is that with love; there is always something that's unloving that's the cause of painful events. So whenever the effect is a painful effect, there is always an unloving cause. So when we notice a painful effect we know that the Law of Love has also been broken. [01:55:46.03]

And in particular the Law of Divine Love has been broken. Remember I'd forgotten a lot of the Laws of Divine Love for some time in my life (in this incarnation) but having this realisation helped me to remember a lot of them by realising that every single time there's an unloving effect, there was something unloving inside of me that was the cause.

12.1. Love never creates pain: the example of a previous relationship of AJ's

Now if I can give you an example. I think I've mentioned a few times how I had a relationship with a woman who I only saw once a month for one day. And that was over a period of like a couple of years. I only saw her once a month for one day. Every time she left I just cried and cried and cried for a couple of days because I wanted to be with her more, but she didn't want to be with me. Interesting! But we'll keep that aside for a minute.

So I wanted to be with her, she didn't want to be with me. And every time she left to go back to her home, which was 900 kilometres away from mine, I would just cry and cry for quite a few days. And then after a while, after crying for quite a few days one time, I went, "Wow. I'm in pain," as if I didn't know that earlier! (Laughter) And for the first time I realised that actually, "I'm in pain because I'm keeping on choosing exactly the same course of action." And then I thought about the course of action. I thought I was almost addicted to this idea that I would long for her and miss her terribly for the entire month and that was going to be the rest of my life. [01:57:59.02]

And then I realised that actually if I loved her, I would not be in pain. Even, if she only wanted to see me once a month. I wouldn't actually be in pain if I actually loved her because love can only cause loving effects. So if I had actually loved her, and if I knew what love was of course at the time, I would not have felt any pain with her leaving. The opposite of what I was thinking before. Because every time she left I felt pain. Every time! Every time! She left: pain. Leaves again: pain. Leaves again: pain. Then for the next few days up to the time she was coming: excitement. "Yeah, she's back again." And then: pain. And often the day wasn't very good because obviously she didn't even really want to be with me anyway. So I'd feel the pain of that sometimes as well in the day. [01:59:12.23]

Then I realised that I'm feeling all this pain and I'm justifying it by saying that it's because I love her. And then it dawned on me, "I must not love her. I must have something else going on other than love." And when I looked at what else was going on, there was just a need to be treated badly by a woman thinking that that was love. There was a need or a desire to be wanted by somebody who never was going to want me. It was very, very dysfunctional. But I did come to terms with this one thing and that is, if the effect is painful then the cause isn't loving. [02:00:19.08]

Love is not the cause of pain. Love is never the cause of pain in fact. So I can't say that I love the person and that's why I'm crying. When the person I love dies, I can't say that the reason why I'm crying is because the person I loved died. It's not the reason why I'm crying. There's a different reason. And it's got nothing to do with loving the person. And once you realise that a painful effect can only have an unloving cause, you will be far more self aware of what's going on inside of yourself. You will want to be actually far more self aware. And once I realised the link between the cause and effect and the unloving cause causing a painful effect, and a loving cause causing a joyful effect; both applies. Once I realised this relationship I realised that I actually had the power within myself to change the amount of joy I have happening in my life. [02:01:38.23]

12.2. Using the principle of unloving causes creating painful events to change our lives

So even if God wasn't in my life, I would have the ability to become more happy and joyful just by understanding the relationship of the law. Even if God was not in my life and I wasn't receiving God's Love, I'd have the ability to progress and become happier. And that's the beauty of the law is that every single day it demonstrates to us this truth that love always has positive joyful consequences. And a lack of love or fear always has unhappy painful consequences. So, how many of you feel unhappy that you do not have a relationship? That you don't have somebody in your life, your soulmate or whoever, whom you love? How many of you feel that? Okay. If you feel unhappy about it it's because there's an unloving feeling coming from you towards your soulmate. [02:02:45.29]

Not the other way around. See a lot of you are going the other way around. You're going, "Yeah my soulmate hasn't worked this out yet." And, "My soulmate hasn't worked out that yet. And even if I know who my soulmate is, well you know that's because they don't want to do this and they don't want to do that." It's not true. It's not true because of this grief inside of you about not being with your soulmate and you haven't actually healed the causal emotion related to love that's involved. Because once you love your soulmate you'll be completely okay with not being with them. And the irony is there's a high likelihood in that place that they want to be with you. Because they're no longer feeling the projection, projection, projection, fear-based and unloving-based projections coming from you that create the separation. And if at least one part of the soul has no unloving projections coming from them, the other part of the soul is bound to be attracted. Can't be helped but to be attracted! So understanding the law can change your life in a lot of areas.

How many of you feel dissatisfied with your financial position in your life? In other words you can't create what you want to create because you don't have enough money? So what do you feel that's about? Well that's because, "I didn't have an inheritance from my mother and father and because nobody will give me any money for some reason." And what is it about? What is it about really? It's about an unloving cause within yourself related to this aspect of finance or money inside of ourselves. And all we've got to do is find it. [02:04:39.08]

And the Law of Attraction's probably bringing it to us every day because remember we have a cause that creates an event like clockwork, this happens like clockwork. This is like tick, tick, tick, another event, tick, tick, tick, another event, tick, tick. Honestly, in the course of an hour we have event after event after event and within the course of a day hundreds of events are showing us. And if we want to know them we'll see the painful effect. Now how many of you do feel the painful effect of not being able to create what you want to create? Well you're liars. No, I'm serious. If you felt the painful effect you would have found the cause. [02:05:29.09]

So you're not letting yourself feel the painful effect, you're trying to work your way around it all the time. Because if you really felt the painful effect you would be in the cause and the next day, two days later, five days later everything will change. That's what would really happen, if we were really feeling the painful effect. But you know what we do with the painful effect? We go, "Oh, I don't want to feel that. I don't want to feel that. Don't want to feel that, it feels terrible. I don't really want to feel that." And remember the painful effect isn't often what we think.

12.2.1. The example of money

You see with the aspect of money, for example, we're often going, "Yeah I don't have any money," and we have a big cry because I can't create what I want. Now is that the causal emotion? Did the child at 2 years of age understand money? Five years of age, did they understand money? Probably not! Probably 7, they might start to understand money maybe, 8, 9, maybe 10 you're starting to really get money, 12, and 13 now you probably understand money. Where do most of our causal emotions come from? Before we're the age of 7! Before we even understood money so how can we cry about the

lack of money and expect our money situation to change? It doesn't make any logical sense. If our causal emotion is before the age of 7 for most of us, then whatever happened had to be related to what happened before we were 7 years of age with regard to money. Isn't that logical? [02:07:02.12]

And if we're not getting to that emotion, we're not dealing with the cause. And if we don't deal with the cause we're not going to change the event, which is: we don't have any money. Does that make sense or does that make dollars... (Laughter)... that was bad wasn't it. You see a lot of time what we're doing is we are actually crying about the effect. You see what we're doing is the events happened, we put \$1000 in our bank, and we have a car accident: \$1500. Out goes the \$1000 and another \$500. We're now in debt. That's the event; the painful cause. Now we're feeling stressed, we're feeling anxious, we're feeling part of this is a part of the cause. The stress and anxiety that we feel about money or the lack of it, that's part of the cause. [02:08:03.10]

But we don't feel that. You know what we do? We go out and get another job. And we earn some money and now we feel safe. Now we've just dealt with the effect. Even if we have a cry about the pain of not having the money, we're still feeling the effect. Because we're not feeling the cause and we need to discover the cause. Your guides are just hanging out with you to help you discover the cause. You know, any mediums in the room, trust me, any person who comes along to you, their guides are going, "Tell them the cause. Tell them the cause. Tell them the cause." You know, "Not the effect. Not to deal with the effects." The guides are focused on this, if they're on the Divine Love Path, your guides, they are focused on this. [02:08:52.28]

So with money, we're obviously feeling the effect of a lack of money but we're not allowing ourselves, we're trying to feel the effect, but we're not fully feeling it because if we fully felt it and we really got into it, we would actually connect with the cause. And the cause won't be about money because it's highly unlikely it's about money because most emotional issues get created before we're 7 years old and we didn't understand money, most of us, by then. So it can't be about money, it's got to be about emotions from our parents. So how did our parents feel about money? [02:09:42.10]

Participant: So what happens if there's two children and with the money situation. One child carries on about how they don't have any, and yet the other one who doesn't seem to have dealt with their emotions fights their way to actually creating their own money? [02:10:12.14]

It's just there's a pendulum of the same problem. Here's balance. One child responds this direction because of their personality; the personality determines how we respond to a causal event. And one child says, "I've got no money, I'm never going to have any money," the child will go out and create lots of money but they still have the injury. [02:10:39.24]

Participant: So say one child doesn't have money finally works out their cause and becomes not necessarily abundant but doesn't have that problem. [02:10:51.28]

I suggest to you that if they're not abundant, they have not found the cause. [02:10:55.12]

Participant: What I was going to say was that, so the effect would be, say there's a financial crisis again the one with all the money loses it but the one who is abundant doesn't, the crisis doesn't affect them at all. [02:11:07.24]

Well a person who's abundant won't feel they have any lack at any point in time and therefore will be doing exactly what they desire at all points in time and I suggest to you that if they feel they don't have abundance or they still feel they're not necessarily abundant they still haven't dealt with the underlying emotion. I've found from experience emotions with money are quite severe and mostly to do with a lot of emotional trauma with the relationship between our parents. You see every single time our parents had an argument we felt no love whatsoever. Every single time! Now what are the causes of a lot of arguments in a relationship? Money's one, any others? Sex! What else? Mother-in-laws! So sex or unfaithfulness in sex or those kinds of things cause a lot of arguments. Money causes a lot of arguments and there's a third major cause of a lot of arguments in a relationship. [02:12:19.28]

Injustice is a third major cause. So in other words, one or both parents feel that the other parent is doing something unjust to them or unjust to the family. That's a major cause of arguments. Now if you look at those three major causes of arguments, every time your parents argued about one of those things, all the children in the family felt unloved. All of them! Because every time there's anger in a person, they are not loving. Simple as that! So the children can be upstairs, asleep, and downstairs the parents are having an argument the children can't even hear and yet the children are still going

to feel unloved from the event because they're in the sleep state, feeling the feelings from the parents anyway. So they're still going to feel the feelings.

So what's happening really is that every single time my parents argued I am going to have an emotional attachment about the reason for their argument. So if they argued about money, or they felt afraid about money or they feel they didn't have enough money and every single time they felt afraid or angry, I will not feel loved. Every single time! So if mum's terrified about how little money she has, I am not going to feel loved in that moment. So mum gets the mail, opens the bill, looks, "Ah, another bill." In that moment she has fear, "How am I going to pay for this?" All those feelings start coming up for her. In that moment every one of her children do not feel loved... in that moment. [02:14:17.22]

And so what do the children learn? Love is going to be removed whenever there is a money issue. That's what they learn. So there's a link created in them emotionally between the money itself, the having or not having of it, and their being unloved or unwanted or uncared for. There's an automatic relationship. Now the personality of the child will determine how they respond to that. Some of the children then go out and produce as much money as they possibly can for their mummy. They're producing it for their own life but they don't realise they're actually producing it for their mummy, so their mummy doesn't have to be afraid. The alternative is they go into this place where, "I don't deserve anything, I don't want any money, every time anybody gives me money there's always strings attached." There are all sorts of emotions associated with our parents with money. [02:15:25.28]

And that's what causes the lack of funds in our life, the lack of prosperity in our life. It's nothing to do with the actual money. And you can find people who have lots of money and they still have the same emotional issue. So what does that tell you? It tells you that there is an underlying causal emotional fear about money still within them and they have either gone to produce in order to give them the approval from the parents or whatever, or say they've got none and they keep on spending it without producing it. And that causes all sorts of other attention issues with our parents. Either way, we still need to find the cause. And so with money issues the cause is very rarely related to money as a result. The cause is usually related to a lack of love coming from the parent.

12.2.2. The unloving causes of fears

One of the best things you can do, to be honest, is to list all the things mum and dad get angry about and all the things mum and dad are afraid of, because they are the times you never felt loved. And you'll start connecting emotionally to many of them if you allow yourself to do that. [02:16:52.18]

Let's give you another example. You know how we have phobias, like claustrophobia, agoraphobia... what's the spider? Arachnophobia! Has anyone seen that movie "Arachnophobia"? Yeah that's pretty freaky, that movie. So we have a phobia, why do you we have phobias? It's exactly the same reason. It's got nothing to do with the spider, the height, the closed space, nothing. It's got everything to do with the withdrawal of love from one or both of our parents who were in that situation at the time with us. So, for example, you go along, a little child, 2 years of age, you pick up a red back spider and you're looking at it. For overseas people, a red back spider is like a black widow but with a red back on the back of it, and you look at it and it can bite you and it can cause your death. But the child's not thinking about any of that, it's just looking at the spider. I actually did this when I was a child; I can remember doing it. My mother came out, brushed the spider off me in a panic and rage and in that moment: no love. [02:18:11.06]

So what did you think I associated spiders with? Spiders: no love from mum. Spiders: no love from mum. Spiders: total fear of spiders and what is it you're afraid of really? No love from mum. I can't feel that there's no love from mum. And it's the same with falling from a height, fear of heights, fear of closed in spaces, fear of anything are all related to things related to our parents and their emotions about those things that caused us to feel a lack of love at the time. So can you see how the cause often has nothing to do with the effect in a seemingly logical manner? [02:19:03.08]

So how many of you are afraid of spiders? How many of you are afraid of snakes, spiders, lizards, frogs, mice, put them all together, how many of you are afraid? Okay, so 90% of the audience. All of those things have nothing to do with the animal. And you can test this if you want. You can put the animal in your hand and feel your terror and next week you're going to have just as much terror you had the first time you put the animal in your hand. Until you make the link that it's about the withdrawal of love, you will not address the phobia. Because it's only when we address the cause, the phobia disappears. It's always the cause, never the effect. And many of us can try to deal with it.

So how many of you are afraid of heights, falling from a height, dropping, free falling from a height and all of those kinds of things? So probably 50% of the audience! That has something to do with something that happened to you as a child related to the withdrawal of love and you falling. So you might have been in your mum's arms or you might have had daddy throwing you up, catching you, throwing you up, catching you and you're laughing and carrying on and everything's funny and then mum comes in the room and says, "What are you doing?! What are you doing?!" It could be that event that causes you to be afraid of that feeling. And so now every time you're driving along a road and you go over a little bump, "Ooh," that's a feeling, the same feeling. [02:20:57.21]

And you're not ever going to get rid of that feeling until you link the cause, which is, "My mother's withdrawal of love of a fear projected at daddy throwing me up in the air and catching me." Logical! Yep. [02:21:18.07]

Participant: How can we make a link if we don't remember? [02:21:23.01]

Well it's very hard to make the link but this is why we're having this discussion. This is why I brought this situation up, is to understand that most causes are to do with love, not to do with other things. So they're to do with love or a lack of it. So anything that is loving causes a loving and joyful effect, anything that is unloving causes an unloving effect. So if I've got a fear of money or I don't have enough money in my life, for example, it's got to be related to love somehow. And the key is for you to just allow yourself to have the awareness at your soul level that is has to be related to love somehow, instead of trying to guess that it's related to something else other than love. Does everyone follow that? [02:22:17.05]

You know that a lot of times what we're trying to do is we're trying to guess that it's, "Ah, it must be this and that happened and this event happened," or whatever but we're not relating a lot of our stuff to love and it's the love that needs to grow in us and it's the love that needs to change. And love and fear cannot co-exist at the same time and so therefore many of the unloving effects are caused by fear based lack of love causes and there is a linkage between love and the lack of love and our fear. When you get down to it, you will find that all of your fear is related to love. All of it! A feeling that you're not loved, a feeling that you cannot be loved, a feeling that you're unlovable, and a feeling that you're unworthy to be loved. All of your fear is related to that at some point. And the reason is because every single time your parents were in fear, or in anger, which is the denial of their fear, you did not feel loved. [02:23:23.00]

And, yes, we do need to process the emotions we need to process but in the end you will come to see the relationship. It took me a while to be honest, to actually stop trying to work out events and situations and to start seeing that God was just correcting love within me. And this is what the Law of Cause and Effect helped me to understand, was that God is actually correcting the love or the type of love or the lack of love within me. And that was the cause of all of these painful things that were happening in my life. And as long as I was willing to feel those unloving causes, to feel the feelings associated with them I could release them and come to understand love in the process. [02:24:30.25]

Participant: Is that why I heard a comment that you said that if you were conceived during the war then you're conceived out of fear and so the fear means that there's no love during that conception? [02:24:46.25]

No I don't think I've ever said that. I've said that if you were conceived during the war and your parents were in fear at the time then obviously there was no love present in your life from that time. And it would be associated with potential acts of violence. So you would actually have a terrible phobia about any violent act. You won't want to watch it on telly probably or you'll do exactly the opposite, you'll get violent video after video after video, wanting to watch violent movies. You'll do one or the other generally. There is always a love component in our emotions or a lack of love component in our emotions. And we need to see the relationship between the love components and what's going on in the effect of the emotion. [02:25:39.27]

And so like for many of you, how many of you were born during the war years, the Second World War years? Are there many of you? 5 or so! How many of you had parents who experienced the Second World War? And where do your emotions come from? Your primary environment is your parents, is it not? So, can you see that for many of us, there are going to be fear emotions about the lack of love when it comes to situations that are violent or potentially violent? A threat of war, a threat of potential violence, anarchy and so forth! Those emotions are going to be within us because for a lot of our parents, they did not release those emotions. For me with regard to war, it was my grandparents, so my father was born just after my grandfather came home from war and my mother was born after that. So both of my grandfathers went to war, so for me I'm three generations from war but many of you are only two or one generation from a war, which means you're going to have more emotions associated with that potential violence. [02:27:04.21]

12.2.3. The example of being adopted and having two sets of parents**Participant:** Hi AJ.

How are you?

Participant: I'm not feeling very good. I'm adopted and having two sets of parents... [02:27:16.16]

Do you know both of them now?

Participant: I do.

You do.

Participant: Yeah. And they're so... [02:27:25.13]

Different!

Participant: Yeah. Like my biological dad rides a Harley, so I've got a Harley but my dad that I grew up with is so scared about me riding my Harley that I didn't tell him about it for years and years and years. And then I stepped into truth. Anyway that's a story but I get really confused in... [02:27:48.10]

Where it came from?

Participant: ... in my causes, yeah.

You don't need to worry where a causal came from. [02:27:53.24]

Participant: Which parent?

No. You don't need to worry about which parent it came from, your body will tell you anyway, left side has to be feminine, right side has to be masculine so whatever happens on my left side has to be related to myself, if I'm a woman. So whatever happens to my left side has to be related to myself or my mother, or my dad's viewpoint of my mother, and whatever happened on my right side has to be related to my father, or men, or my mother's viewpoint of men. It's quite simple; this body is going to tell me all of that. So I don't really have to worry about all of that anyway. All I need to do is feel it. Feel the one that's there. That's the trick. You see for most of us what we're trying to do still is work it out before we feel it. And why do we do that? Because we're afraid! Why are afraid? Because we want to control the emotion so that we don't go overboard with our emotions and go into crazy! [02:28:47.20]

But in terms of giving you a bit more of an issue about the issue of adoption, the biological mother and father will have their child for a certain period of time. It might be one week from gestation to one week. [02:29:09.08]

Participant: I was given away at birth. [02:29:10.08]

Given away at birth? So it's still gestation through to birth. So there's still the first basically nine months where you would have absorbed the emotions of mum and dad. And then if you're given away at birth then you start absorbing the emotions of this mum and dad, the adopted parents. [02:29:32.18]

Participant: Do I still absorb, knowing my biological parents, I have done for a little while, am I still absorbing their emotions or through my childhood...? [02:29:42.16]

Well not really, what happens is during this nine month period, you absorb and have a connection with them and you absorb a lot of their predisposed emotions. This automatically makes you open to understanding them and open to feeling their type of emotion. Automatically! So when you reconnect with them later in your life, you will automatically feel certain things as a result of your openness to feeling things from them already. That's already been established. And your period of time with this group of family will actually predispose you to actually accepting emotions from that type of parent whoever they are. But in the end the underlying result is that we still need to feel our causal emotions and we just

need to release them and allow ourselves to get to them and a lot of times we want to know because we don't want to feel. [02:30:43.19]

Participant: It's my brain wanting to know which parent it is or something? [02:30:46.29]

Yep. It's something that would benefit many of you. If I want to know intellectually before I feel, then I don't want to feel emotionally.

So we're referring to one thing. So some things you will find in your life you will want to feel emotionally, and you'll relatively easily feel them to be honest. Other things, you'll have this going on, where you want to know intellectually before you go ahead and do it. You want to know what's going on before you feel it. I suggest to you, if you want to know what's going on before you feel it, you don't really want to know what's going on and you don't want to feel what's going on. So what I would do myself under those circumstances is I'll pray about my will, my desire to know, my desire to know from my heart, from my soul. That's what I'll pray about. [02:32:44.03]

IF I WANT TO KNOW
INTELLECTUALLY
BEFORE I FEEL,
THEN
I DON'T WANT
TO FEEL
EMOTIONALLY

I obviously need to work on my desire to know. So there are many things that I've had to work on my desire to know, to actually have a desire or a will to feel it rather than just know it intellectually. And many of you have learnt by now that actually knowing something intellectually hardly helps you at all, in many cases. And in fact unfortunately oftentimes puts you in a state of self delusion because you think you've dealt with something that you haven't even touched yet when you know it. So whenever you want to know something in advance, just stop yourself and go, "Okay, this is all about me not being willing to feel out of control, to feel that I don't know, to feel that I'm crazy or stupid" or lots of those kinds of emotions that's what it's mostly about. [02:33:40.14]

So allow yourself to address that. The issues with regard to parents are complex but in a way it's still the same; it's the willingness to feel the emotion that's going to get through everything anyway. [02:34:06.22]

12.2.4. We need to experience intense emotions to grow

Participant: Yeah they're pretty intense. I'm trying to deal with the time where you've been given away so... [02:34:12.05]

You know when you say it's pretty intense? Many of you say these things to me, "I went through this really intense experience the other day," and you explain it and you need to have intense feelings. Your soul in its greatest power is intense. That's where all your power is; in the intensity of things. You see when we avoid intensity; we're actually avoiding our soul. We need to allow the intensity to be present and when you do that you won't actually need to describe an emotion as intense to other people; you won't need to do that because you actually fully embrace the intensity. Every emotion I've ever felt has been intense and when I say intense, sometimes I've cried for 6 months straight, literally; all day for 6 months. Grief of losing my soulmate for example was one of those things. Now that's intense and during that time, yes, there were times when I felt crazy, I felt all those different things like I was losing my mind but I just allowed myself to feel all those feelings. And nobody else actually knew that I went through it. The only time I stopped crying was when I went shopping and when I slept. [02:35:56.07]

Participant: I'm not that intense. (Laughter)

This is what I'm saying; you don't have to worry about that, because when you fully connect with an emotion every emotion will feel intense. It will feel intense. Remember I gave that talk about stretching your soul, allowing your soul to expand? You need to allow yourself to experience your emotions in an intense manner. You know how parents always go, "Oh, you're far too sensitive. You know you're far too sensitive"? That's a heap of crap, you know, you want a sensitive soul. You want to be sensitive. You want to feel things intensely because eventually you'll get to the point where you've released all your pain and the only thing you'll feel intensely is your pleasure. You imagine that. That's at-one with God. Imagine that. The only thing you feel is your pleasure and you feel it intensely. You have to get used to intensity. [02:36:57.05]

Participant: When you cry for such a long time about something how do you know that it's not a self deception emotion? [02:37:05.25]

The Law of Attraction remember cause and effect always tells you. So if external events are changing over that time then you know that things are changing for you. [02:37:21.22]

Participant: Yeah. It does seem that six months was a long time. [02:37:24.00]

Well it was. But you have no idea how attached I was to my soulmate either, because you've never been there and one day you will know and understand. So you can't really judge it. You're not going to ever feel it and you don't need to worry about it. I'm just explaining to you that I use it as an example to say to you: allow the intensity. Allow it, because if you allow it your soul expands. That's the principle I'm getting at. You won't ever have to experience that with your soulmate. It's highly unlikely many of you will want to come back to this Earth and by the time you want to come back to this Earth, if you do want to come back to the Earth, it's highly likely that the Earth will have changed quite significantly and there might even be some people who are at-one with God who you can incarnate through and not have to deal with any emotions. [02:38:16.04]

So if you wanted to come back to the Earth, no matter what happens from now on, you will never have to experience the pain of my soulmate loss. Ever! In your own life! But I am saying to you that every single emotion that you actually have to feel, you will feel stretches you intensely. And you need to allow it. You need to let it happen. That's the key to growth. [02:38:46.06]

Participant: Just on that with your Law of Attraction changing. You were talking before about parents and sometimes their behaviour doesn't change but the feeling inside myself towards them about their behaviour changes. [02:39:01.18]

Well remember I said in the description of the Law of Cause and Effect and the Law of Attraction is that if you no longer feel pain from the event then obviously something's changed for you. Now firstly what I would do is I'd say: if the event is created then there still might be something present inside of your soul, whether you feel pain or not, you could be totally detuned from your pain. So you need to look at that. Because usually when you deal with a causal emotion within your soul the event is no longer created. And if it is created, you understand who created it and if it's a painful event for other people, and you're at-one with God, you know that you didn't create it. [02:39:58.04]

Participant: So just hypothetically, if I were at-one with God, my mum wouldn't be the way she is with me? [02:40:05.04]

No, she couldn't be the way she is... when I say she couldn't be the way she is with you, she might want to murder you. [02:40:15.07]

Participant: I don't have to be at-one with God for that. [02:40:16.22]

No, she already wants that. But do you understand because that might be other things creating her desire to do that, other than your soul. All we can deal with is what's in our own soul with regard to the creation of event. And remember I said to you that you are not responsible for everything that gets created. However, most of us think we're not responsible for anything that gets created and that's totally untrue. And in fact in an unhealed condition we are responsible for most of what gets created, that is also true. But once we become at-one with God we're not responsible for... when I say we're not responsible, we're not responsible for any negative painful event that's caused for somebody else because we no longer feel pain and we cannot create an unloving painful event. We can actually say something or do something in truth that creates an event that others perceive to be unloving. [02:41:14.08]

So you know how most of you perceive my death in the first century to be unloving? Well I didn't see it as that. But others did, of course. All of the disciples all were gutted by the event. They still call it, in the spirit world, "The great loss". Still now! That's how they referred to it. So they had huge amounts of grief associated with the event, my soulmate included. But I did not. So who created the event? Good question, isn't it? [02:42:09.05]

12.2.5. *The example of a mother not loving her sons*

Participant: I don't even know how to ask this but I know that I'm being more aware of the causes I'm creating in our children and at the moment I'm going through a lot of repentance about not actually feeling love for them a lot of the time, especially the boys. [02:42:33.08]

Can I point out to you that the feeling of realisation that you did not feel love for them, or do not at times feel love for them; I'd call that a realisation. [02:42:45.26]

Participant: As in an intellectual one?

Yes, it's not repentance because if you really repent from it you have to see the causes to why you don't love them. [02:42:58.16]

Participant: That's where I'm stuck.

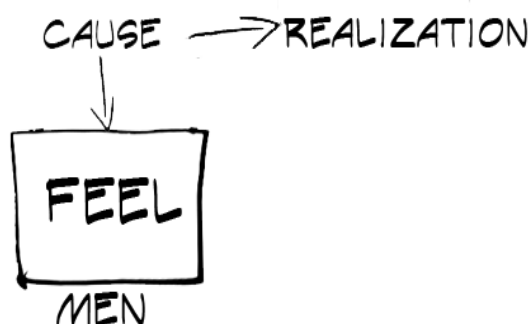
And you have to feel that. You have to feel that cause to be truly repentant. So it's one thing to have the intellectual acknowledgement and a feeling based acknowledgement of, "Yes, I can see that I don't love them and I can see that in this moment I actually don't feel any love for them, I actually feel angry with them or upset with them," or whatever it is that you feel. That is an important part of the process. You don't want to turn that off. But what you need to do is allow yourself to get to find the reason why you don't love them. And the reason why you don't love your sons in particular... it's mostly the sons, isn't it? [02:43:38.05]

Participant: Yep.

It's related obviously to men and something that happened to you as a child related to men that you're unwilling to feel. [02:43:51.27]

Participant: Yeah, totally. I don't know anything but that's right I agree. [02:43:56.08]

And the reason why you don't know at this stage is because you're unwilling to feel that. You're willing to have the realisation and willing to feel that you don't love them, but you're not yet willing to feel the real feeling of something happened to me in my childhood that causes to feel that I can't love men. [02:44:13.23]



Participant: So at the moment just allowing myself to keep feeling the sadness of... because I really feel so sad about the fact that I can't fully love them unconditionally. So I just keep feeling that and eventually I can? [02:44:29.03]

Yeah, see I don't feel that's truthful. The reality is you don't want to love them and that's caused by an emotion in you coming from your childhood in relation to men. I would, if I were you, go into the feeling, "I don't want to love men, I don't want to love them," and let yourself feel the anger of that position, "I don't want to love them," and then you'll get

into why you don't want to love them. That will lead you to the emotion, the causal emotion. The cause rather than just looking at the effect! The effect is you don't love them and they feel the effect of that most days and they rebel against that and some of them conform but the others rebel against that and you feel the effect of that every single day. [02:45:12.19]

My suggestion is now to go into the feeling you have that, "I don't want to love them," instead of judging it. You see you've been judging it a long time now. Stop judging the emotion that you don't want to love your children, and in particular your sons, and start feeling why you don't want to love them. What is it about men that cause you to not want to love them? [02:45:35.09]

Participant: Because this is what confuses me as I can feel so much love for my husband Liam [02:45:41.19]

I'm sorry, I can't agree. I can't agree with that statement. You believe its love that you're feeling for Liam because Liam does a lot of things that please you. If Liam stopped doing things that pleased you, how would you then feel?

Participant: Well we've already been seeing these addictions and addressing them. [02:46:07.29]

Yes. And what I'm suggesting to you is your children are doing less to please you and this is the reason why you're finding them difficult to love. But the reason why they're doing less to please you is because they feel unloved. Whereas Liam has got his own emotional issues with his own mother that he's carried into the relationship and so therefore does pander to the woman. Therefore you do feel loved when you're with Liam and so then you feel happier and you feel like you love him. But it's not true love yet because true love loves a person no matter what the person does or how they treat you. It's immaterial how they treat you. They can hate you or love you; you will still love them. They can want to leave you. Liam can want to run off with another woman, and if you really loved him you would still love him. [02:46:59.07]

Participant: It does but it's hard to hear.

Yes it is very hard to hear. And this is where the children are great because they show you that the injury exists whereas Liam can't show you because he has the same injury, favouring the woman that you have. And so he can't show you that the injury exists. He is attracted to you because the injury exists. Whereas your children are not attracted to you because the injury exists, they are feeling the effects of the injury and they are responding in the manners that they do based on their personalities to that injury. So they are far more trustworthy reflections of what's really going inside of you towards men. And in fact, in both of you towards men, not just one of you towards men! Because at the moment in your family there's a definite favouring of the woman and since there's a definite favouring of the woman over the men, and the little children who are men in the family feel unloved. And they're responding to this unloved feeling. Some of them in rebellion, causing havoc, and others sit quiet reading a book trying to stay away from everything. The different personalities cause a different response.

13. Closing Words

I hope you have managed to understand a bit more of the Law of Cause and Effect. Has that been helpful? Yep? That's good. And hopefully it will help you identify issues because remember that primary thing that whenever there is love in the cause, there will be a loving, joyful effect. Whenever there is an unloving cause, there is an unloving, unhappy, painful effect. So the key is we can work backwards. We can go, "Is this painful to me? Yes it's painful. There must be something about love that I'm not getting here." And if it's pleasurable to you, you go, "That's pleasurable to me, okay. Interesting! I think I'll leave that and just enjoy it until such a time as I'm shown otherwise."

So we're looking forward to the new year and seeing what we can accomplish as a group together with regard to growing in love in particular. And so we would like to encourage you to use this very busy and sometimes stressful time, over the next few months, to really practice love and identify the causal reasons inside of you as to why you find practicing love difficult. So have a good time and thanks for your time today. Thank you. And we'll see you in a few weeks time maybe.