

Introduction to Partner Relationships & Parenting

The Parent & Family Resource

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Eloisa discusses how partner relationship dynamics effect family dynamics, and how unhealed emotional injuries in both parents are reflected by children in the family.

Recorded on the 23rd of March 2021, at 9:00am, in Wilkesdale, Queensland, Australia.

Eloisa:

Hello and welcome to the Parenting Principles Program, I'm Eloisa.

Today I want to discuss relationships, partner relationships, in regard to parenting, and talk about a bit about the dynamics between partners and children.

As a reminder, this is taking teachings of Divine Truth as taught by my friends Jesus and Mary Magdalene, also known as AJ Miller and Mary Luck, taking principles of Divine Truth and applying them to parenting.

So, what I am speaking about, it's not new information, the original source is from Jesus and Mary, and if you'd like to find out more information directly, I suggest to go to the [Divine Truth](http://www.divinetruth.com) website {www.divinetruth.com} and they have links to YouTube channels and a lot of information.

The Parenting Principles Program is literally that, taking principles of Divine Truth, and then specifically talking about those principles in relation to parenting. Regardless of whether you're a parent or not yet, you could still apply these principles to your own life, that's the beauty of principles. They crossover all areas of life. They're not situation specific and that's why I feel they are so important to learn and understand, is you can actually take the principle and apply it to anything that is happening in the family.

I feel if parents make love-based changes, that there's a lot of wonderful onflow effects that affect children in a positive way, and actually create a much more harmonious, connected, close family relationships.

I feel there is a lot of pain and suffering that happens in families in general. Most of us as adults have various feelings and sometimes a lot of trauma actually from our family interactions as small children.

Some of us are in a lot of denial about what happened to us as small children, but the way we are now is directly affected by what happened in our lives as small children unless we've gone through a process of releasing those feelings, and issues, and errors, and beliefs, and whatever we've picked up along the way, and then acted upon in our own lives.

This program you can take any of the principles and you can apply them if you have children, or you don't have children. I particularly use family-based examples. I talk a lot about parents and children, as that is where I want to focus viewers on is the relationships in the family dynamic.

If you are a parent or you've been in a family, I'm sure that there have been times where there's been conflict, or people being quite unkind to each other, or also maybe you think - sometimes it feels like everything is fantastic in your family, but we don't really know - sometimes I notice that we don't really know our other family members, not their true feelings, or thoughts, or what they really feel about situations.

These presentations are to share the principles of Divine Truth and then if you would like to, you can experiment with that in your family and see how it goes. Some previous videos I have spoken about quite a lot of different concepts and ideas from the teachings of Divine Truth and then applying them to different parenting situations.

As I've been reflecting on the videos that I've already made, I've also realized how important it is the partner relationship, or the relationships between the adults in the family. Now that might be multiple adults, in the sense you may have grandparents still living with you, you may have siblings, I'm not sure, you could have all different dynamics with the adults, but the adult relationships influence what's happening between the children and also, the relationships between the adults and children in the family.

This video I want to focus mainly on partner relationships, so that's between you and your partner, whether that be a husband and wife, or a wife and wife, or a husband and husband, so two males, two females, or a male and a female, these same principles can apply to any relationship.

The principles also apply between sibling relationships, but the focus is going to be on partners, so a romantic relationship.

In this presentation, I'll talk about four primary questions that you can ask yourself, and your partner can ask themselves in a relationship, it can help you to learn more about love, and measure where you're at in regard to if

you want to love or not. Loving and having a desire to love in a relationship is pretty important if you want the relationship to grow and develop, and to be a close and connected one.

We'll briefly cover that we're a human soul, again because the soul is the real conversation, or the real interaction we're having with another person, and being truthful and transparent and honest and open about what you truly feel, and think in regards to the four questions that you can ask in a relationship and also, in regards to any time that you're doing self-reflection is the most helpful and rapid way to grow and develop in a love-based manner.

I'll also cover if both parties are aiming for God's Truth rather than trying to get what they want out of a situation, that that's a good way to work towards a relationship that is based on love, and truth, and in harmony with God's Way, which will make a smoother, more enjoyable, close and more connected relationship.

If you're still working through your issues with God, you can just aim for love, like what would love do, and again, it's going to be - I always just think it's almost impossible without God because if you don't understand what God's Love would do, then you're just basing it on the world's way and to me, that often isn't feeling very good, or doesn't feel very loving, and there's a lot of problems I think with humanities' idea of what love is.

I'll also cover how aiming for Absolute Truth or God's Truth is a wonderful way to interact in a relationship. If both parties are aiming for Absolute Truth or God's Truth, it means that you're not always invested or demanding that what you believe and what you feel is the right way.

If both parties are investigating towards what is the ultimate truth in order that you can grow and develop your relationship in, you know, with the faith that you'll have more happiness and it will be smoother and more connected and closer, then you need something other than your own opinions and beliefs to aim for. We'll talk a little bit about that.

I will also cover how the relationship dynamics in a partner relationship affects the relationship with children, and how children reflect a lot of things that are happening within a partner relationship, as well as covering how parents substitute anything that's not happening in their relationship - like anything that they're not getting from the relationship, they'll often substitute in the children, so I'll speak a little bit about that as well.

So, let's get on with this presentation which is about partner relationships in relation to parenting.

We are a soul (drawing on whiteboard) and we can be as I've talked about before, can be male and male, female and female, or female and male. Probably because I'll use myself as an example, I'm going to draw this as a male/female soul.

I've spoken in previous videos how we are the soul, that's the real us. It's our desires, aspirations, feelings, memories, thoughts, our belief systems, our experiences, our passions, our desires, that's the real us, is our soul, that's what God made, beautiful, pristine, and perfect and that soul then comes into the world.

It incarnates via two people having sex, so our parents having sex and then we come into the world as these lovely little beings who come to find out about themselves, and explore, and really discover our own souls, I suppose, and come to know ourselves, and our soulmate, so that image of the soul (pointing to whiteboard) is us and our soulmate and we're one soul. It's not just me and them, it's our soul. We are one being.

Now God's also created it that we have a spirit body and a physical body, and those bodies interface or experience - those bodies interface with the physical world and the spirit world.

If you thought that you disappear after you die or you pass, pass is a better world to use because dead sort of is like final and you're gone, you're not really gone.

Really what's happening is, you are passing from the physical world into the spirit world, and that just means that your physical body dies, or it gets very sick, and often mostly as people get older it gets all decayed and decrepit, and you no longer have a use for that, really, because you don't deal with all your emotional injuries and feelings and issues, meaning that you don't let your emotion flow through you, and flow out of you because if you did, your body wouldn't decay and it wouldn't break down as it does when we age, or it wouldn't get sick.

But because we don't deal with our emotions and instead, we sort of lock them up and hold them into us, that has a physical effect on our body. So, when we pass, we have our spirit body that we then interface with the spirit world, and then we go into - we can like do all kinds of things there.

Now when you pass into the spirit world, it doesn't just all magically disappear. Everything that you thought, believed, felt on Earth, you still think, believe and will do in the spirit world, and from speaking to certain spirits and also, from hearing Divine Truth teachings, I've come to understand that your body actually reflects all of the unhealed emotions that are in your spirit body, and you can literally, if look at yourself when you pass into the spirit world, you can see all of the areas that are still injured, and that you haven't worked through emotionally.

I think that's kind of cool because then you've got a map, if you like, a physical map of where the pain you need to release is, so it's just another feedback system, as is the physical body if we're sensitive to it, and that's something that - yes, it's just interesting I think, and you could keep in mind.

So, here we have the soul (pointing to whiteboard), and here we have our physical body, and this is the female expression of the soul and the male expression of the soul, and our spirit body. So, I suppose you could say you have - well the whole soul has four bodies, but if we're just talking about me, Eloisa, I have a physical body and a spirit body and that is connected to my soul which is the real me.

I have a soulmate and I'm pretty excited to find out who he is, and to recognize him, but that's a process that is for another discussion. (Laughs)

In saying that, this is the partner relationships one, so I think we'll have to cover a bit of things about soulmates.

Today we, just as a reminder, talked about qualities developed, we've talked about how this is the real you (pointing to "soul" on whiteboard).

Now this is very important to remember because the soul which I suppose if I was drawing this kind of proper, there we are. I don't know if actually that's going to come up so well so let's do it in (drawing the soul in a different colour). Okay, so here we have our soul, this is our soul, here are our spirit bodies, here are our physical bodies.

And as I said, this is our soulmate, okay. This is very important and as partners, like I don't know the statistics of soulmates to be honest, of who's together but in our world, we have a lot of false beliefs about what a relationship and a partner relationship is. We have a lot of false beliefs about relationships in general, to be honest.

I feel that there's a lot of distorted information about relationships, particularly sexual relationships, or romantic relationships, or intimate relationships, I suppose you could call them. And on Earth, there's the belief that you can have multiple partners, and there's all kinds of people for you, and if it doesn't work out, you can move on to another person.

The truth is that God's made one other physical expression and spirit body expression of your soul, so it's like you have your perfect playmate.

God thought of all of us and went, wow, we'll make this whole soul, and we'll make two expressions so that this person can have a lovely relationship, and it's via relationships, I think, that we learn the most about love.

Another reason why I feel this parenting program is so important is because we have - like bringing up children into the world, I feel it's a parents' responsibility to also teach children about relationships and also, have a relationship with children, and not always in the way that the Earth thinks is a good relationship because often there is a lot of error, and pain, and distortion in the way that parents interact with children.

You may not have heard about the concept of soulmates yet, but I know, for me personally, I had quite a lot of feelings about soulmates at first when I first heard about them, I thought, wow, that's so cool. It really appealed to me, how it resonated in my soul was like, wow, that's so wonderful, and I felt quite elated, and quite excited about it.

I was in a relationship at the time with my ex-husband and at the time, I think I just wanted him to be my soulmate, I didn't feel that but I just was like, oh well, I don't want to think that he's not because that would open up a whole lot of questions, and feelings, and thoughts, and if we're not, then maybe this relationship is going to end. There were a lot of feelings that I wanted to avoid.

For a whole lot of different reasons, the relationship with my ex-partner has broken down over quite a number of years, and we're no longer together physically. Ironically through that process, it brought up a lot of feelings in me about the opposite gender, about myself, and me as a female, and sort of been looking at a lot of gender issues and feelings, and also, had a quite a lot of anger about soulmates, to be honest, and feeling like kind of it's unfair or a lot of sadness as well, that potentially I may never be with my soulmate, or I might not recognize him, I had a lot fears and all kinds of different feelings and thoughts.

And as I've gone through that over the last, probably the last year, I'm now really curious and excited about who my soulmate is, and I'd like to really recognize them and feel who they are, and that feeling is changing. What I've realized is that I need to be myself wholeheartedly and without apology, if you like, and express who I am, and the passions of our soul, and the desires of our soul, and I've got to find out what those are because I haven't been very clear on those.

I've been living a life where I've had my own addictions, and I've had certain beliefs about different things like, about being a mum, and how that the role of a parent is almost more important than developing my own soul desires and passions and trying to enable the children to do things while not doing things for myself which I don't feel any more is a good thing.

I think it's not a good example to set for children as a parent to put your own passions and desires on the back burner. That doesn't mean that you do it at the expense of everyone else in the family because you do have a responsibility to children, and I do observe, due to different people's beliefs and injuries and feelings and thoughts, sometimes parents just do what they want and almost neglect the children, and have no input and no relationship with the children, and some parents are super involved and smothery, like too involved with their children rather than getting on with developing their passions and desires. I think both of those are sort of opposite ends of a spectrum and I'm not sure that they both work out.

I feel that in a family you'd want every person in that family to be developing their own passions and desires, and to be exploring and finding out new things, and finding out who they are and what they love and what they desire to do. And I feel as a family, there's some lovely opportunities in order that you can do that. I'll talk far more about all these things as we go on, but they all just sort of relate in.

We've covered basically that we are a soul, we have a soulmate, now if you're already in a relationship, you may or may not be with your soulmate. Over time if you chose to love and you desire God's Truth, and you grow a desire to come to know who your soulmate is.

Firstly, you will need to resolve the questions of, do you believe in soulmates, if not, why not? What are all the feelings that you have, and if you develop a relationship with God, you can directly ask God for the truth about soulmates, and it will be an emotional process if you're sincerely going through it, guaranteed, and that's normal. And that's a wonderful

process to come to know, and I'm finding I don't know who my soulmate is yet, but I know that I am very excited about knowing who he is, and there's this growing feeling of wanting to know.

What I find is that every time I long for my soulmate, so I have a prayer to know who my soulmate is, I often just get the next thing of where I'm unloving or the next thing I'm doing that's not going to support a love-based relationship.

I feel like it's so worth doing because you find out all the places in yourself that are not in harmony with love, or not in harmony with God's Truth, and this is something that I think is quite exciting to develop, and part of the process of becoming aware, or part of the process of coming to know your own soul.

Because if I don't know our soul, how am I going to recognize who my mate is. If I don't know what our soul loves, and what God created, like the gifts and talents, and the nature and personality that God has gifted this soul, that means that I'm not going to recognize my soulmate when I bump into him, and maybe I've already bumped into him, who knows?

I don't know yet so that's something that I'm excited to find out and I've realized that I need to be me, be our soul, is a better way of saying it, be our soul without, and I say without apology that for me personally I've often apologized when I'm more expressive, or more myself, and I feel now that I need to be so firm, and come to love our soul, and that means like, yes, expressing our nature and our personality, and being truthful and transparent, and desiring to love our whole soul.

If you're just looking at the physical and the spirit bodies, you know, that I love the other half of me, but I also need to love me, and this carries on from introducing the concept of love and God's Love and receiving God's Love.

I have in the past wanted to be loved rather than wanting to love, and that was a problem in my past relationship as well, and also with the children. And I think a lot of parents have this problem, is that they want to be loved rather than having a passionate desire that is pure to love the other.

We're happy to love our partner while they're doing what we think they should do. We're happy to love the children while we think that we're happy with what they're doing, but do we love them just because they exist.

Do we love them just because they are this beautiful creation that God has gifted us on Earth?

Do we love because we have this passionate desire to love others and that's a very, very key important point?

Do we want to be loved, or do we want to love?

I'm finding that growing a desire and having a desire to love, there's a lot of joy, and happiness, and new understandings that come by developing that desire.

As I said, I really wanted to be loved. I had children to be loved, that was one of the main reasons that I wanted to have children, along with a whole lot of other things as well. I wanted someone to love me because I didn't want to feel, emotionally experience, how unloved I felt.

And I suppose at the moment I'm facing the fact of, no, I feel emotionally unloved, and I'm beginning to work through that in an emotional way, meaning that I just feel how I feel about feeling unloved, and there's a lot of crying, and sometimes anger and fears, and all kinds of different things, and beliefs I have about that.

I'm just working through that, and that will take as long as I chose for it to take, until it's all gone and then I will no longer - well, I don't know what it will be like afterwards, to be honest. From what I hear, I won't have a demand on somebody to love me anymore so I won't have any expectations or feel that they should. I do suspect that I will feel far more sort of content in myself.

God is always loving us, if we're open to receiving God's Love, so it's not that we're not loved, it's just a feeling, and feelings are there just to be felt, feelings flow through us and once they're felt, they're gone. They're not forever. Feelings are like finite, they flow and then they're gone, and then you move on and there's a new feeling, just like a little baby who's feeling what they feel in the moment as they feel it, and that's how we need - what we need to get back to and become sensitive again to, as adults.

Now I've discussed or revised that we're a soul, that's the real you, your nature, your personality, your passions, your desires, your memories, your thoughts, your feelings, like everything that's happened to you, that's all in your soul. Now the beauty of that is that you can work through anything or

access all of that at any time as long as you are open to it. Again, it's an emotional process.

All of those things got in there and they stay in your soul, particularly say the injured parts or the errors or the false beliefs, they're sort of absorbed or collected along the way as you grow in your life. So, you absorb a lot of things when you're a little child, and then you start acting on those things, and you start making decisions, and then you start doing things, and then you start cultivating different beliefs often based in rebellion or in rejection of what happened to you as a child, but that's what we do along the way.

All of those things that we act on and make choices on, they now become very much our responsibility, like there're are the things done to us which we will need to forgive; there're the things that we do to others, and those are the things that we'll need to repent for.

The things that we've done to others out of harmony with love and out of harmony with God's Truth and God's Way, they are often the hardest things - like they feel the most painful because we decided to do it.

It does feel painful when we're treated badly, it does, but I found that because we made the choice, we could have made a different choice, and we didn't.

As parents, we have a responsibility to come to see what choices we are making, and where we are out of harmony with love, and where we don't understand love, and what we're trying to enforce on children, if you like, or how we just come to see how we influence the children in our care, and what our beliefs are, and how are we imposing those on the children.

Because what is in your soul, and as we've said, those are the beliefs, the feelings, the thoughts, they are what you truly feel, not what you think or what you want to believe you feel, not like this made-up facade, but what you truly believe and what you truly feel, that's what the children absorb, that's what they are reacting to. And it's important to know, to know that about yourself and that's where truth comes in.

I think that brings me nicely to this partner relationship. I've talked about soulmates and the soul, so there's only one other person in the whole world for you which I think is a beautiful concept, and such a loving provision from God.

It's like, imagine if you're just - if you find your soulmate, imagine you found them when you're really young because you were open to it and you could

feel - you're allowed to be your own self and express your nature and your personality, and you were allowed to develop your passions and desires, and I'm not sure, maybe you like go to school one day and you see a little girl or a little boy, and you're like, wow, that is just like the female or the male version of me, or there's the other part - that just feels like me, they're the same person.

Imagine if you met them really young and then all of the wonderful things that you could experience as you grow and learn together. It's like having a wonderfully very best friend, that's how I kind of feel like what God's made this provision.

And the more that I work through, in regards to my beliefs or sadness's, or angers towards, basically my emotions towards the opposite gender because I feel my soulmate is male, the more curious I get about the opposite gender, and how do they feel, and what do they think, and particularly my soulmate, but also it's opening up basically the other 50% of the world of more interest in them, and how they feel, and what they respond to.

It's quite amazing that the way I think that God has created it because the process to come to recognize your whole soul, not just the Eloisa part expression of it, or apply it to yourself, coming to know and understand your whole soul is a really emotional process.

The beauty of it is that it can help you to come to understand yourself and what you're like right now, which is very important, regardless of what that's like. You don't need to judge it, you just need to see it for what it is, and then you can come to know your whole entire soul.

And I feel like, it's a similar process to come to know God, you know, you need to find out who God is. Coming to know another person involves wanting to know them, being interested in them, wanting to find out about them, listening to them, being curious, spending time with them.

It is going to be a whole lot of different actions you'd probably take in order to come to know someone, whether they are your soulmate, or just in a relationship, as we're talking about partner relationships, we're talking about an intimate relationship.

And those same things, as an aside, getting to know God, you're going to need to spend time with God, and have chats, and learn to feel because

God communicates through feelings. I also feel that people feel through feelings.

We have another tool, we have words and if you're in the same place as a person, you can see their body language, and we can - I feel like we rely on those things sometimes but actually it's all about feelings, and the more we can feel other people, in the sense of be sensitive to what their feelings are, what their motivations are, their intentions, their desires, who they are, their personality, their nature, that's when you really come to know a person.

A lot of what people say about themselves or about others, I don't know, some of its real, some of its a lot of facade and not really the real thing that's going on. And depending on the person, depends on how real they are in the sense of how truthful, how honest, how transparent they are about their own thoughts, feelings, beliefs, ideas, whether they'll express their personality and nature, and all of these things, I see as wonderful gifts and ways to discover and come to know others.

As we're talking about soulmates or our partner, again as I said, you might not be in a soulmate relationship, you might not even want to be with your soulmate, you'll need to work through those issues.

From my understanding of Divine Truth, the soulmate relationship is the most - I visualize it as like a magnetic pull, and the more you are yourself, the more you express yourself, the more you emotionally work through, the more you are your real nature and personality, the more magnetic - like your magnetic field for your other half of you is going to pull them in even stronger.

And I feel like there will come a time if you do work through all of the issues that are out of harmony with love and truth, and you come to truly know and understand who you are, and your soul's nature and personality, that if you are in a relationship with someone who is not your soulmate, you won't be able to stay in that relationship.

It doesn't mean that it will be a messy breakup, you'll just come to a point of understanding where you'll be like, well, we're not soulmates so there's no point for us to be together, and if both parties, this is hypothetically in a best-case scenario, both parties work through any issues they had with the opposite gender, and they had a pure desire for their soulmate, eventually if they were originally in a relationship with each other, they'd part and they'd find their soulmate and they'd probably remain friends.

What I notice is that mostly breakups are not very amicable. There is a lot of pain and suffering that goes on between parties because either one or both parties don't deal with their own emotional feelings, and they want to blame the other party, and they don't want to work through the issues that were exposed in that relationship.

I feel relationships are a wonderful way to learn more about yourself, about everything really, about God's Laws, and about truth, and about love, about being humble, about faith. I feel like that's why God made relationships, like there's 7 billion people on the Earth and every person you meet, you have this potential to learn things about yourself and about them.

And relationships bring so much joy, they can also bring so much pain. The pain though I feel comes from a lack of truth, a lack of transparency, a lack of desire to love in the relationship, and I suppose you could just say, a lack of desire to love and then, all of those things because truth is always loving as well, and part of love is being humble, and part of love is having faith, and part of love is taking action.

I'll just summarize it down to, basically, your lack of desire to love causes the pain in a relationship.

If you are humble and you just felt all of the pain as it came up and you released it, I think your relationship would be far more smooth and better. I know for certain that when you're more truthful in a relationship, it's far more attractive, like both parties when they're both truthful, there's a lot more chemistry and closeness created.

Truth creates closeness and connection in any relationship, so very important to look at why you don't want to be truthful if you're not, and if you're feeling dissatisfied in relationships, work out why, find the why.

What is it that is happening?

Do you want to love, if not, why not?

What do you think is love?

Is it really loving, you know, there're all these different things to work out?

Now Jesus came up with four questions in a partner relationship which I want to share. I feel that these questions are just a wonderful reference tool in your partner relationship to go back to, time and time and time again, in order to reflect on, and to see where you're placed and measure, where you're at in regard to love in a relationship.

So, I'm going to read those questions out; I'll also write them on the board for your reference. And they're tools that you can use, they are questions that you can reflect on and apply to your relationship to figure out what's going on.

Jesus has done a lot of relationship talks actually and on soulmates as well for anyone who is interested, visit the [Divine Truth](https://divinetruth.com) channel {divinetruth.com}.

These questions are taken directly from one of those talks and there're some FAQ's as well, where the questions are presented and then elaborated to an extent, there's more I'm sure that Jesus and Mary could say on these subjects.

The first question is really that comes in a partner relationship is, do you want to love? It's that simple.

Do you want to love?

If you don't, it's worth working out why. The why is the reasons that you have for why you don't want to do something, and if you can find the reasons, then you change them.

The reasons and the why also can help you to find the cause, like of what is the actual thing that causes you say, in this instance, not to want to love, but this is a principle that you can use across anything that you do. Find out why, you want to find the cause of what's happening in your life.

If your answer is no, I don't want to love, then figure out why? Is it because you want to be loved? Is it because you have erroneous beliefs about love, you think it's going to hurt, you think that you're going to be hurt, you feel that if you open your heart and you love someone else, they're going to attack and hurt you? Do you think that you're already loving them, and that they're just not loving you enough, which isn't really loving them? (Laughs)

What are your specific beliefs?

What are your beliefs about love?

Why don't you want to love if that is how you feel?

Now if your answer is, yes, I really want to love, you know I really want to love, then measure, are you being loving?

Now again, it's going to be hard to measure if you don't have an education in love, but you can look at it, apply it to basic ethics again, and say, alright,

well what I do to my partner, would I like that? Is that really a loving thing to them?

If you have an expectation that the man in your life takes out the rubbish every time, or your partner because it could be two females or two men, your partner is the one who should do all of the jobs you don't like doing, that's not love.

You might think that's loving to you, it's not loving to them, or you may have an expectation that your partner is the one who looks after the children all the time, and you might have an expectation - look at what your expectations and demands are.

They may have expectations and demands on you. This is something that you can reflect on with your partner. I do suggest if you're going to do it that way that each party goes off individually, looks at and really spends time feeling about this question, do I want to love, and feel about it for yourself, be very, very, very honest with your yourself.

I suggest don't judge the answers, just let yourself feel and be honest and truthful and open with yourself about what your real feelings are.

Depending on the relationship that you had with your partner, you might want to share with each other the truth of what's going on, and I guarantee if you're sincere and humble, meaning that you are open to feeling your own emotions, it will bring up feelings and emotions in you.

Just remember as a partner that you came into the relationship as an adult, or you might have met when you were a teenager and depending on how old you are, but you are at least semi-grown, I suspect, if you are in an intimate relationship and if you are, then remember that you bring in your baggage with you.

You never enter a relationship just as a clean slate. If you've been in previous relationships, you're going to have a whole lot of feelings and beliefs that you might not have worked through, and things that you demand and expectations that you have from a partner, those things you brought before you met your partner, so they're not your partner's fault; they're already with you.

If you've been in a long-term relationship with a partner for many, many years, now there might be certain things that you've done to each other that have been hurtful or has some pain attached to them, but again, before you came into the relationship, in most cases, those things were already in you.

You already had an opening to receiving certain things or doing certain things in your relationship, so this is not a blame game, this is about you feeling, and coming to know how you feel, and what you think, and what is going on for you personally.

This one question, do I want to love, like I just ask it all the time.

I ask it in regard to partner relationships, I ask it in regard to my children's relationships, I ask it in regard to relationships with friends, with strangers, with the rest of humanity - do I want to love the whole of humanity; do I?

Do I want to love people who I feel uncomfortable with it?

Do I want to love? Obviously not, like if I feel uncomfortable, then there must be something in me not doing it, but if I have a desire to love, I can work through that thing.

Do I really want to love people who have done what seem to be atrocious things in the world, or violent acts, or people who might be less than that, it might be just condescending people?

Do I want to love people who don't treat me very well?

Do I want to love people when they're angry?

Do I want to love people, like 'do I want to love' can be applied to anything that you do, and it's a wonderful reflection question to feel about in any circumstance?

It also can be applied to the environment, just as aside, so do I want to love the environment, the natural environment; I'm talking about, nature and the trees and the earth and the seas or the oceans, and things like that.

Do I want to love is quite an essential question to resolve in an emotional heart-felt, soul-based way.

Again, remember the principle that I've talked about earlier, no change occurs unless it's soul-based emotional change, and self-reflection is an emotional process, so it's about your feelings, your real feelings, and your real beliefs, and your real motivations, and your actual intentions, that is what you are looking for when you answer this question.

Now as Jesus shares in the talk on relationships, there's four questions that relate to, 'do I want to love', and those four questions, I need to apply from your perspective towards your partner and also, from your partner's perspective towards yourself and themselves.

The questions that are going to be applied because there's two parties in a relationship are towards me, and do I want to love myself, and do I want to love my partner, and for your partner, does your partner want to love themselves, and does your partner want to love you, so these are the four questions.

The first question is, what would love for myself motivate me to do for myself?

The second question is, what would my love for my partner motivate me to do for them?

The third question is, what would my partner's love for themselves motivate them to do for themselves?

The fourth question is, what do I feel my partner's love for me motivates them to do for me?

Now that's what I'd ask (pointing to the questions on whiteboard).

Then your partner is going to ask them from his or her perspective as well, so both parties need to ask those questions for themselves, and answer those for themselves in order to gain an education about love, and what love is all about.

These are questions that you can refer back to again and again and again, in order to start exploring what love actually does in a relationship. I feel this is a wonderful place to start, and that's why in this video we are exploring these questions first.

The four questions, as a reminder, what would my love for myself motivate me to do for myself, what would my love for my partner motivate me to do for my partner, what would my partner's love motivate them to do for themselves, and what would my partner's love motivate them to do for me, and both parties need to ask those questions.

If I'm in the relationship, I need to ask those questions to myself on all four areas and then, my partner would need to ask those questions on all four areas too.

Now if you notice, the first two questions are about me loving myself and also, me loving my partner, and the third question is about my partner's love for themselves.

There's only one question about the partner loving me. I notice in relationships that there's often a demand that the other person loves you.

There's a lot of different dynamics in a relationship and the key points - the principle is, do I want to love and that is a decision I need to make, and 'do I want to love' is going to be a question that is going to come up all through this Parenting Principles Program.

It's going to be raised again and again and again into different situations because as a parent, we need to resolve that question of, do I want to love? Do I want to love myself; do I want to love my partner; do I want to love the children who are in my care?

When I say, in my care, because I'm specifically saying it because we are all God's Children including Earth parent's children, they are still God's Children, and we are just caring for them as they grow old enough to actually explore and investigate the world for themselves and make their own decisions.

We have this lovely gift of having an interaction with one or multiple souls as children, and to actually give them a gift to teach them about God's Laws, and that it is possible to have a relationship with God, and about love and truth and humility, and anything that we've learnt about love.

So, if we haven't learnt about love, we're not going to be very good educators, and if we don't understand what love does and even if we don't want to love, we're probably going to make some pretty bad decisions, and treat other people unkindly, and in an unloving manner which results in a lot of pain and suffering in the end if we continuously do that.

So, these four key questions I feel are very, very helpful in a partner relationship to start to analyse and measure where we are in regard to love.

And you might find that you just want to be loved. Now you've got a starting point, you can be like, wow, I really don't want to actually do a lot of loving in this relationship, I want to be loved.

Or you might find that you actually just want to give a whole lot of things, and not love yourself, well that's not loving either because you need to be self-responsible and love yourself, and then it's going to become all of these barter-based things where you want someone else to love you, or "love" someone else at the expense of yourself which is not really being loving.

I've done that personally and you get something out of that because it makes you feel certain things, or fills in certain holes, really to avoid feeling some pain and beliefs you have about loving yourself, but it's very important that both parties love themselves and both parties have a desire to love the other. Now this applies, as I said earlier, to all relationships, but on this context, we're talking about partners.

You could also apply these questions to God's Love, and you could say, what would God's Love motivate me to do for myself, what would God's Love motivate me to do for my partner, what would God's Love motivate my partner to do for themselves, and what would God's Love motivate my partner to do for me? If you're having a relationship with God and developing a relationship with God, then you could start looking at the different ways that these questions can apply.

The first one is, I suppose investigating, and if you don't know much about love, again, you can refer to ethics of treating the other person as you would like to be treated.

Again, sometimes we want our addictions met, and we think those are loving, so it doesn't mean that it will be a purely loving relationship, but I have used ethics as a method to figure out what is and what isn't loving, and it does make a relationship much nicer and smoother and more enjoyable if both parties are ethical with each other.

Even one party being more ethical in a relationship has a positive effect on the relationship in my personal experience. I feel our relationships are a wonderful way to learn more about love.

I also feel relationships are the greatest source of happiness, actually, On Earth I know there's a lot of pain in a lot of people about relationships or past relationships. Often pain with your parents, or your siblings, or ex-girlfriends, or ex-boyfriends, or various relationships. There might be a whole lot of pain in the relationship you're currently in, due to the choices and decisions that you have now made in order that you're where you are right now.

We've talked about how do you want to love, and that's assessing where you're at in regard to love, like do you want to, and you need to be honest, if you don't, then figure out why not.

Now if you're doing this as partners together, I really do recommend going and feeling on your own. I just notice often with partner's relationships, they

influence each other, or you don't want to say certain things in case you offend your partner, or there is a certain dynamic that happen in different relationships, and sometimes just taking some time on your own to figure out what you feel, and think is very important.

Now I do feel if you're in a partner relationship, the more truthful, honest, transparent you can be with one another, the better the relationship is going to be.

Now if you've already based your relationship on lies, and deceit, and facade, and being what you think your partner wants, or being what you want, and you want your partner to reinforce what you want to believe about yourself, then being truthful and transparent might shake your relationship up a little bit. There might be some conflict and there might be sometimes where you don't feel very close and connected for a while, don't blame the other person if this does happen.

I feel really important to suspend judgement of yourself or the other person because those things destroy relationships, they don't help, and they also block you feeling how you really feel about things.

If you apply the four primary qualities to your relationship in the way you interact with your partner so love, truth, faith, humility, if you apply that in your relationship, sincerely, then even if there is conflict, or turmoil, or you start actually shaking up your relationship a little bit, you will get through it and be able to build a relationship based on love, and truth, and faith, and humility, among other things - qualities that are actually strong and a foundation based in love.

What I observe in the relationships in the world today is that most relationships are based on co-dependence and addictions. They are not based on a pure desire to love one another, so both parties coming together and saying, I want to love you, or I want to learn more about love, and I want to know our soul, if we're soulmates, and I want to find out if we're soulmates, and those things I do now feel would be better to resolve before you get into a relationship with somebody. It doesn't mean you can't have friendship to resolve a lot of different things.

If you are already in a relationship and I've been in a number of relationships personally, they're all opportunities to learn more about love. Just as having children is a beautiful gift to learn more about love, and truth, and God, our Creator, and all of these different things. I just feel that relationships are this wonderful opportunity to do that.

I don't feel that a lot of relationships are based on love, and I don't feel like a lot of partners actually desire to love each other, genuinely, truly through thick and thin.

I feel often it gets to a point and there's a big event in the relationship and one or both parties, there're a number of different scenarios I suppose, but one or both parties doesn't want to deal with the emotions that they have about that, so they either both leave and break up, or they stay and they become more and more resentful, and withdraw, and then sort of not close and connected anymore, but they stay in the marriage for various different reasons but it's not a happy marriage.

There might be other things that happen in a relationship, one party does something that the other party doesn't like and then, the other party punishes them, and the other one feels bad because they did something and they never resolve the issues.

So, what I am encouraging you to do is become open and honest in your relationships, say what you feel, say what you think, and not attack the other person for it. Like have some open discussions about what type of relationship you genuinely want, and do you want to be close and connected, and do you want to love each other in the relationship or is it a marriage of convenience. Is it a marriage where you just want to get your addictions met, or you just wanted to get into a country, you know, be honest about why you are in a partner relationship?

And if you're not in a partner relationship yet, I suggest figuring out, well, what is it you're wanting from a partner and if you're in it, this question applies to whether you're in a relationship or before you enter a relationship, figure out what your demands and expectations are on your partner. Figure out what it is that you are going to expect them to do, what you think that men should do, what you think that women should do, what you think that a partner should do, if you're in a same-sex relationship.

Get honest with yourself about yourself, your expectations, your demands, and what you want.

What I've notice is for me personally, and I see this for so many people, is sometimes like literally we have a list of things, and sometimes people write them down literally, sometimes it's just the feelings that you have and then when you meet the person who meets most things or the majority of things on your list, it's like bam, yes, I'm with this person.

Sometimes what we think, what we write down on our list and what we actually attract are two completely opposite things, (Laughs) which means that somehow, we're not matching up, we're not actually being honest with what our soul desires are. We're more in our heads and thinking about what it is, and I've done that personally.

I've thought that I wanted something and then sort of been quite clueless about well, why have I ended up with this when I thought that I wanted that, and what I've come to know is that my soul creates the reality that I have right now. So, what I have right now in my life, this includes, so we're talking about partners, so whatever partner you have or if you're not in a relationship and you want to be, no, you don't want to be because you're not in one.

(Pop-up text) It is possible to want to be in a relationship and the other party does not desire the relationship. If this is the case, there will be emotions to be felt for one or both parties depending on the situation.

Sometimes you may be separated for certain reasons where you may have been abused or hurt in some way, and I don't recommend staying in a relationship like that.

(Pop-up text) A relationship requires two parties. To build a relationship based on love and truth it takes two parties with the same desire. Separation occurs if both parties do not have the same desire.

I think if you're unsafe then leave but figure out and work through the reasons that you went into that relationship in the first place. What was it that attracted you to that? Why did you end up there? Why did you end up in a position of being abused?

All of these questions and principles, so the beauty of them are is that you're finding out more about you, and that means your whole collective soul, but we also need to find out about – like Eloisa's portion of our soul, of whoever my soulmate and I are, I also need to discover and find out about me, about my expression of our soul, and about what the feminine expression of our soul is.

Once I feel like I've come to love, and to accept, and to be, and to express our soul, then I'll be open to seeing, and recognizing, and meeting the other half of our soul, and I think there will be a whole lot of other things to then come to understand.

As I said that's what I am heading towards with a soulmate relationship, but I haven't been in a soulmate relationship yet, although my previous relationship, I acted as though it was a soulmate relationship.

I decided I wanted to be truthful in a relationship, I wanted both of us to be truthful actually, and I wanted to have a love-based relationship, and I did everything that I could personally to start that happening, and that broke down a lot of things in the relationship that I had with my ex-partner, and we ended up separating because he didn't want personal truth, and he didn't really want to make some changes for himself, and there's a lot of intricacy and different things that happened that I'm not going to go into just at this moment.

But it really came down to the fact that I really was seeking for truth and a love-based relationship, and aspiring for that, I still don't fully understand what that is in its purest form, and he wanted me to remain the same way that I had always been because that met his addictions and his demands and things like that.

He didn't want more truth because that meant that he'd need to also feel some things, and our relationship began to shift and change, and I didn't want to accept the way that I had been treated anymore. And so I started saying, no, I don't feel like that's okay anymore, I don't feel like that's loving to myself.

If we're talking about those four questions, you'd have to look, well what would love do for myself, what would my love do for my partner, or my partner's love do for themselves and what would my partner's love do for me.

In my last relationship, my love of myself, I was compromising. I was giving that up in order to, so-called, love in the relationship, but I wanted a lot of addictions met as well, and I wanted certain things from the man, and him to do certain things for me, and to make me feel a certain way.

I started breaking down all of those aspects, and I still am working through a lot of different things like having this time - you know, being apart and on my own for a period of time is helping me to sort through some things that when I was in the relationship, I was getting emotionally met, if you like.

There were certain feelings that when I was in the relationship I felt quite validated as a woman, and that a man wanted me, and if I stayed there,

then I didn't have to feel the sadness I have that if I don't have a man in my life, I don't feel that.

Yes, and as I said, I really want to work through anything in me now, that's preventing me from having a love-based relationship, and I'll continue to do that, and I look forward to meeting my soulmate at some point and then we'll have all kinds of dynamics to work through.

So, what I'm sharing on this video and what I'm suggesting on this video is things that I have done in my own relationship. It was kind of a one-way street, though there were certain times when both my ex-partner and I were truthful with each other about whatever we were talking about, or whatever was going on in our life at the time, and that definitely made us more connected, more open with each other. We felt more sexually connected as well, as emotionally connected which was a lovely feeling at the time. It was really nice.

So, for me, truth is a really big (Laughs) - it's a big thing, I like it, I want more of it in a relationship because I can see how close it can bring you together even in really hard times, and even when we make choices that are really out of harmony with love. Truth can help us get through those things.

I also found that aiming for God's Truth or Absolute Truth on any matter in a relationship is essential to move forward in a relationship. It's very hard if both parties think they're right. Like, no, what I'm saying is right, no, what I'm saying is right. You are always going to have a fight and you're never going to move through it.

So, instead of trying to be right all the time, instead of the other person being the one who's got the problem, I do suggest looking at yourself and going, alright, well what in me here is out of harmony with love because until we're at-one with God and perfected in love, we are going to have issues, we are, it's just how it is.

And if you're humble enough to look at yourself first and say, okay, I'm having a problem in this relationship, me and my partner have just had a big fight, okay, what's the fight about? How do I feel about this? What's my contribution to this? What have I done that's out of harmony with love or what have they done that's out of harmony with love and how do I feel about that?

Am I able to just love them with no other feelings, or do I have jealousy coming up, or do I have a feeling that they're treating me badly, and if so, why, work that out for yourself? Take the time to self-reflect, be very truthful with yourself, and work those things out for yourself rather than being, I'm right, no, I'm right, no, I'm right, you know. Aim for, okay, what's God's Truth in this matter?

How does God feel about this?

How does God feel about the way I'm treating my partner? How does God feel about this? Is it really loving or isn't it, and if it isn't, then emotionally work through the reasons why you don't want to love in that situation?

Now, ideally if both parties did this, you can see that a relationship would be pretty smooth, you'd both be communicating very, very openly with each other, there'd be a lot of communication. You wouldn't be scared or frightened about telling the truth of just how you feel. You wouldn't be worried about sharing things, you would just say things, you'd feel things and then you would continue.

And you'd probably do a whole lot of fun things together and have a lot of different experiences so you could find out what you like doing, and what your personality and nature is like, and you'd love that about the other person.

Let's say if you were both super sincere and working towards it, in my experience and observations, there are very few couples who are actually doing that in the world, very, very few.

I feel privileged to have some friends who are, to me, are an example of moving in a direction of actual love of, they're open, they're transparent, when there is a problem, they put that out. They talk about it, they don't let it go until it is resolved and sometimes that means they have times apart and then, they come back together, and the love is the most important thing in the relationship. And they're always aiming for God's Truth, and how God views love and when I say truth, it's like how God views love.

What's the truth about love from God's perspective?

What does God really feel about that?

Now if both parties are aiming for God's Truth on a matter, now you've got something to work towards. And it can then help both parties to say, oh yes, okay, although maybe some of my responses might be in harmony

with love, some of them are not, and then you can refine and work through the issues in yourself that are out of harmony with love.

To me, having a relationship with God is very important because otherwise you don't understand what God's Truth is, and if you don't understand what God's Truth is then probably you're both going to be aiming for your own, you know, what you think is right and honestly, often what we think is right, I mean what do we measure that against?

Is that right because it is truly loving?

Is it right because mum told us?

Is it right because we think it's the best way?

What's right?

To me, I do feel like right is love from God's perspective, which would be the right thing to do if I'm going to use the word right, and often I do say right and wrong, and you could say loving and unloving. I do feel like doing the loving thing is right, like it's morally the right thing to do.

And I feel in a relationship, we have this wonderful opportunity to learn about morality, and to learn about what love is from God's perspective, and to heal a whole lot of our past pain. That doesn't mean you go and you're using the other person to do that, I don't feel that's a very good motivation to go into it.

But if you go in with an intention to love, then all of those things are going to be exposed, and you are going to work through them in a lovely manner, that means that you are going to love the other person through it, and you're also going to love yourself through it, and that's a whole education in itself.

We probably need to talk more about love in detail in another video.

I've talked about the tools and these preliminary videos are a lot about covering, I suppose, the surface, and the basic concepts, and ideas, and different self-reflection questions that we're going to go back to, and I'll revisit again, and again, and again throughout the videos. That is to introduce you to various principles and in this video it's, 'do I want to love'; that's the principle in this video and the theme of this video, if you like.

(Pop-up text) Key questions in a relationship are: What does God's Love Do? Do I want to love in a pure way? Do I desire to be humble (have a passionate desire to feel all my emotions both painful & pleasurable)?

Do I want to love? That's the question and it is that simple. All the other stuff is just detail. The main question is, do I want to, and however you can work that out in whatever method that works for you, do that.

(Pop-up text) Love in this instance includes being truthful, humble and having faith in God's Way.

I'm just offering some suggestions and some ideas on how you can move forward in finding out more about yourself, and answering that question in an honest, open, humble way for yourself.

As I said, I've talked about also in this video, just communicating, communicating with your partner. It's something that so many people don't do, and in this day and age of technology, I don't know what it's like in a lot of other countries, but I know in the Western world devices are just like, man people are just glued to them, you know and kids now, glued to them. Give up the device and actually talk to your partner, have a physical, true, real relationship, and when I say physical, have a spiritual relationship because that's another thing I think to cover.

We've talked about how you've got a soul, and then you've also got your spirit body and your physical body, what you're doing in your sleep-state, when your physical body is resting, and then you're going and you're still rocking around and doing stuff in your spirit body. And often people are not actually on the Earth-based relationship ??, they're having multiple other relationships in the spirit state.

And again, I suppose that brings me even on Earth, are we really faithful to our partner, or are we flirting and having sort of emotional relationships with other people where we don't get our, what we think are our needs or our wants, or our addictions met by our partner, and that brings me to a very important part relating this partner relationship to children.

Anything that you are not getting met in your relationship with your partner, you're going to substitute with children, the children in your care, your children, like God's Children, but for ease of terminology and just right now.

If you've got children, and say if you've got multiple children, and you've got boys and girls in your family, then often the dynamics turn out that say, the

dad often substitutes with his daughter what he's not getting with his wife, or what he feels he's not getting with his wife, and the mother often substitutes with the son, and gets what she feels she's not getting from her partner.

If you're in the same sex relationship, it's going to have a slightly different dynamic but again, depending on the gender, if you're in a same-sex relationship and say you have a male and a female child, you'd probably substitute what you didn't get from daddy with your son, and you'd probably substitute what you didn't get with mummy from your daughter, you know, that's if you're a single parent or if you don't have a partner.

There's a lot of different dynamics but the point is, is that anything that we don't emotionally deal with, we are going to substitute somewhere else.

Now often we have partners, and we substitute with them, or sometimes you know a partner will fulfil a lot of needs that we have in us and so, we don't feel our wants or desires or different things that are going on.

If you start breaking the relationship down with your partner, and you're not close anymore, and you're not connected, and you're not interested in them, or you're angry with them, or you're upset with them, or you no longer communicate with them, you're going to substitute your kids.

If you're honest and even just observant whether or not you have kids, you can see this happening all the time. You can see the mothers and their sons, and the mothers treat their sons as though they are their partners, but just not necessarily having sex, some emotionally are sexual with their sons which is very, very damaging for the child.

The same with fathers and daughters, often you can see that the father is more interested in the daughter. I've seen even television shows where basically the daughter is "married" to the dad until she gets married - very, very damaging for the daughter.

I do observe, and in my own experience have actually experienced, dads substituting their daughters for their wives and actually having emotionally sexual interactions with them, and sadly it even goes to physical sexual abuse as well, and that can be for both genders.

Mothers can also sexually abuse their sons, and fathers often sexually abuse their daughters. Family abuse is rife, it is a very, very, very big problem.

And as parents, we need to take some responsibility and actually - what would love do - I suppose the question to ask is, what would love for myself do for myself, well that wouldn't substitute a child.

If you're going to be loving yourself and also, if you are receiving Love from God if you want a relationship with God, you're not going to substitute your children for those things.

I've done substituting with children and I've noticed it and I'm like, wow. In my experience, it's a way to avoid feeling certain feelings in yourself. You just want that thing met from a child rather than you deal with the sadness, or the pain, or the anger, or whatever, and it's usually all of those feelings, or the fear you're not going to get it. There're a lot of different emotions that come up, is what I'm saying, and it could be a whole variety of things.

You have to feel it to know for yourself what it's all about. If you're not feeling, and you're not working through those feelings, and experiencing those feelings, sadly you tend to, and I haven't actually seen it otherwise, that you actually do substitute anything that you feel that you should have, or you're entitled to, you will substitute with someone else.

Now if you don't have children, sometimes partners do this with friends. They have girlfriends who they substitute certain things, or they go out with the guys because they want certain feelings. I mean those are more gender dynamics but sometimes you might have friends, and what you're not getting from your partner, you sort of get from your friends. I don't know, it feels a bit icky to me often, that kind of interaction. I used to do it in the past often, and now I don't feel good about it.

And with children, I definitely don't feel good about it because what we end up doing with our children is that we give them a role. So, for example, if a partner is having some sexual difficulties or they're feeling dissatisfied sexually then they may start substituting the child, you know, like they will want attention from the child.

(Pop-up text) Parents give children roles and use children as substitutes (emotionally and physically) when the partner relationship is not satisfied and the parent refuses to feel unhealed emotional injuries from their past.

That doesn't necessarily mean you be sexual with the child, but if your wife or your husband no longer wants to cuddle you, or your partner doesn't want to hug you anymore, or doesn't give you any physical affection, then

you may use the children to get that physical affection. There's nothing wrong with hugging your kids (Laughs). It's wonderful to cuddle your kids and to express your affection for another person.

I think that's a wonderful thing to do, but if you have a feeling of being needy for that affection or you have a feeling, or a demand that they should give it to you, or that they should somehow fill in that space for you, and you've got to be very honest with yourself because often we get judgmental and we feel like, oh, that's a bit of a gross thing, I don't do that.

But honestly, I've observed so many people, and I know for myself, sometimes if I felt lonely, particularly, when the kids were smaller, I'd just want a little hug and I thought, oh, there's nothing wrong with that. But the feelings going out of me, they didn't feel so nice. When I later, in hindsight, sort of looked back and went, well, no, that wasn't so nice what was going on.

I wanted a hug because I felt lonely, not just because I had a pure desire to express my affection and love for that child, and this is where our motivations and intentions need to be examined of, what is my real reason for doing things.

And this is the thing, you can take all kinds of actions, in fact, you can take the same action but have a completely different feeling. So, say one person might hug the child and have this feeling of like, wow, I just want to express my affection for you and my love for you, and I just think you're a wonderful creation, and it's this lovely expression of, I don't know, of just natural love towards another person.

Another person and I suppose we have words like sleazy, or slimy, or it feels icky, or things like that, maybe like, oh I feel like, if I don't get physical attention then I can't cope, or I need physical attention in order to feel okay about myself, or I don't feel loved unless I have physical attention.

All of those things now have a feeling going out of them, or some people might be like, well I want to have physical attention with somebody because then that makes me feel good about myself. Some people want sexual interactions as well.

All of those things, the secondary things that I'm talking about, they are not just a desire to love, or to express affection to another person, and they're not based on love, they're all unloving things. So, if you're lonely, or you're needy, or you want it, and with children, if those emotions go unhealed in

the parents or the adults in the environment, the family environment, you're going to then set up a role for a child and you may resonate with this yourself.

The child may become the substitute for your partner, like they're the one who you get all your hugs from in this example. They are the one that gives you affection, and then you need them, and often then when they leave home, they often feel like concerned because no longer do they get that thing or they'll look for, say it was between mum and son, then they'll look for a woman who is going to do the same thing as their mummy did.

Depending on the nature and personality and depending on some other factors because if they felt overwhelmed and smothered by that, they may also look for someone who is the opposite as well. So, there's a lot of variables here, it is not a hard and fast rule.

Or say, with a daughter, you can have also same gender dynamics, so a mother may have used her daughter as their confidant and actually used the daughter in order to be her best friend because she wanted her to like her, so mummy wants to be liked and doesn't feel very liked. So, she's avoiding feeling how unloved and how unlike she feels, so then she uses her daughter as a substitute in order to be her best friend.

Now as parents, we're parents, it's not about being liked all the time. It doesn't mean you can't have a friendship.

I just feel like, I know for me, there's a difference because a parent will always, if you're aiming to be a parent as God parents, then you're aiming to uphold love, and truth, and be humble, and to also teach children about God's Laws, and make them explicit, and make it very obvious for the children to see the pain and suffering when they actually break one of God's Laws, and then the joy and the rewards that you get for living in harmony with God's Laws, that's the role of a parent in this program, that's what I am referring to the role of a parent as being.

In the world, we have a different definition. When you want to just be buddies with say, in this sense your daughter, and look, that can apply as well for a father between his son, when you want a buddy or a friend rather than to be a parent, it can be damaging to a child because you then want them to fill in, and have a role in your life, and fill in gaps that you don't want to work through yourself.

I found when I first sort of realized these things, firstly, they were pointed out via feedback to me, and really the first thing was seeing the relationship I actually had with my parents and myself, and the role that I played and because I could feel the pain of some of the roles that I was set up as a child, I could then sort of see, wow, hold on, I'm doing similar things with our children, or I didn't get certain things, or I didn't like that, so now I've got a different area that I'm looking to create a role.

And for instance, having your son or your daughter as your buddy or your best friend, that's creating a role for them. They have to do things. They feel then an obligation to their parents and that's not loving to the child.

In summary of that point, anything that you are not working out in your relationship, you are going to substitute with the children in your care, and that's not a loving thing to do for the children, and it's not loving to yourself either, or your partner.

I notice in many relationships a lot of jealousy and animosity between partners. Often, I've noticed when a woman has a baby, there's quite a lot of jealousy from the other party, you know, a man towards the woman often, I think it goes for any partner to be honest, there's just one scenario.

Sometimes there's quite a bit of jealousy or there's sort of a dynamic because like at times depending on the injury of the parents, if it's a mother who then focuses all of their attention and "love" on to a baby, then the partner feels neglected, and left out, and they're no longer loved, and they're no longer wanted, and they're no longer needed, and there's no longer a healthy partner relationship here.

I was just talking with a woman that I met in the street recently and we were talking about how often mothers focus all their attention, both parents actually focus all their attention on the children, and neglect the partner relationship, and how years go by, and the parents are sort of just meeting the needs of the kids, or doing whatever the kids want, substituting everything that they're not getting from their partner, and then suddenly the kids leave home, or they wake up five years down the track and they're sort of like, wow, hold on, we don't even know each other anymore, and we're not even close, and we're not connected, and the only thing we have in common is the children.

I don't feel like that's a very good basis for a relationship. I admit that that's partially what I've done. I've been very invested in the children, and I've substituted in various areas because I didn't want to feel through emotions,

but it's damaging to a relationship, and it's particularly damaging if you're not honest, truthful, and open about that. It's one thing to blame your partner and to say, hey look, it's not okay but both parties need to work through reasons why.

So, we talked about the principle of finding the cause and why we do what we do. If we can find our motivations which are our reasons for why we do what we do, we can change the reasons in ourselves, and that's the fastest way to get to the most rapid change.

As children are reflectors in a relationship, they're also going to reflect the dynamics between partners. So, depending on what type of relationship you have, that's going to be reflected in children. It's also going to be reflected the different feelings you have towards gender.

So, for instance, you might be a dad in the family and have a lot of competition emotions with your own dad. If you have sons or even if you just have one son, they're going to also probably have that feeling of competition and they could, if they are say, an only child, may very much compete with you, or if there's multiple siblings, and there're brothers, they'll often have a lot of competition between each other.

It also happens with intergender, like the boys, in this example, the boy may well compete with his sister if he's just got a sister.

The child is reflecting - if it looks like there's a lot of competition, so in our family for instance, a son, one of our sons particularly, but both are, in fact, all our children vary competitive and for different reasons.

One of our sons is competing with his dad for attention basically, and his dad actually competed with his dad, so our son's grandfather and his dad, they both had a lot of competition going on.

Yes, our son's dad has quite a lot of pain actually with men about the way he's been treated by his father, but that's now been passed on into our son, and he's now reflecting this competition. And he's quite competitive with other boys at school, he's quite competitive in the family, there's a competition going on. I'm illustrating a point of how different things are reflected in the family.

Now there's also a feeling of, the children's dad had a feeling of sort of competition for my attention with the children, and so the children would actually compete for my attention.

Now there is a lot of things that could be said about that in the sense that I felt it was like, you know, I had done my duty when I had our first child. I had a lot of anger come up when I had our first child. I just wanted to feel loved which I didn't actually get that feeling satisfied with having children because obviously when you have a little baby, they are completely dependent on you and it's your responsibility to love them really.

It's actually your responsibility to care for a new baby who comes into the world, and it's not their responsibility to ever love you. Love is a gift and it's one that needs to be freely given.

Yes, I did sort of put all of my attention into the children. Now it didn't help that I was exceptionally tired, and just felt overwhelmed, and I had a lot of different emotions that were coming up, and so I was pretty self-absorbed, and I didn't pay as much attention to my ex-husband at the time, and he felt very upset about that, but didn't feel about that.

We didn't even really discuss it that much. It was mentioned from time to time but neither of us really dealt with it, and that caused sort of him to feel quite competitive with the children, and quite jealous of the children actually, and that was reflected back via the children to both of us, this competition for my attention as well.

Look, there's so many things that are reflected about a partner relationship, and if you're humble and open to possibilities, and you see children as this barometer or just reflector of what's actually happening in the family, and just take it, you know - I used to get very worried and be like, oh my gosh, and sort of take sometimes literally what was happening between them, it's like, oh well, this is the worst thing.

Now sometimes literally what's happening into them is the indicator and the reflection of what's going on, sometimes it's a bit more complex than that, and it's the feelings that are happening, and how the interactions, so for me sometimes, the interaction between the children was how I felt about that, often indicated what the issue was, but I had to be humble enough to feel the feelings I had about it in order to actually understand what was really happening.

Now I had a lot of external feedback from my friends, Jesus and Mary, which was just so helpful because they could see far more about what was really going on than I could. I don't know what it would be like without that feedback.

I do know though that you can apply the principles, again, look at yourself first, feel, like if you're humble to feeling how you feel, and you can use those things and go, okay, what would love do here.

You can use your basic ethics if you're just starting out, or if you've gone through an emotional process, and you have a relationship with God, and you understand some of the things that love does now, then you can look at a situation, often you can just feel that it's not right. I often get these feelings, I'm like, something's not right here, I don't know what it is, it just feels off.

Often in our family, like the children will start interacting and they have certain injuries now in them, emotional beliefs and feelings inside of themselves, that are out of harmony with love that they act upon. And sometimes I can just feel a dynamic, and I say to the children, I just go, you know what guys, because based on past experience I know the feeling of what it feels like. I know that if it continues, they're going to have probably an all-out fight, and they're going to hurt each other intentionally, and often verbally or trying to sort of pull each down and make each other feel bad.

So, when that starts happening and I can feel there is something going on, I check in with myself and alright, what's happening here, how do I feel, what's going on, and then I'll stop them, and I'll say, okay, right now if you continue with what you're going to do, it's going to turn out very similar to what it usually does because you're going to want to hurt each other, and this is the road you're going down, or you could make a different decision.

You could actually part, go and feel how you feel about what's happening, take some personal responsibility, and you can sort it out because remember, none of this is really about the other person, it's about you. And sometimes they'll go off and they'll have a feel about it.

One of our sons now just sort of often takes himself out. Over the last year, it's been quite interesting watching him, our youngest child. He used to just fight with his brother all the time. He used to really look up to his brother, he wanted his brother's approval and his attention, and he still wants that from his dad, and he kind of played that out with his brother. And he feels like he doesn't get that, and he doesn't, he doesn't get that as much, like he doesn't get the attention from his dad as much as his older brother does.

Over the last year, he made some decisions that every time, usually he would sort of like try and attack his brother, and pull him down, and sometimes he'd even physically hit him to try and make him stop sort of

doing what he was doing, or to gain a sense that he might have some power or control in the relationship. Anyway, we had a lot of talks about that together and I pointed it out and it happened for many years actually.

And the last year, yes, Archie, who is the youngest, he actually made some decisions to take a different tact, and he just started leaving, he'd just started leaving the situation, and he would actually go and feel about how he felt about it.

It was very interesting because now there's a lot less of that same fight, there's still emotional dynamics going between the boys that still haven't been resolved because they haven't fully worked through the issues, but Archie now just kind of leaves the situation and is just like, well no, I'm not even going to engage in that.

And he finds that to be much better because he doesn't feel as bad afterwards because he hasn't taken any unloving actions, he's actually gone and tried to sort out what his part in that is, and just feels his sadness that his brother doesn't want to hang out with him, or his brother doesn't want to interact with him, or whatever it is, sometimes there's a whole lot of different things going on. It's just been very interesting to watch.

Whereas at the moment say our oldest two, so that's Izzy and Charlie, they're having this big fight at the moment. There's some dynamics in our family where women are - the men in the family are superior, that's the feeling that's been cultivated when the children were very young.

I'm starting to work through those feelings to come to a place of equality, like gender equality, but they're reflecting this lack of gender equality, and Charlie feels like he's much better than everyone else, you know, women are just sort of there for as a resource to be used for his personal benefit.

In brief, there's complexities to it, but sort of in brief, Izzy obviously is a girl, and she's starting to feel really pissed off about that. That's the way it's been set up in the family, and she feels it's very unfair, and she's very angry about it, understandably so.

I don't recommend her staying in her anger about it, but she does need to feel through the anger in order to get to the sadness she feels about not being treated equally in our family, and just the fact that women are thought of as lesser, and that's not just between my ex and I, that's to do with our parents, and the parents before them.

It's an intergenerational feeling that's come through into our family but it's very prominent in our family, and was acted out between my ex and I, and now is reflected with the children.

Now her response at the moment is to sort of attack back because she wants some power and control, and she wants to feel like - she doesn't want to feel weak, and ignored, and unequal, and everything and so, like we're working with her to work through sort of her addictions. Now that's on her part.

With Charlie, we're having to work through the fact that he does feel like he's better than women, and that he's superior, and his arrogance and all of these other things.

So, each child is reflecting dynamics between their dad and I, and also, generations of issues that have come through their dad and I, that they now have, and I think that one in particular, like say gender dynamics in a family, that's probably an issue that many families are going to face.

Again, at some point we're going to need, like say, in that particular scenario if you've got a lack of equality between genders in a family, there's going to be anger in the women to work through in order to get to their grief about that, and there's going to be feelings in men that they're going to need to work through, and there'll probably be anger, and sadness, and fear, and I'm not sure what else, in order that they, actually also, become equal because it's a little bit, in our family it's like this, here's the man (raising hand) and here's the woman (lowering hand) and here's equality (hand in the middle) in the middle (I'll have to do a little drawing too) and we need to go like this so that there's no inferiority or superiority. It's been interesting over the last couple of years.

Our daughter actually has been living with me full time and not with her dad because she started to speak up to her dad about how it felt to be in his company, and what it was like, and all of these things, and sort of reflect back, like be the barometer, in saying to both of us, to both her dad and I, there's a problem in our family.

There's a problem with how women are treated in our family, and it needs to be resolved. That was sort of how I see what she was reflecting back to us. Anyway, I encouraged her to speak up with me and her dad about it, and her dad pretty much dismissed her, and ignored her, and didn't listen to her, and still doesn't really understand that there's even a problem.

He blames her and feels like she's angry, so that's not the loving direction to take, and it also has actually ended up in him not having a relationship with his daughter which she feels very, very sad about and she'd love to have a relationship with her father. But she feels like, and to do so, she has to modify herself in such a way that feels so terrible to her that she doesn't want to do that.

What's been quite fascinating to watch is that since she has not been in that environment, and I'm really encouraging her to work through her anger, and she's got really good friends who are also encouraging her to work through her anger, and to be more herself, and to actually express how she feels, and things like this is that she is becoming more open with who she actually is.

Now there's a lot of things going on for her, and she's not always very humble to the experience, and as I mentioned she will drop down into her grief at times and feel how - really what the issue is just this deep sadness that she has that she doesn't feel loved by her dad in this situation.

And she'll feel some of her grief about that but often she wants to avoid the grief because as she says, she says, well it makes me feel weak, and powerless, and that they'll just take advantage, that men will take advantage of me, and they'll just make fun of me.

And she has a lot of beliefs about how men will treat her if she lets herself fully grieve and those feelings, you might find that you, also have about grief, both men and women may feel those, actually some similar feelings, that if you grieve, you're weak, and that there's something wrong with you, and people will take advantage of you, and treat you badly, and all of these things because there is a lot of judgement about emotion in the world at the moment.

It doesn't have to be that way if we all become 100% emotional beings, it could be very different but until people change their relationship to feeling and expressing emotion, you know. What Izzy is going through at the moment is something that many of, well I think most women are going to have to go through at some point and also, men will need to go through as they become more connected to their own grief.

In our family those are just a couple of examples - there's just so many examples I'd like to talk about. Every day there's something that's reflecting back to me what's happening in our family, Because we have two boys and one girl, there's all these dynamics between, the kids are highlighting all of

these different injuries, and belief systems, and emotions that aren't yet healed, basically a lack of love in our family.

What I love about it, and I see as such a gift is that they are exposing and making it explicit all the problems that are in the family, and that I think is one of the gifts of having children if you see them as reflectors.

Again, it takes some humility because what I observe, and before I heard about Divine Truth, I wanted to make it somehow the children's problem, like well, you're the one who's got the behaviour problem, or you're acting out, or you've got an issue.

I feel completely the opposite now. Now every time there's an issue, I'm like, okay, what is this trying to show to me? What is happening for me? What is this highlighting about the dynamic in our family? What is this showing me about the relationship, my ex-partner and I had together? What is this showing me about the gender dynamics in our home? What is this showing me about how I feel about myself, you know, do I love myself, do I not?

There's just every moment of every day that I'm in the company of children, and it's not just children, children just are - like anyone you interact with can be highlighting all of these things. It's just that children are far more sensitive, usually far more open, often much more transparent, and they don't have such big facades, particularly when they're small, and their facades are far less. I have to say though, I'm seeing facades seemingly get to younger and younger children faster and faster.

When children, there're just responding, like that's how I view them. It's like there'll little auto, well no, they're not auto, they're just reflectors, reflectors is the best way of putting it. And if you've some self-reflection as a parent, then you can reflect on the reflectors, on what they're doing and what's happening in the dynamics that are going on.

Again, it doesn't matter if you have same gender children, or you only have one child, or whatever, it still works, the same applies.

Now the beauty of the feedback system is, if say when they're very, very, very tiny, a child is very, very tiny, if you actually connect with the emotion in you that is causing the behaviour, or the issue that's going on, and you're just truthful about that with yourself, and that might be an emotional experience, your child's behaviour will immediately change.

To me that was how I built faith in the process of living a life in harmony with God's Way or really growing an aspiration to because I saw immediate response, like I applied these principles that I'm sharing with you, and feeling my own emotions, experiencing my own emotions in the moment, I had immediate results with the children. Their behaviour completely changed.

In our home, because the children's behaviour reflecting their father and I, reflecting all the unhealed emotions in us, and our denial of expressing our emotion, that's what they are reflecting, the denial of our expression of our emotion, and the unhealed emotional injuries, it caused, because we were, the two adults in the family we were so shut down to experiencing emotion, the children reflected that.

They reflected how badly, and how much we were shut down, and that meant chaos in our home, like absolute chaos. It meant like it was just out of control, and anyone who knows me and met us when we were that age, they would tell you that it was really unpleasant to be in our company, and it was totally out of control, they will.

Because my husband and I weren't honest, we weren't humble, we weren't truthful, we weren't wanting to love, we were just kind of cluelessly, blindly going around not really understanding what was going on. We blamed the kids and just were like, well, somehow, we have to sort out the kids' behaviour which is dealing with effects, not the causes.

So, when we found Divine Truth, for me it was just like this relief because as soon as I was truthful about what was happening for me, not the kids, for me, and I suppose I asked that question that we covered earlier of why, what was my motivation, like why do I feel this way, or why do I take this action, or what is it really that's motivating me.

Because I became truthful about those things, the behaviour changed and it changed so markedly that it was just like, it went from, for instance, chaos and whatever, to children quietly playing, like there was quiet in our home.

Now that just never, never really happened so for me, my faith built quite rapidly in I suppose when I look back, because I was like, wow, hold on, I just have to be truthful, if I'm truthful and humble, good, good things happen. (Laughs)

So, that for me was a really big motivator to do more, and then as I've done more, and worked through more, and applied the principles further, and to

more a wider variety of situations, then I've had more and more and more and more positive onflow effects.

I feel pretty passionate, and I know that this process works. I absolutely feel like it's, for me, I looked at, honestly there are so many parenting programs out there, and look, some of them have some quite good ideas but they don't work because they don't deal with the emotions. They don't deal with the fact that it's a soul-to-soul interaction between you and a child.

They don't even mention the fact of a soul, there's no understanding that no change happens unless there's a soul-based, emotional change and because that is left out of all of the - I've never seen a parenting manual, ever, except Divine Truth teachings that actually look at emotions and says, no, you know - none of them look at the soul-based interactions.

I've never seen a program like that and that's where this program is different. You can apply everything that I say and you can take actions to even attempt to apply the principles, if you do not make soul-based, emotional changes, and accept those principles into your soul, or you could say I suppose your heart, so this is a feeling in you, they're not going to work, they're just not.

Truth works, like when you're truthful, just being truthful because you're more in harmony with God's Laws, good things happen. But to really sustain and have permanent change, like permanent, positive change that is absolute change - it's like forever change, that comes from doing the soul-based, emotional work and if you don't do that, you won't get the results.

The beauty of that is that it's a feedback system because you know that if there's no change in your home, and it's not permanent, then there's just more to go on that issue. It means you haven't really dealt with that fully yet, and that's what I love about this process is that I don't feel like I have necessarily cleared any total cause of something, but I feel like just chipping away.

You just feel, feel, feel, just keep feeling, and regularly feeling and doing it, over a period of time life improves because you've chipped away at some of the causes, or some of the cause of what is actually creating all of those effects.

So, the effects all get less, and that gives me faith, and I believe that if you got rid of an entire cause, all effects to do with that cause would be

completely gone, and that's a Law of Cause and Effect, so that is actually a law that God's created for us to do. In physical science there's the Law of Cause and Effect and how that works as well. Well in a spiritual way, that also works. There's a lot to be said for developing the qualities of love, truth, faith, humility, of applying those sincerely in your life.

In this presentation we've talked about, do I want to love, that's a decision that you make, it's a choice.

We've revisited that principle that we've talked about previously that there is no change unless it is soul-based, emotional change, and that is an emotional experience that you go through in order to change.

And being emotional is not something that you're just going to be for a while and then you're not going to be - you're going to become a 100% emotional being, which is how God designed us.

I feel there's a lot of evidence for that, the fact that God communicates via emotion, the fact that children are reflecting what's happening in our souls and they're totally emotional, like they respond, they're not thinking or intellectually aware when they're very small.

They only gain intellectual awareness and become more self-aware as they grow older, and they start to intellectualize things, but if you watch a very small child, that's what we were made to be as well. We're made to express our emotions.

For adults, in a self-responsible way, which doesn't mean you go around harming other people with your emotions, or taking your emotions out on other people, or blaming them, or using them in manipulation tactics which a lot of people do with emotions.

I feel like emotion gets a bit of a bad rap often in society, you know, like there's this feeling of like, oh, don't be too emotional, people are quite condescending about emotion, there is a lot of feelings around emotion that I don't think are very true, or they're definitely not my experience of them.

If you're going to actually sincerely apply these principles and go through, you know, come to aspire to live God's Way, you will become an emotional being, and you'll need some courage in order to be in a world that doesn't really support emotion or emotional expression.

They sort of have a spectrum and an allowance, if you like, there's the acceptable emotional expression and anything too high or too low, a lot of people get drugged for, or criticized for.

I feel that emotion is a very good thing, and I notice in children if they're allowed to express their emotions, if they're allowed to have their emotional experience so many good things happen.

I was just recently talking to a friend of mine, and her son just had this huge cry the other day at school, a lot of things had been going on, and he could more clearly see what had been happening, and how his behaviour had been affecting other people, and what had been going on.

I know in our family as sometimes we've had things, emotional issues that have had happened where our children - our children used to find academic work quite challenging. Now when you find academic work quite challenging, it's never to do with your intellect. It's always to do with an emotional, soul-based reason in you or a belief about certain things.

If you release the cause of why you find academic work hard, then you'll probably no longer find academic work hard anymore, if you release the cause of it.

I've literally had this experience in our family where, for instance, our daughter was really struggling with maths for a period of time, and she couldn't understand the concepts, and she found it really hard, and she really didn't do well. In fact, across the board of her academics, she wasn't doing very well, in primary school, but she was really struggling to even achieve sort of a pass standard.

Over the past two years, she's sort of connected more to her feelings. She's also left the environment with her dad where she feels quite judged and stuff, and over the last two years, her academics have improved markedly.

She's put in a whole lot of hard work and effort, and that has contributed so she's sort of done a combo, she's done a little bit of feeling and a lot of physical effort to get there which is one way to go about it, and she has improved and now finds - like absorbs things in a lot easier way.

With our youngest child, he actually - it was noticeable for him. He was quite young, and I can't even remember what the reason was, but something happened and he was just really upset. He got really angry

about something, and I restricted him in the sense that I said, I'm not going to drop you off to school. I'm just going to let you feel how you feel.

And we stayed in the car, and he just lost it, like, when I say lost it, he got super angry, he had a massive tantrum, he just yelled, screamed, went through it and then he started just sobbing, and he just cried, and he cried, and he cried. He cried for quite a long time.

It was very interesting, within a few weeks, I think it was about weeks to about a month, the teacher started commenting on his academics, and he had gone from being very, very low achieving in his academics to being exceptionally high achieving over a matter of months.

And I just noticed the more that he works through certain emotions, the more his academics improve, and the more confident he is in himself in doing it, and the same is what I've noticed in our other children.

You know, when they have an emotional release of some kind, a lot of things happen physically for them. So, to me, I know that working through your emotions and making a soul-based change is the only change that there is. It's interesting watching the kids because I didn't believe that or feel that when they were very little.

They were kind of a bit - you know - they were getting a bit older by the time I made that shift, and they don't yet have that same belief. They haven't had - oh, our youngest has more of a belief that that is the way it is because he'll feel a lot more.

Our two older children, they also know that it works because they've had the experiences themselves, but they have some more sort of shut down feelings and our son, particularly, at the moment, is reflecting his dad who doesn't believe that. He feels that if he does enough physical changes that things will get better. Now that's in complete opposition to what I feel and believe.

So, our oldest son has a very similar feeling and belief, and he gets approval for maintaining that belief and feeling with his dad. And our daughter, she's the oldest of our children and so, the changes that I've been going through have happened as she's been getting older and older and older. So, she's now making, and all of them are making their own choices and decisions, but it is just quite interesting to see that - the difference between the children, the differences between where their dad and I were at in comparison to when they were born and what happened.

So, our youngest child, I had heard about Divine Truth when I was pregnant with him.

I'd started sort of praying for, experimenting with prayer and sort of asking questions, and trying to figure out what truth was, and I knew that I wasn't being a good mum in the sense of that I wasn't loving the children, and I could recognize that I wasn't being loving to the children, and that was a big motivator for me to want to make some positive changes so that I didn't affect the children in a negative way.

It felt like I was hurting them, like I could see their responses. I could see fear being instilled in them, and I could see them absorbing anger and rage, and I could feel them just on the receiving end of it, and I feel like that's quite an abusive thing for a child, you know, emotionally abusive to have to absorb all of the emotions of their parents.

It took me a number of years to be, well to not be so self-absorbed and selfish, to be quite honest, in order that I started to look at myself and go, okay, if I don't feel something, that's just me being selfish, particularly if I know about it.

If I know I've got an issue and yet I do nothing about it, well now I'm making a choice to be very selfish and hurt other people, and that didn't feel very good to me over a period of time.

And I suppose the pain and suffering in my life just got more and more and more, it wasn't a feeling of like, I really desire to love these kids, and I want to know, for me, it was like, wow, pain and suffering is mounting. It is getting bigger and bigger and bigger, to the point where I just went, wow, I want to do something different and then I did do something different.

But it is noticeable that the difference between each child, and I suppose as an eldest child, that's when you know I was sort of the most clueless, and all kinds of stuff was happening, and I hadn't done any experimenting or anything, by the time I got to the third child, there's a whole lot of different things going on.

It's quite interesting to track what was happening in each pregnancy, and then how the children behave, and what sort of things they picked up from us as their parents, and what they reflect back, and for each child it's quite different.

I find that quite fascinating and I love observing other families, and just looking at what the children are reflecting, and what sort of dynamics are

happening between the parents, or how each of them interrelate, and what kind of relationship or lack of relationship parents have with their children.

I feel like I'm going through a process at the moment of well, what does it mean to have a parent/child relationship, like what does that look like? I don't have any very good examples. My parents, I don't feel were very good examples of being loving parents and I feel like I'm in a learning process.

Parenting is not this automatic thing that you do well. You need an education in how to be a loving parent or else you're clueless, like you really are. As I've said, there's so many parenting programs out there. To me, they don't work because they don't look at the soul, they don't work with emotions and they're not looking for causes, they're just trying to deal with behaviour and effects and that's never, ever going to work.

Again, unless you try it for yourself, unless you experiment, unless you test it out, until you actually do it, you're not going to know that in your own heart, and you may well disagree with me.

As I said, keep an open mind, try it, have a go, see what happens. If you sincerely apply it, observe and reflect on the feedback you get from God's Laws or from other external sources, just reflect on that and then modify your experiments, you know, try different things, test things out.

If you don't have someone who can give you direct feedback, just start some tests, do something different than what you're doing now and see what happens, just see what the results are.

The Parenting Principles Program, as I said, it's just applying Divine Truth principles to parenting and, in this discussion, we need to talk about partner relationships because it's sort of like partner relationships, parent, child and that dynamic is all interlinked.

When I was doing the preliminary presentations, I realized that I needed to do a talk on partners because that directly influences the relationship you have with the children, and if partners sort out the dynamic between them, a lot of things between the children - behaviours, dynamics, emotional injuries and also, if you sort out your partner relationship between yourselves, that's going to be so helpful for your children in the future because they're not going to act out things that they inherited from their parents.

I was talking earlier, if you substitute certain things you're not getting in a relationship with your child, you're setting your child up for a relationship like they have with you, or depending on how oppressive you are towards that child, they may want to rebel against that and go for someone who is going to sort of do the opposite thing than what you did with them.

I imagine like what children are going to be like when they're adults, so I look at the way that I treat the children now in our care and I go, if I keep doing the thing that I'm doing for them, for instance, if I had kept cleaning up after them all the time, and I never let them learn how to cook their own meals, and they had no responsibility for their physical needs, what kind of adult would I create? I'd create a completely dependent adult who would have to find a partner who would do all their washing, all their cleaning, all their cooking, everything else.

Well, that's my responsibility to that child to teach them some basic physical skills so they can survive in the world, and I think to make tasty food so they can actually enjoy it in future, not really, really bad food, but you apply that physical example to their spiritual well-being.

If you teach a child that they need mummy or they need daddy in order to do something, you know, they can't go to sleep unless they kiss good night. They can't function unless dad's there on the sideline at the sports field. They can't actually ask a question unless their mum and dad approve. They can't do anything unless their mum and dad approve, or mum or dad, you know, depends on the dynamics, I'm just using the illustration for both parents because it applies to both parents.

Again, this applies to any relationship, any combo of genders, etc. If their parents do not approve, please be aware if I say mum and dad, it means parents, and this will apply to any parents and any combo of parents, I'm just saying mum and dad to cover both genders.

I often now look at, okay, what emotionally am I - what dynamic emotionally am I setting up with our children in our care, and say with our daughter, I know that I have a feeling towards myself and towards women in general that we're capable, we're competent, we can get on, we can do things, that she's quite capable of feeling through her emotions, that she can do all of those things.

The way I was treated by my mother, I had to just learn how to do a lot of different things for myself and become very independent pretty early on, very young, like I was looking after my own siblings from quite an early age.

In comparison, because of some injuries and beliefs and feelings and the dynamic that my dad set up with me, and then also the beliefs in my family, and also the beliefs in my ex-partner's family, because of all of that, the way that men are treated is completely different.

And because I also still wanted certain emotions from my dad to avoid the feeling of feeling how unloved I felt, and to avoid a whole lot of other feelings, I set up a relationship with the boys where I made them dependent on me to the point when they were little, they didn't even speak, like they had a lot of speech impediments, and they didn't have to talk because I was already doing for them before they had to ask. They didn't even have to verbalize what they wanted because I already was intuitively pre-empting what they wanted and doing it for them without them needing to.

Now that's a very big disadvantage, like one, they're not even able to communicate with other people. Their communication was grunts and like yelling and sort of noises, if you like, like signals, basically like telling me that I was doing things wrong or whatever.

Also, it creates a dependence, and I feel like there's a - it depends on the reason why you're doing it; it can be quite condescending because you're also teaching them, they can't do anything without mummy in this example.

It could be the opposite, dad could do everything for the male children or for the female child, and then dad's setting up this thing of like, it could be condescending.

For me, personally, I was just terrified of a man's anger and I felt like I had to placate a man so I was already doing that, and then that just set up a dynamic between - I was doing that with my husband at the time, I did that with my dad, I did that with pretty much all men, so I just started acting that same manner with male children and so, I sort of created this problem with them, and that was to avoid me feeling some feelings that I had that I didn't want to feel.

Whereas other people do it because there's other reasons, so some women treat their boy children like, you're not competent, you can't do it without me. They have a feeling of condescension towards men and so, they feel like the man needs them and so, they do things. Sometimes a woman wants to be needed by the man, so she does things for him.

Now if you view it from a man's perspective, the man may do everything for his daughter and treat her like a princess and say, oh, she doesn't need to do anything. In saying that, often there might be a dynamic between the partners where the mum might do all the cooking and the cleaning, etc., etc., and then the daughter doesn't even have to cook and clean like some families are like that nowadays.

So, just as another example, dad might treat her as a princess and feel like she doesn't need to do anything because it's the man's role to look after her, now what does that teach the daughter? The daughter then grows up feeling like, well, no, a man should do everything for me, I shouldn't do it, so she then becomes pretty entitled, and angry, and demanding, and if a man doesn't do something for her, then she won't do it, like she'll start using the man to get what she wants, just as daddy's learning, you know, her use him and he's setting that up. So, you can see all the relationship dynamics.

Now you can do the same sex gender, like if a woman you know has - so like my mother who pretty - I suppose I was left to my own devices if you like and so, I just had to learn how to do things for myself because mum didn't do them for me, so I just had to get on and do them.

Now I think there's some really good things about that. I think it's good that I'm independent and feel like I can do stuff on my own, and sometimes I definitely have a feeling of not feeling very loved by my mother and that I need to work through. We're not emotionally connected, and she didn't really want to emotionally be part of my life.

She didn't interact with me, and didn't want to know me, and love my personality or nature, so I've got some sadness with that, but as far as the physical aspects of my life, I feel quite competent to do certain things, except certain things that, you know, different dynamics dad set up with me where I don't feel so able to do that.

So, my example that I've just used, you could actually start reflecting on your life about your relationship with your parents. What were the different dynamics between your relationship with your mum in comparison to your dad? What have you learnt about gender, like what are your beliefs about what men do in comparison to what women can do or can't do, one or the other, like in our family, as I said, women are treated less?

My dad has a feeling that men are superior, that men are intellectually superior and so, I had a belief that I'm just really dumb, and I can't really do

anything, caused me to want to be a bit of an over-achiever, but I still have a feeling like, I can't manage that, particularly say in areas of maths and science.

It was more acceptable for a woman to develop their artistic talents, and all of these things contribute to my beliefs about what I feel the role of a woman or what a woman can do or can't do.

Now if we, as a parent, do not deal with all of those beliefs, and they're false beliefs by the way, because God has made our soul to be very capable, competent, and self-responsible and able to express emotion, able to be very intellectually aware unless we've got some injury around our learning things, like God's made us to learn.

If you look at a child, they're continuously learning. They learn how to walk without an instruction manual, no one even showed - I mean they see us walking around, there're I suppose, there're some examples but you don't have to sit down and teach them, they naturally start walking and if they don't, we're worried about it, rightly so.

Well, the same principle of learning applies to our spiritual development. If we're not spiritually growing, and developing, and coming to know more about the universe, and more about how love works, and more about truth, who our Creator is, like God, these things I feel or just learning more about love because some people don't want a relationship with God, but you can only get to a certain - once you pass into the spirit world, if you don't want a relationship with God, you can only reach a point of becoming a perfect natural human, and that means you're perfected in love from a human perspective until you then want a relationship with God, and to understand love from God's perspective, you can't progress to become at-one with God, and that actually limits your development, and I suppose it limits your freedoms in a way because you can't go higher than like say the sixth sphere.

I haven't talked about spheres of the spirit world, but they're sort of like locations in the spirit world that you can go to depending on the development of love that you have in your soul. So, the more that you learn about love, then the more your soul expands, and the more truth you can understand, and the more about love you understand, and the more about the universe you can understand, the more you can just understand in general to be honest, on any subject about anything.

And as you expand, you grow and grow and grow, and I suppose in a way, now that I'm saying that out loud, it's just a theory, I kind of feel like - because you're expanding, then you can expand into a higher space and a higher space because you understand more, and your soul condition means that you're comfortable in that space.

Say for instance, you went straight to the sixth sphere now, you'd probably feel very uncomfortable, and want to go back down to the hells or the first sphere because you'd feel comfortable there depending on the amount of love, and the love you have in your soul.

That's why, for me, I feel like gaining an education in love is so important. If you don't know about love and the way the universe works, meaning God's Laws, and if you're in harmony with God's Laws, then I suppose you can expand and grow and learn more, but if you're in disharmony with God's Laws, you're still learning but there's a lot of pain and suffering that happens and it's sort of a painful way to learn. For me, I think the smooth, more enjoyable way to learn is living in harmony with God's Laws, a lot of opportunities open that way.

A bit of an aside there, but I need to probably go in more detail about the spirit world, and some of the Divine Truth basics of the spheres of the spirit world and what that means and stuff, that's just a brief overview I've covered there.

Those were some examples about children and the way that the dynamics between parents and children play out. So, if you're in a relationship, you can go back to the primary question which is, do I want to love?

And then look at the four questions of, what would my love for myself motivate me to do for myself, what would my love of my partner motivate me to do for my partner, what do I feel my partner's love for themselves would motivate them to do for themselves, what would my partner's love for me motivate them to do for me. And if you revisit those questions, you can work a whole lot of different things out.

You take the example of say, having a new baby and then feeling sort of like left out or no longer needed if you're the other party, then there's an opportunity to feel about that and then talk - if we go back to our qualities, you have love, truth, faith, humility, have some faith that if you love and that you're honest and truthful that things are going to work out, and if you're humble, you can get through anything and you now feel about how you feel about it, like that's the first thing to do.

We've talked about it in previous ones is look at yourself first and that's something that I feel is so important, just take it back to yourself first and be like, what am I doing here or what's the attraction for me here that's out of harmony with love? Where am I not being loving or truthful in me?

If you feel through that first or at least come to understand why you feel that way, then you can also talk to your partner about it and be open and transparent about your feelings and your observation and what's going on.

And if your partner is humble, then you can sort of work out, well - and say in this example, your partner really wants to feel unconditionally loved and doesn't want to have to, you know, it could be all kinds of reasons, but maybe they don't want to have to do a whole lot of stuff for you as their partner, and maybe they just want a baby and to just put all their attention into the baby because they feel they get more out of that. They'll have reasons about why they're doing that, and you'll have feelings in response to what's happening, and that goes both ways for both parties in all situations.

But it's better to work out your partner issues between each other than it is to substitute in a child into the mix and make them responsible for filling in gaps, or filling in roles, or taking on obligations. No one should take on an obligation. Rather than imposing all of our unhealed feelings on to children, we need to do be responsible for working through those ourselves.

I watched a movie recently and there's a little boy and this - I think it was something was happening with the dad, and he said, make sure you look after your mother, you know, you're the man of the house now. And I just cried. I was just like, no, don't put that expectation and that demand on that little boy, and he later didn't want to do certain things, and he was really, really worried because that's what his dad had said before his dad had left, and he then felt this obligation that he had to look after his mum, and that if something bad happened with mum, then he was somehow responsible.

Nothing in a child - it's like what's happening with the parents, it's not the child's responsibility. As parents we have a responsibility towards children, particularly when they're young, and part of our responsibility is to help them actually grow up into adults who know that they can be self-responsible themselves, and can take care of themselves, and look after themselves, and I mean physically, and also emotionally, that they are quite capable to feel their emotions, and to express themselves, and to be themselves, and that is a responsibility.

Anytime that we are not helping a child to or demonstrating to a child on how to be self-responsible, we are now out of harmony with love.

In our family, for example, one of our sons feels like he needs to sort of look after mum, and look after dad, and sort of make sure they're okay. He feels he has a bit of a role to do that, and our daughter feels - she has different feelings, and it's very interesting because her dad has different expectations and demands than I have had on her, and I've had different expectations and demands on our daughter in comparison to our sons, and all of these things need to be seen for what they actually are and the truth about them, and then to be worked through and figured out, well hold on, if I want to love, I need to stop doing this thing.

Now the only way to stop doing the thing is by actually working through the cause or the reason why in your soul that you're doing that in the first place. That's an emotional, soul-based process and then once you go through all of the emotions, they will be released and you'll no longer do that physical action, automatically, it will be an automatic change.

In summary, all of these things are - we started off in this little section just talking about how aiming for God's Truth or Absolute Truth is so important because without God's Truth - it's like truth is the roadmap and if you don't know what God's Truth is, sometimes you're flailing around in the dark.

You figure it out because God's Laws are showing you, and as long as you're open to different possibilities, and you're open to the fact that you're probably wrong (Laughs) because in my experience, I'm just wrong all the time, like I have been, and I still feel like that.

I just feel like on so many issues and so many subjects, I don't know, I'm kind of clueless, and if you have the opening that, yes, alright, you're probably going to be wrong, and if you're humble enough to take on new information, you know, God's Laws will help sort things out and you don't need to worry too much.

It's all happening, just become more sensitive to the law so that you can feel the pain or pleasure, or pain and suffering feedback and that's a sensitization process to go through.

In summary, we sort of talked about if you want to be right and your partner wants to be right, then you're both going think you're right, you're going to have - it's going to pull you guys apart, you're not going to feel close and connected anymore, your relationship is not going to feel so good.

But if you're both aiming for like a common - I kind of feel like it's just a common, yes, I suppose you could say it's a common goal of finding out what's God's Truth is on any matter, or what the Absolute Truth is on any matter, then you can start both working towards that, and then you both are not going to be so invested in being, you know, like, no, I'm right and you're wrong, and you're to blame and I'm all good and you're not, it's not like that.

It becomes a place where any issue that comes up in a relationship, anything that is exposed in your relationship, for me personally, I just go, okay, what's the attraction for me here? What's happening here? How do I feel about that, what's my response to that, go and feel that then come back and discuss what's happening in the relationship, and if your partner was also humble, they'd head off, feel all about that, come back and talk about it, and then you've got two people who can like be trying to nut out, what is God's Truth.

The fastest way to find God's Truth is obviously to feel, and via the conscience you can have a direct relationship with God, and also to have a direct relationship with God, that's the fastest way to find out.

As I've said, if you don't have a relationship with God and not many people really do, and I know for me, I get stuck and sometimes I'm not allowing God's Love in, and sometimes I'm not feeling what God feels about an issue, and I feel very, very privileged and lucky to have some amazing friends who give me a lot of personal feedback and external feedback because without that, I would not be changing and moving forward so very, very grateful for that.

But if you don't have people like that in your life, you can use the teachings of Divine Truth because at least you've got a bit of theory and you can sort of go, okay, I'm hearing something, sometimes it's a bit hard because I found that you listen to the teachings of Divine Truth, you think you know and you sort of filter it through all your belief systems, and your filters, and your understanding, and you go, oh, you know I get that, I really get that.

But because it's sort of all filtered through what you, particularly if you haven't felt things and you haven't released certain emotions, then you can't actually get the truth of what's being said into your soul, it will just be through your interpretation if you like, so be open to the possibility that you're just interpreting it, but give it a go, you know, take some action, trial it out.

You know things will be refined via God's Laws, that's why God's Laws are so wonderful. God's made a structure and a framework that's giving us feedback 24/7 about everything that is out of harmony with love, and it's just trying to correct all the things that are out of harmony with love, and it's trying to help us to see that when you're in harmony with love, life is smoother, better, happier, there's so many good things about living in harmony with God's Laws and with love and truth.

The more sensitive we can become, again an emotional process, an emotional experience I should say, it's not really a process, it's just experiencing emotion.

And emotions, it's not hard, it's just that we have all shut down or we're in denial, as adults, and we've taught ourselves, or we have certain beliefs about emotion, if you work through all of those, emotion actually flows very easily. And emotion is something, it's not like the be-all or end-all, it's something that happens as you're living life, it really does. If you just live your life, when you have a feeling, feel it, you know, move on, keep living your life, another feeling will come up, experience the feeling, move on, keep going.

It's actually a really lovely experience. When you first start, you may not agree with me. If you stick with it and you're sincere about it, at some point you will agree with me if you sincerely do it (Laughs) because - yes, it's good, it's good. At some point I think you will sincerely agree with me, it just depends how long it takes. But if you resist your emotions, it can become quite painful, and you get quite angry about a lot of stuff; it's what I've found.

To summarize, this presentation was about partner relationships in relation to parenting, how working things out between partners so, being more truthful, you know, to having a desire to love and asking that question, do I want to love, to figure out where you are, and measure if you really have a desire, or whether you actually need to develop one, is very important are the questions to ask in your relationship with your partner about, do you want to love and do you want to - what would love do in these situations, and you can start experimenting right now with that, like immediately.

In fact, as soon as this video ends, you can start some experiments with that about figuring out, do you really want to love because every single thing that happens in a day you can actually ask the question, wow, do I want to love and then, hold on, what would love do.

What would love of myself do, what would love of my partner do, what would my partner's love of themselves do, what would my partner's love of me do?

They're questions you can revisit again and again and again to find out more and figure different things out, so we've covered those, and they are some helpful tools.

For more information on relationships and to flesh out those four questions, you can go to the [Divine Truth](https://divinetruth.com) channel (divinetruth.com).

We also spoke about relationships and how if partners seek for God's Truth or Absolute Truth on a matter, then a lot of issues get resolved in your relationship because instead of you wanting to be right or correct, you're both open to more possibilities, and you're both seeking for the actual truth on what's actually happening between you, and you can sort out a lot of different things, and break down all the things that are unloving, and refine all of those so that you actually start having from a base of love and a foundation of love and truth, then you can build a relationship on that.

(Pop-up text) To have a relationship based on love and truth it takes two parties with the common desire to do so.

I haven't done that yet in a partner relationship, but I've definitely done that with friendships, and it's really a wonderful, wonderful thing. I feel very, very grateful for the friendships that I have because they're now based on truth, and a desire to love the other person, desire to get to know the other person.

They're quite different to the experiences I have had in the past and I have to say, I really enjoy, really enjoy it. Particularly when both parties are wanting God's Truth on a matter, and particularly when both parties want that.

As I have had experiences in friendships with both parties doing that, I know that a partner relationship can do that, and I feel very excited about having the opportunity to, when I find my soulmate, to actually set that as the foundation of our relationship and move forward in that direction.

Also covered in this video, the fact that if certain emotional wants, or needs, or lack of desire to love in a relationship, and they're not resolved in a real way, meaning a soul-based emotional way, and are not expressed, you know, you've not emotionally worked through, there's a tendency and - I don't know, in all my observations, I haven't seen it any otherwise but the

children become substitutes for the parents for anything they're not getting, or perceiving they're not getting in the relationship, and that's very damaging for children. I've just covered that today because in upcoming presentations, we'll talk much more about that.

I also discussed how children reflect the relationship and the dynamics that are happening in the relationship, and this can happen - like the children are going to be reflecting issues that are happening between partners, and to be humble to what is being shown and reflected back to you by children is very beneficial in a family because children are like barometers.

They are indicating where there are issues that are out of harmony with love. They don't necessarily think it through or even analyse that, it's just that they respond and reflect it because remember that it's a soul-to-soul relationship, and a child is responding to what is in the soul, particularly when they are small until they start making their own decisions or taking on facades and stuff.

It doesn't necessarily have to be like that. If a child chose to, they could remain transparent, open and honest and reflect back to you your whole life, but if you're not humble as a parent, you're going to blame the child and make it their problem rather than seeing your part or what's being reflected to you.

Those are just some examples about children and the way that the dynamics between parents and children play out.

There's a lot of information in these videos that I'm presenting, and you can take the principles and the main points, and you can apply them immediately to your life.

And the main points in this presentation have been about partner relationships and how that affects you in a relationship with a partner and how that can affect children and also, how that reflects back.

How you can learn a lot about love and the first place to start is, do I want to love, that's like the main question which I wanted to introduce today because we'll come to use that in a lot of different situations throughout the next presentations and to also, decide whether you want to actually love your partner, or whether you just want to be loved.

Because everyone in the world probably wants to be loved but not a lot of people really desire to truly love others, and that's if you've got children and you're wanting to be loved, it's not going to go so well because children are

going to reflect a lot of things back, and take it from me, I wanted to be loved and I didn't get it.

I don't know, like you know it depends on, I suppose, what you classify as "love" because a lot of people feel like getting their addictions met, emotional or physical addictions met, is love and I've learnt that's not true.

I also know for certain that if you feel unloved, it doesn't matter how much someone loves you, and particularly when people truly love you, when they truly love you - one, you won't even recognize it, and two, you won't be able to receive the gift of their love because you have already a hurt-injured view of love, and you feel like no one loves you, so until you work through all of those feelings within yourself about feeling unloved.

Until you feel the feelings of feeling unloved, then it's hard to receive love into you because you are kind of addictively wanting to fill in the gaps of feeling unloved, but not necessarily wanting to, yes, receive the gift of love, if that makes sense.

As a reminder, the soul is like a container and so, say it's like a little glass, and if it's already full up, then not much else can get in until you pour something out, so if you pour out some of the feelings that you have, so for this example, if we feel really unloved, we have an emotion of feeling really unloved, on that subject where we feel unloved, we can't receive love until we get rid of some of the pain of feeling unloved.

People can say to you, I love you, I love you, I love you, they can even demonstrate their love, they can have a feeling of love for you and in my experience, you don't feel any of that.

You believe that you're unloved until you release and feel through the fact of why you feel so unloved, you know, and you actually release that in order to create an opening for some love to enter you, and that goes the same for God's Love. God wants to give us Love, God's Love is available at any time, if we have a pure desire to receive it.

Most of the time we don't receive it because there's something in us, well, there's always something in us blocking it because God always answers a pure desire.

So as soon as you have a pure desire, God's Love can pour into you, and actually can help you to release a lot of unloving feelings that you have in you, but if we're not open to accepting God's Love, or we don't feel it's possible, and we don't have any faith in that, we're not going to do it. We're

not going to long for God's Love, and then we're not going to be able to receive it because we don't believe it's possible.

Now the love from a fellow human being as well, you've won't be able to receive the love from a fellow human being if you are trying to avoid feeling how unloved you feel.

Love's a beautiful, healing quality, and it's also a gift.

I know for me in my life, I felt very unloved a lot in my life. I now have some people in my life who genuinely love me, and what I have found is that their love is an amazing, amazing gift because it contrasts my own feelings about myself, or about things that have happened in my life, and brings up a lot of sadness actually.

When someone really loves you, it's a lovely feeling but it often triggers or exposes certain feelings in you, for me anyway, of feeling unloved, and I felt quite sad, and at times I still do, and I feel like that's sometimes with God, when you first ask for God's Love, the contrast of like - the feelings God has about each of us as God's Children are very different to pretty much, well, they are incomparable to the feelings that humans have for each other.

The love of another human is definitely a gift and it's a beautiful feeling, but I feel like God's, I mean God's Love is far more powerful than a human's love, and I feel though if we develop in love, then our love as a human can become expanded and it would be a more powerful feeling as well.

I feel like that's possible, but the gift of love is a very emotional experience whether from a human or from God actually. So, yes, I encourage you to do an experiment, and you can ask God to receive some of God's Love, you can say, alright God, if this is real, and if you have a pure desire, a pure feeling of like, alright, God I'd really love to receive some of your love and I've heard it's possible, could I have an experience of that. And if you have a pure feeling or a longing for that, God will give you some love and you'll feel what that feels like.

God's a good friend and a good parent.

You can ask God anything and God will give you an answer if you're open to receiving it, and God wants us to learn, and to grow, and to develop, and be happy. God is very, very good and beautiful and only makes beautiful, wonderful things.

So, underneath all of the stuff that we put on top of ourselves - you know, that we absorb and we inherit and all this sort of junk, if you like, that we collect in our life as we make decisions out of harmony with God's Laws and out of harmony with love and truth, you know, we collect all of these things, and that causes a lot of pain and suffering, but we can also take all of that off and get rid of all that stuff as well, and come back to what God created which is beautiful and wonderful, I think.

Each individual's personality and nature, I look forward to seeing those - be embraced by each person rather than feeling that they need to modify themselves or be something other than they are. I think it will make us a lot more happy.

So that brings me to the end of this presentation, and I wish you all the best until I see you next time.