

Introduction to Ethics & Morality, Session 1

The Parent & Family Resource - Introduction to Ethics & Morality.

This presentation is an Introduction to Ethics & Morality, including definitions and examples related to the Parent & Family Resource; how ethics creates equality in relationships and can help us to learn about love in relationships with our self and others. Morality is what is loving, right and wrong from God's Perspective. Recorded on the 5th of March 2021 at 8:30am in Wilkesdale, Queensland, Australia. Session 1

Hello and welcome to the Parenting Principles Program.

I'm Eloisa.

This presentation will focus on ethics and morality giving a brief definition and then sort of a brief introduction to these concepts.

As the program's main focus is on love and growing in love which includes being truthful and honest, and also as I mentioned in previous videos, having a relationship with God is the fastest way in order to learn about love. You don't have to do it with God, but I have to say for myself personally, I found it a lot harder and lot slower to do it on my own. In saying that, you might start out without a relationship with God, just focusing on love and truth principles, and things like that.

Ethics is a way to measure whether something is loving or not and it's quite simple. And when you're first starting out in what I refer to as the clueless stage, that's how it felt to me, ethics was a go to in order to figure out whether I was being loving or not. It's like a quick reference point and you can apply it to situations across the board.

So, let's begin with a definition. To define ethics, I've just written up on the white board as well so you can have a little look, and to define it, I'm going to read the definition out because I want it to be specific.

The definition of ethics is acting in harmony with natural love of all humans. In other words, treating others as you would like to be treated yourself. Taking into consideration love of self, others, creatures and the natural environment. Ethics creates equality between humans. That's the definition I'm using. It's taken from the God's Way Volunteer Selection Program outline, and there'll be a link that you can check that out if you're interested.

In a nutshell, it's really treating others as you would like to be treated, that means not necessarily how you are being treated, or the way you are currently treating people but how you would like to be treated.

For example, if someone punched you in the nose, you'd probably wouldn't like that very much. That means when you then have the impulse, or the impetus to punch someone else in the nose, you need to think, well, would I like that? No, okay, probably it's out of harmony with love, I'm not going to do it. And then you can work through without taking the action of punching someone in the nose, why you feel like you really, really want to.

It is still important to discover the reason, and what's motivating you, and what is pushing you in order to behave in certain ways because remember this program is about learning about love, and learning about yourself, and what you really feel, and what you really think, and becoming very truthful and honest about what is going on inside of your soul, and inside of you.

And your soul - your thoughts, and your feelings are a reflection of what is happening inside of your soul, so they are very important to understand and know what to do.

Now in regard to children, because this is about parenting, the ethics applies in everything you do, so often we treat children a lot worse than we'd actually treat other adults or ourselves; we think that we can get away with a lot more with children. It doesn't matter if we treat children in a certain way or - we have some quite distorted beliefs I feel about children.

Sometimes we actually treat children far better than we might treat ourselves or others as well, it just depends on your own injuries I suppose, emotional injuries, that you've grown up with, and your belief systems and things.

For instance, sometimes children are treated like little royalty, and they're given everything they want, and then when they get demanding and they chuck a tantrum, you give them more. And when you chuck a tantrum, you know, maybe you expect to get it too, so I suppose in that way, it is ethics, but that's not loving.

Ethics does have its limitations because sometimes you might feel like it's loving. For example, you might feel like it's loving, and you might like it when someone commiserates with your emotions, say you are very afraid of something, you feel like, yes, it's right that someone takes away my fear, and makes me feel less afraid, and makes it so that I don't have to

experience any discomfort in my emotional expression, and things like that. And you might feel like, yes, that's right that they do that, and you also might feel yes, and it's right that I do that for others, and I like that.

So, in that sense you're being ethical but it's not loving, and that's when morality comes in.

The definition that I have described for morality is treating others, ourselves, and all of creation in harmony with God's Love. Morality is a standard or a code which helps us understand what is good and evil, loving and unloving from God's Perspective.

Now it's hard to have morality if you don't have a relationship with God, and you don't understand what is moral, and what isn't. In saying that, I do feel that most people, if not all, have some sense of what is right and wrong inside of their soul.

Now we over time might deny that and shut it down, and not listen to it, and not act upon it but often when I speak to people, and kids particularly, when you say certain things, they can see - like they go, yes, I can see that that wasn't a very kind thing to do.

I have this feeling like we do have certain moral feelings about things even when you don't have a relationship with God or - and sometimes we do, I feel like we - the conscience helps us to see certain truths even when we might be clueless about the theory or different things. In our hearts we know it's wrong to murder another person, and that's unethical and immoral to take another's life. I feel quite strongly that we do have a sense of what is right and wrong.

I feel that we often override that or over time we end up - yes, just desensitising to that, and then acting on what we want to do out of our own addictions meaning, physical or spiritual or emotional addictions that we use in order to avoid certain feelings, but I do feel we have a sense of morality inside of us, on certain issues, not all but on certain ones.

But to become I think a fully moral person, like I know for me there were certain things that I felt were ethical that I found they're not moral, and it is via the relationship with God that I've realised like, well hold on, this isn't loving and for me personally, I really want to love as God loves, and I want to know what is good and evil from God's perspective, not my own.

That has caused me to go on to a discovery of figuring out well, hold on, how does this relate, and how would God feel about this thing and am I in

harmony with God's morality or not, and that's something that is developing. I don't have morals in every area. I feel that my moral character is growing.

Now at first I felt quite clueless about all of these things, and I definitely couldn't think about them, so in hindsight, I can see that there were certain things that, yes, I could say, yes, there were certain morals and things that I upheld, and there were certain ethics that I upheld just without thinking about it but it started to become something that I actively wanted to learn about and know and act on without having to try.

Ethics was the way I began and then as I said, my relationship with God now is helping me to understand morality in a far deeper way. But to begin with, you may just be at the ethics stage and just a really easy way to see what's happening in the family, and to sometimes make some loving decisions, and take a lot more loving actions.

I don't think you can have more loving or less loving, you either take loving actions or you don't, and you are moral or you're not, it's quite - you are or you're not. In order to take loving actions, ethics is a place to start, and it can help you to learn about yourself, and where you're at, and how ethical you really are in your family.

Ethics is a go-to point for me in order to measure when I'm uncertain about if something's loving or not. It's just like the first port of call of like, okay, say for instance some things that happened with the children in my care, when they were very young, I ended up sometimes feeling quite angry that they didn't do things fast enough, so I would yell and say, come on, get on with your stuff and do it - louder than that.

But sometimes if, when I got afraid and they were interacting with something, I might pull them away, you know, kind of roughly if they were just in the middle of investigating something, I might just remove them quite quickly, and that was really to avoid my own fear.

I could actually go, alright, so if ethics was in play here, one, I don't like being hurried and yelled at in order to hurry up and get things done, so that helped me to measure, going, well yes, I don't like that, no, that isn't loving. And when it happens to me, I feel quite upset about it which the children also felt quite upset when I did that to them.

And so, I learnt, okay, no, instead of yelling at them, if I want to yell, and I want to try and make them, I stopped and I went, okay, I'm being unethical

now, that means I'm not being loving, what is really going on for me? And then I was able to self-reflect on, wow, I just feel like I want them to hurry up, I just wanted them to do what I want them to do.

And I found all kinds of different things that led me down a path of figuring out all these beliefs that I had about, you know, children should get on and do things when I want them to, so it was really a demand from me upon them.

And I could then see, hold on, no, and I know as a principle, no demand or expectation is loving. So, if I have a demand upon someone that they should do something, they should do it the way I want, when I want, how I want, right now, immediately, now I'm out of harmony with love. So, I could then go, right, well now I've got a demand, okay, what's going on for me, take it back to myself and work through that.

Sometimes in the moment, like with the one with the fear that I was just describing, if I'd been more humble meaning that I'd be prepared to feel more of my feelings in the moment, if they had have been in serious danger, then there isn't a problem with removing your child from serious danger, but the fact they're in that position in the first place is a soul attraction for me because I haven't dealt with my fear.

Firstly, it's happening because of something inside of myself which I need to look at.

Secondly, if I was more humble, I wouldn't just like rip them out of their thing and project and dump all my fear on them; if I was humble, I would feel all of that fear.

And depending on what the situation was, you know, probably they'd like to leave the situation anyway which I found later on happened. If I actually owned that, wow, I'm so terrified of that, they often just naturally got up and walked away. I feel like if there was something else, at times I did just remove them from the situation and felt as I was doing it.

The more that you feel in the moment, you let the feelings flow through you, the less projection there is out into your environment, the less the children are absorbing all of those things coming out of you, and that makes for a more loving space.

So, ethics is a place to start when you're just setting out on your discovery of what is love and what isn't love, and ethics is a wonderful tool in your arsenal, if you like, and I suppose the principle of ethics is to treat others as

you would like to be treated, and that's a really easy thing to remember like, would I like to be treated this way and you can easily measure that.

And you can do that in your partner relationships, with children, with your friendships, with all kinds of things.

Now as I said, just beware that some things you will - that are happening in ethics, and you will be ethical but you're not necessarily loving, and that's where morality is very important, and morality is God's perspective.

So, if we shorten that down, that definition that I was talking about, really it's what God sees as loving, and treating others in harmony with God's perspective of what is loving, so that means what is good and evil, what is a sin and what is love, and these things are - until you get an education in love, you're not going to know, and that's an on-going process.

I know for myself, my own experience was - at the beginning I really felt clueless about love, and I reflect back, and it wasn't that I didn't have certain feelings about what was right and wrong, good and evil and all of those things, just that I was really desensitised to a whole lot of things and didn't feel connected to myself.

And because I was disconnected from my own - what I really felt, what I really thought, and I had a lot of judgement about my own feelings and my own thoughts, and I had a lot of fear of how other people would perceive me, and I had a lot of anger, and all kinds of stuff that was in me that I was trying to avoid.

So, that made it quite a lot harder to really know what was, one, going on, two, everything that was being reflected to me, and so it did take time for me to, you know, I put into practice these principles, I applied ethics, I did all of these things but for me personally it did take a while to work it out of like, okay, well this is, and this isn't.

And sometimes it can be quite confusing, like we had three children under two and one-half, and when there's three different things happening, you can't really intellectually figure it out, well, I found it exceptionally hard to figure it out, and that's not what I am encouraging here. I'm really encouraging you to feel, feel it out.

And the more that I began to feel things through and when I say, feel things through, you don't think about that, you just feel what you feel, again, in a self-responsible manner so that you're not taking it out on your children, or your partner, or anyone else.

In saying that, it might start out that you are doing all of these things, remember in a previous video I was talking about you need to measure and figure out where you're at, and if where you're at is that you want to hit your kids, and you want to be angry at them, and you want to blame them for everything that's happening in your life, and you see their behaviour as the problem, and there's nothing wrong with you, well that's where you need to start.

And that's not a loving place to be and it's also, if you self-reflect on it, you're being really unethical because you're blaming everybody else in your environment for what's happening to you, and what you're actually creating, so you're out of harmony with love now.

You can do these kinds of things, and you can measure these - where you're at but you do need to be very honest with yourself. And a lot of the time, you come to see that you're not really a very nice person in certain areas. It doesn't mean that you can't be a nice person, it just means where you're at right now, you're not.

For me, I know that still in certain areas because I want certain addictions met, or I don't want to uphold love under certain situations well, in those situations and on those subjects, I'm not a very nice person. And I need to figure out why I don't want to love in those situations because as I said, you either love or you don't, that simple; and it's that simple with ethics, you're ethical or you're not ethical.

I suggest suspending judgement.

There're a number of things such as judgement, self-attack, attacking others, blaming others, they're not helpful to your progress and to you actually working through your emotions and becoming this 100% emotional being. Those things are going to prevent your progress, so I suggest working through them which is an emotional process.

You need to figure out why you want to judge, what does it give you, why you want to get away from your emotional experience, what does that give you, what don't you want to feel, what are you angry about, where are your resistances, all these things will come into it.

As far as parents and children, ethics is a way to go, okay - it's very good as an adult-child relationship because there are certain things - like it's very sad actually that we are prepared to treat children worse often than we do adults, and somethings that we'd never do out of the family, we do in the

family. Well, statistically the family is actually one of the most abusive places to be in many situations.

Our kids came home from school recently and they'd be told about stranger-danger, and I ended up having a conversation with them and saying, well, actually the statistics are more that someone you know is more likely to abuse you or harm you than someone who is a stranger.

But there's this big sort of put on, like no strangers are the danger, and I'm not saying from time to time someone who you have no idea, who they are just comes in and there's a violent crime or something happens, that does happen, absolutely. But the family and I think we need to look more - yes, more realistically and more honestly at the family dynamic, and there is a lot of abuse that happens in families which is not being dealt with.

So, this is a start of a way to stop that happening, and to create an opportunity for the next generation to have a different experience than many of us have had.

Also, abuse I know is going to sound to some people like, oh, that's not how it is in my family, but my definition of abuse has changed over time. There are some very, very heavily abusive things that happen, so physical violence and abuse towards children or partners or anyone in a family, it's easy to see, no, that's very abusive.

Sexual abuse of a child, so an adult taking advantage of a child, or even children sexually abusing each other reflecting the sexual injuries of their parents and the family dynamic, that is abuse. It's quite clear-cut. You can see, no, that's really wrong, and I suppose, you can morally see no, that isn't right to do that.

But there are other abuses that happen in families that people think are fine, and until you become sensitive to them, often we're not seeing them as abuse. I see condescension, and continuous pull downs, and belittlement, and jokes at a child's expense in an attempt to humiliate or ridicule them, I see that as abuse, a form of abuse because that is actually eroding a child's sense of themselves.

It's attacking their nature and their personality. It's telling them that there's something wrong with them, it's saying that that's okay to make fun of them in a nasty way. That's different if you love someone and you're just having some fun, you know, like saying things and there's a feeling of love from you but I don't see that.

In a lot of families, it's like, oh what's your problem, and then when the child or the member of the family, because it might be a mum or a dad, who also is under that - sometimes mums ridicule the dads, the partner will pull them down and are quite unkind, and can be very manipulative because they're not dealing with their anger; or a dad and a man can do the same to a woman, so there's a lot of dynamics in a family.

And the more sensitive I become, the more sensitive I get, it's like, wow, no, if something is reoccurring over a long period of time, and there's an intention to harm, pull down, make that person feel bad about themselves, manipulate them into doing things, all of that is abusive. And the more sensitive you come to feel about those things, you know, you'll feel, no, that's really, really morally wrong to do that, particularly to a child when the child's done nothing to you.

The child is just reflecting you, and your partner, and the environment that it is in, so whether you're a caregiver or any of those things, a child is just a reflector, particularly when it's under seven years of age and even a bit older than that, it's not a hard and fast rule, it's just that - children are reflecting their environment so as parents, we're not abused by our children, we are being abusive to them.

Now if a child because there are some instances that I've heard, and I've been on the receiving end too, of where children start hitting and being quite violent. I've heard of certain mum's being physically attacked by their sons.

You need to look how you got there, and take responsibility that for whatever reason like one, you're very open to violence, and there must have been something that's happened in your childhood, or some belief you have, or something that's going on, where you're open to receiving that because a child has to learn how to be violent.

And I also suggest that it doesn't just happen overnight. Usually there's lead up to these things happening, and if you have some humility in the sense of, be very open and honest with yourself, allow yourself to feel what's really going on, and what you really feel, you'll be able to trace back to when these things started with a child, and what was going on, and what actions as a parent you didn't take in order to deal with that cause, or that issue when it happened.

For a lot of parents, being told that you, you are actually responsible for the behaviour that your child is acting out, particularly when they're young, it is

going to be quite confronting. And going from a place of blaming the child which seems easier because you don't have to deal with your issues when you do that as a parent. By blaming children, parents can sort of overlook anything that's going on for them, and I'm saying in this program, no, you, the parent are responsible for what is happening in your family. You are directly influencing these children, and it is your issue.

If there is an illness, an accident, something that's happening, and I'm talking about, you know, so let's say under the age of twelve, you have a collective thing - you have actually partial responsibility in anything that happens to your child. For a lot of parents who I've spoken to, who I've interacted with and for myself when I first heard that like I was, wow, that's a pretty big thing.

For me, it made sense, and I actually could see, yes, I can see, and I experimented rapidly with that truth and went, okay, what's really happening in our family? My issue was that I thought it was all my problem, and that I was the only one with a problem in the family. I needed to work through certain things to see that, no, it was me and my ex-husband's issues. It was a collective of what was happening with the child, both parents' influence on the child.

The children are reflecting both parties in the relationship. Again, depending on the make-up of your family, if you're just a single parent and you have been, say before the child was born, that child is going to have some inherited things from his father but if you're a single mother, then you're going to have the majority of the influence upon that child and as it grows.

In saying that, then say that you have a new boyfriend or whatever and depending what age that boyfriend or new husband comes in, they are also going to have an influence on the child.

If you have grandparents involved, so say both parents go, then the grandparents are also going to influence the child, so the adults in the environment depending on the make-up of the family which could be unique under all different situations are going to influence the child, and what's happening, and what they reflect back.

I feel like that point, just in summary, is very, very important. So, in summary, you, as the parent, have a responsibility in when your child is acting out, you absolutely are responsible for that behaviour, particularly when they are very, very young.

As I have mentioned, as they get older, children start acting on their own choices, they start making their own choices, taking their own actions based on what has happened to them in their childhoods, but their choices then dictate whether they live in harmony or disharmony with God's Laws.

And this is the thing, regardless of whether you believe in God, you're still under God's Laws, like God's Laws are acting upon your soul no matter what, whether you believe in God or you don't believe in God, whether you don't want a relationship with God or you do.

Knowing and understanding God's Laws or Universal Law is very, very important for your own happiness, even if you want to develop and progress in natural love which, as I said before, is the natural love in a human that comes from you towards another person or towards God, also God would love to receive our love, the natural love that you develop from your own efforts. As children grow older, then they're making the choice whether they want to develop that or to not, and whether they want to be loving or unloving.

Once they become in their late teenagers and they become adults, now they're acting and making choices out of their own heart, and their own decisions, and there is still the influence of their childhood there if they haven't worked through those issues and released a lot of things under an emotional process because the only real change is soul-based change.

If a child doesn't go through an emotional process and release what was done, and you know how it feels about what happened in the childhood, then they're going to act on all of those things as well, and so there is a partial responsibility in the parent for those things.

There is a lot of things that are going on between parents and children even if you think they're not. I notice a lot of the time that as humanity we focus on physical things, and not what's happening the soul or between the soul dynamic. What I've learnt over the last eleven years is that the soul conversation and what's happening in my soul is the most important thing.

Spending time working through any issue or impediment that's out of harmony with love in my soul, that is the most effective time spent.

Because when I actually make a soul-based change, there's many, many physical changes that happen - yes, so very, very important to understand that truth, that only real change is soul-based change.

You can experiment with that, and you can try it, and I really recommend you do. Try doing something of your own effort with children, so take something that you find the hardest, the most annoying, the thing that riles you up the most, and you choose and say, okay, I'm going to act in a loving manner from what I've heard, and I'm not going to shout, get angry, or do anything violent to that child, and see how hard it is; see how hard it is just to think it and then go and try and do that. Because I can guarantee that at some point, you'll want to, you'll desperately want to, if not do what you've always done.

The other option is to actually look at the cause of why you feel it's okay to, you know, yell, scream, be angry, why even the behaviour is happening, and you need to look at yourself about what attraction is going on, or what you have allowed in your family.

For me, I didn't say no, there was never a no, and even when I said no, there wasn't a feeling of like no, that's not okay. I just let the children do whatever they wanted, so that means that over a period of time they felt entitled to do whatever they wanted. And when I said no, they would either then ask me again a few minutes later, or they'd just literally go and do it.

And it was very interesting, I asked them as they got a little bit older and I said, I said no, why did you still do it? And one of them said, I thought you said, yes mum because all they could hear was yes.

The feeling in me, obviously, didn't even like to do it, then it became a point where they just wanted to do what they wanted to do, and they were just taking that action, so we had to deal with that in a little bit of a different manner.

My suggestion to you is to experiment anyway, and try doing it intellectually, and then have a go at really working through the issue, and that does take time, it does take effort, it does take a desire to really stick with it because it feels hard sometimes, it feels like you want to give up sometimes, it feels like you just want something to stop, and all of those things, just let yourself feel, and let yourself feel, let yourself feel, let yourself feel, and go through the entire stages that you need to of feeling your emotions, whatever they are.

Again, I really stress to do it in a self-responsible manner rather than taking it out on someone else, i.e., the children, you know, most of the time we're already doing that in families.

Now some of you, I know I'm using examples, you know, like hitting somebody, you might go, well that never happens in my family, our family is so much more calm, and there's nothing happening and everything is all good.

Well, I do make a suggestion that it is still worth having a go at different things because often when things are calm or withdrawn or there's not so much engagement, there's still a whole lot of stuff going under the surface but there's a facade and an expectation of how behaviour needs to be in a family.

Don't think that just because your kids aren't running wild or whatever which for me because they were running wild, it was quite easy to see when I actually made some shifts because things really changed, and they actually calmed down a lot without me saying anything, just by me making a soul shift, or at the beginning, it was just by being very, very truthful about things, and that's the beauty and the power of truth is that it just sorts a lot of things out very rapidly.

Don't think just because your family is all nice on the surface that everything is okay. There will be a whole lot of things going on within the soul of each of you, and depending on what's happened, and the choices you've made, and what kind of facade you have, and what addictions you have, will depend on how you react or cope with certain situations and when I say cope, we can cope with far more than we think we can.

A lot of people get all worried about their emotions and feel they can't cope with them, and that's just a feeling that we need to go through and feel if that's the feeling you have, work through that. I've had to work through some of those emotions myself and it's just a feeling. Once you do it like, it's a truth, that God never gives us more than we can handle. The more overwhelmed you can let yourself be with your emotions, the better it's going to go.

And so, I suppose back to the family who sort of seems "perfect", I've never met yet a perfect family. Often the illusion of perfection is hiding a whole lot of stuff underneath it that is, yes quite - I know in my own family growing up, there was even - I had a feeling like I've got to do things perfectly before I do anything, that was the feeling and it's not perfect from a loving, say God's Perfection which would be perfected in love, it was, I've got to be perfect to look good, and to seem like I'm a good person, and it was all a

facade based thing based on the family of not making the family look bad, or making no waves in the family, just keeping it all nice.

In both my immediate family and extended family there's eating disorders, there's an attempt at suicide, there's so much rage that's not expressed because everything was suppressed, and everything had to be nice, and if you were real angry, there was a really big feeling of like, no, you're not allowed to be angry, so everybody is passively-aggressively in a rage, not all the time but there was a lot of anger in our family, and there's just different dynamics in ways that people deal with it.

Expressing your sadness, speaking up about what was really happening in the family, all of those things, unacceptable and that's still how I'm treated in my family. I started raising issues in my own family, and my parents don't want to deal with those issues, they've reacted in different ways towards me.

The beauty of it for me is that in actually speaking up, being truthful, being honest, having the confrontation, one, it's helped me to work through a lot of feelings that I've had, and release a lot of expectations and demands that I had on my own family; two, it also highlighted to me what would have happened if I had been a child, and done the same things, and I can see why I didn't do certain things because I got severely punished and put down.

When I say severely punished, it wasn't necessarily physical violence though sometimes that happened, it was more emotional violence. It was more like ignoring me, ostracizing me, putting me on the out until I came back around and towed the family line, and these are things that are worth looking at.

In these presentations, I want to cover as many different examples as possible because a lot of the time there is a lot going - well, I can't even say a lot of the time, all the time there is so much going on in any relationship and that means between partners, between friends, between children, and sometimes we think, oh, we get on so well with our children, or we get on so well with our partner, and some areas, yes, there's really lovely connections, and you get on really good, and there's some really lovely things that can happen, there's often lovely things that happen in relationships but sometimes when we think we get on so well, we're in total co-dependence with each other.

And by co-dependence, I'm speaking about like you basically totally agree on what's going on, and that's why it feels so good because you're like, oh well, I get what I want, he gets what he wants, we are so close. And I suggest that if one of you stops the co-dependence, you'll see what's really happening in your relationship, and you can just stop the co-dependence in one area, and I guarantee you won't see it as smooth sailing anymore.

Now when I say that it can be smooth sailing again, it's just that anything out of harmony with love needs to be broken down, and that's what God's Laws are trying to do, and co-dependence is not loving even though you might think it is, it's not. Co-dependence is not, it's just not, it's out of harmony with love and it needs to be broken down. Once it is, then you can have an equal relationship.

Co-dependence is where one party's filling in the gap of the other party, and I remember - I've said a number of times, you know, I feel like with my ex-husband it felt like well, we work so well together because I fill in the gaps that he doesn't do, and he fills in the gaps that I don't want to do.

As a physical thing, he did outside work, I looked after the house, not very well at the beginning, but better as we worked through a few things. Wow, that's fantastic but it also skipped over a whole lot of things of emotions that I have about working outside, of beliefs and demands I have in a man that they need to do physical work, and that I do sort of more of the looking after the children, and looking after the home, and all those things, and highlighted that how much my ex-husband didn't want to do some of those things, and wanted to leave certain parts that happen with the children for me to deal with, and the home for me to deal with. When I didn't clean up and stuff, he would get very angry, and when he didn't do certain things that I thought he should do, I got very angry.

Again, I refer back to when we were talking about truth and transparency, and what's really happening in your soul, these are some of those things to discover, and become sensitive to, and become more real, and more honest about.

There's going to be conflict if you engage this process with yourself and your own belief systems, possibly with others depending on their level of humility, and depending on if they want to work on themselves or not as well, change your relationship to conflict. Conflict is going to happen when error is confronted.

It's a natural part of becoming a more loving, more ethical, more moral person, so get used to it, work through your reasons why you find it so uncomfortable. And when I'm talking about conflict, conflict doesn't have to be a massive, violent thing, you can have a heated debate, if you like, without harming another person. You're allowed to be emotional and expressive, if you feel uncomfortable with that, then work through the reasons why you feel uncomfortable about it.

Also, if you're being emotional responsible and you're actually taking responsibility for your own growth and progression, you're going to also be very honest about your intentions and motivations. Because if your intention is to have a conflict and to pull the other person down, well now you're out of harmony with love. If your intention is just to find the truth and that's causing conflict, well then, it's a more loving intention. We do need to become sensitive also to our motivations and intentions.

Often, we want to say things to ourselves to reinforce we're good people, or we're doing the right thing but often we're a bit sneaky, and our intentions aren't all that loving, or all that kind, or all that nice, or whatever other word you want to use. Becoming very, very real about what your real motivations and intentions are, is a very important thing to do.

In summary, we've discussed ethics and morality, and just given a brief definition, and some brief examples about that.

Ethics - the definition was, acting in harmony with natural love of all humans. Treat others as you would like to be treated taking into consideration love of self, others, creatures and the natural environment. Ethics creates equality between humans. So that was our definition of ethics, so that is a starting point if you feel a bit clueless about how to measure what's loving and what's not loving; it's a place to start.

Then we talked about morality which is treating others, ourselves and all of creation in harmony with God's Love. Morality is a standard or code which helps us understand what is good and evil, loving and unloving from God's perspective.

I spoke about how having a relationship with God is essential in order to really understand and feel what is moral, and what is not because it is from God's perspective.

In short, sometimes when I refer to them, I'll probably refer to ethics as treating others as you would like to be treated, that's ethics; and morality is

treating others in a loving way from God's perspective, so is it as God would love.

That's how I short-termed it for myself, am I loving as God would love, and that was a lot of my prayer - I'd say to God, God I'd like to love as you love, and that would then bring in all of these attraction events that I'd become more open to seeing.

Now they were already happening, but I'd become more sensitive to actually seeing and acknowledging, and they were, I could see were out of harmony with love which was very helpful for me.

I find a lot of my prayers end up that way, is I end up praying for something, and I see all the areas where it's not happening, and that's exceptionally helpful because then you can work through things, and it becomes more transparent.

I also mentioned co-dependence and breaking down anything that's unloving in a relationship in order that then you can build it up and create it into something that is based on love and has a foundation of love.

I feel that if your children are really young, I really encourage you to begin now, I'd suggest that with my whole heart. The earlier you begin, the easier it is, though you might not feel that in the moment as you're going through the first stages of this, it becomes far more easier later on because if what you deal with when the children are very young, you don't have to then deal with it as they get older. Once they get pretty set and firm in their own addictions, now it's their choice of what they're going to do.

It's just a compensation, for me, I didn't do it early enough and I was, to be honest, selfish, in that I didn't want to deal with certain things within myself, and due to my selfish desire, I have ended up that the children now have some very firmly entrenched addictions, and they're acting on those, they're making decisions out of those, they want to do those, and so I'm paying the compensation for not having loved in the first place.

All I can do is deal with my own feelings, clear out my own feelings, and also address those issues of love in the family.

When they happen, for instance, when something happens with the children, we have a discussion about it, I raise it, I talk about the issue of love and then I say, well what are you going to do about that and then they make a choice. Sometimes they say they want to, but their actions show they don't. I then need to make a choice of well, what am I going to do

about that, and often I'd take an action in order to help them to see the pain and suffering that is happening in their lives.

Often just by reflecting back to them certain events that are happening in their lives, they can see that but when something is affecting say other people in the household, then I need to ensure that love for all is upheld, and that sometimes means restricting a child, and as they've gotten older sometimes that means that they go to their own area in the house, so they don't have interactions with people for a certain time until they make a different decision, or until they chose to sort of reflect more on those things.

I sort of get creative now as they're getting older because I also am respecting that things have happened, and they now have a choice of what they want to do, and sometimes I feel a bit helpless about that but that's just an emotion I need to go through, and once I get through that, and often if I just feel some of that emotion, I come up with different ideas, and I get a more clarity of what is and what is not loving.

That brings me to the conclusion of this presentation on a brief introduction to ethics and morality.

For more information and extensive discussion on ethics and morality, I suggest going to the [Divine Truth](http://www.divinetruth.com) channel - www.divinetruth.com and checking out the talk on [Ethics and Morality](#) specifically in that.

There's also talks on God's Laws, on God and the Universe, and having a relationship with God, and there is some Assistance Group material which I highly recommend, and it is about gaining an education in love.

If you want to head over for more information of that, you can access it via the Divine Truth website, there will also be some links underneath this too, specifically to the ethics and morality talk so you can get more information if you want.

The reason for having this introduction is that, as I said, there is certain terminology and things I'm going to be referring to in the presentations following this that are to do with ethics and about the main focuses on becoming a more loving person.

Ethics is a simple way to begin that process, and then if you want a relationship with God, then you can actually become moral and learn about morality as well from a soul-based perspective, that means in your soul as a feeling rather than just thinking about it, or as an intellectual pursuit, and

that is a process of development that will happen if you choose to engage God's Way of becoming a more loving, truthful being in the world.

I have found that it's has been an excellent go-to with ethics and morality, and this video is just to define what I am specifically speaking of so there is no doubt or other interpretation of what I am saying.

I really want to be clear about what I mean, and what I'm speaking about so that it's not just the world's definition, and you're thinking you'll understand what I'm saying so that's why the definition of ethics and morality has been shared on this video.

In summary, again, basically ethics - treating others as you would like to be treated; morality - loving others as God Loves, like from God's perspective. I'm saying loving others, it also covers yourself, the environment, other creatures, everything, so it can apply to all kinds of things.

Even if you don't have children or you're not interested in people, you can also apply it to animals and, the universe at large as well, and learn more about love in those areas.

Alright, so that's the end of this little presentation on ethics and morality, and I'll see you in the next presentation.