

DIVINE TRUTH WORKBOOK

[Divine Truth](#)

Discover God's Universal Truth and Receive God's Love
(all information can be found on the Divine Truth website)

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Preface

This Workbook is an independent project undertaken by me and is not associated with Jesus & Mary and the Divine Truth Organization.

The following worksheets were completed for my own personal use. I have included video links, outline links, blog links, and at times, time codes for different sections to make it easier to find the original information from the [Divine Truth](#) website.

Most of the information has been directly copied from transcripts, outlines, Mary's blog or suggested homework assignments. Because these worksheets were originally for my own personal use, some parts were paraphrased, and some self-reflection questions and/or exercises were created by myself.

I have completed this workbook in my current soul condition and therefore, there may be mistakes that will need to be corrected in the future.

You can download this workbook for **FREE** on my website at educationinlove.com. Printed copies are available upon request. Please contact me at the email address below if you are interested.

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Desire for Personal Change

Worksheet created from 2014 AG [Desire for Personal Change Outline](#)

Self-reflection questions:

1. Do I really want to have a relationship with God?
2. Do I really want to see what is stopping me having a relationship with God?
3. Do I really want to see myself as God sees me?
4. Do I really want to see the damage I have done to others and myself?
5. Do I really want to work through the emotional causes for my unloving behaviour?
6. Do I really want to truly love God, others and myself under all circumstances?
7. Do I really want God's Truth to determine the rest of my life?
8. Do I really want growth in God's Love for the rest of my existence?
9. Do I really want to take complete personal responsibility for my own life?
10. Do I really want to stop living in my anger, rebellion, addictions & fear?

Exercise:

How do I use my time? In the course of a day, write down how I use my time?

What evidence in my daily life proves my sincere desire for change?

How I use my time proves my desire.

This exercise was also suggested in the [Belgium Seminar](#)

If you look at your priorities - the things you believe are important, and here it requires a lot of honesty with self, as to how to know what is important to you - the primary way of measuring what is important to you is by measuring how long or how much time you spend at it. Ask yourself, where do you spend your time?

Fear of Change

Worksheet created from 2014 AG [Fear of Change Outline](#)

All my reasons for being afraid are just 'excuses' or 'justifications' for living in my fear.

Emotional soul-based reasons for my fear of change are:

- Reason 1: lack of faith in God
 lack of faith in God's Laws
 lack of faith in myself
- Reason 2 belief that I cannot cope with being overwhelmed
 emotionally
- Reason 3 resistance to God's Truth

Self-reflection questions:

1. How do I lack faith in God?
2. How do I lack faith in God's Laws?
3. How do I lack faith in myself?
4. What are my beliefs about being overwhelmed with emotion?
5. What choices & decisions do I make to prevent my feelings & emotions?
6. What are my resistances to hearing God's Truth?
7. What are my resistances to having God's Truth enter my heart/soul?
8. What are my resistances to living in truth with others & in the world?

Exercise:

What am I going to do in my daily life to improve my faith?

What are my emotional beliefs that cause me to accept that I cannot cope with overwhelming emotion?

Practice letting myself be overwhelmed with emotion

What feelings inside me cause me to resist God's Truth?

What is Going to Change?

Worksheet created from How I Feel About Change – Analysing My Desire to Love & Change (copied from a printout, unable to find link)

Self-reflection questions:

What am I doing to stop telling myself lies, particularly about myself?

How much have I really changed since hearing Divine Truth?

What is Going to Change?

My level of honesty
My pain
My needs
My beliefs
My attitudes
My perspective
My future
My life
My soul
My desire for façade
My suffering
My desires
My thoughts
My behaviour
My limitations

My relationships
My body
My addictions
My comfort
My self expression
My emotions
My perceptions
My possibilities
Myself
My spirit body
How I think
How I use my time
How I act
How I use my resources
How I feel

How ready am I for that?

I don't know how any of these things will change.

I don't know what direction any of these things will take in my future.

How Do I really feel about this reality?

excited or terrorized
happy or sad
grateful or resentful
liberated or controlled
energised or lethargic

calm or cranky
encouraged or depressed
curious or disinterested
empowered or lost

Having emotional responses

- Am I letting myself feel them?
- Am I allowing God to help me with them?
- Am I holding onto false beliefs about them?
- Am I justifying my fear of acting in harmony or out of harmony with them?
- Am I telling myself lies about them?
- Am I making excuses for them?

What Opens My Heart to Change?

Worksheet created from the [Desire for Personal Change Outline](#)

A sincere longing is what opens my heart to change

- God does not force me to open my heart to God
- Relationship with God is driven by desire only
- God's Laws will operate on my soul, but this will not create a relationship with God
- God's Laws will only operate in a manner to bring me to my natural self, but I can be perfect in natural love and still become stagnant

What evidence in my daily life proves my sincere desire?

Do I use my time for:

- ☐ Praying
- ☐ Reflecting upon God's Truth
- ☐ Reflecting upon my own life
- ☐ Improving my understanding and practice of God's Laws
- ☐ Feeling & experiencing my true emotions
- ☐ Alone working on improving myself
- ☐ Improving my relationship with my partner
- ☐ Improving my relationship with children
- ☐ Improving my relationship with friends
- ☐ Working on becoming more loving towards others and myself
- ☐ Doing things for others

Do I use my will to:

- ☐ Feel distressed when I have tried to get my addictions met
- ☐ Feel distressed that I have attempted to meet the addictions of others
- ☐ Feel my fear and sadness when I do not get what I want
- ☐ Feel that my demands & expectations to get what I want are selfish & out of harmony with love
- ☐ Examine my motivations for getting what I want
- ☐ Express myself clearly and lovingly when I am not pleased with a personal interaction with others
- ☐ Always feel and express my true emotional self without dumping my negative emotions on others
- ☐ Do things for others as a gift
- ☐ Do things without any emotional expectation from others
- ☐ Know that I create all of my own problems in my life

- ☐ Know that God is not responsible to fix my problems
- ☐ Focus on myself first whenever there is a problem with another person
- ☐ Accept and feel my real feelings
- ☐ Accept and feel the truth about my childhood emotional hurt and my desire for the adult facade

Do I live in truth by:

- ☐ Always tell the truth, even when others make it hard, try to punish me, or get angry with me
- ☐ Passionately desire & volunteer the truth on all occasions
- ☐ Make opportunities to disclose the truth about my past actions with friends, family, partner and children
- ☐ Openly disclose the truth with regard to my income, expenses & legal requirements
- ☐ Openly disclose the truth even when it appears to not be in my own best interest to do so
- ☐ Easily accept the Truth
- ☐ Easily accept God's messenger of Truth, the Law of Attraction
- ☐ Always allow myself to emotionally embrace the Truth, and immediately act in my day-to-day life

Conclusion

- If most of us are honest with ourselves our desire for change is not very great
- Our desire for a relationship with God is not very great
- The proof is in our daily life right now
- We obviously have a huge amount of **Fear of Change**

What am I doing...

- to challenge my lack of faith.
- to stop telling myself lies, particularly about myself.
- to challenge my justification of taking no action.

Strengthening My Will to Love

Worksheet created from 2014 AG [Strengthening Our Will to Love Outline](#)

Love governs everything

What do we know about love? Nothing really.

What should be our highest priority in life?

Growing in our knowledge & understanding love

Growing in our ability to love

What Is Will?

- It originates in the soul; it is a soul-based quality. A soul-based quality that reflects our current soul condition, including injuries, aspirations, desires, passions & fears
- It commands our thoughts, words, actions and even our inaction
- It comes from emotions in or out of harmony with love
- It is the soul's true desire
- It happens without effort

Four things we need to do to grow our will to love are:

- Overloading stimuli to love
- Try and try again to love
- Spiritual food that helps me love and educate myself about love
- Waters of Truth that help me love and know what love is

Exercise:

What am I going to DO to:

1. Stretch myself emotionally & to seek out opportunities to love
2. Make the stretching of self, regular & repetitive
3. Change my daily activities and relationships towards those that uphold love?
4. Change my exposure to, and engagement with truth in my day-to-day life?

We will see those who have a sincere desire to strengthen their will to love by the habits and actions they embrace.

Understanding Self

Reference Chart created from the 2014 AG [Understanding Self: Introduction Outline](#)

Exercise:

Using the reference chart below, notice when I am in my façade self, hurt self or real self.

We must understand ourselves to progress

This is a part of our using our will to educate ourselves about love.
This requires a personal effort on our own behalf.

We must experience the emotions associated with each part of ourselves

- The façade self
- The hurt self
- And the real self

Understanding Self Chart			
FAÇADE	HURT	REAL (God’s Child)	
Created by others and further developed by my own desire Facade helps me avoid my pain and hurt	Created by other people harming me. Each hurt is “frozen” at the age the hurt occurred	Instinctual (The expression of my real emotional self is controlled by myself)	Can Develop To Become: (Development is controlled my myself)
Addictive Compulsion Obsession Urges Cravings Fixation Mania Bullying Force Harassment Oppression Repression Coercion Manipulation Abuse	Pained Hurt Aggrieved (resentment) Wounded Injured Upset Distressed Timid Nervous Shy Fearful Hesitant Apprehensive Cautious	Sensitive Aware Perceptive Insightful Expressive Animated Communicative Open Unrestrained Honest Truthful Sincere Frank Candid Blunt	Wise Intelligent Clever Gifted Logical Sensible Practical Responsible Accountable Dependable Rational Loving Caring Kind Gentle

Understanding Self Chart			
FAÇADE	HURT	REAL (God's Child)	
Created by others and further developed by my own desire Facade helps me avoid my pain and hurt	Created by other people harming me. Each hurt is "frozen" at the age the hurt occurred	Instinctual (The expression of my real emotional self is controlled by myself)	Can Develop To Become: (Development is controlled by myself)
Cruelty Nastiness Meanness Brutality Viciousness Unkindness Resistance Conflict Confrontation Disagreement Narcissistic Quarrel Squabbling Arrogance Condescension Superiority Conceit Disdain Pride Egotism Insensitive Unaware Lacks perception or insight Un-expressive or falsely expressive Pretending and made up Unanimated or falsely animated Lethargic Forced vibrancy Closed Reserved	Concerned Fragmented Disjointed Uneven Suppressed Dormant Undeveloped Concealed Embryonic Humiliated Shamed Embarrassed Disgraced Unfavoured Self-conscious Rejected Discarded Unwanted Unneeded by others Angry-childlike Rebellious Self-absorbed Self-centred Lacks awareness of surroundings Unless the hurt self is felt emotionally, it will remain: Young Childish Immature	Transparent Adventurous Courageous Daring Bold Creative Brave Audacious Curious Inquisitive Questioning Probing Searching Enquiring Emotional Feeling Sensing	Considerate Compassionate

Understanding Self Chart			
FAÇADE	HURT	REAL (God’s Child)	
Created by others and further developed by my own desire Facade helps me avoid my pain and hurt	Created by other people harming me. Each hurt is “frozen” at the age the hurt occurred	Instinctual (The expression of my real emotional self is controlled by myself)	Can Develop To Become: (Development is controlled by myself)
Controlled Forced Guarded Untrusting Dishonest Untruthful Insincere Lacks frankness Opaque Not candid Prying Interfering Snooping Nosy Meddling Intrusive Invasive Pushy Unemotional or falsely emotional Unfeeling Dumb, Stupid Illogical Fixed Immovable Predetermined Rigid Apathetic Lazy Disinterested Uninvolved Bored Unconcerned Unwise	Contained Restricted		

Understanding Self Chart			
FAÇADE	HURT	REAL (God’s Child)	
Created by others and further developed by my own desire Facade helps me avoid my pain and hurt	Created by other people harming me. Each hurt is “frozen” at the age the hurt occurred	Instinctual (The expression of my real emotional self is controlled by myself)	Can Develop To Become: (Development is controlled by myself)
Imprudent Thoughtless Irrational Reckless Irresponsible Careless Selfish Narcissistic Vain			

Expectations and Addictions

Worksheet created from the [Expectations & Addictions Transcript](#)

Definition of an expectation is when I have an emotion, inside of myself, that I need somebody else to fulfil.

- I feel hurt or angry when my expectations are not met.
- Feeling hurt is a form of anger.
- All expectations are unloving.

Expectations are our door into our emotion; they're the door into our addictions. Our addictions drive every expectation that we have.

There's a very big difference between feelings and desires, and expectations. An **expectation** is usually accompanied with anger, resentment, hurt, when it's not met, whereas **desire** is never accompanied with any of those emotions, if it's not met.

Most of our addictions are not at play intellectually, but rather they're at play at the soul level – at the emotional level.

Addictions automatically draw or repel others.

Addictions are automatically projected out of us.

Addictions cover over our true selves and allow us to avoid some feelings or gain others.

Addictions can never be satisfied.

Addictions are acted out from unhealed child emotions.

- Anger covers over my addictions
- Addictions cover over my fear
- Fear covers over my grief
- Grief – feeling my grief is the healing emotion

“Our soul is the CAUSE of everything that happens in our spirit body and physical body. Conversely, anything that happens in our spirit body or physical body is an EFFECT of something in our soul.” Luli Faber

Exercise:

Make a list of all of my expectations. Include spiritual, emotional, sexual and physical expectations. (expectations with partner, kids, friends, myself, society, government, God, etc.)

Expectation List:

Now make a list of all of my addictions

Addiction List:

**Compare my expectation list with my addictions list.
Do I see a correlation between them.**

Allow myself to start processing emotionally why I have them, and what I feel when I don't get them.

Deconstructing My Facade Worksheet

Content and excerpts taken from the [Divine Truth Assistance Group - An Introduction to Love – Understanding Self - July 13, 2014](#), and a [letter written by Jesus in June 2005](#), called [Divine Law, Sin, Forgiveness & Repentance](#).

UNDERSTANDING SELF

Deconstructing My Façade - Outline

Reminders about the façade self

- My façade self is created in childhood by other people wanting me to not be my real self
- Has been further developed by my purposeful desire to ignore my real and hurt selves
- Is very 'adult' in nature, since adults or myself as a maturing adult developed the façade
- So, we could call it the 'adult' façade to help us understand

My façade emotional self:

Loves addiction, compulsion, resistance, coercion and manipulation
Loves cruelty, nastiness, meanness, arrogance, condescension and superiority

Is insensitive, unaware, pretending, false, closed, controlled, and untrusting

Is dishonest, untruthful, insincere, invasive, unemotional, illogical

Is immovable, imprudent, thoughtless, irrational, reckless, irresponsible and careless

My façade self is the main cause of my choice towards unloving (sinful) actions

Why Must the Façade Self Be Deconstructed?

The description of the façade emotional self should be enough to help us to desire to remove it!

Reasons for deconstructing the façade self:

- All of the emotions associated with the façade self will continue to dominate our life
- Real love cannot be experienced by the façade self
- Absolute truth will never be accepted by the façade self

- Loving relationships are not possible for the façade self
- Humility is not possible with the façade self
- All relationships of the façade self are based on bartering addictions with others
- The façade does not wish to allow the expression of our hurt self
- The façade does not wish to allow the development of our real self
- The façade cannot have a relationship with God
- God does not want a relationship based on façade
- There are many more reasons for deconstructing the façade

How difficult will it be to deconstruct the façade self?

It will be the most difficult thing you have ever had to do!
The façade will resist anything other than a firm desire and sincere attempt

Developing a [Desire for Personal Change](#) is essential.

What Is the Process of Deconstructing the Façade Self (Or Anything Else)?

1. Begin in a place of denial

I am neither intellectually nor emotionally aware of the façade & the sin it creates
(Sin = unloving thoughts, words and actions driven by denial of unloving emotions)

(15.28)
Example of being in denial: I've done my best with my children. We are in denial because there is no understanding of our sin and how much damage we have created and how much work our children will now have to do to undo that damage.

2. Intellectual awareness that the unloving behaviour (sin) exists and is real

I am intellectually aware that what I am doing is wrong, and needs to be changed

I am aware of why it is wrong; find out what you believe God's Truth to be on the matter

(20:01)

Example of becoming aware of my sin: I created and projected most of my emotions on my children, so anything they're wrong on, it probably means that I was wrong first. This is the stage where I think maybe I did something wrong. Why was it wrong? The fact that they are struggling and in pain means that what I did must have been wrong. I did something that caused pain to them, and they didn't have a choice in the matter.

3. Intellectual awareness that the unloving behaviour (sin) has a cause within ourselves

I am intellectually aware that an emotion within myself causes me to take the sinful action

I am intellectually aware that the emotion exists within myself, and not anyone else

(26:58)

Examples of when we do not believe the cause is within us: the spirits made me do it; the devil made me do it; we blame it on others – our parents, our partner, our children; you did this, so I did that, justifying my unloving behaviour.

4. Intellectual willingness to identify the cause within ourselves of the unloving behaviour

I want to develop a willingness (will-power) to find the emotional cause of my unloving behaviour

(29:44)

Example of being willing to identify the cause: “I’m willing to look at it with more sincerity”; “I want to find it.” Developing the will muscle is important

We must develop our will to discover the cause of our choices to sin.

5. Intellectual awareness of the cause within ourselves of the unloving behaviour

I want to become aware of the actual cause of my unloving behaviour

(31:33)

The previous step was developing a willingness to find the cause; this step is becoming aware of the cause. It’s like a light-bulb moment.

Our spirit guides are always trying to help us do this; our spirit addictions are always trying to stop me from doing this.

6. Intellectual awareness of God's Truth

Ask myself what God's Truth would be about the unloving behaviour and the emotional addiction that drives my unloving behaviour

This is not ‘knowing’ God’s Truth, but rather ‘thinking’ about what God’s Truth would be

(34:25)

At this stage, we are just asking, it doesn’t mean that we actually know. At this point we might think we know but we have yet to make a real soul change. Analyse myself. Has anything really changed? Be honest! There must be an emotional change for any real change to occur.

Intellectual awareness vs Soul awareness

Even though intellectual awareness has occurred I have not yet made any soul-based changes

However, now that I have done all of that, I can BEGIN to make a soul-based change!

I have removed my intellectual barriers to soul based emotional change!

7. Soul (emotional) awareness that the sin exists and is real

Soul based feeling that what I am doing is wrong, and needs to be changed

Soul based feeling of why it is wrong

Soul based feeling of what I believe God's Truth to be on the matter

(42:08)

When I become emotionally aware I'd probably have a good cry about the fact that I did it. Now I've become emotionally aware that the sin exists. I now emotionally feel that what I'm doing is wrong and I now know what God's Truth is on the matter.

8. Soul (emotional) awareness that sin has a cause within ourselves

Soul based feeling that an emotion within myself causes me to take the sinful action

Soul based feeling that the emotion exists within myself

(43:06)

I am now emotionally aware that the sin has a cause in me. I no longer minimise, justify, shift the blame, blame others including the Universe, my parents or God. I now take full personal responsibility and focus on trying to release the cause. When I get to this place, I will feel gutted emotionally, literally whereas before I was only thinking about things. I now know that I created my façade to avoid all this stuff inside of me. I also recognize that all my fears were just excuses. There are only three reasons for fear of change: no faith, no desire to be emotionally overwhelmed, or no desire for truth.

Corny’s presentation: *Fear of Change*. A person who has faith, knows that they can cope with anything and wants the truth, will go through this process. They won’t give any excuses; they’ll just do it.

9. Soul (emotional) willingness to identify the cause within ourselves

Develop a soul based emotional willingness (muscle) to find the emotional cause of my unloving behaviour

(46:13)
I will emotionally feel that I want to, with all my heart, find out what this is about. In the last two steps I’ve processed emotionally the damage that I did. At this stage I’m starting to say, “wow, this damage is incredibly complex. It’s harmed that person. Their whole life has been affected by it; it’s terrible.” At this stage, I will be working out what it might be. It’ll be every day and night, prayer, contemplation, analysis of what it is. Your whole being will be focused on trying to find the reason inside of yourself as to why this thing out of harmony with love occurred.

10. Soul (emotional) awareness of the cause within ourselves

Become emotionally aware of the actual emotional cause of my unloving behaviour
At this point we often find that our intellectual concept of the cause was completely wrong

(47:45)
Once I have the will, all of God’s Universe is there to help me to come to an awareness. I now know exactly what it is. Everyone can

disagree with me, and I'd still know. This is when I go from belief to knowing. Emotions equal information.

11. Soul (emotional) willingness to experience the pain from the expiation of error

Develop a soul-based willingness to actually experience the emotional pain that is the cause

(49:01)
Now that I've identified the cause, and I have a willingness in my soul to feel it, I will go through the actual release of emotion that will heal me. This process is one of the most productive processes because through this process, I have finished up with getting rid of the reason why I did it. I will never do it again, under any circumstances. It will be automatic for me not to do it.

12. Soul (emotional) release of the cause within ourselves

Actually experience, feel & release the emotion that causes the error

(51:15)
I now emotionally release the cause. There's an actual release. After this process I will feel like an almost entirely different person.

13. Soul (emotional) perception of the God's Truth

Now we will have, written in our soul, a complete awareness of the Truth and the cause will no longer exist within us

We will now automatically not be able to engage in the sinful unloving behaviour & we will be automatically loving
We have actually gone through a soul-based change!

(51:46)
I now know what the truth is. Now I have it written in my soul (the Law of Love on that issue). There's no danger of me ever doing it again, unless I purposely choose to do it, and I'll know that I've purposely chosen to do it. It won't be an automatic process that I sin anymore; it'll be an automatic process that I don't, on that issue.

Summary Of Intellectual Process of Deconstruction

- Begin In a Place of Denial
- Awareness that the unloving behaviour (sin) exists and is real
- Awareness that the unloving behaviour (sin) has a cause within ourselves
- Willingness (will-power) to identify the cause within ourselves
- Awareness of the cause within ourselves
- Awareness (in mind) of God's Truth

Summary of Emotional Process of Deconstruction

- Soul awareness that the sin exists and is real
- Soul awareness that sin has a cause within ourselves
- Soul willingness (will muscle) to identify the cause within ourselves
- Soul awareness of the cause
- Soul willingness (will muscle) to experience the pain of the causal error
- Soul release of the causal error within ourselves
- Soul acceptance or education of God's Truth

Conclusion

The most difficult process is to remove the façade self because:

- The façade self takes a lot of effort to deconstruct
- The façade self has the most resistance to love and truth
- The façade self wants to retain itself
- The façade self, wishes to avoid all painful emotion
- The façade self is angry and resentful towards God

Exercise

1. Begin the process of noting down your actions out of harmony with love
2. Ask yourself whether you are really willing to see the reason why you do these things?
3. Ask yourself whether you see your addictions & unloving behaviour as a sin?
4. Attempt to develop an intellectual awareness of the emotions driving those actions

Experiencing My Hurt Self Worksheet

Content and excerpts taken from the [Divine Truth Assistance Group - An Introduction to Love – Understanding Self - July 13, 2014](#), and a [letter written by Jesus in June 2005](#), called [Divine Law, Sin, Forgiveness & Repentance](#).

UNDERSTANDING SELF

[Experiencing the Hurt Self - Outline](#)

What Is My Hurt Self?

REMINDERS:

- *If you find yourself emotionally overwhelmed at any point, don't forget that it's an opportunity.*
- *The process of undoing damage that you've had with you for a long time is worth the effort.*
- *"This does work", "I can feel the truth of some things." Stay with that; there will be results.*
- *The real self wants to be itself, the hurt self wants to feel its hurt, but the façade self is the one that doesn't want you to do either of those things.*

My hurt self is:

- Created by other people harming me (from conception onwards)
- It is injured further by my harming myself or others through my choices
- Is stagnant at the age the damage or harm was created
- Contains most my own inner causal emotional pain and suffering
- We can call my hurt self my "Hurt Child" to help us identify

My hurt emotional self:

Is pained, hurt, aggrieved, wounded, injured, upset, and distressed
Is timid, nervous, shy, fearful, hesitant, apprehensive, cautious and concerned

Is fragmented, disjointed, uneven, suppressed, dormant, undeveloped, concealed, embryonic

Is humiliated, shamed, embarrassed, disgraced, unfavoured, and self-conscious

Is rejected, discarded, unwanted, and unneeded by others

Is angry, rebellious, self-absorbed, self-centred, and lacks awareness of surroundings

My hurt self (hurt child) lacks development for the following main reasons:

- Each hurt is 'frozen' at the age the hurt occurred no matter who caused the hurt
- Each hurt, while it remains, prevents God's Truth from entering on the same subject
- Each hurt, while it remains, prevents my ability to feel and experience love as an emotion
- Each hurt, while it remains, defines my understanding of truth and love
- Each hurt is locked up inside, & cannot be released without sincere emotional expression
- Unless the hurt self is felt emotionally, the hurt self cannot grow emotionally
- Consequently, my hurt self remains young, childish, immature, contained & restricted

Essential Steps Needed to Connect to & Heal Our Hurt Self **Introduction to other essential information to heal our hurt self**

Process of deconstruction outlined by Jesus in his presentation "Deconstructing the Façade Self" also applies to the deconstruction of the hurt self

The following essential information contains additional recommendations to aid with the deconstruction of the hurt self

Each step must be engaged emotionally

14. Acknowledge that hurt exists within & feels very emotional, uncontrolled, raw & truthful

Acknowledge that a lot of this hurt occurred when others were unloving to you in childhood

Acknowledge the rest of the hurt occurred when you were unloving to yourself & others

You will not acknowledge the hurt unless you have begun to break down the façade

Acknowledge current fragmentation of self is due to suppression of hurt & acting in facade

This does not involve justifying poor behaviour now due to bad childhood experiences

(10:15)

My hurt is going to feel soft when I connect to it. My hurt is not my façade, anger or my resistance. The hurt self feels soft when it connects to things. Often, we associate that with something that's childlike: softness, pliability, willingness to be vulnerable and go into feelings. I need to acknowledge inside of me there is a self that feels pretty sad and pretty soft and doesn't have any big armour on to go out and face the world.

15. Acknowledge how you currently treat the hurt-self emotions

Recognise the ways we use façade and addiction to suppress & deny our hurt

Recognise the ways we use façade and addiction to treat our hurt badly

Become sensitive to our façade judgements and fears about the hurt

We use this treatment in order to keep the hurt self suppressed

We push ourselves through situations that scare us

We deny our feelings of worthlessness and instead push ourselves into façade

We 'cheer-up', cover-up, punish, judge, bully and push around our hurt selves

(14:38)

When I say "cheer-up", "come on, let's go outside. Have a walk. You'll be alright", it's actually quite harsh. It's saying, "your feelings aren't even important enough to feel."

16. Stop the harsh treatment of the hurt self

Emotionally challenge and deconstruct the façade
Emotionally recognize how we treat our hurt-self feelings with contempt & derision
Remove the emotional reasons for the harsh treatment of ourselves by feeling them
Emotionally turn your will to be harsh into a will to be soft & accepting

(22:56)

When I am treating my hurt self harshly, I am automatically modelling this to the people around me (my children). This is the way you treat hurt, or this is the way you avoid hurt.

17. Allow the hurt self a voice

This is a major step in loving yourself
Find a way to connect to and express your hurt self
Use anything that works and helps you be truthful about the hurt you have experienced
Become sensitive to the hurt self's damaged viewpoint of the world and reality
Allow the hurt child-like parts to feel the feelings that were suppressed by others
Allow the hurt other parts to feel the feelings that were suppressed by you
The adult hurt was caused by the choice to avoid the hurt child emotions
State the truth of what you haven't said. Some of this will sound child-like & illogical
This is the beginning of treating the childlike parts of ourselves that feel hurt with care and compassion

(25:20)

Allow my hurt self to have a voice, to say the things that I didn't say, that I didn't get to say, but wanted to say. Step 16 is stopping the lack of love; step 17 is starting to show love, just like you would to a little child. "What do you want to say? You've been shut up for years and years. What do you want to say right now? Let's hear it."

18. Allow the feelings of the hurt self

This is another major step in loving yourself
Allow emotional expression and experience of the hurt feelings
Feel the truth about what really happened which was previously suppressed and denied

(30:53)

Allow my hurt self to have these childlike feelings, to experience them. It will happen much easier once I stop all the harsh treatment and judgment and punishment. I will need to use my will to allow this process. I'm going to feel overwhelmed. There will be fear, pain and grief but they're much softer. You're feeling softer now, you're feeling a flow of emotions rather than being rigid. When I start pushing myself: "Come on! Get into this! You didn't do that! That wasn't long enough! Did you time that? Fifteen minutes! How am I ever going to get to be at one with God?" It's not like that – that is your adult façade in operation.

19. Begin to take care of the hurt self

The child-like parts of ourselves have never had anyone – including us
– take care of us

Now as an adult we are going to have to care for ourselves

Imagine how we would treat a hurt and neglected child right in front
of us

We can do that for ourselves

We can

Make time to be with the hurt parts of ourselves that were
suppressed or denied

Listen to what these parts of us want and what we feel we
missed out on

Stop pushing, begin to encourage and care for ourselves

Tell ourselves the truth about the hurt

(33:49)

I won't be watching the clock anymore, time the bouts of tears. I won't be rushing around with my to-do list every morning saying, "I've got to get all this done or I'm not a worthy woman!" I'll be saying, "You know what? I've been shut up and shut down for a really, really long time. Now is my time. I'm going to give myself time and space to tell me what I feel, to let my feelings come." The expressions that come out of me will often sound just like a child. The things I want to say might sound just like a two-year-old. My hurt self is not a separate little kid; it's just parts of myself that have stayed frozen at the age it was hurt. These parts of me should get the chance to mature, to feel what they need to feel. The awesome part is once the hurt bits are gone, I'll see the best bits of me, my real self.

20. Educate the hurt self

The hurt fragments of us have had no loving education

Loving education will involve teaching our hurt self:

About God, our real parent, how He differs from our earthly
parents, most trust-worthy being in the universe

The truth about emotions; that it is safe to have feelings

Personal responsibility: that it is unloving to depend on others
for things

The gift of will; the ability to choose, and our personal responsibility for our choices
About sexuality; our body, soul-sexuality and soulmates
About safety; about trusting emotions, the adult ability to say ‘no’

Morality and ethics; treating others as we wish to be treated
This education will be emotional, not intellectual
The hurt self must go through the same process of awareness that the façade self has had to go through

(37:59)
I will tell myself, “I’m feeling hurt and frightened, but I was built to feel this.” In order to heal my hurt self, I’m going to need to educate myself about myself, my soul, who I really am, about God, God’s Love and God’s Laws, the Universe, etc. Some of the things that Mary educated herself on were ethics and morality; sex and her body; soulmates; that her desires and interests were ok; that she is allowed to be an individual and want what she wants and feel what she feels. I’ll know when I connect to my hurt. I’ll say, “this part of me has no idea about love. This part of me doesn’t believe in God. This part of me feels hopeless in the worst kind of way.” That’s where you start to give the education, a loving education. I will have a stronger sense of what’s lacking in my knowledge of love. I can begin to seek out experiences that will help me learn about that, as well as acting in the faith that I have already established.

Beware of the desire to stay fragmented or to create a separate ‘inner child’

In reality these child-like parts of ourselves have never had a chance to mature
We deserve the chance to feel what was suppressed
We deserve the chance to grow up and integrate all our ‘fragments’ so that we become whole, sensitive, and aware individuals
As we ‘grow up’ we get to keep the wonderful elements of the real self that are often attributed to an ‘inner child’ e.g. curiosity, openness, adventurousness, playfulness etc.

Conclusion

- Unless I do this work with the hurt-self I will not reach most of my causal emotion and cannot grow my soul in love
- I will have a distorted outlook on life
- I will not come to know my true self
- It is my true self that has a relationship with God, so without deconstructing my façade and experiencing my hurt self, I can never come to know God

The Real Self

We haven't spoken about the real self because no one is yet ready. Many are trying to develop the real self without doing any work on façade and hurt selves.

The biggest amount of work will be on deconstructing the façade

- It takes time
- The hurt self wants to feel hurt
- The real self wants to be itself
- The façade doesn't want the other two selves to do what they want!

Exercise

Relationship Between the Façade & Hurt Self

How does my façade-self feel about my hurt self & child-like feelings?

How does my hurt-self feel in response to my façade self?

What are your judgements of these feelings?

What are your fears about expressing your hurt, child-like feelings?

These things are your blocks to accessing causal emotions.

Challenging Addictions

Worksheet created from the 2014 AG [Challenging Addictions Outline](#)

Practical Steps to challenge my addictions:

- Notice the addictive event or interaction & acknowledge that it is a sin
- Feel the addictive emotional responses
- Don't judge the addiction
- Don't feed the addiction
- Feel the addiction itself
- Allow my hurt self's feelings whatever they are
- Honour the increased awareness
- Revisit until it is done

Exercise:

1. What are the reasons why I am not engaging the challenge of my addictions every day in multiple areas of my life right now?
2. What are the emotional reasons why I am justifying not engaging the emotional challenge of my addictions right now?
3. Challenge at least one addiction.

Common Areas where we live in addiction:

Interpersonal relationships

- Change the way you communicate & relate to others
- If addicted to Avoidance and façade this means that you will need to have more contact with others and commit to being honest and open
- If addicted to Control and domination this means that you will be quieter, listen more and focus on ethical exchanges

Eating & drinking habits & personal comforts

- Recognise and challenge an addiction in this area
- Change your eating habits
- Most of us eat for comfort
- Others of us strictly control and monitor what we eat

Technology

- Recognise and challenge an addiction in this area
- Reduce your use of technology
- Technology is a way that many people meet addictions and distract themselves from what they feel
- You could commit to turning off your phone, your internet, TV and computer for 23 hours a day, or even days at a time

God’s Law – ‘Crossing the Line’ Worksheet

Worksheet created from the [DT Linton UK Day 2 Part 1](#) talk.

Exercise:

List where I feel I am in or out of harmony with God’s Love and Truth in all areas of my life: spiritual, emotional, sexual and physical.

GOD’S LAW – ‘CROSSING THE LINE’ WORKSHEET	
SPIRITUAL Areas of my Life	
IN DISHARMONY Results in sin, pain, evil, lawlessness, unhappiness, attracts dark spirits, penalties	IN HARMONY Results in LOVE, HAPPINESS, HARMONY, REWARDS
God’s Law is FIRM, when I cross from that side to this side, I will be sinning. If I do cross to this side, make a loving choice to go back.	God’s Law is FIRM. To stay in harmony with the law, stay on this side of the line. Make a loving choice to be loving and stay on this side.

EMOTIONAL Areas of my Life	
IN DISHARMONY Results in sin, pain, evil, lawlessness, unhappiness, attracts dark spirits, penalties	IN HARMONY Results in LOVE, HAPPINESS, HARMONY, REWARDS
God's Law is FIRM, when I cross from that side to this side, I will be sinning. If I do cross to this side, make a loving choice to go back.	God's Law is FIRM. To stay in harmony with the law, stay on this side of the line. Make a loving choice to be loving and stay on this side.

SEXUAL Areas of my Life	
IN DISHARMONY Results in sin, pain, evil, lawlessness, unhappiness, attracts dark spirits, penalties	IN HARMONY Results in LOVE, HAPPINESS, HARMONY, REWARDS
God's Law is FIRM, when I cross from that side to this side, I will be sinning. If I do cross to this side, make a loving choice to go back.	God's Law is FIRM. To stay in harmony with the law, stay on this side of the line. Make a loving choice to be loving and stay on this side.

PHYSICAL Areas of my Life	
IN DISHARMONY Results in sin, pain, evil, lawlessness, unhappiness, attracts dark spirits, penalties	IN HARMONY Results in LOVE, HAPPINESS, HARMONY, REWARDS
God's Law is FIRM, when I cross from that side to this side, I will be sinning. If I do cross to this side, make a loving choice to go back.	God's Law is FIRM. To stay in harmony with the law, stay on this side of the line. Make a loving choice to be loving and stay on this side.

Feelings Chart

The feelings list below is copied from the [Non-violent Communication](#) website

Exercise:

This exercise was also suggested at the [Falls Lake Canada Seminar](#).
Make a list of all the words describing emotions and then try to connect yourself to what it means to feel them.

AFFECTIONATE

compassionate
fond
loving
openhearted
tender
warm

ENGAGED

absorbed
curious
engrossed
enchanted
enthralled
entranced
fascinated
interested
intrigued
involved
open
spellbound
stimulated

EXCITED

amazed
ardent
aroused
dazzled
energetic
enlivened
enthusiastic
exuberant
invigorated
lively
passionate

EXCITED

(continued)
surprised
vibrant

EXHILARATED

enthralled
radiant
enthralled
euphoric
overjoyed
thrilled

GRATEFUL

appreciative
moved
thankful
touched

HAPPY

amused
blissful
cheerful
delighted
ecstatic
elated
giddy
glad
jolly
joyful
jubilant
merry
overjoyed
pleased
rapturous

HAPPY

(continued)
tickled

HOPEFUL

confident
expectant
jazzed
light-hearted
sanguine
up
upbeat

INSPIRED

amazed
eager
enthused
motivated
moved
psyched
stimulated
stirred
wonder

PEACEFUL

calm
comfortable
centred
content
equanimity
fulfilled
mellow
open
quiet

PEACEFUL

(continued)
relaxed
relieved
satisfied
tranquil
serene

REFRESHED

recharged
rejuvenated
renewed
rested
restored
revived

ANGER

aggravated
angry
animosity
annoyed
contempt
disgruntled
enraged
exasperated
furious
hate
hostile
incensed
irate
irritated
irked
livid
miffed
nettled
outraged
peevied
resentful

AVERSION

abhorrence
appalled
bothered
displeased

AVERSION

(continued)
disgust
dislike
enmity
horrified
loathing
repulsion
revulsion

CONFUSION

ambivalent
baffled
bewildered
conflicted
dazed
discombobulated
disoriented
mixed
mystified
perplexed
puzzled
torn

DISCONNECTION

apathetic
bored
closed
detached
distant
indifferent
listless
numb
withdrawn

DISQUIET

agitated
alarmed
concerned
distraught
disconcerted
dismayed
disturbed
frustrated

DISQUIET

(continued)
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSMENT

ashamed
chagrined
discomfite
d flustered
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
listless
pooped
sleepy
tired
weary
wiped
out worn
out

FEAR

afraid
anxious
apprehensive
dread

FEAR

(continued)
fearful
foreboding
frightened
guarded
insecure
leery
mistrustful
panicked
petrified
scared
shaky
terrified
trepidation
wary
worried

PAIN

aching
agony
anguished
devastated
grief
heartbroken
hungry
hurting
lonely
miserable
regretful
remorseful

SADNESS

depressed
dejected
despairing
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
miserable
unhappy
wistful

TENSION

anxious
closed
distressed
edgy
fidgety
frazzled
frustrated
jittery
nervous
overwhelmed
restless
stressed out

YEARNING

longing
nostalgic
pining

How I Feel About Emotions

Worksheet created from [Eloisa's Parenting Resource](#)

Self-reflection questions:

1. How do I feel about emotion?
2. How do I feel about myself feeling emotion?
3. How do I feel about emotion itself?
4. How do I feel about me being emotional around others?
5. How do I feel about others being emotional around me?
6. What are my beliefs or feelings about feeling anger?
7. What are my beliefs or feelings about feeling fear?
8. What are my beliefs or feelings about feeling shame?
9. What are my beliefs or feelings about feeling sadness?
10. What are my beliefs or feelings about feeling grief?
11. What are my beliefs or feelings about feeling love?
12. What are my beliefs or feelings about feeling happiness?
13. What are my beliefs or feelings about God?
14. Why do I want to shut my own emotions down?
15. What techniques do I use to shut my own emotions down?

REMINDERS:

- Fear is just an emotion – the antidote to fear is truth, God's Truth
- Ask myself, what am I afraid of?
- God designed our soul to be emotional.
- It is my choice to hold on to and store my emotions, but I can make a different choice.
- Emotions don't harm me, but holding on to emotions will.

“Crying and releasing stored emotions is the most effective antibiotic that I have ever experienced.” Eloisa Sparks

What is Prayer?

Worksheet created from the 2014 [AG Pray \(Long\) for God's Love Outline](#)

Prayer is my sincere, passionate, emotional, desire and longing to:

- Receive God's Love into myself
- Give God my love from myself

What Is a Heartfelt Longing?

- A passionate desire to spend time in Prayer
- Allowing the feelings of my heart towards God
- Allowing myself to feel God's feelings towards me
- Allowing being overwhelmed emotionally
- Allowing desire towards God
- Being truthful with God about my desires and passions
- Allowing myself to receive God's Love to my best capacity
- Once God's Love enters, living in harmony with it
- Allowing God's Love to make me more sensitive and open to further Truth

How God "Hears" Prayer

- God feels my emotions the instant I have feelings & emotions directed towards God
- If those emotions & feelings are harmonious with Love, God's Soul instantly responds emotionally
- When God responds emotionally, God also instantly acts
- God "hears" my intentions (the desires/feelings that I am going to have in the future)
- God "hears" my emotions (the desires/feelings that I currently have right now)
- God "hears" my prayer by having an emotional response to my prayer, and instantly

Conclusion

Without prayer, God's Love cannot enter my soul.
Without God's Love, all development ends in stagnation.
Without God's Love, my soul cannot be fully transformed.
Without God's Love, I will never be perfectly happy.

Exercise:

Pray every single hour of my life

Longing (Praying) for Divine Love

Worksheet created from the [Longing \(Praying\) for Divine Love Outline](#)

What Divine Love Does to The Human Soul

- Read the message from Los Trenos (“Progress into the Celestial Heavens” below)
- Divine Love expands the souls capacity to Love (and therefore expands the soul’s power and beauty)
- Divine Love transforms the soul into a new creature that becomes Divine and Godlike in nature
- Divine Love removes error (sin) from the soul through the Law of Repentance

Eg. Error is like a splinter in our body

Natural Love is like using the body’s natural processes to remove the splinter

Divine Love is like cutting the splinter out of the body with the resultant instant relief

- Divine Love brings with it an emotional understanding of all of the secrets of the Universe (Divine Truth)
“All of these other things will be added to you”
- Divine Love expands the soul’s sensitivity to emotions, passions, desires and feelings
- Divine Love allows the soul to transcend the 6th sphere of spiritual existence, into the spheres above

Reminders of The Mechanism of Reception of Divine Love

- If those emotions & feelings are harmonious with Love, God’s Soul instantly responds emotionally
- God “hears” our prayer by having an emotional response to our prayer, and instantly acting upon it

Praying For Divine Love

Read the Prayer below

Introduction

The prayer contains the most powerful Divine Truths that help us connect to God.

When at-one with God, we come to feel about everything how God feels.

Prayer is like a deep desire to know God well as a friend, to understand Her Feelings & Emotions.

God “hears” our prayer by having an emotional response to our prayer and instantly acting upon it.

God Loves all, but God’s personal Love cannot enter the soul that has not asked for it (Law of Free Will).

God’s Love can only enter a soul that has desire to remove the error from itself & wants to practice Truth.

Remember it is the soul, and not the mind’s belief that controls the operation of the Holy Spirit.

Eg. In your mind you may believe you have self-worth, but at the soul level you may not

Eg. In your mind you may believe in harmony with Truth but soul emotions are completely in disharmony

God is a Being or Entity with Attributes & Characteristics

This is a basic Divine Truth, and unless the soul accepts it emotionally, we cannot receive Divine Love.

He is not some abstract force, without personality, nor is He part of or inside all His creation.

His Love, can be within or part of any of His children, depending on the at-onement that exists.

If God was just a force without personality, then a personal relationship with God would be impossible.

Eg. Illustration of Electricity. Electricity is a force, but is it an entity that can love you?

If our concept of God is damaged, then we cannot enter a personal relationship with God.

We must first clear the emotions that cause our concept of God to be damaged.

God’s Nature is Beautiful

God is Beautiful, Holy, Loving and Merciful, and, very important to understand, never wrathful.

If we believe God is wrathful, then we have an emotionally damaged concept of God.

God’s Nature is that of tender care for us, so we do not need to live in fear. Since our soul has been created directly by God, we are all God’s Children in a direct sense.

We are all great in God’s eyes, none of us are more important or more blessed than the other.

If we are in error, we do not need to punish ourselves, since our Mother never feels such things.

We only need to come to recognize that we have further progress to make. God will demonstrate to us the areas in our life where changes can be made only if we want to know.

We were created perfect

God created the human race, and the soul itself, perfect.

Sin and error is of our own creation, a combination of our personally leading a life of error, our ancestors passing down error through the genetic code, actions performed by them that impact on our nature.

God does not, and has not made mistakes in our creation, any perceived mistakes are in fact erroneous. Any erroneous concept of God will prevent our eventual at-onement with God.

We need to take personal responsibility for the existence of sin and error within us, in:

1. within the material body in things such as disease and sickness
2. within the spiritual body in issues of spiritual health and morality
3. and within the soul with issues of love for others, love for partner, and love for our Father

God will never force her Love upon an individual without the soul of the individual longing for that Love. If we choose to keep the feelings and thoughts that are error, we prevent God Love entering us.

We are worthy of Love

Any feeling that we are “not good enough”, “unworthy”, “unloved by God”, “alone in this world”, “without anyone that cares for us”, “bad inside”, “unable to be redeemed”, “unable to be forgiven” and many of such similar feeling are emotions of error which will prevent Her Love from flowing to us.

Eg. If we are sad within our soul, we can deny that sadness with our mind, and use denial tools

Eg. We could choose to feel the sadness, experience and release it, which allows space for Love

We need to understand that a part of worthiness is to validate and experience our own emotions.

Each time we release, if we pray to God for Love, these dormant feelings no longer block Her Love.

When we feel unworthy, we are in disagreement with God’s own opinion of us.

God desires Our Love

God’s desire is that we become at-one with Him.

God’s desire is that we have a personal relationship with Her.

God does not desire or create us to live alone and unloved.

God desires our love but does not demand our love.

Our love is the most precious gift that we can give God, and God cherishes our love.

We come to God in Truth, understanding Divine Love & Truth are priceless

Love cannot flow to a more complete degree unless the soul also accepts and believes Truth.

God's Love is not available to us if we refuse Divine Truth (which is different to personal "truth").

Our reception of God's Divine Love is dependent to a large extent on our personal love of Truth.

If we have emotional injuries about God, & continue to reject the Truth about God, we reject Divine Love.

We may reject truth for many reasons:

- We may not wish to take personal responsibility for our personal beliefs and feelings

- We may wish to blame others for our emotions

- We may feel that others should accept the Truth first

- We may not want to feel our hurt pride or become the laughingstock of others

- We may prefer to accept the lie so we can stay friends with those whose love is conditional.

- We may feel that if we accept the truth family and friends may reject us

So, our personal love of truth may not be as strong as we thought God's Love and Truth are priceless; we must understand it is a treasure of the highest value.

If we reject Divine Truth for any reason, we are saying to God that Her Truth now has lesser value.

Love of God does not involve sacrifice

God is abundance, so sacrifice of any kind is not called for.

Everything in the Universe is God's; there is nothing we can sacrifice that would demand Her Love.

There is nothing we can do to make us more worthy to receive Divine Love.

Because of the gift of Free Will, God cannot take our love from us if we are unwilling to give it.

Because of the gift of Free Will, God cannot take give us Her Love if we are unwilling to receive it.

If we feel we have “made the sacrifice” to obtain Divine Love, then we are yet to understand God or Love.

Receiving God’s Love requires an open soul

Before the Love can be felt by a soul desirous of its inflowing, our soul must be open to the inflowing.

God will not open up our souls to the inflowing of Divine Love, unless we want it to occur from the soul.

Our openness at the soul level depends on our humility, our willingness to feel all our own emotions.

God will assist us to open our soul using methods that also have the effect of confronting the error that is preventing the opening of the soul.

The Holy Spirit

God’s Holy Spirit is the medium or conduit by which God’s Personal Love is impressed upon our soul.

Holy Spirit requires that our soul be opened by other methods before it can transmit God’s Love.

Holy Spirit connects instantly with a soul that is open to the inflowing of God’s Love.

Holy Spirit is so sensitive to our soul longings that it senses the instant a connection is longed for.

Holy Spirit is so sensitive to the intensity of the longing & makes connection proportional to the intensity.

The Holy Spirit is God’s special force or energy used to transmit Divine Love to Human Souls.

Attributes of God’s Love

God’s Love is infinitely abundant; there is no limit to the amount we can receive.

God’s Love is the only substance that can totally transform us into the Divine state and give immortality.

Once we have received of God’s Love to the extent required, we experience the complete transformation.

Divine Love expands the soul’s capacity to Love (and therefore expands the soul’s power and beauty).

The Role of Faith

True Faith is a knowing of things real, substantial; things have been and are continuing to be proven.

Faith makes the aspirations and longings of the soul a real, living existence, so certain with no doubt.

Faith is a progressive quality, and it increases as possession of this Divine Love increases.

Once we are conscious that Divine Love is always within us, our faith also is now continuously felt.

God Is Abundant & Perfect.

God gives us everything, does not expect us to live in poverty, or embrace a life of self-denial & sacrifice.

We will always be provided for.

When our struggle for existence ceases to become a struggle, we have come to know God's abundance.

God's Love is truly unconditional, only we ourselves can prevent Her Love from flowing into our souls.

The humble soul makes all effort to find feelings and emotions within that prevent connection with God.

Any prevention of the flow of God's Love into our soul is always personal.

Any lack of abundance in our life, or others' lives, must firstly be addressed by our own Law of Attraction.

Longing of the Soul Is Required

Our earnest aspiration, our soul longings, are the method by which Divine Love will flow.

We need to understand that feelings, emotions, aspirations, inspirations & desires come from ourselves.

We are not controlled by any force outside of ourselves, this is the truth of personal responsibility.

If Divine Love is not being received, then the cause for this is within ourselves (and not with God).

Make the transition from blaming others for emotions, to taking personal ownership of emotions.

Take action in personal life to live a life of Truth, this honours your soul feelings & emotions.

God Has an Unlimited Nature

Since God is perfect in Love, She will never betray herself to provide us with our desires.

We will act in the same manner in our own relationships when we understand this about God's Nature.

As we receive Divine Love, God's Unlimited Nature becomes a part of our nature, we become powerful.

As we grow and progress, our soul will possess more of God's Love, we will express more love to others.

God's immense power is seen when we see that each of us can receive Divine Love to more abundance.

Temptations of the Flesh

Temptations of the flesh are caused by feelings, emotions and desires in disharmony with God's Love.

Responding to these temptations does not assist our soul progression and personal happiness.

The process of overcoming temptations is not by using the mind to force the desires, feelings & emotions.

When we allow the 'temptations of the flesh' they influence our ability to receive God's Love.

Eg. Desire for food versus gluttony

Eg. Desire for sex in harmony with Love versus sexual promiscuity without true love

Eg. Desire for abundance versus greed

God does not punish us, but actions that lead us away from Love hurt us emotionally; we hurt ourselves.

Associations Affect Us

Our associations affect us; they influence us in many ways, for good or evil.

Eg. Drinkers, smokers, sex addicts etc

We cannot generally see that which is invisible to us, so we usually cannot see evil spirits surrounding us.

Spirit's motive for influencing us is to experience the satisfaction of the desires they had while living.

Influence can be felt with all types of destructive behaviour, drinking, drugs, smoking, sexual activity, etc.

Spirits with bad motives or incorrect beliefs may take action to prevent mortals from following the truth.

Spirits who have never followed the Divine Love path will always influence us towards Natural Love.

Spirits can be in just as much spiritual darkness as we personally are or even be in a worse condition.

Many spirits and mediums do not respect God's Gift of Free Will (telling others what to do).

Listening to these can result in abdicating personal responsibility, taking actions damaging to ourselves.

It is beneficial for us to develop in Divine Love before we attempt to get advice from the spirit world.

Be Thankful

Thankfulness & gratitude are important qualities, a product of our feelings and emotions of appreciation.

How can we not be thankful for what we have, and then ask for more than what we have?

“What a lousy gift, you did not spend much on that, I did not really want it anyway, you can have it back”.

Sincere thankfulness and appreciation connect us to even greater feelings of Love from God.

God Is Never Wrathful

If make decisions that result in disconnection from God, God does not punish us or become angry.

We are being perfectly led, so there is never any need for punishment.

When we come to see that we are the creator of our own life, we will avoid behaviour that hurts us.

When we are insensitive to our own soul, we have a lot of difficulty understanding pleasure & pain.

God created us & the Universe so that we eventually are happy, so punishment is unnecessary.

Earnest & Sincere Longings

Our prayer comes from the soul, is expressed by feelings, emotions, desires, inspiration and aspiration.

The prayer needs to be felt within us before our Father can feel our sincere longings of the soul.

This is something we have complete control over, the expressions of our own soul's longings.

Give God Glory

As we progress in the development of our soul, we exceed the being we were originally created as.

We become a new being, Born Again into His Love to the extent that we are now a part Divine Love.

We have a part of God's Divine Nature within us, immortal, powerful, loving, compassionate, with infinite capacity She created within us to grow and be taught by Her.

We are yet to fully know how much God has done in Her Desire for us to experience Her Love.

God is deserving of all the glory and the honour our finite souls can give.
Amen

Padgett Message (January 12, 1917)**Los Trenos Tells Of His Progress Into The Celestial Heavens**

I AM HERE, Los Trenos:

I am the spirit of a man who was murdered in the Inquisition of Spain, because I would not declare that I believed in the false and damnable doctrines of the Romanist Church. I was a student of the Bible, and I learned that the church was not teaching and enforcing the true doctrines of Jesus, and I would not surrender my beliefs, even to save my life.

The unholy and devilish priests and persecutors racked my body and tortured my mind, and at last tore me asunder, but my soul preserved its faith, and came into the spirit world in the fullness of its belief, all unspotted from these false teachings of the church. There were many who were tortured and killed as I was, because they would not recant.

Well, I became a spirit in all the vigor of my manly strength, and greater, but I did not find myself in heaven as I expected, for I did not know what the great love was, but, yet, I was not in such darkness as were some of my persecutors who followed me into spirit life.

Of course, I was more or less human, and when these church devils came into spirit life and found themselves in hell, I naturally rejoiced and enjoyed, for a time, their sufferings and condition of hellish torment and used to visit them to charge them with my murder; but after some years, I realized that such satisfaction as I thought I experienced did not give me happiness or help me to progress, and I became sympathetic and tried to help them, which was not easy to do at first. As I continued to help them I found that my soul was being benefitted and that I was gradually getting out of the darkness in which I had been living, and so I continued this work until at last I came into the light and a knowledge of the truth that by helping and trying to love my enemies, I was helping myself.

I will not take the time to relate to you my fortune in meeting some spirits who, I know, possessed the great love of the Father, and how they taught me the way to this love, but will only say that now I am one of the redeemed children of God, and the possessor of that love and have my home in the celestial heavens, and to show you how wide and all-embracing is this great love, I must inform you that some of these very priests and minions of the church, who committed the outrages of which I speak, are now in the celestial heavens also, and, of course, possessors of

this great love, all their sins having been eradicated by the merciful workings of this love in their souls. Of course, they suffered the torments of the damned when they first came to spirit life and for a long time afterwards, but the love of the Father and His mercy were sufficient to wash away, even their sins. So, from this you will see that there is no sin so heinous and deadly that the Father's love will not destroy, or rather, the effect of it.

You must excuse me for intruding as I have, but I saw that you have the gift of receiving communications from this side of the great divide and I wanted to try the experiment.

I am a redeemed child of God and can never thank Him enough for his mercy.

So, with my love, I will say goodnight. Your brother in Christ,

LOS TRENOS,

the martyr to a belief that was not the true belief, but not so vile and ungodly as the one that he renounced.

The Prayer

My Father, Who is in Heaven, I recognise that You are All Holy and Loving and Merciful, and that I am Your child, and not the subservient, sinful, and depraved creature that false teachers would have me believe.

I know that I am the greatest of Your creations, and the most wonderful of all Your Handiworks, and the object of Your Great Soul's Love and Tenderest Care.

I know that Your Will is that I become at-one with You and partake of Your Great Love which You have bestowed upon me through Your Mercy and Desire that I become, in truth, Your child through Love, and not through the sacrifice and death of any of Your Creatures.

I pray that You will open up my soul to the inflowing of Your Love, and that then will come to me Your Holy Spirit to bring into my soul this, Your Divine Love, in great abundance, until my soul is transformed into the very essence of Yourself; and that there will come to me faith – such faith as will cause me to realize that I truly am your child and one with You in very substance, and not in image only.

Let me have such faith, as will cause me to know that You are my Father, and the bestower of every good and perfect gift, and that, only I myself, can prevent Your Love from changing me from the mortal to the immortal.

Let me never cease to realise that Your Love is waiting for each and all of us, and, that when I come to You, in faith and earnest aspiration, Your Love will never be withheld from me.

Keep me in the shadow of Your Love every hour and moment of my life, and help me to overcome all the temptations of the flesh, and the influence of the powers of the evil ones who so constantly surround me and endeavour to turn my thoughts away from You to the pleasures and allurements of this world.

I thank you for Your Love and the privilege of receiving it, and I believe that You are my Father – the Loving Father who smiles upon me in my weakness, and is always ready to help me and take me into Your Arms of Love.

I pray this with all the earnestness and sincere longings of my soul, and, trusting in Your Love, give You all the glory and honour and love that my finite soul can give.

AMEN

Exercise:
Read through the Prayer and on the left side write out God’s Truths, and on the right side write out what my false beliefs are.

The Prayer	
God’s Truth	My False Beliefs

Praying for Divine Truth

Worksheet created from the [Longing \(Praying\) for Divine Truth Outline](#)

Major Essential Element of Prayer:

- Personal Truthfulness, Honesty, Sincerity & Purity
- Bringing our own “Personal” Truth into harmony with Divine Truth, so that Divine Love can flow

Reminders About Personal Truth

- Personal “Truth” is what we personally emotionally accept as the “truth”
- Personal “Truth” can become Absolute Truth if we grow towards God
- Personal “Truth” is often very limiting, and often binds or entraps us
- Personal “Truth” is often error from God’s perspective, and is based upon fear
- Personal “Truth” is emotional, and is painful to release if it is in error, pleasurable if truthful

Reminders About Divine Truth

- Absolute Truth is the Truth that only God has, the Divine Truth
- Divine Truth or Absolute Truth has Qualities or Attributes
- Anything presented as “truth” can be compared to these attributes to determine whether they are God’s Truth

Qualities Of Divine Truth:

- Divine Truth is infinite
- Divine Truth is of itself, a thing apart, and admits of no variations or modifications
- Divine Truth and love are always in perfect harmony, and without Truth, Love cannot be complete
- Divine Truth does not and cannot compromise, even for the sake of peace
- Divine Truth itself, with all the power and knowledge that it has as its foundation, will not compel a man to accept it against his will
- Divine Truth will never accommodate itself to the beliefs of men
- Divine Truth results in freedom
- Divine Truth results in a fearless existence
- Divine Truth does not hurt anyone or anything
- Divine Truth does not allow the lie, no matter what the price
- The individual’s knowledge of Divine Truth is eternally progressive
- Breaking the law of Divine Truth results in penalties

- Divine Truth is demonstrated by actions
- Divine Truth is felt, it is emotional
- Personal “truth” must be faced before Divine Truth can be found
- Personal “truth” must be eternally progressive

Praying For Divine Truth

“The Truth (Divine Truth) will set you free”

Divine Truth is the doorway to receiving Divine Love

Having a passionate desire for God’s Truth to enter us is an essential part in our becoming at-one with God

Prayer for Divine Truth involves us opening our heart to EVERY falsehood that exists within ourselves

We will not be able to connect to God if we avoid self-examination or avoid the Absolute Truth in our life

Prayer for Divine Truth involves our having a passionate desire to see ourselves as God sees us

Exercise:

How does the following relate to how I live my own life?

Prayer For Divine Truth

I am praying for Divine Truth when:

1. I have an emotional understanding that I will always be progressing towards Divine Truth
ie. I do not resist new emotional experiences, or my Law of Attraction triggering error
2. I emotionally accept that Divine Truth is fixed and unchangeable
ie. I am not always trying to “negotiate” with God about Her Truth
3. I emotionally see the harmonious connection between Divine Truth & receiving Divine Love
ie. I do not expect to receive Divine Love, when I am avoiding the truth in my life
4. I refuse to compromise Divine Truth in my day-to-day life, even for the sake of peace or expedience
ie. Even if I seem destined “lose” something, I never compromise the Truth
5. I refuse to force other people, or manipulate other people into doing what I want them to do
ie. I respect the gift of free will in all people, even when they choose to use that free will sinfully

6. I refuse to bow to the beliefs of men, even if threatened with death, rather than live in Divine Truth
ie. I do not compromise my beliefs, even if it means I lose my friends or family members
7. I live a completely free existence, free from others' opinions and desires
ie. I do not allow other people's opinions or desires influence me away from living in Love
8. I live a complete fearless existence, in harmony with Divine Truth
ie. I do not allow fear to dictate to me how I live my life (even planning/control is fear based)
9. I do not intentionally or unintentionally hurt others by compromising Divine Truth in my life
ie. I understand that when I compromise Divine Truth, I harm others as well as myself
10. I never lie, no matter what the price
ie. I understand that lying or withholding the truth has a much higher "price"
11. I fully understand emotionally that every time I break the law of Divine Truth my soul experiences pain
ie. The pain in my life is the direct result of not living in Divine Truth or Divine Love
12. I demonstrate the principles of Divine Truth by acting in harmony with Divine Love
ie. Even when I am judged by others negatively, I still speak the Truth & live in Love
13. I do not have to "try" to live in Divine Truth, but rather I feel Divine Truth as emotions within my soul
ie. I understand that if I am "trying", it is because I am yet to actually make the soul change needed
14. I have a strong personal desire to see myself as God sees me, rather than deny or ignore my emotions
ie. I do not resist what God is showing me through my Law of Attraction, rather I embrace it

I am NOT praying for Divine Truth when:

1. When I believe that there is no more for me to learn from an emotional perspective
2. When I modify, compromise, or "soften" the truth for any reason even when faced with death or pain
3. When I am not acting in harmony with the Divine Truth or Divine Love that I have already received
4. When I allow my emotions to be compromised for the sake of peace

5. When I force myself or others to accept Divine Truth without it being an emotional process of Free Will
6. When I try to modify the Divine Truth when presenting it to others to make it more acceptable
7. When I feel trapped or enslaved by any vice, addiction, opinion or circumstance
8. When I feel afraid, or I am making decisions based upon fear
9. When I use anger, resentment, hatred, or even irritation to harm others
10. When I am afraid to tell the truth in all circumstances or situations, and when I withhold the truth
11. When I try to slow down or stop my own progression because of the emotional pain I am in
12. When I believe I can “get away with it” when I withhold truth or believe the error due to convenience
13. When I know the truth about a situation, but refuse to act upon it for any reason
14. When I think I know the truth, but I have to “try” to practice it, it is yet to really enter my heart
15. When I feel I can avoid emotional truth (from God’s perspective) about myself, my desires or passions

When I Am Praying for Divine Truth Constantly

- I will feel the Divine Truth emotionally the instant the Divine Truth enters me
- I will allow myself to grieve emotionally the instant I feel an error (sin; disharmony with truth) leave me
- I will constantly state the truth of what is inside of me to God, no matter what that “truth” is & how dark it looks
- I will build on the Divine Truth I have already learned, and use it as a solid foundation for progression

Anger is My Guide

Worksheet created from the [Anger is Your Guide Outline](#)

Anger includes:

Mild annoyance, mild frustration, mild irritation, annoyance, frustration, irritation, aggravation, dismayed, disgruntled, displeased, exasperated, impatient, enraged, furious, incensed, outraged, indignant, irate, livid, outraged, fuming, belligerent, aggression

When any of the above emotions are allowed to fester and remain within our soul, we become:

Resentful, harsh, cruel, unkind, unsympathetic, insensitive, callous, ruthless, inconsiderate, unforgiving, bitter, offended, insulted, hurt, slighted, snobbish, animosity, appalled, contemptuous, disgusted, dislike, hate, hostile, repulsed, disdain, jealous, envious, abusive, insulting, vindictive, revengeful, spiteful, rebellious, scornful, acrimonious, violent

Anger frozen and left remaining within the soul is VERY difficult to access and release

Many in the spirit world live in this state for 1000's of years

This frozen anger is the major cause of a lack of love on the earth today

Why Anger Is Your Guide

- Anger is a very clear guide to the emotions within us that we are suppressing that make our life miserable
- Our anger is our pathway home to Truth (since when we are angry, we easily see that we must be denying truth)
- Our anger is our pathway home to Love (since when we are angry, we easily see that we must be denying love)
- Our anger rapidly exposes all hidden emotions and demonstrates where we have a lack of humility

Practical Ways to Experience Anger

1. Pray to God about desire and intention to use your anger as a guide to experience the emotions under the anger
2. Become aware of every anger-based emotion from mild annoyance & frustration to rage and fury
3. Become aware of the choices you make to deny your anger, or to block your anger
4. Talk about your anger freely, to enable a connection to it without judgment
5. Recognize the situations that trigger anger

Exercise:**Make an Anger List**

The situations/events that trigger any form of anger within you.

For each item on the list:

1. Write down what you normally do in these situations
2. Write down why you feel you should get angry under those circumstances
3. Write down what you are afraid of for each situation
4. Write down what emotion you may be afraid to feel in each situation
5. Write down what you imagine you would do if you were at-one with God

Make an effort and choose to experience the anger in each situation in a responsible way

1. Make a personal commitment to refuse to project your anger externally to others
2. Allow verbal expression: Yelling, screaming and swearing
3. Allow physical expression: Boxing bag, gloves, baseball bat, Tennis racket and pillows, rubber pipe

Generate a longing in your heart to experience all of the emotions that anger covers over

1. Pray to God about developing a desire to feel the underlying emotions rather than just avoiding them
2. Follow up on your prayer by stopping yourself in each angry situation from projecting to others
3. Follow up on your prayer by beginning to allow yourself to feel what is underneath the anger

Choose to emotionally experience the cause of each angry feeling

- I am angry because I am ashamed of myself, commit to feeling the shame instead
- I am angry because I am afraid, commit to feeling the fear instead
- I am angry because I feel unloved, then let yourself feel unloved instead
- I am angry because I do not want to cry, then commit to allowing yourself to cry instead
- I am angry because I feel powerless, then commit to allowing yourself to feel powerless
- I am angry because I am afraid of pain. So, allow myself to feel pain

- I am angry because I am afraid of intimacy. So, place myself in a position of intimacy
- I am afraid of punishment. Choose to remember when I was punished, and feel the emotion

Fear is My Friend

Worksheet created from the [Fear is Your Friend Outline](#)

FEAR – False Emotions (Expectations) Appearing Real

Why Do We Fear?

Fear is the result of not emotionally understanding God's Truth
 Fear is the result of emotionally believing lies, fear is false emotions appearing real to us
 Fear is the result of not loving our emotional pain
 All fear we feel now, is the result of unexpressed old emotional experiences

What We Do When In Fear

- We deny we have the underlying emotion
Denial "It's not really happening!"
- We intellectualize away the underlying emotion
Repression "It never happened!"
- We live in harmony with our underlying emotion so it appears like it does not exist
Conversion "I just avoid situations that make me uncomfortable, or do something else"
- We blame other people for our emotions
Projection "I only feel afraid when I am around you, I'm not afraid when I am by myself"
- We disassociate from causal events
Disassociation "I don't remember what happened"
- We minimize our emotions, saying that the emotion does not govern our lives
Minimization "I am afraid sometimes, but it's no big deal, they are only minor fears"
- We justify our emotions, saying that everyone has them
Justifying "I am afraid, but everyone is to some extent"
- Fear becomes our dominant state, and we act upon our fears to minimize them

Why Fear is My Friend

- Working through fear exposes all emotional injuries if we look underneath the fears
- Working through fear builds faith. Mark 5:36. “Do not be afraid! Have faith.”
- Working through fear builds courage. John 16:33. “Take courage, I have conquered the world”
- Our fear exposes where we have not accepted Divine Truth
- Our fear can rapidly expose all hidden emotions
- Our fear is our pathway home to Truth

Practical Ways to Love Fear

1. Become aware of fear
2. Set your intention every day to embrace fear rather than avoiding it
3. Pray (long to God) about your desires to avoid fearful situations and emotions
4. Identifying the ways you express fear
5. “When I am afraid I ...”
6. Recognize the situations that trigger fear

Exercise:**Make a Fear List**

Examine what emotions exist under each fear

Ask yourself what you imagine God’s Truth would be

Generate a longing in your heart to experience all of the emotions that fear covers over**Choose to emotionally experience the cause of each fear**

- I am afraid of pain. So, allow myself to feel pain
- I am afraid of intimacy. So, place myself in a position where I can experience intimacy
- I am afraid of heights. So go to a safe high place, and experience the emotion
- I am afraid of punishment. Choose to remember when I was punished, and feel the emotions

Lessons about Fear

Worksheet created from the seminar – [Fear & The Parable of the Green Tree Frog](#)

Exercise:

Add to my previous fear list from “Fear is My Friend”. Be specific about what the fear actually is.

Introduction To Fear

- Fear is where most people are stuck
- Fear is what I have been focusing on
- Fear makes us AVOID, RESIST, it is the birthplace of PREJUDICE AND CONTROLLING BEHAVIOUR

Fear Lesson Summary

Lesson 1: My fear can make me believe I am being loving - when I am actually compromising love in order to avoid my fear.

Lesson 2: My fear will tell me what it is about when I surrender to it! Analysing my fear is only a product of my fear. Often it is a desire to placate my fear, it is living in my fear, neediness for another to share in our fear – actually a demand.

Lesson 3: My fear effects everything around me – adds to distress and fear, the things I love cannot feel my love if I live in fear

Lesson 4: I cannot release my fears if I am punishing myself or crying over an effect

Lesson 5: If I truly love someone/ something I will confront my fears (otherwise, the truth is I love my fear more than them)

Lesson 6: The key to releasing fear is softening into the process!

Lesson 7: When I reduce my fear everything around me feels less fear, more love, and things go more smoothly

Lesson 8: Fear is NOT REAL

Lesson 9: God always delivers! He answers our prayers. If we are humble and embrace the process change can happen so quickly!

A Whole World Afraid to Feel

Excerpt from Mary's Blog – [A Whole World Afraid to Feel](#)

Self-reflection:

How does this relate to my own life?

A Whole World Afraid to Feel - And My Struggle to Surrender - Part I

The whole world is afraid to feel in one way or another and it is my belief that that is where most of our problems begin...

We are afraid to feel shame, so we hide ourselves, and we create barriers within. We harbour things we don't want anyone else to see and through this process we become false, we lose connection with our true selves.

We are afraid to be different, ridiculed, so we suppress our true selves to fit in with the crowd and through that we limit change, not only in our selves but also in our communities and society

We are afraid to just grieve and feel loss and devastation, so we justify unloving actions, like violence, to save or avenge a life.

We fear the afterlife and the end of relationships through death, so we go to extraordinary measures to cling to the physical body. Because we are afraid to explore the true causes of disease i.e. all this suppressed emotion, we push modern medicine to the limits, creating empires of drug companies who now invent illnesses in order to make more money from our fears.

We don't want to feel powerless; we are afraid of others taking advantage of us in our vulnerability, so we seek status as individuals and as nations we go to war.

We get angry and lash out instead of feeling our fear of change or attack. We try to control every last variable in our lives, including our 'loved ones', in order to avoid our terror of loss, of change, of the unexpected.

We are afraid to look stupid, so we stop asking questions. We stop seeking and in doing so lose our largest asset to learning, the thing that as children helped us discover so much; that is, our wonder and curiosity. In its place we breed cynicism and doubt.

We are afraid to love in case we lose it, afraid to open our hearts and be vulnerable because the feeling of being rejected feels unbearable. We can miss out on the greatest happiness; of being connected and honest and close to our partner, if we let the fear of grief and pain hold us back.

We are afraid to hope because we once hoped and believed in magic and were disappointed. We shut down the grief of this disappointment and instead vowed never to be so naïve again. Not understanding that if we cried for our loss, we would not be afraid to hope again (and cry again if need be).

We believed our parents were heroes and then they turned out not to be so now we don't believe there ever could be heroes.

If we could all learn to just submit to our grief, our shame and our fear we would free ourselves to take steps that were driven by real love and care and consideration for ourselves and for others. These things I know to be true. In fact, I believe in the power of these things to change the world so passionately that I dedicate every one of my days to understanding what it is I am avoiding and releasing my fear and pain. I do all this because it helps me to grow in love. And I know it works – I am a different person today than the one I was three years ago.

That doesn't mean however that I don't still struggle to submit, to surrender to ALL of my grief and pain. I still fear loving AJ with my WHOLE heart in case he suddenly dies. Sometimes I still prefer to punish myself rather than feel my shame about things I have done in the past. I still fear complete surrender to my deepest grief, and sorrow.

Yesterday I came face to face with how much my lack of surrender to all things was impeding my progress towards God, towards my soulmate and towards true joy.

Its one thing to become more emotionally aware, to 'cry it out' regularly, quite another to submit at all times to whatever emotion pops up and kicks me in the guts.

'Omigosh!' I hear you say, 'Why on earth would you want to even do that?!'

Well, I believe we are all born in a state of surrender. And we like it! As infants and toddlers, we feel totally comfortable and natural just letting our emotions flow freely. We don't try to protect our

hearts; we open them in trust and joy, whenever we desire to love. Until we are taught to fear our pain, we don't need someone to hold our hand while we cry; we just feel the hurt until we're done. We don't try to look tough; we don't avoid being a 'cry-baby'. We are born knowing that it's natural to feel. We arrive with the innate ability to experience and to surrender to ALL of our emotions. It's only as we grow that our environment and the people who are most dominant in our lives, alter our relationships to emotion. Some of us get taught to fear our grief, that it is weak or self-indulgent. Often, we are shamed for our fear, told not to be 'silly'. We instantly learn that it's not acceptable to show our fear or that we are foolish to have it, and we bury it deep inside. We get teased for our excitement and wonder. Others of us get taught to use our tears to manipulate. This takes us down a path away from our true feeling state, and into a world of self-deception and false emotion, used only to control. One way or another, by the time we are three or four, we end up far away from our natural, feeling, connected state. A state in which we cry when we feel pain, shake when we feel afraid, express joy and excitement without reserve. We surrender, without censorship or shame, to the kaleidoscope of emotional experience that colours our lives.

This is the state that I long to return to.

The only problem for me, and for all of us really, is that, because as kids we were shut down so much, alienated so often from our authentic emotional connection, we all have A LOT of grief and pain stored up inside. There are so many past hurts and pains that were squashed and still now cry out for expression. We carry so many fears buried under our everyday rage and control. To surrender means, not only submission to our feelings in the here and now but letting go to feel what lies beneath them. The real beauty (and pain) of true emotional processing is that when I submit to each current pain it leads me back to pain stored from the past and if I am humble, I will feel and release it all so that that childhood injury will be gone from me forever.

Until now I have been dealing with my past pain and hurt in bite size chunks. Letting some of it go has been life changing in the positive to put it mildly. I feel happier and more whole than I ever have. But deep down I know I am still resisting the place of ultimate growth. I am feeling my hurt and fear in bits and pieces. It feels safe and manageable. In short I'm on the slow track. You

cannot 'surrender in stages and the very fact that I'm not surrendering means that I still harbour fears and insecurities about the very process of allowing my emotions, about being emotional. Sooner or later, I'm going to be stuck for good.

I know I need to surrender. I find myself time and again coming up to my emotional cliff face, seeing that over the edge lies the place where I just let all of the grief and suffering pour out of me, where my emotions lead, and my intellect takes a back seat and.....

I get stuck. I feel afraid.

I shut down and find myself saying, "I can't cope, I can't do it, it's too much, how can I feel this?"

So why is surrender so hard???

Your sister
Mary

Processing Fear

Copied from [The Human Soul – Fear Processing](#)

Introduction

- FEAR – **F**alse **E**motions (Expectations, Beliefs) **A**ppearing **R**eal
- We need to emotionally process our fears in order to release them
- The point of listing these movies is to allow the experience of fear, rather than staying in fear
- These movies and books are only a reference to the type of movies & books that will trigger fears
- We do not necessarily recommend you watch them all but rather use your intuition to make a selection. Some movies are very graphic, so please read the rating material on the cover of the DVD's

Fear of Spirit Attachment

Movie List

1408 (2007). John Cusak & Samuel L. Jackson
 Don't Look Now (1973). Julie Christie & Donald Sutherland
 Dragonfly (2002). Kevin Costner & Kathy Bates
 Gothika (2003). Halle Berry & Penélope Cruz
 The Changeling (1980). George C. Scott
 The Exorcism Of Emily Rose (2005). Tom Wilkinson, Laura Linney & Jennifer Carpenter
 The Gift (2000). Cate Blanchett
 The Mothman Prophecies (2002). Richard Gere & Deborah Messing
 The Others (2001). Nicole Kidman, Christopher Eccleston & Fionnula Flanagan
 The Sixth Sense (1999). Bruce Willis, Haley Joel Osment & Toni Collette
 The Village (2004). William Hurt
 What Lies Beneath (2000). Michelle Pfeiffer & Harrison Ford

Fear of Earth Change Events / Death / Loss

Movie List

2012 (2009). John Cusak & Amanda Peet
 28 Days Later (2002). Alex Palmer & Bindu De Stoppani
 28 Weeks Later (2007). Robert Carlyle & Catherine McCormack
 Armageddon (1998). Bruce Willis, Ben Affleck & Liv Tyler
 Children of Men (2006). Clive Owen & Julianne Moore
 Dante's Peak (1997). Pierce Brosnan & Linda Hamilton
 Deep Impact (1998). Morgan Freeman & Téa Leoni
 On the Beach (2000) (TV). Armand Assante, Rachel Ward & Bryan Brown
 Shelter (2008). James Casey & Jennifer Pennington

Signs (2002). Mel Gibson & Joaquin Phoenix
 The Day After Tomorrow (2004). Dennis Quaid & Jake Gyllenhaal
 The Knowing (2009). Nicolas Cage & Rose Byrne
 The Mist (2008). Thomas Jane & Laurie Holden

Books

Patriots: A Novel of Survival in the Coming Collapse By James Wesley Rawles
 2013 – The End Of Days or a New Beginning by Marie D Jones
 Planet X Forecast & 2012 Survival Guide. Janno Vvan Der Worp, Marshall Masters, Janice Manning.

Fear of Going Crazy

Movie List

Bang, Bang, You're Dead (2002). Thomas Cavanagh & Ben Foster
 Frances (1982). Jessica Lange & Sam Shepard
 Identity (2003). John Cusak
 Memento (2000). Guy Pearce & Carrie-Anne Moss (MA Rating)
 One Flew Over the Cuckoo Nest (1975). Jack Nicholson & Louise Fletcher
 Primal Fear (1996). Ed Norton & Richard Gere
 Prince Of Tides (1991). Nick Nolte & Barbara Streisand
 Requiem for a Dream (2000). Jared Leto & Jennifer Connelly (MA Rating)
 Secret Window (2004). Johnny Depp
 The Butterfly Effect (2004). Ashton Kutcher & Amy Smart
 The Invasion (2007). Nicole Kidman & Daniel Craig
 Vanilla Sky (2001). Tom Cruise & Penélope Cruz

Fear of War

Movie List

Anne Frank (2001). Ben Kingsley & Hannah Taylor Gordon
 Blood Diamond (2006). Leonardo DeCaprio
 Dresden (2006) (TV). Felicitas Woll & John Light
 Holocaust (1978) (TV). Joseph Bottoms, Meryl Streep & Michael Moriarty
 My Boy Jack (2007) (TV). Daniel Radcliffe & Kim Cattrall
 Saving Private Ryan (1998). Tom Hanks, Edward Burns & Tom Sizemore
 Schindler's List (1993). Liam Neeson, Ben Kingsley & Ralph Fiennes
 Sum Of All Fears (2002). Ben Affleck & Morgan Freeman
 The Boy in the Striped Pyjamas (2008). Asa Butterfield & Vera Farmiga
 The Pianist (2002) Adrien Brody & Thomas Kretschmann
 We Were Soldiers (2002). Mel Gibson & Madeleine Stowe

Fear of Physical & Personal Harm

Movie List

Battlestar Galactica (2003) (TV).

City of God (2002). Alexandre Rodrigues (R Rated. Caution graphic violence)

Fight Club (1999). Brad Pitt & Ed Norton. (Violence)

Goya's Ghosts (2006). Stellan Skarsgård & Natalie Portman

Hotel Rwanda (2004). Don Cheadle & Nick Nolte (Racial violence)

House of Sand & Fog (2003). Jennifer Connelly & Ben Kingsley (Violence)

Liam (2000). Anthony Borrows, Claire Hackett & Ian Hart

Misery (1990). Kathy Bates.

No Country for Old Men (2007). Tommy Lee Jones, Woody Harrelson.

Se7en (1995). Brad Pitt, Morgan Freeman & Gwyneth Paltrow

Silence Of the Lambs (1991). Anthony Hopkins & Jody Foster.

The Accused (1988). Jodie Foster (R Rated: rape)

The Departed (2006). Leonardo DiCaprio, Matt Damon & Jack Nicholson

The Passion of the Christ (2004). James Caviezel & Monica Bellucci
(Graphic violence)

The Secret Life of Words (2005) Sarah Polley & Tim Robbins (Violence & rape)

Unforgiven (1992). Clint Eastwood. (spirit over-cloaked violence)

Fear Of Conspiracy

Movies

Arlington Road (1999) Jeff Bridges Tim Robbins Joan Cusack

Conspiracy Theory (1997). Mel Gibson & Julia Roberts

L.A. Confidential (1997). Guy Pearce, Russell Crowe, Kevin Spacey & Kim Basinger

Shooter (2007). Mark Wahlberg & Danny Glover

Training Day (2001). Denzel Washington & Ethan Hawke

V For Vendetta (2005). Natalie Portman & Hugo Weaving

Fear Of Losing Children

Movies

Changeling (2009). Angelina Jolie.

Gone Baby Gone (2007). Morgan Freeman & Casey Affleck

Ransom (1996). Mel Gibson & Rene Russo

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

Not Without My Daughter (1991). Sally Fields & Alfred Molina

**Fear of Rejection / Being Alone / Things Going Wrong
Movie List**

Apollo 13 (1995). Tom Hanks, Gary Sinise & Kevin Bacon (Things going wrong)

Final Destination (2000). Devon Sawa (things going wrong)

High Noon (1952). Grace Kelly & Gary Cooper (being alone, rejection)

Thirteen Days (2000). Kevin Costner & Bruce Greenwood

My Struggle to Surrender

Excerpt from Mary's Blog – [My Struggle to Surrender](#)

Self-reflection:

How does this relate to my own life?

My Struggle to Surrender - Part II

Back in December I wrote a post about surrender - specifically **My Struggle to Surrender** -and I promised to get back to you about what I was learning and working on. So much has happened since then and it feels like December was a year ago rather than just three and half months. Recently I have begun to write about surrender in a whole new way and I want to share that here soon. Before I do that, I thought it may be worth posting the writing I had all but finished back in December as Part Two to the original surrender post.

You may remember that I was reflecting on the space of surrender - the allowance of all of my emotions, all of the time....

I could pick up the pace, I could go to the place where I let my emotions lead, where I let myself become a teary mess for days at a time, I could *surrender*. This is the most rapid way to change and grow. I know intellectually that this is the better way and yet I don't trust God enough that I will survive the tumble over the cliff; I don't believe that I can do it.

Yeshua is helping me so much with this issue and I want to share with you some of my discoveries about my blocks and the tools that are helping me with this issue.

The Things I do to Avoid Surrender

Usually, I do one of two things. The first thing I call '***Toughing it out***'. This is where I tell myself things like: 'well I just have to feel this, this is the only way to grow, I'm just being an idiot, God made me to be able to do this, I'm just going to push on' I try to force myself over the edge. I get all rigid and try to *survive* it all rather than feel it all. And no surprises here, I don't end up feeling very much at all.

The second thing I do – let's call it '***Sulking it out***' – is more like 'I can't do this on my own, AJ can I have a cuddle?, I think I'll have a cup of tea, maybe some chocolate, I just want to watch a nice movie' i.e. I become needy, I seek comfort, I feel I will be able to cope if I just feel a little better.

In both cases **I am avoiding my true grief, I am avoiding the place of surrender, of overwhelm.** I am either ‘toughing it out’ and shutting down my vulnerability or I am ‘sulking it out’ and looking for external things to help me avoid my feelings.

Fear Stops Surrender

I know intellectually that experiencing my pain will lead to healing and growth. So why am I so afraid??

I must have a false belief about what it will be to surrender emotionally. So, let’s call this belief or set of beliefs my ‘block’, the thing that blocks me feeling everything all of the time. The belief must be false because God created me to be able to cope with all of my emotions.

So, what are my biggest fears and false beliefs about surrender?

1. I can’t cope with the emotion
2. I will be completely out of control if I surrender to this emotion
3. I will feel crazy, I will look crazy to others, others will laugh at me, or condescend to me

These huge beliefs inside of me have their origins in things I learned in childhood through my early experiences and the way my parents’ viewed emotions.

It’s no surprise, given the state of our world, that my parents themselves have fear of their own emotions. In my childhood they treated themselves most of the time in the way I usually resort to i.e. they ‘toughed it out’. Instead of having a good cry, they taught me to get on with life and that it was foolish to spend too much time feeling sorrow or grief. So I learnt that I could feel grief for a little while but after that I was feeling sorry for myself.

I also come from a family where ‘making fun’ of others or paying a person out for their idiosyncrasies is considered good natured and normal. This is the culture in one side of my extended family. Cruel sentiments, condescension and ridicule were often dressed up as ‘having a joke’. As a kid I was labelled a ‘drama queen’ because I was so expressive and often emotional. Growing up that made me feel ashamed of my emotions, I learned to not be so ‘sensitive’ and I become a ‘joker’ too. As an adult I now have the belief that if I’m overly emotional I will be made fun of or condescended to.

Also, my parents, because they feel afraid of their own sorrow, find it hard to allow it in their children. They felt completely powerless and

distressed if I was inconsolably sad as a child. They hugged and ‘comforted’ me at the first sign of tears. So little me, instead of getting the message, ‘It’s OK to have a good cry, you can handle it and in fact you will feel a whole lot better when you do. Just come and see us when you’re done’ came to believe ‘Crying is scary, I need someone with me, *I can’t cope with my emotions*’.

So, all of these early messages about emotion, have resulted in me never having had the experience of just submitting to big emotions and the entire process is now shrouded in fear. I now feel weak, crazy, out of control and like I can’t cope when I have large emotions.

So, what do I do?

Understanding all of these early messages helps me see my blocks a little more clearly.

I can feel frustrated that my parents didn’t encourage my tears but that doesn’t get me anywhere. They have their own fears and blocks to work through and blaming them and being a victim still doesn’t release the blocks that are now a part of me.

However, connecting to the pain of these early memories and releasing it, reduces and eliminates my fear of those things happening again. If I have grieved being judged for being expressive and emotional I will no longer fear it. I will have worked through the emotion and know that feeling myself is worth it and if people try to make me feel small for crying it won’t affect me.

I can also enlist the help of my intellect to help me begin to challenge the false beliefs. One of the problems I have and see many people having is that we tend to ‘live in’ the emotion; we keep resisting the feeling of it and instead tell it to ourselves as a truth. I can remind myself that the *feeling* ‘I can’t cope’ is not the **Truth**, it is **JUST AN EMOTION**.

In fact, the only way I am going to release this block is to **stop** believing it is the truth. The Truth is actually that;

- God created me to cope with all of my emotions.
- That when I feel everything, I am actually most connected to myself and therefore the most in control.
- That its not crazy to feel the emotions that are already there inside of me

When I live in the feeling 'I can't cope' I actually use it as a way to control my feelings, the other alternative is to experience 'I can't cope' as an expression of grief. ***This is the key to releasing the block.***

For example, yesterday when I was writing my first ever blog post, I was full of fear. I was sitting at the computer typing away and every now and then I would be hit by huge feelings of terror of exposure and rejection, and I would begin to feel 'I can't cope'. At that point I would go **rigid**, get up from the computer and go and do something else. My experience of 'I can't cope' was almost angry; I was telling it to myself as a truth and it was a way to *control* my feelings.

If I had been releasing my block, I would have been typing away, felt overwhelmed and **softened**. I would have sat and sobbed out all of the feelings of 'I'm just not up to this, this is all too much, I feel like I can't cope'. My block would have been released from me as an expression of *grief*.

Blessings to you,

Mary

God's Truth

Worksheet created from [Qualities of Divine Truth Outline](#)

No single creation of God knows all of the Absolute Truth, and never will

- Step 1 Find the Truth about God and connect to God emotionally
- Step 2 Find the Truth about myself and connect to myself emotionally
- Step 3 Find the Truth about others and connect to others emotionally
- Step 4 Find the Truth about the universe and be overwhelmed emotionally

Mat 6:33:

“Seeking first God’s Love, all other things will be added to you”

Divine Truth Does Not Hurt Anyone or Anything

- The Divine Truth does not “hurt”, it is emotional error, lies and deceit that hurt
- If we reject “truth” because of potential pain, we are choosing to remain in emotional error
- Pain results from the exposure of emotional error by Divine Truth
- If we release emotional error, hearing the Divine Truth will only bring us peace, happiness and bliss
 - Eg. A woman being told her husband has been sexually unfaithful
 - Eg. A person being told they are overweight
- If we find the truth “hurtful” then we want to hold onto emotional error
- We often feel the emotional pain of truth entering us, because of error we believe which hurts to release
- Not being open and telling the whole truth always results in more harm and pain to the soul
- There are emotional penalties for wanting to believe lies in order to avoid emotional pain

Divine Truth Does Not Allow the Lie, No Matter What the Price

- A person in harmony with Divine Truth will not want to lie for any reason
- If we want to lie for any reason, there is an emotional error within us that we are avoiding experiencing
- A person living in Divine Truth will not desire to withhold truth from others

Eg. If I know my friend is sexually unfaithful in a relationship, but the partner does not know

Eg. If I know something that will help a person emotionally process an error and I don't say it

A person living in Divine Truth will not make a decision affecting others Free Will

Eg. If I withhold Truth, I am making a decision for another person without them being aware of it

If we project unloving emotions at a messenger of Truth, then we will have additional emotional injuries

Exercise:

Self-reflection questions:

1. Where in my life do I withhold truth?

2. Where in my life am I not transparent?

3. Where in my life am I being dishonest?

4. What are my false beliefs about being truthful 100% of the time?

5. Why am I resistive to hearing personal truth about myself?

Poem – Truth as a Hobby

Poem copied from Mary's Blog – [Notes Along the Way](#)

Exercise:

Experiment with making truth a hobby in my own life.

Truth as a Hobby

What if we all took up telling the truth as a hobby?

What if, whether awkward and red faced
or free, unabashed,
we spoke in unadorned words,
straight from the heart?

What if truth-telling
became a skill to refine
as we got deeper,
more honest with self?

What if we dared be transparent
and frank
about all that we think, believe, and wonder
and – crucially –
said what we want

On Monday afternoons, at bedtime,
in meetings, on dates,
with the post office lady,
at late summer picnics,
and on the commute

What if we all made truth a pastime?
More than a lofty ideal
or noble pursuit
what if truth became a habit,
so standard and common
it was never in doubt?

Would this chasten the boredom,
the middle-age spread?
Wouldn't it heighten the crisis but also its end?

If,
instead of football, or hockey, croquet or golf,
in lieu of baking and YouTube and scrolling the phone,
we practiced and laughed,
as we built up the muscle,
increasing endurance
until truth was routine?

What if truth and its telling
is the answer, to ending
the quest for fulfillment,
to "finding one's passion"
and live our best.

Poem by Mary Luck

Denial of My Soul

Worksheet created from the [Denial of the Soul Outline](#)

What is the soul?

The soul is the real you, not your physical body, nor your spiritual body
It is the living, feeling, emotional, passionate heart of you

The soul has attributes and qualities

Passion, Desire, Emotion, Feelings, Aspirations, Intentions, Free Will
Memory, Personality, Instinct, Natural Love, Energy

God's Love cannot flow into us while we are shutting down our own soul

Truth = Emotions, passions, desires, intentions, inspirations and aspirations in harmony with God's Love Cause the soul to expand and come closer to God, and create pleasure and happiness

Error = Emotions, passions, desires, intentions, inspiration and aspirations in disharmony with God's Love Cause the soul to sin (miss the mark) in thoughts, words or actions and create pain and unhappiness

Self-reflection Questions:

Indications that I am in denial:

1. Am I in physical pain?
2. Am I in emotional pain?
3. Am I addicted to sex, food, alcohol, drugs, coke, coffee?
4. Does the LOA keep bringing me the same events over and over again?
5. Am I numb to my emotions and live in my logical mind?
6. Do I feel angry, needy, fearful, doubt, resentment, jealousy, etc?
7. Do I seek pleasure to avoid my pain?
8. Do I avoid living in truth so that I can avoid an emotion?
9. Am I happy, but not yet at-one with God?
10. Do I want to hear more Divine Truth?
11. Do I blame others for my problems?

How To Get Out of Denial

- Set your intention – Do you really want to be out of denial?
- Breathe
- Pray – Ask God to help you
- Talk to your spirit friends, and ask them for help and assistance
- Open your heart to your own emotions
- Start observing your own behaviour
- Be honest about your fears
- Take note of Law of Attraction events happening in your life
- Face the Divine Truth of any and all situations
- Begin following your passions no matter how afraid you are
- Follow the desires that are harmonious with Love, and allow yourself to admit to desires in disharmony
- Take actions that focus on opening up yourself emotionally rather than denying your emotion

Being Truthful with Myself

Worksheet created from the [Being Truthful with Yourself Outline](#)

Feelings That Prevent a Relationship with God & Soul Growth

Not facing the truth

- Not wanting to feel the Truth about God from your own perspective
- Not wanting to feel the Truth about God from God's perspective
- Not wanting to feel the truth about yourself from your own perspective
- Not wanting to feel the truth about yourself from God's perspective

Not wanting to give or receive love

- Not wanting to love others
- Not wanting to receive love from others
- Not wanting to love God
- Not wanting to receive God's Love

Exercise:

How Do I Really Feel About God?

Make a personal list of how I really feel about God, and do not try to fool myself!

How Do I Feel About Each Gender?

Make a personal list of how I feel about the opposite sex, mother/father, ex-partners.

Make a personal list of how I feel about the same sex, mother/father, ex-partners.

How Do I Feel About Myself?

Experience the anger of how I feel about opposite sex's "treatment" of me.

Don't stay in anger, but now experience the grief of how I feel about opposite sex's "treatment" of me.

How do I feel about the same sex's treatment of me, with anger first, and then grief.

Now Relate These Feelings to the Masculine/Feminine Part of God

When we have these deep feelings about any gender, we assume this is how God views us

Eg. If the gender is female, then we usually attribute the belief to God's feminine qualities

Eg. If the gender is male, then we usually attribute the belief to God's masculine

How God Feels About My Feelings

Remember that:

God already knows, and also feels from me, the feelings I actually have

I cannot fool God about my true feelings (about anything)

God does not punish me about how I feel about God (or anything else)

God's Laws expect my honesty, and my eventual repentance

God feels pity and compassion for me choosing to remain in emotional pain

I will suffer more when I choose to:

Resist the experience of my own emotions

Eg. Shut down my own grief when I am sad

Act on my own desires that are not harmonious with Love

Eg. Use an addiction (food, sex, etc)

Act on my own desire to harm others rather than experience my own hurt

Eg. Lie rather than feel pain

Once Emotional Release Has Occurred:

- Truths about myself can enter me
- Truths about God can enter me
- God's Love flows into me without resistance

Humility versus Pride

Excerpt from Mary's Blog - Notes Along the Way - [Humility Study Notes](#)

Exercise:

As I read through this list, ask myself, am I proud or am I humble?

As I began to pray and desire this process, I found a book (which I also mentioned in my last post) called **Brokenness: The Heart God Revives** by Nancy Leigh DeMoss. The list I have pasted below has been adapted by me from a chapter in the book. I have it printed out and incorporate into my daily prayer time most days now.

Humility & Pride

Proud people focus on the failures of others.

Humble people are overwhelmed with a sense of their own spiritual need.

Proud people have a critical, fault-finding spirit; they look at everyone else's faults with a microscope but their own with a telescope.

Humble people are compassionate; they forgive much because they know how much they have been forgiven.

Proud people are self-righteous; they look down on others.

Humble people esteem all others. They have faith in the potential for good in others.

Proud people have an independent, self-sufficient spirit.

***Humble people have a dependent spirit; they recognize their need for God. They value gifts from God and from others. They do not resist giving God or others credit for the wisdom or gifts they have given them.**

Proud people have to prove that they are right.

Humble people are willing to yield the right to be right.

Proud people claim rights; they have a demanding spirit.

Humble people yield their rights; they have a meek spirit.

Proud people are self-protective of their time, their rights, and their reputation.

***Humble people are able to love themselves. They do not DEMAND attention or love out of lack or fear. They do not value themselves above others.**

Proud people desire to be served.

Humble people are motivated to serve others.

Proud people desire to be a success.

Humble people are motivated to be faithful and to make others a success.

Proud people desire self-advancement.

***Humble people desire to promote love and God.**

Proud people have a drive to be recognized and appreciated.

***Humble people recognise their relationship with God is their primary relationship. They are humble to feelings of unworthiness and sensitive to when they may be becoming arrogant.**

Proud people are wounded when others are promoted, and they are overlooked.

***Humble people are eager for others to get the credit; they rejoice when others are lifted up. They are humble to their feelings if overlooked and turn to God with these feelings.**

Proud people have a subconscious feeling, "This ministry/church is privileged to have me and my gifts"; they think of what they can do for God.

***Humble people know that the true way to teach or 'minister' is through humility and demonstration of God's Grace. They are not afraid to expose their true selves. They realise what God does for them in every moment, especially when teaching others. They recognise all Truth comes from God.**

Proud people feel confident in how much they know.

Humble people are humbled by how very much they have to learn.

Proud people are self-conscious.

Humble people are not pre-occupied with what others think of them.

Proud people keep others at arms' length.

Humble people are willing to risk getting close to others and to take risks of loving intimately.

Proud people are quick to blame others.

Humble people accept personal responsibility and can see where they are wrong in a situation.

Proud people are unapproachable or defensive when criticized.

Humble people receive criticism with a humble, open spirit.

Proud people become bitter and resentful when they are wronged; they have emotional temper tantrums; they hold others hostage and are easily offended; they carry grudges and keep a record of other's wrongs

Humble people give thanks in all things; they are quick to forgive those that wrong them.

Proud people are concerned with being respectable, with what others think; they work to protect their own image and reputation.

Humble people are concerned with being real; what matters to them is not what others think but what God knows; they are willing to die to their own reputation.

Proud people find it difficult to share their spiritual need with others.

Humble people are willing to be open and transparent with others as God directs.

Proud people want to be sure that no one finds out when they have sinned; their instinct is to cover up.

Humble people, once Humble, don't care who knows or who finds out; they are willing to be exposed because they have nothing to lose.

Proud people have a hard time saying, "I was wrong; will you please forgive me?"

***Humble people are quick to admit failure, to feel the cause of their unlovingness and to seek forgiveness when necessary.**

Proud people tend to deal in generalities when confessing sin.

Humble people are able to acknowledge specifics when confessing their sin.

Proud people are concerned about the consequences of their sin.

Humble people are grieved over the cause, the root of their sin.

Proud people are remorseful over their sin, sorry that they got found out or caught.

Humble people are truly, genuinely repentant over their sin, evidenced in the fact that they forsake that sin.

Proud people wait for the other to come and ask forgiveness when there is a misunderstanding -or conflict in a relationship.

***Humble people take the initiative to be reconciled when there is misunderstanding or conflict in relationships. They are loyal to the principles of love and truth first and always and do not allow pride to prevent them from admitting a transgression.**

Proud people compare themselves with others and feel worthy of honour.

Humble people compare themselves to the holiness of God and feel a desperate need for His mercy.

Proud people are blind to their true heart condition.

***Humble people walk in the light – they fully face their true condition and reach out to God from that space.**

Proud people don't think they have anything to repent of.

Humble people realize they have need of a continual heart attitude of repentance.

Proud people don't think they need revival, but they are sure that everyone else does.

Humble people continually sense their need for a fresh encounter with God and for a fresh filling of His Spirit.

List adapted from <https://www.reviveourhearts.com/articles/brokenness-bookmark-the-heart-god-revives/>

Notes with * beside have been altered from the original text by me. The word broken and brokenness has been replaced with humble throughout.

“God please help me to be Humble before you today and every day. Teach me to live with the walls down and the roof off.

I desire to be near you and to bring glory to you. Help me to be humble to my failings and pain so that I may never cultivate addiction and instead live in the shadow of your love every hour and moment of my life.”

Just Be True

Excerpt from Mary's Blog – [Just Be True, The Third Sphere & I Heart God](#)

Exercise:

Mary makes a ton of suggestions throughout this post that we can experiment with.

Confession: I wrote this post and then had to go back and edit it. I was trying so hard to express my passion and the deep significance I feel in this realization that almost every second word was italicized or bolded or underlined, or everything all at once! I have reigned myself in a bit. I hope all the emphasis help you read it and not distract you. (See I even need an underline here! I also talk with my hands when I'm really passionate. Hand talking must be italics translated.)

Warning: this is a long post... it's sort of more an essay. I'm trying to work on succinct as a concept!

By way of introduction can I say that I feel that many of you are going to be tempted to feel what I am saying here is obvious. I probably would have said the same a little while ago, but I now see that I really wasn't getting it at all. The only way I can explain it is to say that I knew the principles but had no concept of what they felt like in action.

It is where the emotional teachings of this Path truly meet the God part. It is the understanding of how the two are irrevocably intertwined and always have been. This deeper understanding is still fairly fresh in its re-awakening to me. I'm still holding it close to my heart, hoping that it will find a home there where it can take hold and flourish. Because of this I'm feeling fairly feeble as I try to do the explaining of it justice. Hopefully, if you open your heart, God can shine the light on the spaces I miss. My words really can't compare to His Wisdom but maybe they can open a doorway.

A new day was just beginning and I, sitting on the floor of our ecotent, looking out on all the freshness, was reading the Padgett messages....

“Be true to yourself and you will soon be in God's love and favour...”[\[1\]](#)

The message continued but I found myself drawn to these words. I scribbled them in my journal and kept reading.

Again, I paused; I looked back to my journal and circled the first four words in the sentence. These are well worn words in our world, bandied about in all kinds of situations. But now here they were at the beginning of a sentence that Helen had impressed upon her beloved mate. There was something big there that I was missing. I could feel it. It was niggling at the edge of my understanding.

“Be true to yourself...” – no don’t brush these words aside as obvious for their true meaning is huge.

“Be true...” to what you feel right now, surrender to your emotion, embody it, allow it. Don’t act it out, or avoid, don’t analyse or understand it. Just be true.

It hits me, a dawning no less significant than the one unfolding around me.

To know God’s Love, I must *go to Him* in Truth. Go to Him *in* the truth of what I feel, *just be true...*

Yes, I know you’ve heard all this before. But have you really? I hadn’t understood it – in my marrow. I didn’t feel what it meant deep within me.

Lots of us feel we must be in truth to receive the Love, but do we *go to Him* in our messiness and sorrow. How can He connect to us if we do not *share* ourselves with Him, how can we relate to Him if we avoid the state of complete humility and honesty about our own selves?

In all of my talking, journaling, channelling, processing and yes, even blogging I’ve been missing the point. I’ve been seeking to figure out my feelings instead of just *embodying* them *while* I cry out to God for Love and Grace. This revelation of my own smug self-reliance stings me. The sin as old as mankind itself, has kept me in its grips. In all of my struggles to free myself of emotional error I have overlooked the arrogance in the way I am approaching the entire process.

I’ve been trying to sort myself and my feelings out so that *then* God can Love me, (now this sounds ridiculous but only if I remember that God is a Loving Parent who accepts me just as I am, and I forget that most of the other people in my childhood wanted me to hold it together and sort things out, and they found me far more ‘loveable’ and adorable then).

I haven’t been asking God for Grace or for Love, for I haven’t believed myself worthy of such things. I’ve been asking for Him to *help to me feel* – pleading and needy sometimes. And yet I’ve been *afraid* of His Love and of truly opening my heart to share my feelings with Him.

I haven't understood that I must use my will to feel, and He will use His Will to ease my burden.

I realise now that in order to truly heal I must take my whole self to Him and say 'Here I am, teach me to love myself just as I am. In this precious, imperfect moment of my existence show me I am worthy. Let me feel your Love.'

My fear and desperate desire for control has made me, in my heart (the place where true longing begins) *resist* His Love because of what it may dislodge in me. I have been guarding my worthlessness from Him.

It occurs to me that this is the true transition to the third sphere, or some big step in love, where I stop trying to 'figure out' my emotion, and instead am just willing to surrender to it, whatever it is, and to trust God to heal me of it – through His process, not mine. It is the place in which I am willing to be, *just be*, in the truth of my emotions[2] (not my addictions) and to experience them, at all times.

It is vulnerability – the lesson of my year – that is required. It is saying to God "I'm terribly afraid that you may reject me, but *I can't do this without you*. But in order to do it *with* you I'm going to have to share myself. I'm going to have to ask, *really ask* for your Love."

"Man has a will to either accept or reject the Love of God, and until he exercises his will in a way to show that he wants that love, it will not be given him."[3]

God, I haven't wanted your Love. I've asked for guidance and for courage, but I haven't wanted Love.

*I have paid lip service to your Love and haven't yet **yearned** for it, in the way of a winsome, lovesick teenager, of a mother for her lost child, of a son for his absent father, his Father.*

I haven't unlocked the desire that consumes a soul, that is in the heartbeat behind every action, present with every word and flavours every minute.

I quake at the thought of unleashing my sheer, unadulterated longing, that my heart may run free and 'into Your Arms of Love'.

Could I give you my heart God? All the lost and fragile pieces of me, could I offer them up to you? Could I want Your Love so much that I

would face all fear and give up all my feeble attempts, these shameful human encounters where I try to earn approval and appreciation, all in an effort to find a substitute for the Love that would fulfill me complete.

In the early dawn, *in my dawning*, I realize that I have focused on the eradication of sin and error and neglected (because of unworthiness and fear of grief) the inflowing of God's Love. And now I see that the fastest way to eradicate sin and error is to ***focus on the Love***. The process of emotional, causal release will be the same, but it will happen as a natural part of my *relationship* with God. It is *sharing* with God in complete humility that changes our soul. When we truly open ourselves God's Love gives us courage to step into the depths of pain and She takes the cause from us. *The gentle surgeon removes the barbs*. It is a process *with* my Maker – not a trial I must endure *before* I can relate to Her.

It seems to me in our initial unravelling we do and perhaps we must, engage our intellect. God does seem to many of us a far off figure, shrouded in misconception borne of our upbringing and background. We cannot neglect the important work of unhooking from our re-framing and rethinking, and the breaking down of the addictions that have run our lives. This next step though is the substance of the teachings. All of the thrashing around beforehand is just us lost in the bush, trying to orientate ourselves. This realization is suddenly stepping into the clearing and seeing the luminous Path stretch out in front of us. We must each have our awakening of what is truly within us.. *just be true*.. and be willing to share this self with God.

‘...for until such an awakening comes to (the soul) there is no possibility of it receiving the Love of God into to it..’[4]

“When we pray to the Father for an increase in faith, it is a prayer for the increase in Love”[5]

If I block the Love, how can my faith grow?

It ALL depends on the Father's Love.

I AM NOTHING WITHOUT HIS LOVE.

As I read my notes to Yeshua, he hastens to correct my last statement. It is not true that I am nothing without God's Love. I can become God's creation, perfected in natural love. I explain to him that when I wrote the statement, I was feeling so acutely how limited I am without compared to what I once was when His Love made me His child ‘*in substance and not in image only*’ In my moments of explaining its hard

to contemplate how I could even grow in natural love without the Love of God.

And yet in the next breath, I feel the errors of the first human couple still alive within me – this searing, desperate attempt to prove that I am something and someone, on my own, of my own creation. The utter limitation of this state, of trying to have my ego prove its worth, overwhelms me. I'm locked in a futile struggle to prove my value, that blocks the most significant relationship of my life.

Even now, the idea that me, alone;

without doing good works,

without saying smart things,

without knowing,

without showing that I am worthy,

the idea that I am loved and am beautiful without any of these things is so alien. I feel I must make good before He (and he) can love me, before I show myself to Him.

And yet His Love will prove His Love for me.

But I must have humility and openness to receive it.

If I am needy or demanding, I won't receive it. My neediness is a plea that he make it easier so that I may avoid my darkest sorrow. My demand is anger and expectation that I should be able to avoid vulnerability and openness with Him. Instead, I must ask '*with sincere longings and earnest aspiration*', I must truly desire it and be willing to bare my whole self to Him, in recognition that:

“Man is a mere creature and cannot create anything higher than himself; so man cannot rise to the nature of the divine, unless the divine first *comes into* that man and makes him a part of its own divinity.”[\[6\]](#)

It's not about saying “God help me feel....”

It is saying “God I feel....”

“God please be with me while I feel.”

“Could you show me your love so that I may have faith enough to step into the darkness?”

It is stopping *trying* and simply *desiring* – desiring God, desiring Love, desiring Truth, desiring emotion.

So why am so I afraid to ignite my yearning for God and for Soulmate? So afraid that I hold myself back in the second sphere (and sometimes lets face it, right down in the lower first) – figuring out, analysing, resisting surrender to the truth of what I feel....

The answer, the reason for my headstrong self-reliance, is that I don't want to soften into the feelings that for nigh on 2000 years *I have relied on a Father of Love*. He has guided me. And the love of my mate has nourished me.

I can't take the next steps until I acknowledge this – that my Mother God sustains me and that my mate, Yeshua, completes me.

I feel so *nothing* without them. And it feels that I must pass through this abyss of knowing that, feeling that *nothing*, in order to have them with me again.

I have missed them *so much* that it terrifies me to crack open the cache of my longing and have all of my loneliness tumble out with it.

Oh God give me strength...

dare I ask.... show me Love?

This is the narrow way.

It must be through a relationship with God. Until we have this we are not truly on the Path. We are bumbling along, preparing, removing our blocks, until we reach the point where we are ready to *open ourselves* to the greatest, most life-giving Love there is – until we are ready to enter a love relationship with our Creator.

I am humbled to admit to you this morning that I have been dallying all this time, on the Natural Love Path. Yes, I have felt and released some emotions, and I have come to know the Father a little. But I am hit like a freight train by the understanding that my growth has been seriously stunted by my unwillingness to '*ask in a way that shows I want His Love*'.

My friends, we must learn what it means to ask Him.

To ask with our hearts,

our whole hearts,

our broken hearts,

our shameful hearts,

the parts of us *that don't feel whole* because
in Truth they lack

His Love.

We must unearth the parts of us left in the shadows and corners and forgotten caverns in our souls so that She may shine the light of Love and Truth upon them.

I saw a book advertised the other day. It is called '[Made to Crave](#)' by Lysa Terkeurst. I haven't read the book but the short blurb I read about it came back to me as I finished writing this post. I think I've gleaned her basic premise (apologies to Lysa If I'm wrong) It is this: We are all made to *crave* God and all of our other addictions with food, (and I would add with television, in relationships, in our work etc, etc), are just distractions and a poor substitute for the Love we crave the most.

If we want to know God, to receive Her Love, we must open up to our craving and know it for what it is. When we do this our addictions will become unsatisfying and meagre in comparison to what awaits us. And this craving and desire will inspire us to face our fears, to face our true selves and expose them to the One who Loves the most. When we do, God in all Her Grace, will clean us and teach us Love.

[1] Excerpt from a message received by James Padgett from Helen Padgett, November 30th, 1914

[2] I want to make a clear distinction here between living in or allowing our emotions and living in *addictive emotions*. The first is healing, the second is damaging and even more damaging when we tell ourselves and others we are doing the first when we are in fact doing the second. I see many living in addictive emotions and crying non-causal feelings. While we live in addiction we cannot connect to our true emotional state.

[3] Excerpt from a message received by James Padgett from Ann Rollins, December 12th, 1914

[4] Excerpt from a message received by James Padgett from Yeshua,
October 10th, 1915

[5] Excerpt from a message received by James Padgett from Yeshua,
March 2nd, 1916

[6] Excerpt from a message received by James Padgett from Yeshua,
January 24th, 1915

Love – Where is the Rulebook?

Excerpt from Mary's Blog – [Let Love Lead the Revolution in Your Heart](#)

Self-reflection questions:

How does this relate to my own life?

Why do I feel I need or want a rulebook?

We have been travelling a little lately and receiving emails. I know that many on the Divine Love Path are feeling a bit lost. AJ hasn't given a talk for some months and the addiction to his energy and direction is beginning to be challenged in many.

I see some people floundering to know what the rules are for living this Path, seeking to understand it from their intellect. I see many repeating AJ's words and applying them to situations in which they were not originally applied. People are wanting to 'do as he does' without firstly understanding emotionally what and how he does things. This can be a very dangerous practice. The Divine Love Path is not a code of conduct, and we cannot grow in love by following a doctrine.

Love must lead the revolution in our hearts and lives; otherwise, we have not truly changed. We can develop a list of rules, a code of conduct, formulas that state 'in situation *a*, the loving response is *b*' but this would merely take us down a path that many religious movements have strayed. It could create a guideline for living and 'loving' which requires nothing of our hearts. The Truth is that love dictates that we respond to each unique situation in a way that takes responsibility for our part in its creation, that is truthful, has compassion and desires the most loving and empowered outcome for everyone involved. There is no formula that can match every situation.

We must be humble in our quest to grow towards God and allow our sincere longings to teach us the qualities of what love would do in every moment.

Our Awful Truth

It is true that many of us, me included, have faced the awful truth that we do not really know love. We were taught a mixture of fear, addiction, and expectation in our childhoods and left to deduct that this must be love, for those who taught us these things were supposed to love us.

Some of us were told that we were loved and that this was love, others of us were never told we were loved but we clung to the concept in order for our tiny egos to survive.

This damage to how we understand love is now done. All that is left is to take responsibility for these injured beginnings, to grieve the lack of knowledge of love and begin to *long* to know and understand it again. But because this task feels so great, because we feel so at sea and really because we want to be loved and approved of (we doubt an unloving person could be loved) we want a quick remedy, a 'fast track' to 'acting loving'.

This does not exist.

We can change our behaviour to be smiles and hugs but unless we change the darkened interior, the one that desperately seeks power, control and approval in order to avoid the opposing emotions that exist deep within, our words and actions will inevitably, sometimes subtly, revert to this desperate seeking. Cracks will appear. Our injured selves will seek reassurance even if it is now from behind a 'prettier' façade. We will not have become more loving.

The Beauty of This Path

Our hearts must lead us. And for our hearts to lead we must be willing to firstly own what is really in our heart. We must face the anger, resentment, the sense of entitlement, the desire to be the best, the pride, the powerlessness, the terror, the grief and fear. Until we own our true soul damage, until we desire to heal, the revolution **cannot** even begin.

The utter beauty of this process is one that I missed for a long time. I have been full of the fear of others' judgements if I owned up to what is really inside my heart. I wanted to be the person I believed was loveable – not angry, not different, not sensitive, not vulnerable – I suppressed all of these things because I believed the world would not love them. I still struggle with this process. But let me tell you about the moments of sheer beauty. These are when I let go of what the world will think, when I let myself feel unworthy or angry, when I own up, that my 'altruistic' motivation is really selfishness dressed up pretty, when I let myself get messy, or out of control, crazy, ridiculous, exposed. And this is the part when the beauty comes – when I am sitting in my stuff, in my pain, allowing it, and suddenly I feel the love of my Soulmate, or the love of God – **right there**. In the moments when I feel most unlovable - I am loved.

This is the greatest healing I have ever known. It is why I feel God is so essential to any emotional processing and why I believe facing our emotions is so essential to knowing God.

I was taught I only lovable when I met certain criteria. God and AJ teach me I am lovable and loved, full stop.

This is the true healing. And as I heal, I begin to learn what love is, and what love does.

We can write lists, describe love, talk about Truth, and the absence of fear, but in the end all of this is just talk, the revolution in our *hearts* is the only thing that will bring Love to earth.

God's Love Teaches Us Love

Once we have changed our hearts and let God teach us Love we won't need formulas, we won't need commandments or a rule book. God created a feedback system, the Law of Compensation, to tell us when we have been unloving. We only need to reach our hearts, to be brave enough to connect to our pain, in order to make ourselves sensitive to God's system of Loving once again.

If the desire to love and to know God guides us on this Path, then we can never be lost. To do this however, we must be willing to be honest with ourselves at the deepest level. We must break through our fears of others' judgement, through our judgement of ourselves, in order to know and own what we really carry, our feelings of pain, anger, resistance and fear. And from this place, if we turn our hearts to God, if we desire to know love, to give love, then the process is already begun; we have only to allow it.

Our hearts can lead us. If we are courageous, we will experience our pain, we will face our fears of love and we will let God Love Us. We will begin to *know* how to love in *every* situation.

We live in a world accustomed to '20-day weight loss', '2-day detox', fast-tracked diplomas and no queue check-in. The process I describe does not match our custom. It is longer. It requires longing and changes to your heart. It means facing fear and pain and really knowing the truth about who you are and where you have come from. It also brings you the surety of God's goodness. It delivers lasting joy and it is the only true way to know what love would do.

With much love to you all, my heart bursts with the potential for all of us. Mary

Desire

Excerpt from Mary's Blog – [Lessons 2010/Desires 2011](#)

My Most Important Steps or Lessons in 2010

Humility – this past year I became more willing to see myself as I truly was, in all my error and addiction! This became the most powerful starting point, a springboard, for my growth. I really learnt that you can't make changes until you are willing to truly see where you are at! You need to know where you are on the map before you can set your bearings for the destination.

Passions – I took loads of steps in the direction of my passions. It was a stretch. It was challenging. I felt unworthy and incapable most of the time but, wow, I learnt *a lot!!*

Letting Go – Some of the toughest moments in 2010 were coming face to face with my addictions and realising *if I wanted to grow I would have to let go!* It meant owning all of the techniques I used to get what I wanted through control and manipulation. It meant recognising all of the ways I used to stay away from my fears and grief and deciding not to run, not to get angry and not to blame. Life is a lot less tumultuous (and a lot more honest) as a result.

I challenged many old belief systems. I thought about where I had come from and what my friends and family believed and asked myself 'If I let go of needing the approval of these other people, *what is it that I believe?*'

I let go of lots of relationships and my expectation that others support me or even approve of my journey. It was sad but also liberating. I now feel much more love for who I am and for those people that I let go.

Self-reflection questions:

1. Am I willing to see myself as I truly am?
2. Am I willing to let go of my addictions?
3. What techniques do I use to avoid my pain?
4. What belief systems do I have regarding family/friends?

The Qualities I Desire to Nurture Within Myself in 2011

Vulnerability – to open my heart and share the authentic me, to allow my expressive, sensitive, goofy self to be present all of the time!

Integrity – the courage to stand for love & truth despite my fears, to make the loving choice even if it means triggering my fears and past pains.

Surrender – to be in a constant state of allowance of *all* of my emotional experience, be it fear, grief, joy or excitement! I want to face my fear of my memories and allow my wisdom and their pain to overwhelm me.

Creativity – to reconnect with the creative, expressive side of myself – no matter how it looks! I desire to make things, to beautify things, to garden, draw and write more often!

Continued Humility

Self-reflection questions:

1. Am I willing to open my heart and be authentic me?
2. Am I willing to make the next loving choice?
3. Am I willing to surrender?
4. Am I willing to show my creative and expressive side of me?

Opening My Heart to God and Love and My Soulmate

When I finished my journal entry, I decided to channel a message for the New Year and my guides wanted to add another quality for me to focus on. Here is part of what they had to say:

“Dearest Miriam, you are reflecting just now on the qualities you wish to nurture within yourself in the coming year which is a beautiful activity and one we see you take great pleasure in. Revisit such activities regularly for they benefit you in many ways – they open your soul to change, they activate your desire (which is very powerful) and they encourage deeper connection with your own self and your humility.

*We wish to share with you another quality which we believe to be very powerful for you to nurture in the coming year. It is the quality of **faith**. Faith is a new friend of yours and you already begin to feel the beauty and the power of it as a substance within*

your soul. In the coming year it will be important for you to have faith that while you exercise your courage, while you act in harmony with what you know to be Truth and feel to be Love, that God will provide to you everything that you require to grow, expand and develop.

There will be many times when you will need to dig deep for courage, to pray often for understanding of what is unfolding. Know that if you stay true to these qualities that you so desire to nurture that God will provide for you and that your evolution will result..."

My greatest passions for the year ahead are God and my soulmate! I strive to complete my connection with these two most beautiful beings in my life! There is so much to be thankful for, so much to be excited about!

Wishing you all a year of growth and expansion.

Exercise:

Have you considered what your biggest lessons were and where your desires are for ~~2011~~ 2025?

Much love,
Mary

Exercise:

Experiment with channelling my guide and ask what qualities I need to focus on.

Sharing all the Pieces

Excerpt from Mary's Blog – [Sharing all the Pieces](#)

Sharing All the Pieces

"It is wonderful what God can do with a broken heart, if He gets all the pieces."

*Samuel
Chadwick*

I love these words. My challenge is to dig deep inside to find *all* of those hurt and broken pieces and to then be brave enough to hold them, to be with them long enough to share them with God so that healing can begin.

Wishing you (and me) the courage to share the tenderest parts of your heart with God, He so loves us,

Mary

P.S. God whispered something to me recently, right after I had been brave enough to share a part of my brokenness with Him. He told me simply (in feeling not in words)

"You are worthy of love"

The beauty of that feeling from God is still reverberating around my soul but I wanted you to know because He's trying to tell you the same thing

Self-reflection questions:

1. How does it feel to hear that God is trying to tell me the same thing He told Mary?
2. How does it feel to hear God feels that I am worthy of love?

Growth & Gratitude

Excerpt from Mary's Blog – [Growth & Gratitude](#)

Growth & Gratitude

For the past few months, I've been living in the mantra:

"God's got me in a process – all I need to do is stay humble and keep feeling, and praying, and I'll grow"

And I've felt myself growing and learning and changing. I prayed and cried and journalled and just been heaps more honest with myself and it's all helped.

I've learnt to trust God more. I've wanted Him more and I've felt the tides of grief have been worth it. I've felt that they've left me cleaner and clearer.

But on Thursday, as the dust settled behind the rental car carrying the two men who had come to make the documentary about us, I didn't want to be in the process *anymore*.

I wanted to find a dark, cosy hole of denial I could crawl into and forget about how exposed I felt, how awkward and inarticulate. I felt like I had failed to express how precious this Path is to me, how much it means to me, and I didn't want to face certain exposure and ridicule.

AJ, Yeshua, my mate and the kindest soul I ever knew, kept reminding me that I'm just a work in progress but wow I felt so inadequate and imperfect. I felt like my mantra was smug and that I wasn't ready for any of it, I just wanted a normal life again. I got into dangerous projection and denial territory.

I'm still coming out of it, and I'm dismayed at how readily I slipped back into fear. I'm so fortunate to be surrounded by many who love me, and I feel upset when I let my connection with them sever because I fear the reactions of people I have never met.

The luminous lesson I revisited today was that of gratitude. I have *so much* to be thankful for.

I have a man who loves me so completely that I can't even comprehend it.

I have God in my life. This is such a magnificent and humbling gift. I have starved for Him for most of my life.

I live a life that I am passionate about, that upholds ideals that I believe in. I am supported in this by so many, many of whom (many of you) I have never even met. I never believed that I would find a way and a place to live that fulfilled me and answered all of my questions. I found it and I am grateful.

I eat good, nutritious food. I am clothed. I have shelter.

Yes, I still need to process my fears, and the road ahead may have some tough emotions and situations to face but my life holds so much richness and beauty and possibility.

Some years ago, I spent two years living in a refugee camp in southern Beirut, Lebanon. My brothers and sisters in that camp taught me much about dignity and suffering, about war and traffic. They extended to me deep hospitality and warmth. I feel privileged that they opened their homes and hearts to me. I felt my offerings in their community were so feeble in comparison. I still think of them often. I hope one day that I can do something to change the way their lives are lived. At present they live with scarcity of opportunity, education, clean air and nutrition.

Many of my old friends feel I have sold out on my humanitarian ideals. In fact, I feel I have embraced them more strongly. It was too easy for me to avoid my disillusionment and cynicism through actions; actions that I knew were futile to make lasting changes in people's lives. It's hard, in times when I feel hopeless about my own progress towards God, to not be tempted to go back and make a splint for a Haji in Bourj el Barajneh, Beirut.

Instead, I remember the ones who live there. It makes me more grateful for the gifts I have been given, and it spurs me on to make changes in this one soul. Changes that I hope, will ripple in a much wider concentric circles than the ones I have created in the past.

Self-reflection questions:

1. How does this relate to my life?
2. What am I grateful for?
3. Knowing that I can only change myself, and that by changing myself, I will be able to help others, does this inspire me into action?

A Fork in the Road & the Wounded Dog

Excerpt from Mary's Blog – [A Fork in the Road & the Wounded Dog](#)

A Fork in the Road

I'm passing through a season on this path where life seems difficult. In the past month I have come to confront some big residual addictions (that I found hidden below the obvious ones ☺). It's felt tough and I'm still in it. Lots of my other avoidances – food, alcohol, anger, running away etc – all seemed easy to give up compared to these. I am really *attached* to the feelings of being 'Daddy's little girl' – it helps me avoid so much shame and worthlessness. It helps me avoid all the loss and longing for my Soulmate that feels so consuming I doubt my capacity to breathe if I submit to it. I really, *really* want to feel safe and protected – instead of feeling terrified of losing him, of being harmed, of people hating us.

In the past I've felt my passion to become more loving and closer to God has pulled me through so much processing. Often, even just realising my addictions, has helped me to begin to break them down. These last few weeks though, I've had to get brutally honest with myself. Just because I can see that this set of addictions prevent me from loving more completely and that they block my connection to my Father, doesn't mean that I want to give them up. Facing my deepest unworthiness, my Soulmate grief and my terror feels like a task I am not up to yet.

The place I'm in feels harrowing. The roads divide before me – one path is the path to God and my dear, sweet mate. The other is a continuation of the well-worn road of my life till now. It's the road where I get to feel warm and fuzzy because people accept me and tell me "wow, you're a *great girl!*" It is the road where I accommodate everyone else's demands and desires because I don't want to feel alone or rejected. It's the road that keeps me in addiction to love's substitutes – approval, reassurance, avoidance and hugs that help me deny my pain.

The former road means facing feeling alone, unsafe, unworthy and ashamed. This road, the one to God, takes a course *through* the dark emotions. The second takes me *around* them, on any number of detours, escaping the lows of shame and grief, for 'higher' ground. The only problem is that on the second I seem to tire so much and it never, ever, leads me to God. That road only leads me to a cul-de-sac and when I get there at the end of my long and tiring life, I know I'm just going to have unpack my backpack and in it I will find the shame, unworthiness and grief I was trying to avoid all along.

On the first road I don't have to carry a backpack. It will be painful at first, but I know as I go the scenery will improve and I may even start humming a tune or two. But there is pain in starting out, and there will be pain in staying the course.

How much do I really want it?

Am I willing to step directly into the things I fear?

The second road still calls me. It tempts me; it masquerades as the easier route. The surface is smoother underfoot... but it's that darn backpack that weighs me down.

I feel frustrated that I know the best path to take and yet I do not take it. I'm sitting dawdling. My backpack gets heavier by the minute, and I have a tendency to whine about it. How uncaring is that? I want to whine about how heavy it is when it is my choice to keep lugging it about. It's tiring all this lugging. It's more than tiring it gets painful. Which leads me to the dog..

The Wounded Dog

I wanted to share a story with you about a dog full of barbs. It comes from our brother John, who while here on earth the second time, was given this story from his spirit friends.

Imagine a dog who has been shot full of arrows with barbs on their ends. They are stuck in his skin, and he yelps as he moves. He is in constant pain.

There is no way to remove the barbs without more pain. Barbs by their nature become lodged and stuck; their prongs embed in the skin at different angles. The most loving thing we can do for the dog is to ask him to lie still and allow us to remove the barbs as gently as possible. We can't prevent the pain but if he doesn't thrash and kick, he won't be injured further.

Now imagine yourself as this dog. The process of birth and growth from childhood has left you stuck full of barbs – not barbs from God but from our forefathers' decisions to neglect God and love, from our own life's choices which have placed pain within our souls. So, we are now full of painful wounds, tender to touch.

God is so tender and loving and He wants so much to see us free of barbs and wounds and all of the sharp things caught in our coat. He will do everything he can to ease them out of us gently. The barb that hurt so much going in is going to sting coming out. There is no avoiding it. But if we lie still, if we surrender and allow God's Hands to gently work, it will happen quickly, and we will feel the sheer relief of it leaving us.

It is when we fight and resist that the process becomes painful, we cause more injury to ourselves and those around us when we thrash and rebel against what is most natural. In trusting and allowing we liberate our pain and in letting go it hardly hurts at all. Like the prick of a splinter exiting our palm, the quick, sharp, pinch is nothing compared to the feeling of relief as it comes out.

And this is the key lesson our spirit friends were trying to teach us – our pain now is almost entirely due to the fight against feeling what is already within us. We are so terrified of the removal of the barbs. We believe it is the ultimate pain, not realising that it is actually relief.

So instead, we fight and struggle or we try to find a comfortable way to numb the pain.ⁱ But this only augments our suffering. The barbs can start to fester, an infection can spread throughout our entire lives.

The greatest way to relieve our pain is the simplest – to allow and feel what is there while we let God's Love and Grace remove our error.

“The new birth is the flowing of the holy spirit into the soul of a man and the disappearing of all that tended to keep it in a condition of sin and error. It is the love of God that passes all understanding...”

Your will is the thing that determines whether you will become a child of God or not. Unless you are willing to let the Holy Spirit enter into your heart, it will not do so. Only the voluntary submission to, or acceptance, of the Holy Spirit will make the change.”ⁱⁱ

Submit and allow the barbs to be removed.

At my fork in the road, I so desperately want to fight. Indeed, I spent some hours yesterday just fighting with God about it all. I feel angry at love. Can you believe that? I want to be angry at AJ for just loving me because it reminds me of how much I hurt, how much I missed him. It's like, because

I don't want to feel the pain of loss I have deadened a part of my heart. Now that I have AJ in my life everyday it is harder and harder to avoid the pain of this partitioned off part of my soul.

I have screamed and sobbed at God, wanting another way out, any other way but through, any other road but the first. God, in all Her tenderness, just waited, waited for me to stop thrashing while she gently tries to remove the barbs.

It's hard to trust Her.

She's still waiting, and I resist Her Love.

You know what it's like when you're having a bad day at work. You're OK while everyone is just doing their thing. They may even be terse and bossy with you. You're fine until that one person just reaches out and says, 'Hey, you look beat, would you like to talk?' The sudden kindness is the thing that tips you over the edge and you find yourself crying.

I feel like my whole life has been one long workday, with me beating up on myself for not doing well enough, and others around me demanding I give more. Now when I consider opening up to God, who just wants to hold me and says, 'I love you no matter what', it feels like I'll lose it, *completely lose it*.

So, I push Her away.

I push away my Heavenly Mother who Loves me.

I push my mate away.

I resist anyone who is tender and gentle because I can't bear the contrast between what life has been and what it can be.

There are so many barbs.

I'm praying now for the strength to surrender to myself, to God's process. The process She designed with infinite care, the road that brings me back to Her.

I'm praying for you to, that you may also find this courage.

Sometimes we get so used to the barbs that we feel they are preferable. Or we decide we don't mind the heavy backpack, we believe we deserve it.

Sometimes the hardest thing to surrender to is *LOVE*.

'Surrender sister, surrender' I hear my guides whisper 'Take the shorter route, though it feels you will plunge directly into darkness, trust the

Father, for from that point on your load will be lighter and your steps will be surer.'

'Take the narrow road that leads to God'

ⁱ The Pharmaceutical industry is based almost entirely upon this principle; how can we help you numb your pain, rather than release its cause.

ⁱⁱ Excerpt from a message received from Yeshua, channelled by James E Padgett in 1915. For further information on where to view or purchase the Padgett Messages see [here](#) and [here](#).

Self-reflection questions:

1. Which path will I take – the path to God or the road I've always taken so I can avoid my pain and be 'comfortable'?
2. Will I choose to go through my dark emotions, or will I choose to go around them to escape my shame and grief?
3. How does my life relate to the wounded dog?
4. How long will I carry my heavy backpack knowing that I can choose to set it down at any time!
5. How can I develop my faith to trust God and choose the shorter route?
6. How badly do I really want to be loving and find real happiness?

Welcoming Sorrow, Honouring Self

Excerpt from Mary's Blog – [Welcoming Sorrow, Honouring Self](#)

Welcoming Sorrow, Honouring Self

About a week ago I had a series of realisations. Like a mini power point presentation in my soul, every couple of hours ponderings in my heart, snippets of discussions with Yeshua or pages I had read would coalesce and God would download another whopping 'Truth Slide' for my soul to tremble at.

Below is the list of my 'Truth Slides'. I can't programme html to save myself so they appear as numbered points but if you can imagine God gave them to me in this really cool cascading flow chart, every couple of hours the next slide would appear, and I could feel how it snugly related to the previous one.

1. I have never really loved anyone. I have always been in addictions in close relationships.

(Do you sort of get to feel why I needed a couple of hours before the next slide?)

2. I am in almost complete denial of my true self. I have squashed my true self and all of my feelings into a tiny ball in a dark corner of my soul. Every now and then when she tries to appear I stamp on her to make her more squished and tiny. *My true self is full of sorrow.*

3. My inauthentic self, created to get approval and avoid my sadness is not content, confident or able to love authentically because she is created through addiction. *She is needy by nature.*

4. If I want to know and accept my true self, I must be willing to accept her sorrow. She is full of pain. I want to reject pain but now I realise that pain is a large part of the real me. I can't know me unless I let my grief be present and tell its story. *In order to know myself I must open my arms and welcome pain.*

5. Allowing my sorrow will not only connect me with my true self but it will bring about my healing. Even in my sorrow I will be able to love and give authentically because I will have reached an authentic place within myself.

My authentic self knows and desires her Soulmate (my inauthentic self stresses about not desiring or knowing – *this is just an effect emotion*) My authentic self knows what she wants and what is good for her.

In the wake of the God engineered slide show in my soul I have this to say.

We tell ourselves that the adult, invented self is strong and the protector, that the child within is weak and needs protection. In fact, it is the child within that *holds* the wisdom, she is the one connected with her emotions, the emotions that make us sensitive to what is good, safe and wise for our well-being and happiness. Our denial of the painful feelings, created when we were harmed, suppressed, bullied or disrespected as children, desensitises us to the passion, creativity, surety, desire and heart-trust that is innate to our fully feeling selves.

We must welcome our pains in order to know our desires. We have been taught to trust our minds and rationality (and look where it's got us: sick, divorced, overweight, discontented, dissatisfied, unsure, cynical and mistrusting). If we can find the scrunched-up part inside that holds our true self, full of pain; if we can sit with it and ask it to expand, to stretch out into the fullness of our being we will feel its pain and loneliness. We will feel its fears and losses, but we also will for the first time in so long be feeling *our true selves* and there is so much power in a person connected to themselves. This feeling creature that we were created to be, is also aware and connected to everything around it. It feels nature, it feels others, it allows its own feelings and as a result it **knows** what it wants! If we desire Love and God from this space the potentials for peace, joy and fulfilment are no longer even potentials – they become realities.

The key for me is to begin to view my pain as something different to 'bad', 'the unpleasant part', the 'please can I get it over and done with' thing that I have to do. I want to love me and that means loving my pain because it is a *part of me* right now. In fact, it tells my story; by allowing my pain I am *honouring my story*, I am coming to know the complete me. By judging and avoiding my pain I am judging the *largest part of me* (largest for now). I am saying to the real me 'you are unpleasant', 'I wish you weren't there', 'you make my life hard and miserable'.

The starker truth I have come to face is that I, the manufactured me, have made my life unpleasant and miserable and the more I fight the real me, the more miserable I become. I have blamed 'real me – full of pain' for unhappiness only to realise now that allowing 'real me – full of pain' unlocks my joy and even *during the feeling of my pain* she, the real me, has the capacity to love, to make decisions, to create and connect with others.

We must change our attitudes to pain. We must desire not only God but **ourselves** – and if our true selves come clad in pain, abuse, loss or fear we must welcome them and let their grief tell our story, for ultimately,

they will become our greatest teachers, they will instruct us in love. They have lived so long without it, they have felt the absence of it so acutely that, when we allow them, our darker feelings will give us knowing and make us hyper-aware of what it is loving and what is not.

God, of course, will be our constant companion but at present so many of us invite Him from our inauthentic selves. We say “God, come sit for a while, come for tea and I’ll show you my best self, we won’t talk about that scrunched up part of me in the distant, dark corner down the hall because, frankly, she bothers me. I wish you would just clear her out of here, take her off my hands.”

And all God can do is smile gently and try to have us hear His response “But my beloved, this part is you and I love her so much. My Arms of Love long to embrace her.”

Self-reflection questions:

- How do I feel about the comment, “I have never loved anyone”?
- How do I feel hearing that I am in denial of my true self?
- How do I feel hearing that my true self is full of sorrow?
- How do I feel hearing that my inauthentic self is needy?
- How do I feel hearing that in order to know my true self, I will need to desire and feel my pain?
- How do I feel hearing that by connecting to my sorrow:
 - It will heal me.
 - I will find my desires.
 - I will know what I want.
- What are my attitudes to pain?
- How do I feel hearing that when I judge my pain, I am judging the largest part of me?
- How do I feel hearing that God wants all of me, not just the part I want to share.

“But my beloved, this part is you and I love her so much. My Arms of Love long to embrace her.”

Humility - Like Learning to Breathe

Excerpt from Mary's Blog – [Humility – Like Learning to Breathe](#)

Humility - Like Learning to Breathe

In this life I never learnt to breathe. I learnt to please and all the pleasing crushed the air out of me instead of letting it in. I had bronchitis and asthma often as a child and still there are many days when a stifling lack of breath, a wheeze, has me reaching for an inhaler.

I understand it now, this not having learnt breath. It's about the moments I couldn't bear. I could never stop to be in the moments of my life. I was always scurrying to the next one, I was always afraid to stop moving, to stop pleasing and appeasing. My joyous instants were fraught with the fear of the one that may follow it. I never grew up learning to just inhale, exhale through the painful times, the scary instants and as I grew, I learnt to chase them down with booze or anger or running away into the next 'adventure'.

So, humility, to me, feels like learning to breathe. It is finding space to feel, to allow the entire me to be present. And in this allowing me, it suddenly seems like there is room to breathe, to breathe into the moments that hurt. This new breathing makes space for me, *in spite* of the pressures to conform to others. It is breathing in and out *through* the put-downs and the push-arounds that once made me shrink myself. And as I do this there is a growing softness that feels like the rigidity is gradually draining out of me through a slow leak in my shoe.

God knows how hard this place has been for me to find. Like a caged animal I have fought myself, fought to keep running, to keep from feeling. I have screamed a silent scream of anguish caused only by my rebellion. How could I have known that this space, this living humbly, is the most precious and expansive awakening? I could not have guessed that it feels so gently nurturing and beautifully consuming.

Humility to me is not bashing a pillow, or sobbing my heart out, it is a state, *a way of living*, that I may embody. Humility *commences* with my willingness to feel and results in me embracing everything and somewhere in the vital space *in between* there comes a birthing of true love and compassion. This new filling of my lungs has also expanded how I see myself, how I see others. God has shown me our brokenness and our beauty simultaneously. There is new space in my heart; the dust covers are being tossed off disused and neglected furnishings, like patience, giving and kindness. I find myself surrounded suddenly by brothers and

sisters, not strangers or friends. I feel a tender (and still tentative) unfurling of innocent desire towards my mate. I catch myself crying at the bright blue-sky bursting with pure white cotton ball clouds. I find joy in the little things and am overwhelmed by gratitude for the great gifts God showers on my every day. I know now that humility is the soil in which our connection to all others must germinate. It is the fertile ground to which God may come and cultivate a place in our hearts.

And while I know I am still so imperfectly proud *so often*, this yielding to humility is like a new trend in my heart that I never want to go out of fashion. In my stutters and starts, in this learning to breathe, I have glimpsed God. And I find myself laughing, because ***He's been here all along***. He's there at every breath – it's only me that kept running, running, running from myself, the labour of it crushing my chest and stifling every gasp for air. I left no space to know Him, to let Him fill me up, to have Him patch up all those gaping wounds I smothered and stifled and suffocated, denying them air to breathe.

All that trying to live in the 'now' was wasted while I, myself, stifled the very intake of air that would ground me in it. And all the old meditation, the reframing, the "its all good's" seem cheap in the face of what I feel now. The minutes are longer and richer. I am present for the first time in so long. My gratitude grows not through making the best of things or minimising the pains of my life. It springs forth as I begin to *welcome all emotions*, resting in the knowledge that they ***help me remember my own story***, my own self once squashed and discarded. My heart swells in thankfulness as I see that God is teaching me Truth and Love again. How can I not be grateful to a God who has designed laws that engineer every experience, so that I may have an opportunity in each moment to grow towards Him, to become whole again? How can I not appreciate a universe designed to teach me everything about Love once I submit to the simplest thing – *my fully feeling self* - something so vital and simple that once I stop fighting *it seems just like breathing*.

As I learn again to breathe and I make space for God to fill my lungs, to enter deep into me. And often now, as I exhale, a sweet new scent, that whispers something of love, liberation and contentment, wafts under my nostrils. Possibility and promise smell like nectar from an exotic fruit.

I give thanks for all things; I give thanks for every God gifted breath.

A Note to Those Reading:

I still have so much to learn, and I know that sometime soon, I will realise that where I am now, this new type of breath, is only a glimmer of the humility I will need to truly know my Father. This offering stems only from my desire to share with you the deeper peace I am finding through staying with my emotions, through desiring to know myself and see myself, not through the eyes of the world, but through the eyes of the One who loves the most. He loves me, it's true, and in the light of His Grace I am so humbled by how much I still have to learn and grow. Thank-you today for reading my simple words. I am blessed to share this journey with you.

Self-reflection questions:

- How do I feel this relates to my own life?
- What techniques have I used to avoid my pain?
- How am I rebelling against God's Laws?
- What does humility feel like to me?
- How do I feel hearing that "God's been here all along".

Free Will

Worksheet created from the [Gift of Free Will Seminar Outline](#)

God's Gifts That Are Automatically Given to Everyone

God has given us many gifts, which include:

- The Gift of Life
- The Gift of Free Will
- The Gift of Self-Awareness
- The Gift of Sexuality
- Etc.

None of these gifts are **rights**

God's Gifts That We Must Use Our Will to Accept

- The Gift of Divine Love (activated by exercising a conscious soul desire to receive Divine Love)
- The Gift of Forgiveness (activated by a conscious soul desire to repent and change)
- Etc.

Free Will Is a Gift Given to Every Human Soul

- There is no **law** of Free Will
- There is no **right** to use my own Free Will
- Free Will is a gift not given to any other creation of God
- God devised a universe that teaches us how to use our Free Will harmoniously

Understanding Free Will cannot be achieved with the mind alone

- Free Will is used by the Human Soul, therefore cannot be governed by the mind alone
- Free Will is motivated by the emotions within the Soul
- For Free Will to become harmonious with Divine Love, the **Soul** must change (not the mind)
- The mind is not capable of making soul-based decisions
- There is always a possibility of using Free Will out of harmony with Divine Love when the soul is not completely at-one with God.

God's definition of Free Will must exist within the soul before it can act appropriately

- The soul can only instantly act in Love when the soul understands the definition

If the soul understands, then instant action can be taken without the mind questioning the act
 If the mind needs to question the situation, then this indicates the soul is yet to understand

I can use my Gift of Free Will in any direction on any matter **in harmony with Divine Love and Divine Truth** without having any negative consequences upon my soul, the soul of others or the general environment.

OR

I can use my Gift of Free Will in any direction on any matter **in disharmony with Divine Love and Divine Truth** but there will be a negative consequence upon my own soul, the souls of others, and the general environment.

Self-reflection questions:

In considering all areas of my life (spiritual, emotional, sexual and physical:

Where in my life am I using my will in harmony with God's Laws?

Where in my life am I using my will out of harmony with God's Laws?

When I live in harmony with Divine Love and Divine Truth:

1. Any action taken in this manner will always bear positive growth results for my soul. However, if I have within myself any soul-based error that is out of harmony with Divine Love or Divine Truth, since my action taken **in** harmony with Divine Truth or Divine Love *will confront this error*, I may also experience some pain. This pain will cease once I have released the error.
2. Any action taken in this manner will also always bear positive growth results for the soul of others involved in the action. However, if those people have within themselves any soul-based error that is out of harmony with Divine Truth or Divine Love, since my action taken **in** harmony with Divine Truth or Divine Love *will confront this error*, others may also experience some pain. This pain will cease once they release the error.
3. Any action taken in this manner will also always be beneficial to the environment (since the environment is automatically attracted to God's Love and Truth).
4. Any action taken without being motivated by a feeling of Love, whether the action is harmonious with Divine Truth or not, it will always have a painful consequence on both the person acting and those whom the action effects.

5. Any action taken out of harmony with Divine Truth, but with a feeling of Love in harmony with Divine Love, bears less consequence than an action taken in harmony with Divine Truth but out of harmony with Divine Love.

When I live in disharmony with Divine Love and Divine Truth:

1. Any action taken in this manner will always be harmful to my soul and cause my soul to degenerate. It will always bear a painful consequence upon my soul, whether I am conscious of the immediate pain at the time or not.
2. Any action taken in this manner will always be harmful to the soul of others affected or involved in the action and cause their souls to degenerate. It will always bear a painful consequence upon their soul, whether they are conscious of the immediate pain at the time or not and whether they desired me to take that action (because of their addictions) or not. This will happen unless their soul is at-one with God.
3. Any action taken in this manner will also always be harmful to the environment (since the environment is automatically attracted to God's Love and Truth, and therefore damaged by any action taken out of harmony with God's Love or Truth).

Using one's Free Will in harmony with Divine Love and Divine Truth cannot involve any act of violence towards oneself, any other person, nor the environment

Definition Of an Act of Violence

An "act of violence" is defined by God as **any thought, word, or action** based upon or seeded by an emotion coming from the soul which is external in its expression and directed towards another entity that is living, that is driven by emotions that are not in harmony with Divine Love, that result in the living entity being attacked.

1. Violence includes thoughts, words and actions based on emotions that cause attack. For example, thoughts, words or actions based on emotions of terror, fear, rage, anger, resentment, ridicule, condescension etc, are all included in the definition of violence.
2. Violence includes acts of physical violence, acts of spiritual or psychic violence (which include rage, anger, resentment, fear projected towards another), and intentions of violence that are not acted upon (a desire for the person to be harmed without acting upon the desire).
3. There are varying consequences to the soul perpetrating violence towards different levels of living beings. For example, there is a

different consequence for attacking a tree compared to a human being.

4. There are varying consequences to the soul perpetrating violence depending upon whether the action is taken, felt, or agreed with. For example, there is a different consequence for physically attacking another person compared to hoping that someone else physically attacks the person, or asking a spirit to physically attack the person, or thinking that the attack upon the person was justified.
5. If I am in fear of violence from another person or group of persons, I am, under this definition, actually perpetrating violence towards those persons, and there is a consequence for such a use of my Free Will. There are varying degrees of how this fear affects the soul and is defined as violent. If my fear is imagined, then the damage upon the soul is greater than if the fear is real. If another person created the fear within myself (such as a parent), then they also bear some consequence for my violence
6. If I am afraid, and I avoid action (I avoid acting in harmony with Divine Love and Truth) as a result of my fear, I am automatically perpetrating an act of violence.
7. Any act of violence taken towards oneself bears the same soul consequences as the identical kind of act of violence towards another.
8. Threatening physical violence is also considered as violence.

If I perform an act of violence there will be a painful consequence upon my soul, and upon any living entity that receives the action (with the exception of a person who is at-one with God)

Limiting the Free Will of Others

It may be in harmony with God's Love and Truth to take actions that limit the expression of Free Will in other individuals or groups of people

God does this by establishing the spheres of probation (spheres 1 to 7 of the spirit world)

God desires that we learn to express our Free Will in the same manner He does

God's definition of Love and Truth are used as the basis for these limiting actions

Under some circumstances, action to limit Free Will of another may be necessary for me to take if I wish to remain in harmony with Divine Love and Divine Truth myself

What Governs How We May Limit the Free Will of Others

The principles that govern our ability to limit the Free Will of others are exactly the same principles that govern the Laws that God uses to limit our own Free Will

Organisations, parents, or any other person can remain in complete harmony with God's Laws while restricting the Free Will of others, as long as such restrictions of Free Will are taken in harmony with the principles of Divine Love and Divine Truth, and include an emotion of Love coming from the Organisation or individual who is attempting the restriction, and does not include any act of violence.

1. An action of restricting the Free Will of another may actually be demanded of us if we wish to remain in harmony with Divine Love or Divine Truth.
2. Organisations have a Loving purpose when they are established for the benefit of groups of people or individuals as long as they are in harmony with Divine Love and Truth.
3. Organisations that have an unloving purpose are automatically out of harmony with God's Love and Truth.
4. Being a parent is a gift from God to allow parents to become involved in teaching God's children in their care about God's Love and Truth.

I may limit the Will of another without having any negative consequence upon my own soul or the soul of the other, as long as limiting their Will is done with:

The emotion of Love being present within myself towards the other, and;

I have the motivation of giving the gift of my Love to the other, and;
I have the motivation of helping and assisting the other's soul to grow; and

As long as the action of limiting their Will is in harmony with God's Truth and God's Love.

1. Any action taken in this manner will always bear positive growth results for my own soul. However, if I have within myself any soul-based error that is out of harmony with Divine Love or Divine Truth, since my action taken in harmony with Divine Truth or Divine Love will confront this error, I may also experience some pain. This pain will cease once I have released the error.
2. Any action taken in this manner will also always bear positive growth results for the soul of others involved in the action. However, if those people have within themselves any soul-based error that is out of

harmony with Divine Truth or Divine Love, since my action taken in harmony with Divine Truth or Divine Love will confront this error, others may also experience some pain. This pain will cease once they release the error.

3. Any action taken in this manner will also always be beneficial to the environment (since the environment is automatically attracted to God's Love and Truth).

If I limit the Free Will of others and take such actions because I believe such actions to be in harmony with God's Truth and God's Love, but the actions are NOT actually in harmony with God's Truth and Love, then there will be a painful consequence upon my soul and upon the soul of those I am attempting to limit.

1. Any action taken in this manner will always be harmful to my soul and cause my soul to degenerate. It will always bear a painful consequence upon my soul, whether I am conscious of the immediate pain at the time or not. This action is also the result of arrogance, which has its own soul-based consequences.
2. Any action taken in this manner will always be harmful to the soul of others affected or involved in the action and cause their souls to degenerate. It will always bear a painful consequence upon their soul, whether they are conscious of the immediate pain at the time or not and whether they desired me to take that action (because of their addictions) or not. It will also feel potentially painful to the spiritual and physical bodies. This will happen unless their soul is at-one with God.
3. Any action taken in this manner will also always be harmful to the environment (since the environment is automatically attracted to God's Love and Truth, and therefore damaged by any action taken out of harmony with God's Love or Truth). For example, animals may copy my own behaviour by attacking other animals.

If I limit the Free Will of others and take such actions without having a feeling of Love that is in Harmony with Divine Love for the individuals that I am attempting to limit, then there will be a painful consequence upon my soul and upon the soul of those I am attempting to limit.

1. The feeling or emotion of Love must be in harmony with the way God would express Love and not based upon my own definition of Love.
2. Any action taken in this manner will always be harmful to my soul and cause my soul to degenerate. It will always bear a painful consequence upon my soul, whether I am conscious of the immediate pain at the time or not.

3. Any action taken in this manner will always be harmful to the soul of others affected or involved in the action and cause their souls to degenerate. It will always bear a painful consequence upon their soul, whether they are conscious of the immediate pain at the time or not and whether they desired me to take that action (because of their addictions) or not. This will happen unless their soul is at-one with God.
4. Any action taken in this manner will also always be harmful to the environment (since the environment is automatically attracted to God's Love and Truth, and therefore damaged by any action taken out of harmony with God's Love or Truth)

If I am involved in an Organisation, institution or group that limits the use of the Free Will of others, I can remain in harmony with Divine Love and Divine Truth as long as the Organisation itself remains in harmony with Divine Love and Divine Truth.

Limiting another's Free Will in harmony with Divine Love and Divine Truth cannot involve an act of violence towards oneself, the person(s) being limited, nor the environment.

Closing words from the [transcript The Gift of Free Will Part 1](#)

The reality is the principles of free will and the gift of free will that each of us has individually been given hugely affects every single thing around us to such a degree that if we all change the way we used our will only, every one of these organisations would have to change and become more harmonious with love, if we became more harmonious with love with the way we use our will individually.

This is why it's impossible to force a change on an organisation that we ourselves have yet to embrace individually. If we use our will and embrace the principles of truth and love inside of ourselves, now we have the potential of affecting organisations that we belong to or people that surround us or groups that we're in quite easily and simply just by living the principles of free will in the day-to-day life and using love as the underlying basis of the way we use that will.

Closing words from the [transcript The Gift of Free Will Part 2](#)

We can expand on these principles in areas of politics, religion and all the other major systems of the world, and if you think about it, you can refine every major system in the world by applying these basic principles about free will.

If you look at religions, many times there are huge restrictions based on personal opinions or personal opinions of the founder of the religion, and once we look at these laws, we see that's not needed anymore. If you look at the areas of cults where there's a lot of fear, that's not needed anymore. If you look at the area of politics, penal systems, legal systems and all these other areas, you'll find that if you apply these basic principles, it simplifies all the laws down to this real tight definition of what's loving and what isn't loving, and we can go through the process.

Repentance & Forgiveness

Worksheet created from the [Repentance & Forgiveness in Practice Outline](#)

Suffering Has Two Primary Causes

The refusal to repent:

This occurs when we have been unloving towards others or ourselves, which created pain, which we then denied or suppressed, and the Law of Compensation is operating upon our soul to correct our own unloving actions because we refuse to repent.

Repentance relationships

Revolve around the façade self's (adult) feelings

The refusal to forgive:

This occurs when others have been unloving towards ourselves, or we have been unloving towards ourselves at the request or insistence of others, which created pain, which we then denied or suppressed, and the Law of Compensation is operating upon our soul to correct our response to others' unloving actions because we refuse to forgive.

Forgiveness relationships

Revolve around the hurt self's (child) feelings

- Receiving God's Love requires I repent for my unloving choices towards others or myself
- Suffering cannot cease until I repent for my unloving choices
- Addictions & Façade are caused by our refusal to forgive & repent

Self-reflection questions:

Blocks to Forgiveness

1. Do I feel guilty for things that I am not truly guilty for?
2. Do I feel responsible for things that I am not responsible for?
3. Do I feel I am to blame for things that others did out of harmony with love?
4. Do I want to blame myself so that others stop treating me badly or to avoid the pain that others wish to treat me badly for no reason?

5. Do I punish myself for unloving actions others have taken towards me?
6. Do I harbour resentment towards the people who have hurt me and I want to destroy, punish or harm them?

Blocks to Repentance:

1. Do I make others feel guilty for my own unloving behaviour? Example – by believing that others should love me when others are allowed to decide to not love me.
2. Do I make others take responsibility for my own unloving behaviour? Example - by manipulating, coercing or blackmailing, etc.?
3. Do I refuse to take personal responsibility for my own unloving behaviour? Example – by minimizing, justifying, shifting the blame, and using emotional methods (such as tantrums, tears, drama, etc)
4. Do I blame others for my own unloving behaviour? Example – justifying my own unloving behaviour by assigning blame onto someone else.
5. Do I punish others (with my thoughts, words and actions) for my own unloving behaviour?
6. Do I attempt to avoid (remain in denial) the recognition of my own unloving behaviour through manipulation techniques or addictions?

Conclusion

- We need to understand our emotional blockages towards repentance and forgiveness
- We need to see how our emotional blockages towards repentance and forgiveness are acted out in our behaviour
- We need to see our refusal to forgive or repent as a choice exercised by our personal will

Exercise:

1. Can I see where I need to repent?
2. Can I see where I need to forgive?
3. When have I claimed to repent or claimed to forgive, when I obviously have not?
4. When have I been attempting to forgive someone, when really I need to repent for your actions towards them?
5. When have I been attempting to repent for my actions when really I did nothing wrong from God's perspective?
6. What actions have I taken in my façade self (adult) in order to avoid the hurt self's (child's) emotional experience?
7. What actions have I taken in order to deny or suppress the hurt self's (child's) emotional experience?
8. What techniques are my favourite techniques to avoid repentance and forgiveness?

Reality of Sin

Worksheet created from the [2019 Understanding Sin & Its Causes Outline](#)

World in crisis

Our world is in crisis

- Climate change (world is facing catastrophic environmental changes)
- Children dying (one every 3 seconds from malnutrition, 2 every second from abortion, 3 every second from miscarriage)
- War, famine, disease, sickness, accidents, relationships, etc

Our natural resources and very means for survival are all under threat due to humanity's collective and individual justification of sin

All crises occur due to individual and collective sinful desires, attitudes and actions

Sin is the existence of will or desire in disharmony with God's Love and Principles, or the absence of will and desire in harmony with God's Love and Principles, whether the will or desire is acted upon or not

The **causes** of sin are the existence of will or desire out of harmony with God's Love or when will and desire in harmony with God's Love is absent

The **effects** of sin are what I create when my will or desire is exercised either out of harmony with God's Love or when my will and desire in harmony with God's Love is absent

THE PROBLEM OF SIN

Sin is humanity's primary problem (and also my own primary problem)

- Sin is the cause of all of our pain and suffering
- Sin is the cause of all of our unhappiness
- Sin is the cause of all of our relationship issues
- Sin is the cause of disease, sickness, accidents, wars, growing old and painful death
- Sin is the main reason why we don't want a relationship with God
- Obtaining the truth about sin allows for correction and change
- Sin, and the denial of sin, is humanity's PRIMARY PROBLEM

Infinite ways to sin

- There are an infinite number of laws
- There are an infinite number of ways to demonstrate love
- Therefore, there are infinite ways for us to sin

- Sin is a complex problem because of the complexity of the laws involved

Logic dictates that a procedure is followed in order to solve problems

1. Correctly identify, understand, and define the problem
 2. Correctly identify, understand, and define the causes of the problem
 3. Correctly identify a solution that removes the causes of the problem •
 4. Act to remove the causes of the problem
 5. Monitor the result to ensure that the solution removes the effects of the problem
- If the solution does not remove all effects in all situations at all times, then the cause has been incorrectly identified and defined or misunderstood
 - Applying the wrong solution to a problem usually just creates more problems

Solving the problem of sin

In order to correct my sin, I must identify and understand the causes and effects of each sin

- I don't understand what sin is
- I don't understand the cost of sin (the effects of sin)
- I don't understand why I want to sin (the causes of sin)
- I cannot do anything about what I do not understand

If I examine each of my sins one by one, I will continue to sin in all of the other ways I have not already examined, and so my happiness and loving state will be delayed

If I examine the **principles** in the laws I am attempting to break when I sin, and my choices to sin, I have the potential to cease sin in many ways at once, and will be happier and more loving sooner

God's Principles:

Love & Truth

Life & Development

Economy & Function

Permanence & Scope

Hierarchy

Governance

Responsibility

Compensation

Will & Desire

God's Authority

Human Redemption

Human Transformation

Humanity's Current reality**Self-reflection questions:**

1. Am I self-righteous about my affluence, exorbitance and sin?
2. Am I preoccupied with a sense of needing to ensure my physical "survival"?
3. Am I focused on material gain in order to gain a sense of security?
4. What is my perception of my current affluence and privilege?

Humans purposefully complicate sin**Which of the following desires do I have that I don't want to admit to:**

- ☐ I want to believe that my desire is loving when it is not, because I can then maintain a false perception of myself (live in a fantasy about myself)
- ☐ I want to believe that collective desires are generally loving because I can then maintain a false perception of humankind (live in a fantasy about my environment)
- ☐ I want to maintain a false perception of love because I want to be selfish, I want what I want without having to pay the consequence of what I want
- ☐ I want to blame someone else for my pain and suffering, or avoid feeling and experiencing my own pain and suffering
- ☐ I want to help others meet their selfish desires so that others meet my selfish desires; in other words, I have an internal system of bartering selfishness
- ☐ I want to fight, rebel against, belittle, attack, control, punish, and judge, anything and anyone that wants to point out that I am doing, or stop me from doing, all of the above

The process of awakening to sin**Awakening to sin is the process of recognising and accepting emotionally that:**

- ☐ I have a sinful will or desire, that is, I have a will or desire in disharmony with God's Love and Principles, or that my will and desire in harmony with God's Love and Principles is absent
- ☐ My sinful will and desire create sinful actions resulting in pain and suffering to myself, to others and my environment
- ☐ My sinful will and desire are flaws that exist within me that must be corrected for the sake of myself, others, and my environment

- ☐ My sinful actions cannot be fully corrected without correcting my will or desire in disharmony with God's Love and Principles, or correcting my lack of will and desire in harmony with God's Love and Principles
- ☐ I feel an imperative to, and take action to, correct my sinful will, desires and actions, and compensate and make reparation for the damaging results of my sin

Morality

Which of the following moral flaws do I have:

- ☐ Desire to live in facade to make things look "pretty" on the surface
- ☐ Desire to experience childish tantrums rather than true emotional release
- ☐ Desire for sex, sexual relationships etc, to feed addictions and regardless of morality
- ☐ Desire to use finances immorally for selfish benefit or to avoid fears
- ☐ Having a poor relationship to truth and a severe lack of desire for truth
- ☐ Wanting to "rave on" about love while still denying that truth is at love's basis
- ☐ Lack a desire to be truthful in every situation

Beliefs about sin:

Do I believe:

- ☐ Moral and spiritual laws are all flexible and negotiable.
- ☐ When opportunity for sin comes, I will sin.
- ☐ Moral development is not important.
- ☐ My morality is correct.
- ☐ Indecision is acceptable.
- ☐ I do what I feel is right.
- ☐ I like sinning.
- ☐ I like environments encouraging sin.
- ☐ I don't have to do the right thing.
- ☐ I don't need to admit I am wrong.
- ☐ Sin is only a religious theory.
- ☐ I'll worry about sin later.
- ☐ I should not have to pay any penalty for what I did not know.
- ☐ Correction and compensation for sin will be easy.

Sin is a personal choice that can be changed and corrected.

Exercise:

1. Examine my personal general attitudes to sin and contrast them with the way God sees sin.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

2. Examine my personal specific negative attitudes to sin and see how these attitudes drive my sin.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

God's Principles

Resource: 2016 AG – [Understanding God's Loving Laws](#)

God's Principles:

Love & Truth	Responsibility
Life & Development	Compensation
Economy & Function	Will & Desire
Permanence & Scope	God's Authority
Hierarchy	Human Redemption
Governance	Human Transformation

1. Exercise suggested at the [Ireland Seminar](#)

Go through these principles and just try to understand them emotionally and then understand, what is my version compared to what is God's version.

If I can contrast these things, and develop my true faith, not my corrupt faith by making myself come into alignment with God's version, then if I'm in alignment with God's version on principles, I won't need any law.

This is something worth doing as an exercise is to write down the primary qualities that we've talked about such as **love, truth, humility, faith**, and then try to define them for yourself as to what you think they are, and then put that aside, and then try to connect to God, find out from God what He thinks they are.

If you're very humble with this exercise, you'll find there is a lot of discrepancy between what you expect in terms of the principle and what God's Principle actually is.

2. Exercise suggested at the [Damerham UK Seminar](#)

On separate sheets of paper, write out what love, truth, faith and humility is and isn't.

LOVE

What it is?

What it is not?

TRUTH

What it is?

What it is not?

FAITH

What it is?

What it is not?

HUMILITY

What it is?

What it is not?

If you want to go a bit deeper, you can reflect on the following:
How does love, truth, faith and humility feel.

You could even ask God and exercise the conscience.

- God where am I not being loving.
- God where am I not being truthful.
- God where is my faith corrupted.
- God where am I not being humble.

How does my own life measure up with this principle.

- Am I demonstrating these qualities in my day-to-day life.
- How does it feel when I live in harmony with these principles.
- How does it feel when I live out of harmony with these principles.

Hierarchy of Sin

Worksheet created from the [Falls Lake Canada seminar](#)

Hierarchy of Sin:

- Spiritual
- Emotional
- Sexual
- Physical

Start looking at my life and ask myself:

1. What area would that be classified as?
(spiritual, emotional, sexual, physical)?
2. How does my belief there effect my action here?
3. How does my emotion there effect my action here?
4. How does my sexual feelings there, affect my action here?

Start to see the co-relation between the hierarchy of the sin and the effect it's having in my life.

Setting Intention for Soul Progression

Worksheet created from [The Human Soul - Introduction Outline](#)

What Is the Human Soul?

- One secret to understanding God's Universe is to understand the human soul
- Not your physical body, nor your spiritual body
- It is the living, feeling, emotional, passionate heart of you
- The soul has attributes and qualities
- Passion, Desire, Emotion, Feelings, Aspirations, Intentions, Free Will Memory, Personality, Instinct, Natural Love, Energy,
- The half of the soul has appendages (the spirit body, the physical body)

Children in God's Image

- Gen 1:27. Souls made in God's image
- Souls created by God's Desire; God's Sexual Union Souls created to experience Divine Love

The Pre-Incarnation Condition

- The Pre-Incarnation condition is the condition of the soul before its first incarnation
- In this condition, souls have:
Personality, Instinctual attributes, Natural Love spark
In this condition souls do not have:
Consciousness of self, Awareness of choice, Awareness of Free Will
Divine Love spark
- Each complete soul (combined two halves) is completely different to any other soul
- Souls must incarnate in order to:
Become self-aware (gain a consciousness of self, become individuals) Become aware of Free Will (gain a consciousness of choice)

The Process of Incarnation

- Celestial spirits often call this process Individualization
- At incarnation, the soul splits into two halves
- The sexual union on earth (conception) creates a spirit body and a physical body for each half of the soul
 - 1 Cor 15:42-49. There are physical and spiritual bodies connected to the same soul half

- One half of the soul cannot experience life without a body (either spirit or material)
- One half of the soul usually incarnates first, and the other half follows usually within 20 years
- The two soul halves are called Soulmates. Soulmates have the strongest Natural Love Attraction
- Each soul half incarnates in a pristine condition (without emotional injuries)
- Each soul half automatically begins absorption of emotions from its environment
- Each soul half begins growth in love (natural love or Divine Love)
- The silver cord, the join between the spirit body and the physical body
The golden cord, the join between the soul and the spirit body
- The Law of Attraction, and the Law of Desire, govern Soul attractions

Death of the Physical Body

- The silver cord, the join between the spirit body and the physical body is severed
- At this point, no soul half can ever again inhabit a physical body
- A soul half can connect to other physical bodies on earth by possession
- Death is not a traumatic experience for the soul (except if there is pain before death)
- Spirits welcome the new spirit into the spirit world (generally)
- Where the person goes depends upon the Law of Attraction, and their own soul condition
- Progression continues after death
- After death, many persons are yet to complete their soul damage
- Once an awareness of damage occurs, the spirit begins to “reap what has been sown”

Soul is Governed by God’s Laws

- God’s Laws are God’s Intentions for your reaching your full Divine potential
- Laws of Divine Love – Pertain to how Divine Love enters the soul and the soul’s transformation
- Laws of Natural Love – Pertain to how Natural Love is developed and reflected
- Laws could be categorized into:
 - Physical Laws governing the physical body in the material universe
 - Spiritual Laws governing the spiritual body in the spirit universes (dimensions)

- Soul Laws governing the soul (each half and complete) in the soul universes (dimensions)
- A person can progress in love (either Natural or Natural/Divine) from ANY location, physical, or spiritual
 - 1 Cor 13. 1 Cor 14:1. All spiritual progression is about love!

Soul Progression Through the Spheres/Dimensions

- All soul development is development in Love, either the Natural Love, or the Divine Love
- 2 Cor 12:1-4. Different heavens (spheres or dimensions) exist in the spirit world, out of body experiences
- 1st to 6th Spheres (the Kingdom of Man, the spiritual spheres)
- 7th Sphere (the spiritual dimension of the transformation of the soul)
- 8th to 21st Spheres (the Kingdom of God, the Celestial spheres)
- ~~22nd~~ (36th) Sphere and Above (the Soul Union spheres)
- Limitation of Natural Love development (6th sphere)
- Cause of limitation is the soul's emotional capacity, self-reliance

Correction by Jesus: soul union is in the 36th sphere, not the 22nd.

Reincarnation

- Reincarnation is not possible for a soul not in the soul union state (still separate halves)
- Reincarnation is completely impossible from any lower state due to:
 - Spirits still having a connection with a spirit form
 - Soul Mates not being in the same condition
 - Soul Mates not being unified (the Soul Union)
- Reincarnation is not necessary for progression
- Current earth-based reincarnation doctrines present a very unloving God
- The soul in the soul union state that reincarnates has far greater choices available to it

Setting Intention for Soul Progression

- Intention is NOT obtaining something by sheer force of Will
- Intention is NOT setting your mind, controlling your thoughts “The Secret” style

Intention is:

From The Soul – Intention is emotional, affected by the soul’s true condition (not imagined condition)

Humble – Fully choosing and desiring to experience ALL emotion, painful or pleasurable

Surrender – Surrender to the Law of Attraction that creates Synchronicities or “Coincidences”

Prayer – Have a pure heartfelt desire to live in God’s Truth, and receive God’s Love

Choice – Choosing to match our intention for ourselves with God’s intention for us

Faith – Having a picture (imagination) of the future that you are fully confident you will experience

Trust – That God’s intention for you is far grander than your own current conception

- Without intention God's Laws are still always at play but God can't act with you
- With intention, God’s Laws, and spirit forces, all work in harmony to help you come to truth emotionally
- When our intention matches God’s Intentions (Laws) then miracles happen

“Good morning. This is God! I will be handling all of your life today. I will not need your help. So have a miraculous day.” – “The Power of Intention” Dr Wayne Dyer

Exercise:

Question your intention in every situation

1. Am I coming from fear, or am I coming from Love?
2. What is the underlying emotional reason why I am making the choice I am now making?

True morals come only from Love

- Depending on intention the same actions may be loving or unloving according to what motivates them
Eg. Telling a person that they are 'fat' may be motivated by love or a desire to hurt
- The intention behind actions, not the actions themselves should guide a person's conduct.

Message From Beatrice (Celestial Spirit) Regarding Fully Choosing

(AJ's Note: Natalie Lewis, who channelled this message, no longer believes it is accurate, because the message in full contains information about AJ being Jesus, which she no longer agrees with.)

Q: Why are so many on the Divine Love path having such a hard time emotionally, and not progressing much?

Well firstly they are not FULLY CHOOSING. They are intellectually choosing but NOT choosing with their heart and their soul. Then they often have preconceived ideas/notions of how this emotional path should be for them, and this cannot possibly be helpful to them.

An emotional path toward The Love and Truth of God has to be one of trust, and faith and allowing, surrendering to everything working/feeling on a soul level, without the mind influencing that flow of emotion towards God, which is your personal journey, that is unique, quite unlike anyone else's. Until this is fully experienced on a soul level the Law of Attraction operates in all sorts of ways to distract, creating difficulties and additional emotions because there is no clarity from within, from the soul level. Once a person has CHOSEN FULLY, the path is clear, the distractions fall away, there are no additional difficulties and it could then be said that it is plain sailing in many ways, toward the full desire that your soul is calling for.

But until that time, that moment of FULLY CHOOSING, this cannot happen, and further difficulties will continue to be created by your soul to attempt to show you that you are not FULLY committed to your "chosen" path. You are sending mixed signals out from your soul and your soul creates further mixed signals for you to experience. So how does a person who says, "But I am really wanting to be on the Divine Love path in totality", but then finds themselves stuck, or in continual anger, for instance, change things? Because this person is I am sure, intellectually stating that they are really wanting to progress. This is a dilemma that many in these realms experience.

As simply as possible, the best way to explain is to say that you have to want everything, every single experience, painful and beautiful, ugly and extreme in every way, to become a part of who you are. To so want these changes that you give up all those things you know will hinder your progress, to have such a strong desire that you can feel the pain of that desire, on every single level of your being. So that the desire is so strong

you feel propelled, you have no choice, there is just surrender to trust and faith because you, your soul is yearning for that love and truth because it has always been there. It is there; it is simply hidden, clouded by the damage from all those years of being out of harmony with the truth and love.

Know that this is all within you to reach, to heal you, to become who you really are, to see the truth, to feel real love and greater and greater levels of beauty that you can have no comprehension of yet... why would you linger? I can say to you now from my reality in this magnificent Celestial Kingdom, words cannot do justice to the beauty, harmony and love that surrounds us all and it just keeps getting better and better, more and more intense, beautiful. So why wait! I would have loved to have been given this knowledge while I was still in physical. To have been without Divine Love for all that time now seems such a waste, and dear, this is why I choose to help you and many others through you. This really is the most remarkable journey, and I am in gratitude to you and Jesus for your part in my discovery of a path that is quite exceptional.

I will do all I can to help you, all of you who now call on me! I love with all my soul, each of you. And I encourage you to find that place deep within you, for the Full Choosing that is simple once you have done it!

Soul Development

- It is your soul development in Love, that determines your happiness, and your attractions
- Focus on the soul, not on the physical, in all of your actions, then bliss will result

Fear Revisited

Worksheet created from [The Human Soul – Fear Revisited](#)

The Reasons for Revisiting Fear

Most people on the Divine Love path are still avoiding emotionally processing their fears

Since most are denying their fears, they are also getting angry, which indicates that fears are dominant

When we live in fear, we attract events that continue to trigger the underlying emotions we fear experiencing

So, we want to revisit the issue of fear, and give more practical assistance on how to release it

All fears/terrors can (and must) be emotionally processed along the Divine Love path

Why Do We Fear?

Fear is the result of not emotionally understanding God's Truth

Fear is the result of emotionally believing lies, fear is **false** emotions appearing **real** to us Fear is the result of not loving our emotional pain

It is almost impossible to intellectually avoid fear without emotionally closing yourself down completely

All fear we feel now is the result of unexpressed old emotional experiences

Primary Intellectual Responses to Fear

We deny we have the underlying emotion

Denial "It's not really happening!"

We intellectualize away the underlying emotion

Repression "It never happened!"

We live in harmony with our underlying emotion so it appears like it does not exist

Conversion "I just avoid situations that make me uncomfortable, or do something else"

We blame other people for our emotions

Projection "I only feel afraid when I am around you, I'm not afraid when I am by myself"

We disassociate from causal events

Disassociation “I don’t remember what happened”

We minimize our emotions, saying that the emotion does not govern our lives

Minimization “I am afraid sometimes, but it’s no big deal, they are only minor fears”

We justify our emotions, saying that everyone has them

Justifying “I am afraid but everyone is to some extent”

Fear becomes our dominant state, and we act upon our fears to minimize them

Primary Emotional Response to Fear

The primary emotional response to our fear is ANGER

When we are angry, we need to remember that we are really just AFRAID We can always ask ourselves: “What am I afraid of?”

The Primary FEAR Beliefs

Remember fear beliefs must be experienced if they are to be released from the soul

The primary personal fear belief is:

I am not capable of coping with the overwhelming experience of ALL powerful causal emotions

(I will die; go crazy; go insane; be committed to an asylum; be condemned; be rejected)

When we believe this, we become terrified of experiencing our emotions, and do everything we can to avoid the causal emotional experience

Other linked beliefs include my emotions will never end and there is no point to experiencing my emotions

The primary personal fear belief about God is:

God does not care for me or does not exist at all

(I am alone; I am on my own; I am without help; I must be self-reliant)

When we believe this, we feel we are totally alone; without help of any kind.

The Primary TRUTH Beliefs to Develop

Remember Truth beliefs must be experienced if they are to be accepted into the soul

Truth cannot enter the soul emotionally while the error exists within the soul at the same time

The primary personal Truth belief to develop is:

I have been created to experience ALL emotions; including overwhelming powerful emotions

‘When children trust themselves to handle painful feelings – fear, anger, sadness – they gain an inner security that allows them to embrace the world in which they live. With greater tolerance of painful feelings, children become free to enjoy their world, to feel secure in their abilities, and to be happy!’ – “When I Am Feeling Scared” By Trace Moroney

‘From all this you may understand that we spirits who know the truth have a great work to do, to enable these darkened spirits to understand and believe that their false hopes and dreadful fears have no foundation in truth and will never be realized.’ - “The True Gospel Volume II” Joseph Salyards, “Various Experiences of Spirits When They Arrive in the Spirit World”

The primary personal Truth belief about God is:

God does exist, wants a personal relationship with me, and cares intensely for me

“I mean belief in the truth that there is a close relationship between God and the individual which may be established by prayer and the longings of the soul for the inflowing of God's love, and the regeneration of the nature of man by the influence of this love by the Father.” – “The True Gospel Volume I” Apostle John, “The True Way to the Celestial Kingdom”

“God's love is for the mortal even if he has the passions and appetites which the flesh encumbers him with, and when a mortal fights against the temptations which these burdens impose, and overcomes, he, when he enters the spirit world, is stronger and more able to progress, than when he puts off the great attempt until he becomes purely spirit.” – “The True Gospel Volume I” John Garner, “All Error Will Eventually Be Eradicated from Men's Souls”

“As you are aware, God's Love is all around you, and may be in you, and if permitted to flow into your soul, with faith accompanying it, you will find yourself growing in at-onement with the Father, and realize that fact.” – “The True Gospel Volume I” Jesus, “Jesus comments on the discourse of the preacher on God”

Exercise:**Practical Help with Fear**

The following suggestions are given for the purpose of assisting you to connect with and feel your fear and terror. If you do not believe you are going to be safe doing this alone, then please do it for a while with a person who can assist you. The suggestions are not intended as rules for dealing with fears, and there are many other avenues to assist you to emotionally experience fear!

Environmental Adjustments

- Make a space in your home where you can process emotion noisily, freely, & without distraction
- Include a towel, tissues, something to hit & hit without hurting self, a journal, music, movies, books
- Explain to family or living partners what you may be doing at different times during the day
- Make sure you love yourself by eating well, drinking water, giving yourself personal time, etc
- Make sure you do things that help you remain connected with and remain in your own body
- Purchase a journal that you can write down your emotional musings into

Daily Physical Actions That Will Help Release Fear

- Drink only water (4-6 litres per day, remember to have sea salts in your diet that contain minerals)
- Eat only vegan food (preferably raw, avoid starchy foods)
- Practice breathing diaphragmatically (into tummy) 5 min every waking hour of the day until it is natural
- Spend at least 15 minutes of time per day reading or watching uplifting Divine Truths

Daily Spiritual Actions That Will Help Release Fear

- Pray each day for as much time as you can (even if you cannot feel a response from God)
- Do one thing that you have a deep fear of doing (this will help you experience your childhood fears)
- Scan the dissatisfied feelings list (below) at least once per day to help identify your fear

- Highlight the fear-based emotion that has been the strongest emotion felt today, and do the following:
 1. Pray to God about removing the CAUSE of this feeling within you.
 2. Pray to God about your desire to remain open to allowing the feeling to rise within and be felt.
 3. Pray to God about your desire to have the courage to go through allowing the feeling.
 4. Pray to God to lead you and keep you safe from harm as the cause of the feeling is removed.
 5. Breathe & remind yourself you are the exalted of God's Creation, an expression of Her Love.
 6. Make decisions in your life that are in harmony with your prayer to deal with the emotion.

Notice and write down every event during the day that triggers anger, terror or fear within you

Daily Reactions to Your Own Emotions

When an anger or fear-based trigger event occurs, stop trying to avoid the full emotional experience

When the emotion is anger based:

Allow yourself to experience this anger-based emotion in a private location

Allow yourself to drop into the experience of the underlying fear or grief

If this does not happen, when the anger is depleted, ask yourself what you are afraid of

When the emotion is fear based:

Go into your FEAR experience immediately (don't put it off)

If you keep "getting distracted", or cannot completely connect then ask for intuition about why

You may not know immediately what the fear is about, but pray about allowing the experience

Weekly Anger List

- Make a list of every event that made you annoyed, frustrated, angry or full of rage during the week
- Select the event that caused the most intense emotional reaction in you and make that the subject of your prayer regarding fear for the entire next week
- Choose to do things during the next week that connect you with your anger

- Notice by your Law of Attraction during the week about how the anger is connected with the issue of fear
- Focus on changing how you react to the fear (instead of going into anger)

Weekly Fear List

- For each event that triggered anger in your anger list, ask “What FEAR do I avoid when I am angry?”
- Choose to read books or watch movies that directly confront the fear
- When the fear is confronted, then allow its EMOTIONAL experience rather than intellectualizing it

Questions to ask self:

“What deeper emotion is this fear blocking, WHAT AM I AFRAID OF?”

“If I felt (what I am afraid of) what would happen?”

Often, we prevent feeling causal emotions because of what happens during the process

“If this fear was not inside of me anymore, what would happen?”

Often, we hold onto causal emotions to prevent our life changing significantly in some way

Pray About Developing a Longing to Experience ALL Fears

- Prayer is the major method by which all Fears are exposed
- God can utilise all of Her power to help you expose and experience the fear
- The power at her disposal includes: All laws, all spirits harmonious to God’s direction

Take Direct Actions to Confront Your Fears & Allowing Yourself to Experience Them

- Get your fear list
- Watch movies that directly confront your fears
- Read books that directly confront your fears
- Allow yourself to experience the fear completely emotionally

Why Fear is My Friend

- Working through fear exposes all emotional injuries if we look underneath the fears
- Working through fear builds faith. Mark 5:36. “Do not be afraid! Have faith.”
- Working through fear builds courage. John 16:33. “Take courage, I have conquered the world”
- Our fear exposes where we have not accepted Divine Truth
- Our fear can rapidly expose all hidden emotions
- Our fear is our pathway home to Truth

When Fear No Longer Exists

1 John 4:18. “Perfect Love throws fear aside”

- When we have learned to love perfectly, we will no longer be afraid of anything at all
- When we are fully choosing all of our emotions, we will no longer be afraid
- When we understand the Divine Truth emotionally, no place will be left for fear

References, Music and Movies

Movies: See specific list in the session “[The Human Soul – Fear Processing](#)”

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

Reference: Natural Love “When I’m Feeling Scared” by Trace Moroney

Reference: Natural Love “Feel the Fear and Do It Anyway” by Dr Susan Jeffers

Reference: Natural Love “The Monster is Real: How to Face Your Fears and Eliminate Them Forever” by Yehuda Berg

Padgett Message

Andrew - Divine Love Casts Out All Fear

I AM HERE, St. Andrew.

I came to tell you that where love is, there can be no sin or unhappiness, and fear is not.

We, who live in the Celestial Spheres, know this to be a fact, and with all the force and authority that knowledge gives, we declare this truth unto you tonight: the love that casts out all fear is the Divine Love of the Father, and when a spirit obtains that, there exists no such thing as fear, and nothing that could create or permit fear to exist.

God wants the souls of men in love and not in fear, and the only way in which such end can be accomplished is for men to see and know Him as the God of Love only. No man can come to the Father except through this New Birth and faith in the Father's Love.

The performance of duty, good works and mere faith, while they will all help man in the development of his moral character and qualities, yet they will not give him an entrance into the Celestial Heavens which are the heavens where Jesus rules and is the Prince, unless the spirit shall obtain this Divine Love which makes it a part of the Father's very essence of Divinity.

Many spirits are happy by reason of their having led good, moral lives on earth and because of a high development of their natural love, and realize that God is their Father, and watches over them and gives them many blessings; but this happiness is not that which comes with the possession of the Divine Love, and besides, the place of habitation of these spirits is limited and does not permit these spirits to have free access to all the spheres where God's goodness and care are manifested.

The spirits who have obtained this Divine Love have no limitation to the spheres in which they may progress, and are not restricted in their places of habitation or in the spheres in which they may live. And besides, the presence and glory of the Father are so much greater in these Celestial Spheres than in those where the mere natural love obtains.

I must not write more tonight, for you are commencing to tire. So with all my love I will say,

Your brother in Christ,

ANDREW.

Dissatisfied Feelings

AFRAID apprehensive, dread, foreboding, frightened, mistrustful, panicked, petrified, scared, suspicious, terrified, wary, worried

ANNOYED aggravated, dismayed, disgruntled, displeased, exasperated, frustrated, impatient, irritated, irked

ANGRY enraged, furious, incensed, indignant, irate, livid, outraged, resentful

AVERSION animosity, appalled, contempt, disgusted, dislike, hate, horrified, hostile, repulsed

CONFUSED ambivalent, baffled, bewildered, dazed, hesitant, lost, mystified, perplexed, puzzled, torn

DISCONNECTED alienated, aloof, apathetic, bored, cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn

DISQUIET agitated, alarmed, discombobulated, disconcerted, disturbed, perturbed, rattled, restless, shocked, startled, surprised, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, unsettled, upset

FATIGUE beat, burnt out, depleted, exhausted, lethargic, listless, sleepy, tired, weary, worn out

EMBARRASSED ashamed, chagrined, flustered, guilty, mortified, self-conscious

PAIN agony, anguished, bereaved, devastated, grief, heartbroken, hurt, lonely, miserable, regretful, remorseful,

SAD depressed, dejected, despair, despondent, disappointed, discouraged, disheartened, forlorn, gloomy, heavy, hearted, hopeless, melancholy, unhappy, wretched

TENSE anxious, cranky, distressed, distraught, edgy, fidgety, frazzled, irritable, jittery, nervous, overwhelmed, restless, stressed-out

VULNERABLE fragile, guarded, helpless, insecure, leery, reserved, sensitive, shaky

YEARNING envious, jealous, longing, nostalgic, pining, wistful

Emotions & Emotional Processing

Worksheet created from the [Emotions & Emotional Processing Outline](#)

FEAR versus TRUTH

Self-reflection questions:

Where am I in fear and where am I in truth?

Fear I cannot trust God to assist me

Truth God is the most trustworthy Being in existence

Fear God is not with me

Truth God is always with me

Fear I am not able to cope with experiencing ALL my own emotional pain

Truth I have been created to fully experience & express all emotions within me, including all emotional pain

Fear I can never satisfy all of my own desires

Truth All my own desires harmonious with Love will always be satisfied when I release the emotional that attract “negative” events

Fear I will always be disappointed somehow

Truth I will only be disappointed if I avoid my own soul condition and the emotions within me

Fear I need another person to love, respect, care for me, & make me feel secure

Truth I can provide everything I need within me just by having a relationship with God and a relationship with myself

Fear I have the right to expect that others love, respect, & care for me & make me safe

Truth Everything harmonious with Love coming to me from another person is a gift, and if I expect it, I am in error

Emotional Priority System (Priority of Loves)

Where is my emotional priority system distorted?

Emotional Priority System	
Divine Love Based Priorities (in time)	My Priorities (in time)
God	
Myself (my complete soul)	
Children (not just my own)	
Other people (mortals & spirits)	
Living creatures with a spirit form	
Living creatures without spirit form	
Living flora	
Inanimate objects	

Causal-Blocking Emotions are emotions that prevent the experience of deeper core emotional pain.

Self-reflection questions:

How do these emotions relate to my own life?

Self-Attacking Emotions (Projected at Self)

These emotions are projected towards self as a child to prevent causal emotional pain, and include:

Shame – Feeling ashamed of past actions but unwilling to allow the shame to be felt

Guilt – Feeling guilty (a projection from the environment, or actual guilt of past actions)

Self-punishment – Parents punish you, so you take on the role of punishing yourself

Self-attack – To avoid the pain of parental attack, or to “look” like your sorry to avoid further pain

Fear – Usually fear of physical or emotional pain towards one self as a child

Childhood self-anger – Suppressed anger unfelt from the childhood experience directed inwards

Self-Absorbed Emotions (Projected at Others)

These emotions are projected from the child externally to avoid internal causal emotions, and include:

Shame – Using others “shameful acts” to control others, events or situations

Judgment – Using judgment of another to avoid your own responsibility or unloving behaviour

Guilt – Purposely increasing the “guilt” feelings of others to get what you want from them

Punishment – Taking actions against others to “punish” them for their actions you wish to control

Blame – Blaming another; making another person responsible for internal causal emotions

Attack – Smacking, hitting, biting or other violence towards others

Fear – Using the threat of physical or emotional violence to control others

Anger – Using anger & rage to control others

Emotions of Self-Deception

- Emotions of self-deception are emotions we use as adults to purposefully avoid deeper emotional pain.
- Self-Deception emotions may look similar to Capping or Blocking emotions, but never result in release
- Self-Deception emotions are usually projected toward people who did not create the original causal emotions
- Self-Deception emotions are usually directed as blame or punishment toward others
- Self-Deception emotions include all physical & emotional addictions
- All self-deception emotions are adult-like in their expression

Addictions (Emotional & Energetic Hooks to Others Including Spirits)

- All addictions are created by our desire to avoid the underlying painful emotion
- All additions come at a personal price as well as a price to others emotionally
- While we are willing to pay the price, we will continue with the addiction
- The addictions disappear quickly and easily when we are willing to feel the causal emotion

- You will give up the addiction and feel the causal emotions when:

When the addiction feels worse than the causal emotion you are trying to avoid

When the desire to feel the causal emotion is greater than the desire for the addition

References, Music and Movies

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

Movie: 12 and Holding (2005). Directed by Michael Cuesta

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

Movie: The Butterfly Effect (2004). Ashton Kutcher & Amy Smart

Reference: ["Emotional Clearing" by Alan John Miller](#)

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

Reference: "Homecoming: Reclaiming & Championing Your Inner Child" by John Bradshaw

Fear, Emotions & False Beliefs

Worksheet created from the [Fear, Emotions & False Beliefs Outline](#)

Introduction

FEAR – False Emotions (Expectations, Beliefs) Appearing Real
Emotions – I am primarily referring to CAUSAL childhood-based emotions in this outline

False Beliefs – Beliefs within the soul not in harmony with Divine Truth or God's Love

What Are False Beliefs?

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

How A False Belief Enters the Soul

The soul must be prepared emotionally to accept the false belief as Truth even though it is error

The belief must fit, mirror, or be sympathetic to past unhealed emotional experiences, or fears of such

Self-reflection questions:

How do the following false beliefs relate to my own life?

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

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

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

The Soul is now open to numerous false beliefs:

I am a bad person who deserves punishment

If I love someone, I must accept punishment from them

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

Violence at times must be loving & justifiable

Punishment when we are naughty or bad is loving

If God is loving, God must also be punishing

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

Causal Emotion – I am not a good person within myself

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

The Soul is now open to numerous false beliefs:

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

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

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

Jesus paid the price of my sins with his blood

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

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

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

The Soul is now open to numerous false beliefs:

I cannot survive without my family

If my family says I am wrong, then I am I am alone & unsafe without my family

I cannot survive in the world without my family

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

My family is more important to me than God

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

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

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

The Soul is now open to numerous false beliefs:

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

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

People of different colour or race should serve me

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

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

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

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

The Soul is now open to numerous false beliefs:

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

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

Humans are not capable of everlasting monogamous sexual relationships

Sex is my “right”

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

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

We fear acceptance of Divine Truth because:

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

We are afraid to experience the underlying painful causal emotions

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

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

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

Identify our fears that support our retaining the false beliefs

Be willing to emotionally experience our fears

Then allow the painful causal emotions to surface

Exercise:

Experiment with the suggested process.

Process could be as follows:

1. Identify false beliefs disharmonious with Divine Truth that stop me accepting the Divine Truth
2. Talk to God about my willingness to explore & desire to know the fears that these false beliefs support
3. Identify the fears that support retaining these false beliefs
4. Talk to God about developing desire to allow the emotional experience of these fears
5. Ask the support of your spirit friends and God to help you attract events that trigger these fears
6. Set your soul intention to attract events to access & experience emotionally these fears
7. Talk to God about having a desire to experience the underlying causal emotion for each fear
8. Create the space, location & give yourself time to feel and experience the painful causal emotions

e.g. Emotional Rejection of the Law of Attraction

- Why don't I want to be emotionally responsible for my personal life?
- Why do I want other people or God to take responsibility for my personal life?
- Why do I want to blame, get angry with, hate, resent, & punish others who do things to me?
- Why do I want to get angry about my life & how bad it is?
- How do these actions demonstrate that I wish to reject the Truth about the Law of Attraction?

e.g. Emotional Rejection of the Law of Love

- Why am I still allowing myself to get away with treating other people unlovingly?
- Why do I still act condescendingly, critically & judgmentally towards others?
- Why do I still harm animal life (by eating meat)?
- How do these actions demonstrate that I wish to reject the Truth about the Laws of Love?

Look At Your Beliefs & Fears with Humility

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

- Be humble (remember the definitions of humility)
- Honour your Law of Attraction (your Law of Attraction has resulted in AJ's comments)
- Honour that God has your process of coming to Her as Her highest priority (your LoA is a part of this)
- Allow yourself to see that AJ does not have an emotional investment in your acceptance of what he says
- Allow yourself to investigate the possibility that you have the false belief
- Allow yourself to investigate how your false belief supports your possible fears
- Allow yourself to identify, experience, and release the fears
- Allow yourself to feel, experience, and release the underlying causal emotion

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

- Trying to attack AJ privately or publicly (remember that a desire to attack stems from a desire to destroy)
- Dismissing entirely what AJ has said as wrong before you allow the investigation of the false belief
- Getting angry & upset with AJ directly (remember anger indicates a fear)

Emotions of Self-Deception

Worksheet created from the [Emotions of Self-Deception Outline](#)

Why discuss Emotions of Self-Deception

- God only addresses emotional causes within us
- Emotions of self-deception aren't causal emotions and therefore God can't assist us processing them
- God can assist us to identify self-deception by answering prayer and through the Law of Attraction
- Emotions of self-deception actually take you away from God and your own soul

How To Know When We Are Deceiving Ourselves Intellectually

- People around us often feel we are 'fake' and find it hard to connect emotionally to us
- People around us often feel we are being emotionally condescending towards them
- We feel drawn into intellectual arguments not understanding their emotions & not being able to identify them
- All 'emotions' are calm, peaceful, detached, we have a 'zen-like' demeanour, desires are often not passionate
- People around us feel we are quite haughty and arrogant
- The emotion of condescension is often projected from us when we feel we are being 'loving'
- We always blame others for our Law of Attraction e.g. 'thank you for teaching me how to love' etc.
- Projections are coming from us at the highest degree; others are uncomfortable with those projections
- We painful to be around because there is an 'impenetrable wall' around us
- We have no true compassion e.g. we believe we are compassionate but can't understand another's true emotion

Emotions Of Self-Deception occur when the child/adult creates fictitious & untruthful emotional experiences in order to avoid experiencing underlying childhood emotions (causal or capping) or Law of Compensation emotions

Anything that stops you feeling the reason **'WHY'** you feel a certain way is a self-deceiving emotion

The following emotions are always emotions of self-deception unless they are childhood capping emotions:

Anger, resentment, rage, shame, guilt, neediness, self-punishment, punishment of others, hopelessness, wanting to give up, blame of self, blame of others

The key is to know when we are deceiving ourselves either intellectually or emotionally

How To Know When We Are Deceiving Ourselves Emotionally

Exercise:

How do these relate to my own life?

Can I be honest and see where I am deceiving myself?

We are in a constant emotional pain cycle

We keep on feeling overwhelmed with exactly the same emotions over long periods of time

Eg. I am crying all the time because nobody loves me

Eg. I feel hopeless because no matter what I do nothing goes right

Eg. I feel depressed because I cannot seem to get a job

Our Law of Attraction does not seem to change

Eg. I feel I am releasing my emotions that cause my cancer, but my cancer is growing

Eg. I feel I am accessing my sadness, but the doctor tells me I may need a bypass

Eg. I feel I am not angry, but people keep doing things that frustrate or annoy me

We project our emotional injuries at others

We need others to listen, to understand, to commiserate, and to feel 'with us' or the same as us

We constantly need to tell stories about our life to others

We get angry or resentful towards, or feel hurt from, others

We seek agreement from others, and when we do not receive it, we get angry or hurt

We feel ourselves to be a "Victim"

Using childhood events to justify adult unloving behaviour

Avoiding acknowledgement of responsibility for adult actions by saying I am/was a victim

We keep on externalizing our emotions

Eg. I am upset because the world is such an unloving place

Eg. I am angry because they made an attacking movie about my religion

We avoid living in Truth in certain situations

The Truth always activates our childhood causal or capping emotions
The Truth sets you free by triggering the release of the emotional error within

We create self-deceptive emotions to prevent ourselves from feeling emotional truth

We then justify, minimize or shift the blame to make the lie feel better

We often also avoid living in truth because we want to avoid responsibility or acting in Love (we want others to act first, we do not wish to take responsibility for our actions, we are ashamed of our actions)

Eg. I cannot tell the truth because he/she/they will not be able to cope with it

Eg. If I tell the truth, things will get worse in my own life

People around us seem to find it difficult to be with us

If we feel all of our own emotions, people around us do not feel the projection of those emotions

This results in people around us feeling very comfortable with us

If others find it difficult to be with us (not because we are telling the truth, but because we are “sucking their energy”) then generally we are not allowing our own emotional experience

We ‘create’ emotional drama

All emotional ‘dramas’ are distraction from the real childhood causal emotional events

Emotional dramas are deceptive because they cause us to believe we are in touch with our soul (because we are emotional)

Summary of the Process of Release

- Awareness that Law of Attraction tells you the “Truth” of your own soul condition
- The lack of “flow” of Divine Love tells you if you are in a state of emotional denial of Truth

The process of awakening emotionally

- Intellectual and emotional (soul) denial
- Intellectual awareness that the sin or error (disharmony with Divine Love) exists and is real
- Intellectual awareness that the disharmony has a cause within ourselves
- Intellectual willingness to identify the cause within ourselves
- Intellectual awareness of the cause of the disharmony within ourselves
- Intellectual desire to release the cause of disharmony

- Soul (emotional) denial of the disharmony with Divine Love (sin or error)
- Soul (emotional) awareness that the disharmony exists and is real
- Soul (emotional) awareness that the disharmony has a cause within ourselves
- Soul (emotional) willingness to identify the cause within ourselves
- Soul (emotional) awareness of the cause within ourselves
- Soul (emotional) realization of the cause within ourselves
- Soul (emotional) desire to release (experience the pain) of the cause of disharmony
- Soul (emotional) willingness to release (experience the pain) of the cause of disharmony
- Soul (emotional) release (experiencing the emotion to completion)
- Soul (emotional) expansion, understanding of Divine Truth and Divine Love deepens

God’s Laws

Worksheet created from the [God’s Laws – Introduction Outline](#)

God created all Divine Laws

- All Laws that govern the Universe are Divine in that they were created by God
- There is a hierarchy of Divine Laws that govern our physical, spiritual and soul existence
- God’s Laws are always in operation whether we are ignorant of them or not
- The fastest way to learn law is to connect to God via His Love
- We do not need to understand all Laws intellectually if we understand Laws of Divine Love in our Heart
- All of God’s Laws are loving in their operation, and have loving consequences upon the soul

Our Attitude to Divine Law

Most of us never consider Divine Law until a long time after we arrive in the spirit world. This is because it is generally not until then that we are conscious of Laws affecting the Soul.

Many have termed a process called a “life-review”. They think that this process occurs when they “enter” the spirit world “Life-Review” can happen at any time, either on earth or in the spirit world. It often does seem to happen only in the spirit world, because we see our true condition then.

We often have a “need” (erroneous emotional injury) to “break the law.” Most of us have a rebellious emotion (an injury from the first parents) regarding reliance on God. We believe that our gift of Free Will should mean that we can do anything without penalty. We often want to punish others for things that we ourselves want to “get away with”.

Exercise:

What are my attitudes to law?

Understanding Sin & Error

Sin is violating any one of God's Laws, or a "missing the mark" of perfection

Sin occurs whether we are "conscious" of it or not, although the penalty differs. If we are conscious of the error, then the penalty upon the soul is greater.

Sin is the **effect** of soul emotions that are disharmonious with Love and Truth (which are the cause)

The consequences of sin are always emotional, and penalties are stored in the soul emotionally

Penalties or Judgement (Law of Compensation)

Judgment is immediate, in that our soul attracts the penalty as soon as we break the Law

Many feel that judgement does not exist, or that it only exists when we enter the spirit world.

It may **seem** this way, but we soon find out differently when we pass over.

In reality if we are sensitive, we will feel the immediate penalty.

There is a large tendency for those on earth to ignore the soul's pain and suffering

But the material and spirit bodies reflect constantly our changing soul condition

If we have a "fit and healthy" material body, this does not mean we have good soul condition

Our spirit body is a true reflection of our soul condition, and the soul condition of all spirits

Hierarchy Of God's Laws

Physical or Meta-Physical (Spirit World) Laws

From God's perspective, these are the **LOWEST** Laws governing our lives

- Most of us are very fixated on these laws, and know of no other laws governing us
- Most of us have little complaint about "having" to be governed by these laws
- Most emotional pain (and physical pain in our body) is the result of breaking these laws

Laws that control the operation of the physical universes (this includes all spheres of the spirit world)

These laws affect our material and spiritual bodies, and the interaction of all particles in creation

Most people are fascinated with these Laws, and impressed with others who can manipulate them:

- Physicists, scientists etc are fascinated with the physical Laws they can investigate
- Meta-Physicists etc are fascinated with the spiritual Laws they can investigate
- Eg. Mediumship, we are often fascinated and impressed thinking the medium is wonderful
- Eg. Guru manifesting a gold coin impresses us (regardless of what else he does)
- Eg. We measure peoples worth in terms of what they can “do”, God does not see things like this Eg. Physical: Law of Gravity, Law of Aerodynamics, Law of Electro-Magnetics, Photosynthesis etc
Eg. Meta-physical: Chakras, Auras, Astral travel, near-death experiences, spirit over-cloaking

Laws of Natural Love

From God’s perspective, these are the **MID-RANGE** Laws governing our lives

- Most of us have little or no knowledge of these Laws
- Most of us severely complain when we learn the truth about these Laws

These are moral and spiritual laws that govern the soul (but appear to govern the spirit body)

These laws affect our soul; our overall soul condition is influenced significantly by these Laws

Most people are very upset with, and wish to completely ignore, these Laws

- Law of Attraction, Law of Cause & Effect, Law of Compensation, Law of Desire Laws governing Love of Others, Laws governing Love of Self
- Portions of these Laws (often inaccurate) are reflected in almost all spiritual/religious forms
- Eg. You must not murder, Karma (Law of Compensation), Dharma (Law of Moral Conduct)
- Eg. We very rarely value people on earth or in lower regions of spirit world who follow these laws

Laws of Divine Love

From God’s perspective, these are the **HIGHEST** Laws governing our lives

Most of us have no knowledge of these Laws, because understanding them requires soul perception

Those who intellectually “know” these Laws believe they are in a good state with these Laws, but are almost totally self-delusional
 Most of us have major emotional injuries regarding these Laws
 These Laws govern our connection with God, & our soul transforming into the Divine & Immortal

- Eg. Belief in God, belief in repentance and forgiveness, self-reliance, disillusionment with Love
- Eg. Beliefs in self-defence, belief in justice (eye for an eye), belief in vengeance, lack of faith

These are the highest laws that govern the soul (but appear to govern the spirit body)

- These laws affect our soul the most; our overall soul condition is influenced totally by these Laws
- None of these Laws can be understood intellectually; we only think we understand
- All of these Laws can only be understood emotionally at the soul perception level

Most people feel these Laws are “religious” and “un-scientific” in nature, and therefore invalid:

- Law of Divine Love, Law of Repentance, Law of Grace, Law of Forgiveness, Law of Divine Truth Laws governing Love of God & the reception of Divine Love into the soul, Law of New Birth, Laws governing the operation of the Holy Spirit
- Portions of these Laws are occasionally reflected in almost all spiritual/religious forms
- Eg. “Born-again Christian”, “receiving the Holy Spirit”, “Christ-consciousness”
- None of these terms are really accurately understood by almost all people using them

Law Hierarchy

Lowest – Physical/Meta-Physical Laws

Highest on Natural Love Path – Laws of Natural Love affecting the Soul

Highest of ALL Laws – Laws of Divine Love

God's Laws – An Overview

Some of the ones we will cover are:

Law Of Attraction

Law of Cause & Effect

Law of Compensation

Laws of Morality

Law of Desire

Law Free Will

Law of Faith

Laws of Divine Love

Law of Repentance

Law of Forgiveness

Laws of Love of Self

Laws of Love of Other

How Pain & Suffering Come into Existence

Pain is the immediate result of the breaking of Divine Law

As an adult, all personal pain is the result of our PERSONAL breaking of the Law

Eg. Someone should treat me lovingly, my soul is breaking the Law of Free Will

Eg. I am angry and hurt; I am breaking laws surrounding love of self

Eg. All pain is the result of emotional beliefs, and can only be changed by emotional release

Suffering is the Long-Term result of breaking Divine Law

Long Term Suffering results from continuing to break the law without repentance or change

Eg. Long term suffering of any kind (physical or emotional) is the result of our own refusal to feel

Eg. We hurt from parents actions; our suffering can be the result of expecting our parents to change, wanting to punish them, wanting them to be sorry, wanting them to supply what we “need”

All God's Laws Are Loving

Practicing the highest Laws perfectly (Laws of Divine Love) result in:

Our never having to experience any pain at ANY level

Our soul always progressing without limitation or restriction

Our becoming completely emotionally aware of our own immortality

Our being able to instantly satisfy all of our own desires (because they are all in harmony with God's)

Our being able to eventually join (physically, emotionally and soul) with our soulmate

Our being able to have an individual, personal and deeply satisfying relationship (At-Onement) with God

Practicing the Laws of Natural Love perfectly result in:

Our never having to experience any pain at a physical level
Our soul will progress until we reach a 6th sphere condition of development
Our becoming completely intellectually aware of a benevolent creator
Our being able to instantly satisfy all physical and most emotional desires

Living solely by Physical Laws results in:

An understanding of the physical laws
Does not result in any soul progression in itself
We can learn to love our own body and environment to a degree
Physical Laws can teach us a lot about ourselves, others and God
(teach us the higher laws)

**All God's Laws Expose Emotional Truth & Provide Correction
Each Law has multiple purposes:**

To lead us to our emotional truth ("personal truth")
To lead us to external truth ("Divine Truth")
To lead us into a loving relationship with ourselves
To lead us into a loving relationship with others
To lead us into a loving relationship with God
Eg. Law of Attraction – Attracts events into our lives to provide correction for the error within our soul
Eg. Law of Cause and Effect – exposes the soul reason within ourselves for something happening to us

All God's Laws Work in Harmony to Create a Harmonious Universe

All of God's Laws can be investigated through experimentation
All of God's Laws can be learned directly through your direct connection with God
All of God's Laws provide for a completely harmonious universe:
Without Divine Law, there would be complete anarchy

God's Laws all provide God with unlimited time to have a personal loving relationship with you

If we focus on the Laws of Divine Love in our life, all other things will be added to us
We will be able to live a completely happy life, no matter what others do, say, think or feel

We will have a relationship with our own creator for the rest of our existence

Laws Governing Love of Self

Worksheet created from the [Laws Governing Love of Self Outline](#)

LAW OF FREE WILL is the gift from God that allows us to choose anything we desire. We are allowed to act in harmony with anything that is truthful (loving) or in error (unloving)

How this law affects my love for myself

- When we love our self, we ALWAYS enable our free will whether others agree with our decisions or not
- I never suppress exercising my own free will harmonious with Divine Love even if others want me to
- I never suppress feeling & experiencing my own emotions:
I am allowed to see what I see, hear what I hear, feel what I feel, know what I know, think what I think, even if it is all in complete disharmony with the Truth
I recognize if free will is exercised in disharmony with Divine Love & Divine Truth, then I will experience the consequence of pain (or suffering if I do this continuously)

What happens when I break this law in my treatment of myself

- I feel others are controlling me when this is NEVER actually the case
- I feel I am not allowed to have my own emotional experience (but this is NEVER true either)
- I feel obliged to others; that I “have to” please them (like many children do with their parents)
- Others feel I am a “pushover”, and will bend to suit what they want me to do/say/think
- Others feel that I am “easy” to be around, because I always do what they want me to do
- Others feel I should bend to suit their emotions
- Others feel better than me, or condescending towards me thinking I “do not understand”

What soul condition within me prevents me from being in harmony with this Law

- Emotions surrounding trying to prevent my own feelings of hurt through my treatment of others
- An addiction to “being loved” caused by a painful emotion I refuse to feel of not being loved

- An addiction to “being safe” caused by painful emotions I refuse to feel of always feeling unsafe
- Allowing others to control & manipulate me because I feel that is all I deserve
- A distorted viewpoint of what “love” is; i.e. love sacrifices self to please others
- Deep feelings of unworthiness
- A desire to control others anger/rage towards me by being conciliatory
Emotions surrounding wishing to avoid feeling out of control

Exercise:

How do the following examples of living in harmony / disharmony with the Law of Free Will relate to my own life?

I am in harmony with the law when:

1. If my child demands things, I feel my emotions about it rather than “giving in” for peace
2. I do not allow my partner to pressure me into doing things that I feel I do not want to do
3. I never respond to guilt trips from other persons (emotional or verbal)
4. I understand that if someone really loves me, they will always honour and support my free will
5. I never suppress my desire because of feelings of obligations placed on me by others
6. I never change my loving behaviour even when others get angry with me

I am in disharmony with the law when:

1. I feel I must sacrifice my own emotions for the sake of pleasing others
2. I refuse to speak my personal truth because of what others may feel/say/do about it
3. I treat myself worse than I treat others & allow others doing things I do not do when with them

LAW OF PASSION & DESIRE - ask and I shall receive! Develop and allow a passionate longing for anything, whether that thing is harmonious or disharmonious with Love, and I will receive it. The results of this Law create either pleasurable or painful experiences in my life (due to the Law of Cause & Effect).

How this law affects my love for my self

- If I love myself, I will always develop my passions and desires in harmony with Love, even if this takes my time/resources/focus away from others
- I will follow my passions & desires even if NO other person agrees with or supports me
- I will follow my passions & desires even if it seems like I am unsuccessful (in the eyes of self or others)
- I will follow my passions & desires even with outright opposition, judgement or disapproval from others
- I will not develop my passions and desires in error because I understand I will just be damaging myself

What happens when I break this law in my treatment of my self

- I feel the results of a sin of omission (having the power to do something loving that I refuse to do)
- I feel the results/pain of a personal choice that finishes up harming my self
- I prevent my own understanding of my self, and never become the “best I can be”
- I will never become at-one with God
- I experience the pain of “missed opportunities”

What soul condition within me prevents me from being in harmony with this Law

- I have deep emotional beliefs that I will never be able to fully satisfy my own desires & passions
- I have deep childhood hurt from others controlling me into doing what they wanted for me
- I have deep feelings that my desires are evil, bad, selfish, harmful, shameful, frivolous, idealistic
- I have feelings that other people are more important, better, more superior than my self

Exercise:

How do the following examples of living in disharmony with the Law of Passion & Desire relate to my own life?

I break the law when:

1. I join our friends/family in their passions even when I do not want to (e.g. Christmas)
2. I constantly seek the agreement of others before I follow my passions
3. I seek approval for my emotions by trying to get others to agree with those emotions
4. I do not follow my desires because of financial reasons, or time constraints

LAW OF CAUSE & EFFECT - What I sow, I will reap. Everything that happens has a soul-based cause within myself. Attempting to change my life by changing effects never addresses the cause and will result in the effects continuing.

How this law affects my love for my self

- I never blame another person for events/situations in my own life
- I never try to avoid the emotions created by events/situations I get into in my day-to-day life
- I always attempt to address the deep inner CAUSE within me that created the effects I am experiencing
- I understand that dealing with effects will not change my Law of Attraction or my relationship with God
- I do not try to avoid effects by planning or structuring my life (these are fear-based actions)

What happens when I break this law in my treatment of myself

- I am caught in an endless (and pointless) cycle of planning, scheduling, structuring my life
- I become controlling verbally and emotionally of others to avoid my own emotional/physical pain
- I get sicknesses or long-term diseases which I cannot seem to cure no matter what action I take
- I feel tired about what seems to be never ending effort to make my life successful or pleasurable
- I always feel I need “help” from others but help never seems to correct anything in my life
- I have a tendency to take advantage of others without feeling gratitude
- I expect other people to help me stay away from my emotions or soul condition (expect commiseration)

What soul condition within me prevents me from being in harmony with this Law

- Refusing to take personal responsibility for my own creations
- Refusing to see or feel the Divine Truth that my own emotions are the creator of painful effects
- A lack of personal humility in feeling my own soul condition
- Staying away from emotions relating to others blaming me for their own life experiences
- Deep fear or terror in my childhood emotional experience
- A desire to avoid the emotional truth that I am preventing the healing of my own life
- I am addicted to feeling “loved” by getting others to help or assist me all the time
- I refuse to emotionally accept the Law of Cause & Effect (i.e. I do not believe it is a Divine Truth)
- I believe that others should sacrifice themselves in order to satisfy my own emotions

Exercise:

How do the following examples of living in harmony / disharmony with the Law of Cause & Effect relate to my own life?

If I live in harmony with the Law:

1. I would never expect others to “bail me out” of my own creations
2. I would never accept others “bailing me out” if I have not dealt with the causal emotion
3. I would not ask or expect my friends to lie for me in order to get out of the results of my error
4. I would not expect others to do things for me that I refuse to do for myself (e.g. cook, clean)
5. I would not waste other’s time by telling stories I have no desire to feel causal emotions for
6. If a person tells me a “truth” about myself; I look at the causal emotion for the creation

If I live in disharmony with the Law:

1. I justify doing things to my body that I know damage my body without examining why
2. Serial dieting: controlling the diet rather than working through why you desire certain foods
3. Repeated medical or spiritual practice in an attempt to heal the same ongoing issues

4. Repeated meditation in order to feel calm, happy, content, relaxed or present emotionally
5. Berating a child for their words/actions when the event is caused by my own soul condition

LAW OF ATTRACTION - my soul condition (the soul's attributes, qualities, desires, passions, condition spiritually, emotionally and morally) attracts all the events in my life. If I want to change events, I need to change my soul condition.

How this law affects my love for myself

- I welcome and enjoy my own Law of Attraction as God's messenger of Truth rather than fearing it
- I always choose to feel my own causal emotions about everything that happens to me
- I do not hate myself, blame myself or punish myself for my own painful Law of Attraction
- I always honour & love my own Law of Attraction whether it seems "positive" or "negative" to me
- I never hate, blame get angry with or punish others for the pain I experience from my Law of Attraction

What happens when I break this law in my treatment of myself

- I create and stay in emotions of self-deception and emotionally damage others and myself
- I deny my own emotions and soul condition as being the creator of my entire experience
- I attempt to avoid the results of my Law of Attraction by organizing my life around my fears
- I stunt my own soul growth and my relationship with God by avoiding the underlying causal emotion
- I punish, blame or get angry with others or myself when painful events happen

What soul condition within myself prevents me from being in harmony with this Law

- I don't really have a soul belief in the Law of Attraction
- I still believe I can intellectually overcome the effects of my own soul condition
- I want to remain a victim in my life and do not wish to take self-responsibility for my own creations

- I do not wish to feel the deeper emotional pain within myself that created the Law of Attraction
- I have a feeling of envy towards those who have a positive Law of Attraction
- I feel others should pay for how they have harmed my life

Exercise:

How do the following examples of living in harmony / disharmony with the Law of Attraction relate to my own life?

If I live in harmony with the Law:

1. I do not get angry, frustrated or annoyed with myself when I run out of money
2. I do not punish myself for what others have done to me
3. I give myself time and space to work through my emotions rather than having deadlines
4. I surround myself with people who support my desire to deal with causal emotions

If I live in disharmony with the Law:

1. Saying to others they can bring their children as long as the children do/do not say/do certain things that you may attract. I am trying to avoid my own law attraction (avoiding what we fear).
2. If I lie in order to prevent another person causing me pain I am avoiding my Law of Attraction
3. If I refuse to speak my personal truth in order to avoid pain or anger
4. If I choose to break God's Laws in order to "avoid" my own Law of Attraction (really we just delay our own Law of Attraction, since our soul condition drives the Law)

LAW OF FORGIVENESS - I freely forgive others just as God has freely forgiven me. This means I forgive myself as freely as I forgive others. (i.e. I no longer feel emotions of hatred, blame, resentment, dislike or contempt towards my self because I have released these emotions about my own actions which previously I felt guilt and ashamed about.)

How this law affects my love for myself

- I am just as deserving of forgiveness as any other person
- I do not hold onto blame, or anger towards myself for the times I broke God's Laws
- I never reject myself or judge myself as unworthy or evil no matter what I did in the past

- Forgiveness is emotional forgetfulness of the things I have done that I felt emotions about
- Forgiveness is NOT emotional denial of actions/thoughts/words in disharmony with Love
- I try to feel my emotions about my actions/thoughts/words in disharmony with Love
- I love my body, mind, spirit body, and emotions without reserve or condemnation

What happens when I break this law in my treatment of myself

- I damage myself emotionally, spiritually & physically by holding onto anger, resentment or shame of self
- I am prevented from forgiving others (because I have judgement about what I have done that they mirror)
- I prevent my own soul progression and growth towards God
- I prevent my growth in the connection with God (never be at-one in this condition)
- I damage others and my environment by projecting my denial emotions at them
- I damage my own body and cause illness and suffering within myself

What soul condition within me prevents me from being in harmony with this Law

- Lack of forgiveness always comes from my wishing/attempting to avoid my own causal emotion
- I would rather punish my self than actually feel the pain within myself from what has happened

Exercise:

How do the following examples of living in harmony with the Law of Forgiveness relate to my own life?

1. I do not avoid people, places or events that I have previously “harmed” (unless they continue to want to harm me) because I am no longer ashamed of my own actions/words etc
2. I don’t have anger/resentment towards myself about my own actions that caused others/myself pain
3. I am repentant for (felt all of my emotions) all of the times I have harmed myself or others in the past
4. I do not treat others as if they are more important than myself because of guilt or shame of myself
5. I do not depend on others for positive emotional support (this is an addiction of avoidance)

6. I do not continue lifestyle habits that I know harm my body because I deal with the emotional cause

LAW OF MERCY - Mercy or Grace is my choice to understand (by letting go of the emotions) that I am forgiven even though I have sinned against God, others or myself as long as I have demonstrated a repentant spirit.

How this law affects my love for myself

- I do not refuse Divine Love or love from others in an effort to continue to punish myself for past “sins”
- I allow my own worthiness to grow, rather than destroying myself with unloving thoughts/actions
- I do not punish myself by treating myself badly physically or emotionally
- I am as merciful with myself as I am with others
- I never allow myself to “get away with” unloving emotions within myself without feeling their cause

What happens when I break this law in my treatment of myself

When I display mercy towards myself at the wrong time (lack of self-responsibility):

- I feel I can get away with unloving actions without their being a consequence
- I have a tendency to treat others as if they have done worse than myself
- E.g. We criticize others for lying; when I have had an abortion/been sexually promiscuous
- I place myself in the position where I continually treat others badly
- I am not humble enough to see myself truthfully, & I perpetuate my own unloving behaviour

When I do not display mercy towards myself at all:

- I feel I am worthless, unworthy, unlovable, nothing and unredeemable
- I feel I cannot ever love myself, and refuse to receive the love of others
- I punish myself, blame myself, and resent myself even being alive

What soul condition within me prevents me from being in harmony with this Law

I have terrible emotions of self-shame that I am avoiding experiencing
I have emotional beliefs from my childhood that I need to release of:

- I will never be good enough

- I will always be bad
- I am always guilty because I am a born “sinner”
- I am always at fault when others feel angry/upset with me
- I have been told in my childhood that I was the cause of abusive treatment towards myself
- I have childhood beliefs that others are always better than myself
- I have childhood spiritual beliefs that God is always disappointed and angry with me

I feel I am more important than others; and so I let myself “off-the-hook” with how I damage others

I am unwilling to feel emotions that are the result of the “Law of Compensation”

Exercise:

How do the following examples of living in harmony / disharmony with the Law of Mercy relate to my own life?

If I live in disharmony with the Law:

1. Every time I see my parents they always berate me, but I continue to see them
2. Every time my partner gets angry with me, I take it, and keep allowing it to happen

If I live in harmony with the Law:

1. If I have hurt others, I deeply feel the emotion of it, and feel the forgiveness from God
2. If I really love a person, I want to feel the causal reasons within myself as to why I harmed them, and I am willing to work through the causal emotions and ask for forgiveness for my actions
3. If I have cheated on my partner, I work through the emotions that caused me to do it, I feel sorrow for the pain I have caused my partner, and I forgive myself rather than punishing myself, or allowing my partner to continue to punish me

LAWS OF NATURAL LOVE - These are a combination of Laws that demonstrate how to love myself and others.

How these laws affect my love for myself

- Love of self spiritually – caring for my connection with God
- Love of self emotionally- caring for and allowing all of my own emotions
- Love of self physically – caring for and taking responsibility for my own physical wellbeing

How these laws affect my love for myself

- I do not respond to others demands for my love (they are not respecting that my love is a gift)
- I do not respond to others expecting my love (they are not respecting my love is a gift)
- I do not allow others to manipulate or control my actions
Eg. If others expect me to give them my time at their request, they are being unloving towards me, & if I respond to that request, then I am unloving towards myself
E.g. If others question me with the emotions within them of anger, rage, jealousy, resentment, criticism, goading or judgement, then I am unloving to myself if I respond to their control
- I do not sacrifice myself in order to love others
- I do not treat myself unlovingly in order to love others
- I do not respond when others expect me to treat myself unlovingly in order to please them
- I do not expect myself to give more to others than I would give to myself

What happens when I break these laws in my treatment of myself

- I feel annoyed or angry with others for being “unloving” to me (the expectation causes anger).
- If I love myself already, I will not need others to be loving to me in order for me to be happy
- I feel hurt with others not doing/saying/feeling what I expect them to (the expectation causes pain)
- I feel the personal pain of sacrificing my self and my desires for the “benefit” of other people
- I feel emotionally exhausted and depleted when I spend time with specific people
- I feel that love is painful, rather than seeing love as the greatest gift I or others can give
- Others feel they can “demand” my love
- Others feel they can control, manipulate, or “guilt” me into doing what they want
- Others feel they can demand my emotional attention, and get angry with me when we do not give it

What soul condition within me prevents me from being in harmony with these Laws

- Huge distortions about what I believe love to be (my beliefs about love come from my environment)
- I have emotional beliefs of error from my childhood that I need to release of:
- I believe sacrificing myself for others is a loving act
- I feel that others' emotions are more important than my own
- I believe that the only way to receive love is to earn it
- I believe that love is a chore or a duty
- I feel I will be punished or blamed, or I am selfish if I don't sacrifice myself for others
- I believe that when other people say that I hurt them then I am personally responsible for their pain. I am only responsible if I have broken God's Laws of Love
- I have deep feelings that I am nothing, worthless, or empty of love. These feeling may be towards one gender specifically

Exercise:

How do the following examples of living in disharmony with the Laws of Natural Love relate to my own life?

If I live in disharmony with the Law:

1. I only serve or give to others when others have a positive reaction to the service or gift
2. I only give to myself when others have a positive reaction
3. I treat myself differently than I allow others to treat me
4. I feel guilt or obligation to family/friends when they want me to do things for them
5. I am untruthful with myself or others about my true feelings
6. Whenever I am angry with myself others manipulate my emotional injuries to get what they want (in business and private life)
7. I sacrifice my physical and emotional needs for others sometimes without them even noticing
8. I allow others to pressure me to do what they want when I have told them before how I feel
9. I allow people in authority to pressure or control me because I am afraid of what will happen
10. I feel I do not deserve good things because other people have terrible lives
11. I allow other people to demand things from me without concern for my own welfare

- 12. I do things for others that they refuse to do for themselves
- 13. I allow others to harm myself (supplying me with drugs, alcohol, cigarettes etc)

LAW OF DIVINE LOVE - I always live in harmony with God's Truth, as I know it emotionally.

How this law affects my love for myself

- I live in emotional truth towards all people since loving myself means to be emotionally real with them
- I tell the truth, and never withhold the truth, no matter what the cost because it is loving
- I understand and feel deeply emotional about the truth being ALWAYS loving to myself
- I understand and feel deeply that I cannot become closer to God without accepting His Divine Truth

What happens when I break this law in my treatment of myself

- I feel the pain of sacrificing myself by not being myself in all situations in my life
- I feel the painful emotions of never being myself or honouring myself in all situations
- I prevent my own connection with God, and my eventual at-onement with God
- I prevent my soul mate connection from ever being fulfilling

What soul condition within me prevents me from being in harmony with this Law

I have emotional beliefs of error from my childhood or my life that I need to release of:

- Fear or terror about being punished for truth
- Fear or terror about being punished for how we truly feel inside, or the real person we are
- Fear or terror about fully experiencing all of my own emotions no matter what happens
- Deep emotional beliefs that truth is always harmful and punishing

Exercise:

How do the following examples of living in harmony with the Laws of Divine Love relate to my own life?

1. If I have cheated on my partner, I will always tell them no matter what the “cost”
2. I always state how I feel to everyone around me, even if they look down upon me or punish me for it
3. If I know a Divine Truth, I would never refuse to speak it in any situation
4. I love God and God’s Truth more than anything else, no matter what seeming “price” must be paid

Law of Attraction

Worksheet created from the [Law of Attraction Outline](#)

Law of Attraction – Divine Truth Style

- Everything we truly desire, we get! (Law of Attraction is controlled by your soul condition)
- You can change your Law of Attraction by changing your soul condition
- Soul condition creates thoughts (soul condition includes emotions, desires, passions etc)
- Releasing causal emotions allows the soul to accept truth (feeling causal emotions results in soul clearing)

Law of Attraction (LoA) – The Secret Style

- What you think about you get (you attract what you think about the most) You can change your Law of Attraction with your thoughts
- Thoughts create feelings (practice thinking differently)
- Bad feelings create more bad feelings (feeling bad emotions creates more bad events)

Take responsibility for what your life is right now because your soul condition has attracted it

The Law of Attraction can be used positively or affect us negatively (depending on our soul condition)

What Is Soul Condition?

Soul condition is the sum total of:

- Your passions, desires, longings, moral beliefs, moral condition, aspirations, pursuits, emotions, feelings, intentions, loves, dislikes and hates, fears, religious beliefs, scientific beliefs, love beliefs, mental aspirations and beliefs (which come from soul beliefs, but are often in disharmony with soul beliefs)

Soul condition can be changed by experiencing the following emotionally:

- Longing for, receiving & acting in harmony with Divine Love – Transforms the soul into a new being
- Longing for, receiving & acting upon Divine Truth – Allows Divine Love to flow into the soul
- Learning repentance and receiving Divine Forgiveness & Mercy - Removes Karmic soul damage

- Having Faith – Raises the soul's awareness of new conditions and states
- Growing Desires and Passions harmonious with Love – These desires and passions can be nurtured
- Learning & applying lessons in Natural Love – How we treat others and ourselves
- Releasing passions, desires, emotions, feelings & beliefs disharmonious with love
- Releasing painful emotions that are the result of the Law of Compensation (Karma)
- Bringing actions in harmony with love (either Natural or Divine). This removes further Karmic effects
- Changing intellectual beliefs, thoughts, words, actions, since these feed new desires, emotions, and loves

The Law of Attraction Operates on Soul Condition

- Soul condition determines how the Law of Attraction operates
- “Where your treasure is, there your heart will be also” – Illustration of the rich man building warehouses
- In disharmony with Love will bring many damaging and painful experiences on earth and in spirit world
- In harmony with Love will bring many uplifting and joyous experiences on earth and in spirit world
- The most powerful way to change soul condition is through the reception of Divine Love
- The intellect can change soul condition, but only as rapidly as the soul condition is changed by the new thought

What Is Real from God's Perspective?

- What is in the soul (soul condition) is what is real to God, God's Laws expose what is really your soul condition
- The Law of Attraction is God's messenger of truth to you to tell you what is really within yourself
- If you think your soul condition is better than it is, then you are allowing yourself to be deluded (man in mirror)
- You can TRY, but, if your soul condition is different to what you are trying to do, eventually you will give up

Scope of the Law of Attraction

- Physical, spiritual, and soul matter and space is controlled by the Law of Attraction (adamantine particles)
- EVERYTHING (on earth or in spirit world) surrounding you is controlled by your soul Law of Attraction
Where you live, your own life experiences, your own life events, the creation of everything in your life, all of the people you interact with, how each interaction affects you, the condition of your own body (spirit or physical), your spirit person influences, spirit obsessions and spirit possessions, illnesses, accidents and diseases in the material and spiritual bodies (including mental and emotional illness)

The Law of Attraction results in the creation of universes and locations suited to the development of desires

Other Law of Attraction points to remember:

- The Law of Attraction will operate in such a manner as to intensify the soul condition that drives it.
Eg. If we have murderous emotions, we will attract people, spirits and situations that seem to intensify those emotions until we become conscious of their existence and have a desire to experience the underlying causes. When we experience the underlying causes, the soul condition changes, and the Law of Attraction operates on the new soul condition.
- The Law of Attraction respects the free will (at the soul level) of the individual
- The Law of Attraction is impartial in its operation, never ceases to operate, and works on the soul condition
- The Law of Attraction is always exact and never fails, is always accurate either in the spirit world or on earth
- The Law of Attraction causes the most relative harmony to exist in any location on earth or in the spirit world
- The Law of Attraction causes us to go to places where our “joy” will grow greater. If the “joy” is the result of or in the exercise of disharmony with love or sin, then we will attract that
- The Law of Attraction determines that soul conditions attract emotions & thoughts. These come from either within ourselves or from outside of ourselves. Thoughts “invade” us due to the soul condition needing to be released. Thoughts will no longer invade us when our soul condition has changed.
- The strength of the soul condition determines how intense the experiences attracted become

- The Law of Attraction will always attract the soulmate once the emotions that repel your soulmate are released

Using the Law of Attraction to Expose Causal Soul Condition Disharmonious with Divine Love

- Prayer – a passionate desire and longing for God’s Love to enter you emotionally
- We can also pray for Divine help to expose our soul condition errors to ourselves
- As Divine Love enters you, it exposes the soul’s true condition
- If we are willing to experience the causal emotion, and release the condition, then we experience Divine Grace. Illustration of the castle surrounding our soul condition (causal emotional condition - trigger):
 Defence system, resistance is to attack/defend/avoid, marauding army. Eg. Mother-in-law
 God wants to expose the soul condition, we usually want to resist that exposure

When Law of Attraction events happen: Look at your personal internal reasoning

- DO NOT assume: He/she did that to me, or this event happened because of someone else’s condition (blame)
- DO ask: What soul condition within myself caused this event/person/place/thing to be attracted to me?

Make sure you focus on ALLOWING causal emotion when triggers occur

- When your castle is being attacked, then you have had a TRIGGER event
- Go with, and experience the trigger emotion in a safe environment (for yourself and others)
- Let the emotion flow and be experienced completely, then usually the causal emotion will rise up into you

- Let the causal (usually childhood or Law of Compensation emotion) flow and memories will return

How to know when you are RESISTING causal emotion when triggers occur

Resonance – Events cause our internal soul condition to resonate with trigger. eg. Glass with sound frequency

Projection – Projection is always the resistance of the causal emotion, and we use many methods

- Anger – Anger is created by yourself to: avoid powerlessness, blame, pressure others, control others etc
- Withdrawal – Withdraw from the situation, event or person allows your causal emotion to bury itself
- “Loving” – Intellectually forgiving, calming the person/event is unloving. eg. motive for giving help
- Judgment of self – Stops you from experiencing the causal emotion under the judgment
- Feelings such as Depression, Guilt, Fear, Resentment, Hate, Revenge, Anger, Criticism, Blame, Worry, Frustration, Annoyance, Boredom all indicate resistance to causal emotional experiences
- “What you resist persists” Pain and suffering is an indication of a soul emotion

Using the Law of Attraction to Create Positive & Joyful Experiences Harmonious with Divine Love “You are the designer of your destiny” You are an unlimited being

Step 1

Develop/grow a soul desire for the experience/event harmonious with Divine Love (this is ASKING)

You can start with nothing, the universe operates on your SOUL condition, nothing else

Don't define yourself by what you see now, visualize emotionally to grow desire

Step 2

Trust in God that the event/thing desired will be received (this is FAITH)

Don't need to know how, how will be attracted, feel the feelings opposite to faith, have to feel it to believe.

Don't doubt (if you do doubt, then release the feeling)

Step 3

Develop Emotional Openness to Receive

Show gratitude, actions will be required to receive, eg. Asking for truth, then rejecting it when it arrives

Resources

For more information:

Divine Truth Website: divinetruth.com

Donate Divine Truth:

<https://www.divinetruth.com/sites/main/en/index.htm#donate.htm>

Divine Truth YouTube Channel: <https://www.youtube.com/@Divinetruthmain>

Divine Truth FAQ YouTube:

<https://www.youtube.com/@divinetruthfaq/featured>

Divine Truth Clips YouTube:

<https://www.youtube.com/@Divinetruthclips/featured>

Divine Truth Events: <https://events.humanitix.com/host/divinetruth>

Mary's Blog: mary.divinetruth.com

eBooks by Divine Truth including eBooks translated into a variety of different languages:

<https://www.smashwords.com/profile/view/DivineTruth>

God's Way: <https://blog.godsway.net/>

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Jesus and Mary would like to remind you that any document produced by Divine Truth containing any information from Jesus, Mary or any other person includes only a portion of God's Truth that they have personally discovered.

It does not and cannot contain the entire of God's Truth since God's Truth is infinite and humankind will forever continue to discover more of God's Truth as we progress in receiving more of God's Love.

Please remember that due to these limitations, information contained within this document may need to be revised in the future.

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