

# Developing My Will To Love (Outlines)

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**Series:** Education in Love

**Presenters:** Jesus

Available at: [Divine Truth](https://divinetruth.com/sites/main/en/index.htm#download-event-2016.htm)<sup>1</sup>

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<sup>1</sup> <https://divinetruth.com/sites/main/en/index.htm#download-event-2016.htm>

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## *Assistance Group*

### *Series: An Education In Love*

### *Group: Developing My Will To Love*

### *Theme: Welcome & Housekeeping*

### *Presenter: Jesus*

**Description:** Jesus welcomes the participants to the Assistance Group, and outlines the general plan for the programme, along with providing some general principles for participants to follow

#### *1. Welcome*

##### *1.1. Our Pleasure*

To meet you and welcome you

To present these sessions to you

Jesus & Mary have prepared all of the sessions

Igor, Lena and Cornelius are the technical support team

##### *1.2. Your Opportunity*

To gain a much better education about love

To practice principles of Divine Truth, humility, desire for truth & love

To meet each other

To engage these sessions with all of your heart

#### *2. Logistics*

##### *2.1. Care for the venue*

Loving to keep your room clean and tidy

Rooms will not be serviced during your stay

Pay for additional servicing if you want it

Be courteous with staff and other guests

##### *2.2. Care for the recording*

We are recording all sessions

Please be aware of not walking in front of cameras

We are doing live editing

Don't talk to the technical team while they are performing their jobs

Make sure you are quiet during the session

If you use the microphones, please make sure you use them properly

Please do not hide from the video camera while in the audience. If you cannot see the camera, please stand up while asking a question and interacting.

Need volunteers for running the microphones on rotation

(Demonstrate the usage of the mics)

### *2.3. Care for the presenters*

Remember we are talking for 4-6 hours straight per day

We do not wish to have additional conversations with you about your personal issues

We have plenty of question and answer sessions, ask about your personal issues during those sessions, or do not ask at all

Please clear this venue promptly after the conclusion of final talks each day

### *2.4. Care for each other*

Please make sure you are loving to each other

Make sure you are not condescending, belittling or arrogant with each other

We shall remove any person who is unloving to ourselves, other guests, or the venue itself

### *2.5. Families with children*

There are many dangerous places within the venue

You must be completely responsible for your children at all times

Please obey the rules for the resort

Please make sure that if your children create noise in this auditorium, that you immediately remove them

Make your own arrangements for baby sitting etc if you wish

## **3. Programme Format**

### *3.1. Programmes posted in this auditorium*

Please make sure you are here well in advance of each session

Each session is two days long, and then we have a day break

There is homework before each day break

The first day of each session begins at 10:30am

The second day of each session begins at 11:00am

### *3.2. Timing*

Toilet breaks every one hour

We won't wait to start sessions

All toilet breaks are a maximum of 10 minutes

A single mid day session break is 20 minutes

### *3.3. Meal times*

Up to you when you eat, what you eat, and where you eat.

There are a number of local restaurants and supermarkets

### *3.4. Personal Feedback Sessions*

Purpose & format

Varying lengths

Only set times in the program

Register for specific issues relating to the theme of the session

Topic – initially selected by the participant but might be changed

Anger & resistance not tolerated (Jesus will cover this at length)

How to register

Microphones – 5 minutes before or miss out

### *3.5. Music Programme*

Fab & Kate have volunteered to provide music

## **4. Water**

Where to find it, Refill bottles

## **5. Rooms & Facilities**

### *5.1. Linen change & towels*

No changes unless you request and pay for arrangements

### *5.2. If sharing*

Those sharing with strangers (hopefully new friends)

## **6. Love**

### *6.1. Purpose of group – grow in love*

### *6.2. Opportunity to display love to venue, staff, presenters, support team and fellow participants A*

### *6.3. If we find a lack of love we will address it immediately*

### *6.4. If we find you have missed a session, then unless there are special circumstances (injury, death etc) we will ask you to leave the event*

Sign of respect for the information and presenters to attend all of the sessions

## **Finish**

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: Introduction***

### ***Presenter: Jesus***

***Description: Jesus introduces the Education In Love Assistance Groups by talking about the Source of our education in Love, God's definition of Love in comparison to humankind's definition, and provides an overview of the coming week***

### ***Purpose of An Education In Love Assistance Groups***

#### ***God's universe operates on God's Love***

All laws are based around love

Every one of God's Laws from the smallest affecting our physical life and the greatest affecting our soul based life are all based on love

It makes logical sense to get an education in love, and in particular, God's Love

#### ***Our purpose is to educate you about God's Love***

When we mention the word "love" everyone has a different concept

So we wish to clarify what we mean when we talk about love

### ***Being Educated From The Highest Source***

#### ***If I am blind, then the first question to ask a person helping me is:***

Can you see?

If a person cannot see, then they cannot lead me anywhere

Pointless to be educated by people whose life demonstrates they also do not know

#### ***Before we can be educated on any subject***

We must find a person/being with a higher amount of knowledge on that subject

We must be able to receive knowledge from that person/being with an open heart

We must have faith that the person/being is sharing with us the truth

We must be able to put into practice whatever knowledge is received

#### ***If God exists, then God is the highest source of Truth about Love***

As mentioned below, there is a mountain of evidence of God's existence

If God does exist, then God created humans

Since humans are capable of Love, then God must be the highest source of Love

***If we are to be educated in Love, then a connection with God is essential***

Since God is the highest source, we must be educated by God

If our education is from the world, we shall end up in the same condition as the world

Since the world is in pain and suffering, listening to the world is inadvisable

***Evidence of God's existence***

***There is a mountain of evidence of God's existence***

Complex design requiring a designer

Mathematically predictable physical universe

Growing amount of evidence about other dimensions

Growing amount of evidence about life beyond death

The existence of Love's potential in the human

The ability for each human to receive love and knowledge from God

***Experimenting with the fact of God's existence***

Humans have avoided any real sincere experiment with God

As a result, humans avoid firm knowledge about whether God exists

Humans have little knowledge of what is loving

Humans have no idea whether God's definition of love is different from their own

Participants will have to conduct a number of their own experiments with God

Participants need desire to experiment directly with God in order to find out the truth

***Knowing whether God exists has a large impact on your education in Love***

If God exists, then God would know the most about Love

Many who listen to Divine Truth have not trusted what we have said about God

Many who listen to Divine Truth personally don't believe what we say about God

We present things we have discovered about God (and have done for many years)

Participants need to develop a much stronger desire to engage in getting to know God

***If God exists, then:***

God must be supremely powerful

God created all things

God created humans

God created the potential for all human emotion

The emotion of love exists within humans

If God exists then love must also exist in God

If love does exist in God then this love must exist in a perfected state (since God created Love itself)

Relationship with God is the essential ingredient in your education in Love

## ***Evidence that God's definition of love varies greatly from human's***

### ***Lets face the facts***

Everything that happens in the universe has a logical scientific reason behind it

Logically if there is so much pain and suffering on the planet, there must be a predictable scientific reason for it

### ***It is fact that God is not doing what humans think love should do***

God is not healing the sick, humans believe He should

God is not feeding the starving, humans believe He should

God is not stopping human wars, humans believe He should

God is not destroying the wicked (wants the wicked to be redeemed)

Humans want God to be responsible for the pain and suffering on the earth

God wants human to be responsible for their own creations

If God is Love, then why isn't God doing what humans believe love would do?

Obviously God's definition of Love is very different to the human definition

If God exists at all, there must be a reason for the differences

We believe God to be no better and sometimes much worse than the average human

What humans think love should do, God is not doing

What God does, humans do not do

Humans and God almost oppose each other on the subject of Love

### ***It is fact that people on earth are in a huge amount of pain and suffering***

We have lived for millennia with the human definition of love only to find that there is still a huge amount of pain and suffering occurring on the planet

It is not scientific to continue doing the same things over and over when the result is always pain and suffering

We have experimented with human's definition of love for many millennia

The result has been more pain and suffering

The logical scientific approach is to question how to end pain and suffering

We need to find the way to end pain and suffering

This requires us coming to terms with what we are doing does not work

### ***It is fact that humans are frequently unloving (by any definition)***

We allow terribly damaging things to occur, just so long as they occur to other people

We allow and even promote the systematic abuse of children

Religions often also promote the systematic abuse of others, including children

Many humans say that what we are doing is 'human nature' or natural

This is a justification to continue the pain and suffering that is occurring

We are proposing that the problem is a flaw in humankind's concept of love

It makes no sense to continue to agree that humankind's definition of love is correct while pain and suffering

continues

Continuing to follow beliefs that have previously caused pain and suffering is not logically the best course of action to take

***It is a fact that humans do not take responsibility for their own behaviour***

Humans believe in a God that is wrathful, punishing

They then justify their own behaviour (if God does it, why can't we)

We even believe that God is the source of our problems, creating us imperfectly

Humans want God to rescue them from their own creations

***It is a fact that humans don't believe in perfection***

Humans believe in the "flawed human condition"

Most religions on the planet also believe in the same, and promote those beliefs

Science also does not support the possibility of perfection

***It is plain we have a lot to learn about Love***

***This course will hopefully be the beginning of your education in love***

We will present some basic concepts that are poorly understood on earth

We will also present some higher concepts that are important in helping you obtain perfection

***An Education in Love will involve***

Total program lasts 240 hours, with 8 different sessions

Developing a will to love

Developing a desire for your loving self

Understanding God's Laws of Love

Understanding what happens when you sin (break God's Laws of Love)

Understanding how to recover from sin (breaking God's Laws of Love)

Engaging God's highest Laws of Love

Having a relationship with God (receiving God's Love)

Developing loving feelings for God

These are not the only things that are involved

But these are the initial things that you need to learn if you wish to gain an education in love

***This group***

Group program 30 hours

In this group we will focus your attention on developing your will to love

Lasts for 6 days contact time (8 days total)

## ***Group 1 - Developing My Will To Love***

### ***Analyse my desire to love and change***

We want to assist you to analyse your personal desire to love and to change by:

Analysing how you feel about love

Analysing how you feel about change

Analysing your resistance to love and change

We cannot stay the same and expect pain and suffering to go away

It doesn't make any sense to learn more about what the world thinks love is

We must develop a real desire to love God's Way and change our current perspective

We want to change from the standard way that the world views everything

So the first two days of this group will focus your attention on these subjects

### ***Analyse my fear of love and change***

We want to assist you to analyse your fear of love and to change by:

Facing your lack of Faith

Facing your fear of emotion

Facing your fear of taking action

Facing your resistance to personal truth

Humans have lived in this condition of pain and suffering for so many millennia

Humans seem to have no real desire to truly discover the cause of pain

This is proof that humankind must be resistive to change and to love

The question then becomes – what is causing this resistance?

This resistance causes disease, war, millions of people dying year in, year out and those who are alive subsisting rather than existing or thriving

There must be major impediments within humans that causes us to live life like this

We are going to discuss with you (over 2 days) why we justify acting in our fear of love and change

### ***Developing my will to love and change***

We want to assist you to analyse your desire and will to love and to change by:

Helping you understand your will

Examining the relationship between you will, and pain and pleasure

Helping you to develop your will

Discussing the rewards of developing your will to Love

Encouraging you to develop your will to Love in your daily life

Collectively humans spend thousands and thousands of years living in the same condition without much improvement in the conditions of life on earth

This is evidence we don't have a strongly developed will to become more loving

Individually most people here on earth live from 60-100yrs of age and yet very few people have ever



triggered a massive change in love

Though we have major changes and advances in the fields of science and technology, medicine, health and food production, these changes have not translated into less pain and suffering for the planet

In addition some scientific advancements have created more pain and suffering e.g. atomic bomb, weapons etc

And new problems and diseases and issues are being generated everyday which makes life difficult in new ways

### ***Conclusion***

On this planet, historically there has only been one person renowned for introducing new concepts of love to the planet

That person is me (Jesus)

However very few people have ever understood what was introduced

And even fewer have engaged the process of practising what was introduced

Part of what we would like to do in this course is to introduce and explain to you some of the very basic concepts of what I taught in the first century and to do it in a way that will hopefully be logical and succinct enough for you to decide to engage the experiments with God that you need to engage in order to become more loving and change.

This is the programme for the week

We'll take a break and be back to discuss 'how do I really feel about love?'

***10min break***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: How I Feel About Love***

### ***Presenter: Jesus***

***Description: Jesus introduces 5 basic questions to ask ourselves, examines why we lie to ourselves, and details a series of truths about God and Love that we must be willing to face if we are ever going to learn about, and grow, in Love***

### ***Introduction***

***If you do not sincerely answer this question:***

You will not begin on your quest to educate yourself about love

You will not begin to question yourself about your own definitions of love

You cannot receive any education in love (from God or others)

***Facing how you truly feel about love requires deep personal honesty***

Stop arrogantly believing that you already know what love is

The world that educated you is demonstrating that it does not know

Your own life is demonstrating to you that you do not know

Sickness, disease, pain and suffering are all indicators that you do not know

Unfulfilled relationships with others show that you do not know

***Earth wide problems demonstrate we share the planet with others who do not know***

### ***5 Questions to Ask Oneself***

***Am I going to let go of my own arrogance?***

Or am I going to continue to believe I already know when I do not and continue to harm myself and others as a result of my own continuing arrogance?

***Am I going to be prepared to let go of my definitions of "love"?***

Or am I going to hang on to my own definition while it continues to destroy my own life and the lives of people around me?

***Am I truly prepared to emotionally feel my own lack of love?***

Or am I going to refuse to acknowledge, accept and work through my unloving emotions which will make it impossible for any loving change to occur for me, and very difficult for those around me?

***Do I really want to absorb God's definitions of "Love" no matter what the cost?***

Or am I easily swayed from my education in love, which means there is basically no point wasting the time learning about Love in the first place?

***Am I really going to desire and follow God's way of Love?***

Or am I just going to talk about it and give it lip service?

### ***Why My Arrogant Opinions Of My Self Are Important To Me***

***I desperately want to hold onto my own façade***

The belief that I am already loving, when from God's perspective (and God's Laws perspective) I am definitely not

The belief that I know what love is, when I do not

The belief that I know much of anything, and others around me do not

***I desperately want to hold onto my own addictions***

*My addictions help me avoid the truth about:*

How I really feel

How I really look

How I really am

What I really believe

How I really act

***I desperately want to hold onto lies about myself***

While I believe these lies, I do not have to change, grow, or confront myself

I will need to let go of my own opinions

I will need to desire to gain God's opinions

***We want you make a choice to do this right NOW, and for the rest of our presentations***

### ***Questions I must be willing to answer directly and honestly;***

Face up to reality!!! Get real!!! Stop lying to yourself!!!

***What are my own real emotional definitions of God?***

*Questions I need to ask myself about God. e.g.*

Does God actually exist?

Does God exist to me?

Does God matter to me?

Am I angry with God?

Do I feel God cares or not?

Do God's opinions and laws matter to me?

I am only here because of what I want from God?

***What are my own real emotional definitions of God's Love?***

*Questions I need to ask myself about God's Love. e.g.*

Is God's Love real?

Does God's Love matter?

Do I wish to feel God's Love?

Why don't I want to receive God's Love?

What is the point of feeling God's Love anyway?

Do I trust God's Love?

Do I trust that God's Laws are Loving?

What are the characteristics and attributes of God's Love?

***What are my own real emotional definitions of unconditional human love?***

*Questions I need to ask myself about my own love, and human love generally. e.g.*

What do I believe about human love?

Why don't I want to give or receive love?

Do I believe love is safe or unsafe, controlled or uncontrolled, or secure or risky?

Do I value love, or believe in the power of love to change my life positively?

Do I believe unconditional human love is possible?

Do I believe love is painful, demanding or unpleasant?

Do I believe that love means I feel good all the time?

Do I believe love means duty and sacrifice?

Do I believe that meeting addictions = love? Eating a chocolate bar? Instant gratification and rush of pleasant feelings?

***Am I truly desirous to emotionally experience and release my real feelings out of harmony with God's Truth?***

*Questions I need to ask myself about experiencing my own emotions. e.g.*

How do I really feel about emotionally experiencing my unloving emotions?

Do I really believe there is any benefit at all to doing this?

Do I trust God's Way at all?

Do I really just trust my own way?

Am I prepared to feel about love?

Am I willing to give and receive love when it will sometimes feel challenging?

Am I willing to release my viewpoints of love if it requires my experience of pain?

Am I willing to do this even when my partner, family, and the world criticize?

Am I really sorry (repentant) for my unloving feelings, thoughts, words & actions?

Am I prepared to emotionally forgive others for their unloving feelings, thoughts, words & actions?

***Am I truly desirous to absorb God's definitions of Love into my emotional condition, my beliefs, and my life, no matter what the consequences?***

*Questions do I need to ask myself about my sincerity, honesty and desire. e.g.*

Am I ever really honest with myself?

Do I really have a desire to live a completely truthful and transparent life?

Am I willing to accept God's Truth even if I am the only person doing this?

Am I willing to absorb the attack that comes from others in disagreement?

Am I prepared to remain loyal to Love and Truth, even with the threat of death?

### ***Conclusion***

***If I wish to grow in love, then;***

I will need to be sincere about answering the 5 questions

I will need to work through many months/years of emotional resistance to Love

I will need to work through many centuries of emotional resistance to God

I will need to do this no matter what the consequence in my life

While I reject the source of education, I cannot be educated

***Am I really prepared for that?***

Unless I am, then there is little point participating here

***10min Break***

## ***Assistance Group***

***Series: An Education In Love***

***Group: Developing My Will To Love***

***Theme: How I Feel About Love Q&A***

***Presenter: Jesus***

***Description: Jesus answers questions from the audience about the material covered in the previous presentation "How I Feel About Love"***

### ***Introduction***

***I want you questions to be to the point, succinct and direct***

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### ***Potential Questions About***

***Arrogance***

***Letting go of my definitions of "love"***

***Emotionally feeling my unloving condition***

***My desire to absorb God's definitions of "Love" no matter what the cost***

***Blocking the "Source" of our education in Love***

***My real desire to follow and live God's way of Love***

### ***Actual Questions Answered***

#### ***Group 1***

***Feeling distant from God***

We may have separated our parents from our concept of God

But while we hold onto emotions about our parents, these are projected at God

Must deal with emotions related to the family of origin to begin relationship with God

We must process through emotions in order to begin a relationship with God

God attempts to expose to us our next most important emotion from His perspective

We often want to know the answer to everything before we deal with anything

The problem with this is that we end up dealing with nothing

This is because we are attempting to control the process of emotional release

We need to trust God's Way of addressing emotion until the emotions are done

We will know when it is done, because we will be at-one with God (assumes desire)

***Feeling blocked towards God***

Many parents are abusive towards their children

Often it is a relief to see that our 'parents' are not the same as God  
 But due to emotional injuries with our parents, we still have blockages with God  
 We then have a developing relationship with God, but it is not complete  
 We can love the concept that God is not like our human parents  
 But we will still have emotional blockages towards God due to parental injuries  
 e.g. We may believe God is loving, but still not trust God  
 e.g. We may believe God is loving, but still not trust God's Way  
 We need our education in love from God  
 But if we cannot feel God, then no education in love is possible  
 So we need to focus our attention on removing our blockages with God  
 These blockages are emotions tied up with human relationships (family of origin)  
 The faster we remove blockages with God, the more rapid our education will be

### ***The desire to believe in God in order to avoid fear***

Fear is an emotion that must be experienced  
 God will not have a relationship with us so that we can avoid fear  
 Having any belief (including a belief in God) based upon fear is emotional avoidance  
 We need to be willing to feel the emotion we are avoiding by choosing belief systems  
 We must be willing to experience these emotions  
 If we do not, then we will not be able to become educated in love

### ***Addressing emotional blockages of doubt towards God***

Doubt is an emotional blockage towards God  
 Doubt is also an emotion that needs to be experienced in order to be released  
 Doubt is an excuse based emotion; it is an excuse to not act  
 We need to find the emotional reason why we want to doubt  
 Doubt is an emotion of choice  
 We prefer to feel 'doubt' than address the emotions driving our desire to doubt  
 We do this in order to avoid addressing the real emotions  
 Our mind is a tool used by the soul to justify the soul's desires  
 e.g. Soul does not want to act then the mind will create 'good' reasons to avoid acting  
 e.g. Soul wants to feel safe then the mind will justify sin in order to feel safe

### ***Family dynamics***

Often parents do not actually parent  
 They rely on their older children doing the 'parenting' for their younger children  
 We then emotionally see our parents as distant and uncaring  
 We also emotionally see God the way the older siblings feel about parents  
***Some reasons for not desiring a relationship with God***

If we have trouble having a soul based longing for God then we don't want God's Love

We then need to feel about why it is we would not want God to love us

This is usually because we believe love is demanding, controlling, manipulative etc

We need to start with the acknowledgement that we do not want God's Love

Then we need to allow ourselves to discover why without judgement

We often feel that a relationship with God will result in more emotional trauma

### ***Addictive desires to be 'loved'***

This is not the same as truly longing for Love

If my definition of love is being approved, then I want that from God

But God may not be able to approve of us in our current condition

While we want things from love, we are not seeing that Love is a gift

This causes us to demand things from others and God

God cannot support these addictions

e.g. Addiction = desperate desire for God to make me feel good about myself

e.g. Addiction = desperate desire for God to approve of me

e.g. Addiction = desperate desire for God love me without sharing truth with me

e.g. Addiction = desperate desire for God to protect me

When we have demands towards God, we are not able to receive God's Love

Our demands cause us to believe that love will supply our needs and demands

But this is not true, since love is a gift, and cannot be demanded from anyone

Reference to channelling from Sonya (2016 Spirit Discussion)

Identify all of our addictions by asking a simple question:

"A person who loved me would do ... for me?"

Our list of beliefs about what love would do are our addictions about love

If God fed our addictions by giving us our own definition of love, then God would be teaching and reinforcing our false beliefs about love; God will not do this

### ***Confusing Love with addictions being met***

God knows that our bad feelings must be felt to be released

God knows that the choice to feel our emotions must be made by us

God cannot force this choice to be made since he gave us the gift of Free Will

God cannot make our bad feelings go away unless we are prepared to feel them

e.g. Allow myself to feel what I feel

e.g. Allow myself to ask the question 'why' do I feel this way about myself

Asking why tells us the truth about our childhood experiences

Many of the things we are terrified of are really minor things

### ***Not having a sincere feeling to long for God's Love***

Constructing a false belief that it is impossible to receive God's Love



Constructed beliefs justify our lack of action to refuse to long for God's Love

Ask self: "What are the real reasons why I am not longing for God's Love?"

e.g. I should get what I want from God if God really loves me

e.g. God should love me without me having to ask for it

e.g. If I don't get what I want I should be able to get really angry about it

The real reason is that I am really angry with God for not giving me what I want

God will not respond to our demands

We give up longing because we do not wish to face the addiction of our demands

We are unwilling to face the selfishness demands of 'our definition of love'

e.g. Wanting to protect our own heart while someone loves us

e.g. Wanting to receive love without giving it

These are deep fears that we are refusing to feel about with God

e.g. If I open my heart to love, I believe I will be destroyed

Many of our fears we believe are life and death matters

### ***Soul based knowing***

It is not possible to lose a soul based knowing of something

It is possible to lose an intellectual knowledge of something

It is possible to begin experiments with God but not complete them

Under these circumstances we will never resolve the issues with God

e.g. Have an experience with God

e.g. This experience challenges us emotionally

e.g. We then choose to shut down the emotional experience

e.g. By shutting down the experience we do not allow the experience to complete

e.g. By not completing the experience we never resolve what the truth is

We must learn to allow emotional processes to complete

This involves us being stretched emotionally

Process 1: Release the hurt emotion about the matter

Process 2: Accept God's Truth (an emotion from God) about the matter

If partial hurt is released, then we can only receive partial truth from God

e.g. Addiction to want others to do our emotional work for us

e.g. Addiction to wanting a mummy or daddy to be responsible for our feelings

These addictions prevent the experience of receiving Love from God

God is attempting to teach us to be self-responsible beings who understand their will

We are often arguing with God about our definition of love

We have a desire to hold onto our own definition of love & have God accept that

### ***The so-called 'unworthiness' emotion***

Constantly feeling unworthy is living in a false belief

Living in false belief of unworthiness reinforces the false belief of unworthiness

As a result the emotion will never be released

We need to ask ourselves why we feel unworthy

This is specifically related to how we have been treated by others as a child

We cannot process unworthiness emotionally without first feeling how we have been treated as children by others; we need to remember and feel about these events

Sitting in an unworthy feeling is just living in a false belief

Living in a false belief is in direct disharmony with how God is trying to educate us

e.g. Living in unworthiness opposes God's Truth that God feels we are worthy

e.g. Living in a feeling that we are nothing opposes God's Truth that we are the pinnacle of God's Creations

Someone made us feel unworthy

What did they do to us to make us feel unworthy?

These emotions are the emotions we must access and experience

## ***Group 2***

### ***A hope in a loving God, while the soul believes in an unloving God***

Actual emotion is a belief in a punishing God

But God has never punished us directly, so where does the belief come from

Must come from childhood emotional experience with family of origin

We cannot release an emotion that does not exist within us

We desire to accept our parents' beliefs systems emotionally

We are afraid of disagreeing with our parents' belief systems

We are afraid of disassociating from our parents' belief systems

As a child disharmony with parents' belief systems threatens our very survival

### ***What is God's perspective of worth?***

From God's perspective we already have worth

We are the pinnacle of God's Creation

We just have an emotional belief that we do not have worth

From God's Perspective we already have more worth than any other creation

Family of origin imposes all beliefs regarding a lack of worth

Allow ourselves to see where our lack of worth actually came from

Lack of personal worth is a multi-generational sin

What humankind does to build worth actually destroys worth

### ***Confusing knowing God with knowing ourselves***

Being drawn to 'The Way' in order to know self is narcissism

If we focus our attention of coming to know God first, then knowing self results

We will never know everything about ourselves unless we come to know God

We need God to tell us things about ourselves

Discovering the truth about self is dependent upon God sharing truth with us

### ***The emotional reasons why we blame God for our parents' behaviour***

Our feelings about God

Our reasons for those feelings about God

What we avoid by having these feelings about God

Feelings about God come from family, society, education, etc

We choose feelings with God to avoid emotions with family, society, education etc

We need to work out why we decided to blame God

We value relationships with family, society, etc more than our relationship with God

### ***Why facing the truth about family does not always help relationship with God***

This is because when we have been damaged by parents, we usually substitute parent reliance (our child state) with self reliance (because we can no longer rely on parents)

We do not have to process anything emotionally to be self-reliant

But to be God reliant, we need to process emotions about our parents

So, to avoid feeling stored pain, we choose self-reliance

We believe that the only person we can trust is ourselves

From God's perspective the only mistake we can make is a mistake in love

God has more love for us than we have for ourselves

God is more trustworthy to guide our life than we are

Many blockages to God come from the desire to be completely self-reliant

### ***Believing someone is guiding us while still not trusting the guidance***

We are often the only person we trust

We are often the person we cannot trust (due to injured emotions)

Addictions prevent us from feeling our reasons for not trusting

Addictions such as doubt cause us to not have trust, or faith in God

We see our addictions as a protective shield for our heart

### ***How we know if we are connecting with God or just with spirits***

If we project our addictions at God, only spirits who manipulate addiction will respond

God does not feed our addictions

Connection with God depends very much on our sincere desires

We need to develop courage to learn and experiment

God does not expect us to get everything right, He expects us to develop will to love

God knows that we will never know everything

### ***The connection between worth and knowledge***

As a child we were taught that our worth is dependent upon what we know

We need to break down this connection

From God's perspective, we are worth everything even if we know nothing

### ***Our reasons for avoiding emotion***

Come from childhood experiences that we were not allowed to fully experience

Our experiences teach us to deny some things, and accept other things

We must revisit childhood experiences emotionally to release them

Our reasons for avoiding are about what happened to us as a child when we felt

e.g. Receiving daddy's disapproval when I cried

e.g. Being punished further when I cried

e.g. Being laughed at when I cried

These are all reasons which we use to prevent crying as an adult

### ***Why self-reliance makes us selfish***

Self-reliance causes us to only value and trust our own opinion

Self-reliance causes us to believe others are mostly wrong or untrustworthy

Self-reliance causes a de-sensitivity to the feelings and opinions of others

Self-reliance causes us to only focus on our own life

Example of Glen (spirit discussion) who lived his own life doing his own thing

A person who is self-reliant becomes selfish naturally

All they are considering are their own emotions and addictions

Majority do not care that there are 100 million children dying every year

Majority have a huge reaction from a terrorist action

Majority are only considering their own fear

### ***Why we constantly question what is loving***

This is because we really do not know what is loving

We are better off to admit to ourselves that we do not know what love is

Teaching to do analysis for yourselves

Not being willing to feel the emotion of fear causes us to live in fear

This causes us to make decisions being governed by fear

We make will based choices to not experience fear

Then we ignore the results of not experiencing fear, which are all painful

### ***Points of action***

Essential to analyse how we feel about love

Essential to analyse how we feel about the Source of Love

Essential to connect how we feel about God with the real problem, which is how we feel about people in our childhood experience

Many caught in trap of blaming God and blaming Love for our personal pain

***20min Break***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: How I Feel About Change***

### ***Presenter: Jesus***

***Description: Jesus encourages us to consider the necessity and desirability of eternal change in our lives, how we really feel about change and growth, what is going to change if we embrace Love, and introduces the four reasons why we resist change***

### ***Constant Change Is Necessary To Grow***

#### ***Life is full of change***

For example, the growth of a child into an adult

*I celebrate when my child changes*

Except when I am challenged by the child change

#### ***As I age I may begin to deny this truth***

*This happens as I become arrogant and/or I live in my fear*

When many or all of my addictions are met constantly

When I am able to control my external environment

When I don't deal with a challenging change that I could not control in the past

#### ***I begin to rationalise that change is not necessary***

I feel entitled to comfort and purely happy emotions

I believe that others should change

I deny the impact of my errors on the world around me and other people

I think that humans can solve their problems without God

I do this because I wish to *deny truth*

I deny that my pain and suffering is caused by my own choices

***But change is absolutely necessary and desired!***

### ***The Truth about Change***

#### ***I am created and designed to change***

Change is the eternal truth of my existence

Embracing positive change brings joy

Resisting any change actually means negative change which leads to unhappiness

***How fast am I able to accept the beautiful things God offers?***

Change will only continue if I accept the things that God offers

Bliss will only be possible if I accept the things that God offers

***Am I being honest about my current state?***

What am I currently doing to embrace change?

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

***How much have I really changed since hearing Divine Truth?***

Use of time, use of resources, relationships etc.

***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

How I think

My desire for façade

My suffering

My desires

My thoughts

My behaviour

My limitations

My relationships

My body

How I use my time

How I act

My addictions

My comfort

My self expression

My emotions

My perceptions

My possibilities

Myself

My spirit body

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 are the four reasons I resist change?***

***I lack faith in God's Goodness***

What am I doing/have I done to the challenge the lack of faith?

***I tell myself lies rather than accepting God's Truth***

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

***I justify my own fear of action***

What am I doing/have I done to challenge my justification of taking no action?

***I justify my own fear of being emotionally overwhelmed***

What am I doing/have I done to challenge my justification of fear?



*We are going to spend a lot more time on these later in Session 2*

### ***Focus On Feeling My Emotional Response To The Reality Of Change***

***As I grow, change will be a constant in my life***

I must feel my error based emotions about continual change in order to become comfortable with change and growth

*This week we will present a lot of information about beliefs, emotions and attitudes within yourself that will need to change in order for you to grow in love*

An important part of growing the will to change will be to experience your emotional response to the ideas and concepts we present

If you try to suppress these responses and accept the truth with only your intellect you will not change or grow

***As I grow God always gives me greater gifts and happiness, not less***

My willingness to embrace change determines how quickly I can receive those gifts

### ***Notes:***

***We often associate change with loss and restriction***

*When we are faced with giving up sin, we feel that we will experience lack or less*

The opposite is true

***10min Break***

## *Assistance Group*

*Series: An Education In Love*

*Group: Developing My Will To Love*

*Theme: How I Feel About Change Q&A*

*Presenter: Jesus*

*Description: Jesus answers questions from the audience about the material covered in the previous presentation "How I Feel About Change"*

### *Introduction*

*I want your questions to be to the point, succinct and direct*

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### *Potential Questions About*

*The necessity of constant change*

*What needs to change*

*How I really feel about change*

*What will change*

*Allowing my emotional responses to change*

*My reasons for resisting change*

As opposed to my justifications and excuses

### *Things to consider*

*How have I changed?*

Emotionally and spiritually

*What have I changed?*

Actual habits, attitudes etc

*What did I do to change?*

What emotions did I feel?

What desires did I grow?

*How have I resisted change?*

What were the effects of me resisting change?

Why did I justify a lack of change?

## *Actual Questions Answered*

### *Group 1*

#### *Using will-power and effort to change*

Addictions to using will-power and effort to change must be processed emotionally

These come from childhood belief systems forced upon us

Change will be natural once we address the 4 primary issues that motivate change

These issues are faith, truth, action and emotion

#### *Resistance to personal truth prevents change*

Will be raising this issue in a few days time

We often view conditions within self as 'normal'

e.g. Lack of faith is 'normal' everyone has that

e.g. Resistance to truth is 'normal' no one really wants to hear the truth

e.g. Not taking action, or taking unloving action is 'normal', acceptable

e.g. Preventing painful emotions is 'normal', something everyone does

We are comfortable with a severe amount of pain

We need to become more sensitive to pain

Without truth no change or growth is possible within our lives

Most of us believe that withholding truth is loving

Most of us believe we can have love without truth

#### *Being exhausted in never ending cycles using will-power and intellect to change*

Anger => Judgement => Force Will-power => Self-attack & inaction => Anger

This results in exhaustion without change

Need to see what triggers the anger cycles

Need to develop the will to allow the experience of grief

Examine my feelings about each part of the cycle

Each part of the cycle is triggered by desires out of harmony with love

e.g. What does anger give me?

e.g. What childhood events supported suppression of anger?

e.g. What does judgement give me?

e.g. What childhood events supported judgement?

e.g. What does forcing myself do for me?

e.g. What childhood events supported my desire to try harder without feeling?

e.g. What does self-attack give me?

e.g. What childhood events supported my desire to attack myself?

e.g. What does inaction give me?

e.g. What childhood events supported developing a desire to not act?

What causes us to believe that we have to do the right thing when we don't want to?

What causes us to believe we must force ourselves to do the right thing rather than believing that all we need to do is remove from ourselves the reason why we want to do the wrong thing by feeling the emotion?

We get caught in cyclic emotions because we are unwilling to completely experience the emotions of any one or all of the events in the cycle

Each part of the cycle demonstrates where I am not accepting God's definition of Love

Each part of the cycle demonstrates where I am refusing to love myself

The main reason for refusing to love oneself is because we want someone else to love us first, we are needy for someone else's love

We need to learn to love ourselves the way God loves us

We resist that process through our addictions and false beliefs about love

Rather than punishing ourselves for the lack of love of self, we need to find the cause

These cycles will continue until we use our will to break the cycle

### ***Dealing with issues of self-worth***

Self worth is all about how others have treated us in our childhood

Most of us refused to examine how others have treated us

The main reason for this is that we still want relationships with the people from our childhood who treated us badly

We are still looking for 'love' from the people who treated us badly

To do this, we must accept the bad treatment of others and blame ourselves for it

We need to experience emotionally the truth about how we have been treated

Most of us avoid the pain of how we have been treated by others in childhood

We then accept the false belief systems of those people who treated us badly

We also impose the false belief systems on ourselves

Choose to surrender to the real pain of how we were treated

If we do this, our unworthy emotions will disappear through the emotional experience

### ***Basing our development and education on the world's definition of love***

We do this because we are really afraid of what people think of us

Parents are happy for the child to change as long as the child becomes like the parent

Society is happy for us to change as long as we conform to society

But all this is just avoidance of the emotion of fear about parents and society

If we take loving action outside of family or society norms, and then get attacked, this is an indication the attackers know they can get us to re-conform to their demands

This happens because we are primarily driven by avoiding pain

A person who loves is not driven by avoidance of pain, but rather is driven to make decisions in harmony with love and truth, even if the result is intense personal pain

We do not change on this issue because we are afraid of others

People on earth are willing to kill others who do not conform

Having courage without having a relationship with God completed is difficult

The best time for others to attack us is at the beginning of our relationship with God

I see attack of myself as a good indication I am doing what's right

If I am being attacked it means my definition of love is different to the world's

If I am being attacked it means that my actions are different to what the world wants

### ***Choosing to be alone causes harm to others***

A person who loves themselves and others shares themselves with others

Fear is the main emotion driving us to live alone

Fear is obviously out of harmony with love

Being alone is caused by angry emotions from childhood we are unwilling to process

If we are unwilling to process the emotion then change is not possible

If we are unwilling to process the emotion our will is not engaged to love

### ***Constant pain in our day to day life***

Fear of change

Fear of taking action

Many feel frozen in terror about making definite changes

Jesus draws 3 scales, pain, will or desire, and fear

For most, fear is high, desire is low, and pain is high

But the pain is not high enough to overcome fear

I need to change how I feel about pain (be willing to experience it emotionally)

I need to change how I feel about fear (be willing to experience it emotionally)

I need to change how I feel about desire or will (I need to grow my will)

If I take these three actions, I will no longer be manipulated by fear or pain

Unfortunately we wait until we are in extreme pain before we release fear emotionally

Unfortunately we also wait until we are in extreme pain before we have any will

Even once we are in extreme pain, most of us feel it is still not worth feeling fear

So the result is more pain and suffering physically and emotionally

We are basically willing to die rather than feel fear

All women on the planet currently are in this state

Most men on the planet are also in this state

We are afraid of feeling the emotion of fear and terror

We need to learn to act and choose to feel the emotional fear as a result

We need to learn to truly want all of our emotion

Prayer to feel all of our emotion is a true desire to feel all of our emotion

We are basically just using our will to live in fear, to avoid the emotion of fear

We need to change to use our will to experience our fear, rather than avoiding it and acting to prevent it

Fear = False Expectations Appearing Real (false beliefs about love and truth)

God's Truth (truth about love and truth) destroys fear

To feel fear, all we need to do is choose to act harmonious with concepts of love and truth, and allow the fear that is triggered to be experienced emotionally

If I refuse to act, I am living in terror, my desire will be squashed, and my pain and fear will increase, and my suffering will increase

e.g. I know I should not feed other's addictions, but I do it anyway, then I am acting in fear

e.g. To trigger this fear, I just need to stop feeding other's addictions and choose to feel the emotions I am afraid of

Our definition of love needs to change

If the contemplated action is in harmony with love and truth, then the action **MUST** be taken no matter how much fear you have about the action, and the choice to feel the emotion of fear **MUST** also be made at the same time to reduce the fear itself

### ***Fear of addressing unloving behaviour of others in public***

God is letting people behave badly in public without taking any action, why?

God has the power to act, but does not act in many situations, why?

Firstly there is the issue of Laws governing the Free Will of people involved

Secondly God is giving us (using our Free Will) an opportunity to act

Who created the opportunity to physically, emotionally or sexually abuse children?

In most countries on the planet, it is not unlawful to assault a child

In most countries on the planet, it is unlawful to assault an adult

Why is this the case?

Society approves of this behaviour in the guise of discipline, ownership of children, training children, allowance of parental anger, and so forth

If we observe unloving actions towards children, then there is an unloving viewpoint inside of ourselves that has attracted that event and our observation of it

Feelings of guilt, shame, anger etc all exist within us about these events

We need to first release the feelings, and then we will know how to act lovingly

### ***Group 2***

#### ***What will change if we accept God's view of Love***

Everything!

This is often frightening because we develop a degree of comfort over time

Once we approximate what we believe is our ideal, we stop changing

We then make a choice to no longer make additional changes

But God's perspective is that our change is infinite

God wants us to change beyond our wildest imagination or dreams

We allow fear to dominate our decisions

Once fear dominates our decisions, only negative change is possible

### ***Do I make changes first, or do I take action which allows changes***

To maintain constant change we need faith, truth, action and feeling emotion

Illustration of a child learning to walk

Child is drawn and now has a desire to stand up and walk

Process of learning, making mistakes, feeling emotions, and then trying again

Child has a desire and faith that it can stand up and walk (before it even happens)

Child then takes some action, without having a fear of making a mistake

Child then cries when it makes a mistake causing pain, and releases its emotion

Parents have no negative emotional projection towards the child learning to walk

Parents allow the child to feel and experience its emotion

Memory of the pain of any failure event has now been released

Child then tries again

Parents let the child make many mistakes

### ***Influence and change***

Wife

e.g. Dad relationship = grew up without a father, early sexual abuse

e.g. Want from dad = man meeting my addictions and desire for control

Definition of love is that a man meets my addictions to prove his love

Change happens when we desire to change

We want the same thing from all people with whom we are in addiction

Husband

Feeling of being needed and valued

Sexual interaction when we give the other person what they want

The spirit men will want the same thing

Interactions with spirits are generally co-dependent addictions

Interactions with people are generally co-dependent addictions

Growing a loving relationship requires both parties to have faith, desire truth, take action, and take responsibility for feeling their own emotions

### ***Emotionally processing a fear just to avoid the feeling of fear***

This is a façade

Multi-generational absorption of fear and terror and its results

Most of our fear and terrors will never happen

Most of our fear and terrors are manipulated by others

Most of our fear comes from the very people we continue to trust

Most of the abuse in our lives comes from people who have already abused us previously

We choose to allow this abuse to avoid feeling our fears and other emotions

***Reasons for choosing to abuse children sexually and emotionally***

This answer is incomplete, and further discussion occurs later with the person asking the question

Have a demand and expectation to have others look after him

Afraid to have a relationship with an adult woman

Angry with adult women

Want to emotionally avoid adult relationships

Anger with women causes the choice to abuse a girl

Wants to avoid all emotional processing regarding hatred with mother

Severe issue with power in relationship with adult women

Wants total control over the girl children

Wants to listen to spirits who are out of harmony with Love

Key is to desire to work through these issues

***Finish For Day***



## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: How & Why I Remain Unloving***

### ***Presenter: Jesus***

***Description: Jesus encourages us to consider why we do not make Love the highest priority of our lives, introduces the main denials, excuses, and justifications we use to remain unloving, and outlines the most severe problem of a lack of personal will***

### ***Introduction***

#### ***Analysing why and how I remain unloving***

We must come to see that this is a personal choice

We have direct responsibility for how and why we remain unloving

#### ***Fear is a human creation***

I create fear to justify unloving thoughts, words, feelings and behaviour

Fear must be confronted, and released before I can become loving

#### ***What are the reasons why and how I remain unloving***

### ***I Deny, Excuse, Justify, Minimize, Blame Others & Lie To Myself About My Resistance To Developing Faith***

#### ***Faith can be developed***

Any lack of faith is our own fault and responsibility

What are the messages we tell ourselves to support our own lack of faith

#### ***Faith In God***

I tell myself God does not exist

I tell myself I am already a part of God

I tell myself I can never really know God

I tell myself knowing and having faith in God is not important

#### ***Faith In How God Created Me***

I tell myself that God did not create me

I tell myself that human evolution is the survival of the fittest

I tell myself that God created me imperfect, and justify the imperfection

I tell myself that God's creation of me is flawed

I tell myself that I do not have the capacity to become perfect

I tell myself that perfection is unattainable

I do not trust that God created me with the ability to cope with anything  
 I do not trust that God created me with the ability to feel everything emotionally  
 I tell myself that I cannot change  
 I tell myself that while I live on earth, I must conform  
 I tell myself that God and the world do not reward goodness

### ***Faith In God's Goodness***

I tell myself God does not care about anything  
 I tell myself God created a harsh and dangerous universe  
 I tell myself God is punishing and cruel  
 I tell myself God is worse than the average human  
 I tell myself that God is a despot, tyrant, and a narcissist  
 I tell myself that human pain is God's responsibility  
 I tell myself that human pleasure is fleeting and based upon getting addictions met

### ***Faith In God's Laws***

I tell myself that my version of law is the correct version  
 I tell myself that there is no law but human law  
 I tell myself God's Laws can be manipulated and broken with impunity  
 I tell myself that God's Laws are inconsistent and unreliable  
 I tell myself that there are no benefits from following God's Laws  
 I tell myself that God's Laws are not loving or kind

### ***Faith In God's Truth***

I tell myself that it is impossible to find out the Absolute Truth  
 I tell myself that what I believe is the real "truth"  
 I tell myself that what I know about myself is the real "truth"  
 I tell myself that the truth hurts  
 I tell myself that the truth is scary  
 I tell myself that ignorance is bliss  
 I tell myself that truth is not that important  
 I lie and withhold truth justifying the act as loving  
 I tell myself that others will never accept God's Truth, so I only care about my safety

### ***Faith In God's Love***

I tell myself God does not care about me  
 I tell myself God is harsh towards me  
 I tell myself God is punishing and cruel towards me  
 I tell myself God gets angry and wants to hurt me

I am angry with God for causing my pain  
 I tell myself that God's Love is just a concept, an idea fixed in human need  
 I tell myself that God's Love is not powerful or strong; it is weak  
 I tell myself that Love can be taken from me  
 I tell myself that God's Love is not an Emotion of God

### ***Faith In God's Way***

I tell myself that there is no such thing as sin  
 I tell myself that there are no penalties for sin  
 I tell myself that sin is just a concept  
 I tell myself that addictions and façade are not sins  
 I tell myself that sin is only dependent on human perception  
 I tell myself that I can use my intellect to become perfect  
 I tell myself that my intellect is the strongest part of me  
 I ignore my emotional condition  
 I do not believe that emotional release is important for my progression in Love  
 I talk about God's Love without feeling it  
 I want to believe I am following God's Way when it is plain I am not

### ***I Deny, Excuse, Justify, Minimize, Blame Others & Lie To Myself About My Resistance To Truth***

#### ***Resistance To Truth is a personal soul based choice***

Resistance to Truth can be released, and error never acted upon  
 Acting upon error, living in error, and refusing to accept Truth is our responsibility

#### ***Our personal emotional reality (personal truth)***

I deny what my feelings really are  
 I deny that I have a façade  
 I deny that I have addictions that are ALL damaging  
 I choose to live in a façade depending upon the circumstances  
 I choose to keep my addictions which help me deny and avoid fear  
 I deny I am arrogant, since my arrogance protects me from feeling fear I also deny  
 I excuse myself by saying everyone else thinks, feels, and acts the same as me  
 Everyone is the same as me, so why should I have to accept some truth  
 When I feel pain, it is other people's fault  
 When things go wrong, it is other people's fault  
 When I am sick, or have a disease, that is God's fault  
 I avoid situations, experiences and people who will expose the truth to me  
 I choose to doubt, rather than resolve primary questions and issues

I choose to blame, rather than take personal responsibility

### ***God's Truth***

I doubt God's existence

I doubt God's important to my life

I blame God for things that are not God's fault

I deny the existence of Absolute Truth (while also relying on it e.g. Gravity)

I deny that God has Laws that are in harmony with Love

I deny God's concept of sin

I deny, misinterpret, and intellectualise what God's Laws show me

I choose to ignore emotion

I choose to avoid and block God

I take actions in my life to avoid knowing God's Truth

I refuse to spend time contemplating God's Truth

I busy my life so that I do not have to think about God's Truth

I talk about God's Truth but I do not feel about it

### ***I Deny, Excuse, Justify, Minimize, Blame Others & Lie To Myself About My Fear Of Action & Emotion***

#### ***Fear of emotion and action***

Fear can be released, and never acted upon

Actions can be taken to confront the fear

Acting upon fear, or refusing to release fear is our own fault and responsibility

Refusing to take positive loving action is an exercise of our will

#### ***Fear Based Thinking***

Everything I am afraid of is real

My perspective of everything I am afraid of is true

I cannot cope with feeling terror or fear

I must avoid feeling fear at all costs

Even if the cost is another human life, I must avoid feeling fear

My anger about what made me afraid is justified

I cannot be expected to do things I am afraid of

I cannot be expected to be loving when I am afraid

I cannot be expected to be truthful when I am afraid

Acknowledging my fear means to acknowledge that there is no hope

Acknowledging my fear makes me weak, powerless or stupid

There is no better life than the one I have made for myself

***Fear Based False Beliefs***

I am not afraid

I don't feel fear

My fear does not control my life

Fear is a normal human emotion

Fear is essential for survival and my protection

A loving God would never expect me to feel my fear

A loving God would help me avoid my fear

If I sin when I am afraid, that is excusable

***Fear Based Actions***

I must always respond to what my fear demands

I must avoid anything that makes me feel afraid

I will enjoy only those things that make me feel safe and secure

I must control and manipulate everything to avoid fear

I get angry when events trigger my fear

I must take risks to confront my fears

I want someone else to take responsibility for my fear

I am willing to be unloving when I am afraid to protect myself

I must avoid any knowledge that makes me afraid

I will present arguments that support my denial of fear

I cannot let go of what I have, because there is nothing better

***The Desire To Remain Inactive & Ignorant***

I avoid the discovery of truth (because this allows me to be inactive)

I avoid knowing the truth about love

I desire to continue believing in my own definition of love

I desire to be ignorant about love so that I can avoid taking action

I avoid taking action that is loving I choose to take actions that are unloving

***The MAIN Reason***

As we can see, all of the reasons why and how we remain unloving are our own fault and responsibility. So, the main reason why we remain unloving is:

***I want to keep doing what I am already doing***

We have many illogical and unloving reasons for this choice

But we need to see it as a choice, an exercise of our will

***I Deny, Excuse, Justify, Minimize, Blame Others & Lie To Myself About My personal responsibility to develop a strong emotional will to change all of the above***

Why don't I make a firm choice to become loving? I don't want to!

Why don't I take action to become loving? I don't want to!

Why do I allow myself to remain in an unloving condition? I want to!

Why do I want someone else to rescue me from my unloving condition? I want to!

Why should God make it easy for me to remove my unloving condition? I want him to!

Why do I ignore that I am responsible for my own pain? I want to!

Why do I ignore that I am contributing to the collective pain of humanity? I want to!

***10min Break***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: How & Why I Remain Unloving Q&A***

### ***Presenter: Jesus***

***Description: Jesus answers questions from the audience about the material covered in the previous presentation "How & Why I Remain Unloving"***

### ***Introduction***

***I want your questions to be to the point, succinct and direct***

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### ***Potential Questions About***

***My Denial, Excuses, Justifications, Minimizations, Blaming Others, and Lying To Myself about;***

Faith

Fear

Truth

Emotions

### ***The MAIN Reason***

My lack of developed will to love

My lack of desire to take real personal responsibility to develop a strong emotional will to change and become loving

### ***Actual Questions Answered***

#### ***Group 1***

***Denial, excusing, justifying, minimizing, shifting blame, lying are real soul injuries***

We justify these feelings remaining in our soul rather than taking action about them

e.g. God does not exist is a real feeling within the soul

e.g. Justifying not believing in God is an excuse used to not experiment

Things don't change because we want to make excuses about removing emotions that resist our change

We are able to release emotion

We are able to have faith

We are able to receive truth

We are able to take action

We need to put the emotion with the person who created it (self or others)

If we do not truthfully place the creation of the emotions with the right person, we will not be able to actually

release the emotional injury

e.g. A lack of belief in God did not come from God, it came from family of origin

e.g. Blaming God for that emotion prevents us from feeling its true source

God created us to experience and release our emotions

Our decision to not do this is the choice of our will

It is our will being exercised to refuse the emotional experience

Stop telling ourselves that we have no control over the emotional experience

Giving excuses to ourselves is just a method for not taking responsibility

Justifying the emotion remaining in self is worse than the emotion being there

We need to feel how much we want to avoid the emotional experience

We need to desire to know why we wish to keep them within the soul

How do these emotions support our current life choices and decisions?

e.g. Serial monogamy = addiction = immorality. What emotions justify those actions?

The fact I have them is less important than my desire to release them

My desire to excuse them prevents me from ever identifying or releasing them

### ***Excusing the unloving choices of self or others***

From God's perspective, no matter what has happened to us, there is no good reason for being unloving or untruthful

On earth we feel there are good excuses to be unloving

That is why wars happen: Participants believe the excuse justifies the unloving action

From God's perspective there is no reason to ever take an unloving action

Humankind believes in retribution

God believes in repentance and forgiveness

Our unloving emotional responses are about ourselves, and not about others

The concept of justified violence is one of the most damaging on the planet

We need to make an internal decision to shift from this concept

We need to give up our own definition of love rather than justifying those definitions remaining within us and causing pain to ourselves and others

We need to see how our excuses keep us in an unloving condition

### ***How to actually address an emotional excuse***

My false belief: I cannot cope with my emotional experience

God's Truth: I was created to cope with any emotional experience

We have proof of that truth, which means we should have faith about that truth

Examine your investment in the false belief

What does retaining the false belief help me accomplish?

Retaining a false belief helps us avoid the associated painful childhood emotions

We desperately want our own false belief to be true so that we can avoid emotion

I want the false belief to be true, I created the false belief for a purpose



I don't need to process the false belief emotionally

I need to see what emotions the false belief has been constructed to avoid

I want to avoid my childhood pain, I am allowed to avoid my childhood pain

I am allowed to construct belief systems that help me avoid my childhood pain

But the real question is: Do these choices help me progress in love?

Do these choices create happiness?

Do these choices create pleasure?

Self-lie: I cannot cope with emotions (false belief, delusional)

Self-truth: I do not want to have that emotion (truth, reality)

The false belief supports the avoidance of the painful emotion

The false belief supports the avoidance of the experience of pain

So we wish to retain our false beliefs

But the results of retaining false beliefs are more pain, unhappiness, no relationship with others, no relationship with self, and no relationship with God the source of truth

How much pain is going to be necessary before I make a different choice?

Faith in God will help us overcome these self-defeating choices

A self-responsible being will always tell themselves truth

A self-responsible being will always feel their own emotions

### ***Everything is about the choices we make from our soul***

At any moment I can choose love and truth

Life is not predetermined by our previous experiences

Emotional reasons stop us from making choices

But a person who has chosen will definitely deal with those emotions

e.g. Spirit discussion with Glen (eventually he surrendered to grief)

Why didn't I surrender to grief years ago?

This is a part of building our faith in God's Way

God created us to feel emotions

Work out why you are shutting down emotions out of harmony with love

The false belief is the mind's construction to support the soul's choice

Jesus example: Did everything he could to feel and experience his own emotion

### ***How the mind supports soul based choices***

Soul: I want to avoid all of my childhood emotional pain

Mind: Creates belief systems to make sure the soul decision is supported

e.g. Soul: I want to avoid emotional pain

e.g. Mind's false belief: Pointless to feel emotional pain

e.g. Mind's false belief: Others will attack you feeling emotional pain

e.g. Mind's false belief: Feeling emotional pain just causes more pain

The mind's false belief constructions help the soul with its goal of avoidance

Conundrums exist when we hear from another source that another choice is possible

The mind now is in two states, receiving information that it suspects is truth from another source, while at the same time receiving information from the soul to continue with the current choice of avoidance

False beliefs support the avoidance of specific emotions

### ***How we know whether the false belief is in the mind or emotional***

Most false beliefs come from multiple sources including self

These include own choices, childhood, spirits, society etc

The false belief can be emotional (from childhood)

The false belief can also be intellectual to support the avoidance of emotions

Where the false belief comes from is not the real problem

The real problem is the purpose of the false belief, what we believe the false belief accomplishes for us in our life

The false belief is an excuse we are making because of the choice at the soul level to avoid the emotional experience

### ***Example of unworthiness***

My false belief: I am unworthy

God's Truth: I am the highest of all of God's Creations

Question: Is my belief the same as God's Truth? No!

Does not matter where my belief came from, it matters that I change it!

My investment: I avoid emotion about abuse and attack, I avoid action

### ***Group 2***

#### ***Using will-power to choose love***

This denies that choices are really made within the soul

Will-power is making a choice in the mind only

The mind is designed to be a tool used by the soul to do what the soul wants

All people on earth have a desire within the soul to avoid faith, truth, action & emotion

The mind will not be able to overcome the will of the soul

The mind will also support the choices made by the soul

The real goal is to remove from the soul the motivation to sin

Engage an honest self-examination of the choices we make and the outcome of these choices, rather than believing that God's Universe is flawed

We must see the relationship between cause and effect

Cause = an emotional desire to sin

Effect = pain and suffering resulting from acting upon an emotional desire to sin

### ***First emotions to feel are the emotions of avoidance***

We must change our false beliefs

These false beliefs exist within the soul

Truth is the only thing that will confront the false beliefs

The soul must be educated to make different choices

Process begins with the acknowledgement of truth

### ***Avoiding the consequences of our actions***

We need to be sensitive to the relationship between cause and effect

Making others responsible for our actions is a sin

Giving our will away to other people is a sin

Giving our will away causes a delay in consequences

Giving our will away also removes the consciousness of the cause related to the effect

The more sensitive we are emotionally, the more likely we will take immediate action to negate our past unloving behaviour

### ***How judgement of anger causes us to choose to be unloving***

Suppressing anger causes us to be unloving

Judging anger causes us to be unloving

We must first find our judgement of anger

Judgement is a soul based feeling that feeling the emotion is dangerous

We must educate ourselves that feeling the emotion is a good thing

### ***Analyse the reasons why we want to give away our will***

We have many personal justifications for giving our will to others

We must see what these justifications are, and their results

### ***Taking over another persons will***

This is an unloving act, whether the other person agrees or not with our action

Those who attempt this become enraged with those who refuse to give up their will

This is taking power over others

This is driven by anger about childhood events

We prefer to avoid the truth about how we are really using our will

I need to change the reason why 'I want to sin'

### ***How resistance to emotion causes physical pain***

We need to find out why our soul wants to avoid the emotion

It is not the emotion itself that causes pain but rather it is the avoidance of emotion that causes the physical symptoms of pain

Resistance to emotion causes the physical pain

### ***How body therapies work***

Bypassing the mind's desire to resist and having a desire to work through emotion

Without emotional experience there will not be change in our life

Once you hit your emotional resistance, no amount of body therapy will help

All processes are dependent upon the soul's will

### ***The truth about perfection***

The soul is only perfect when we have released all sinful emotion and become at-one with God

The soul at-one with God is not infinite, it is finite and will continue expanding as it receives God's Love

It is impossible for our soul to become infinite

It is possible for our soul to become immortal

Perfect is perfected in God's Love

Perfect is not knowing all things

Once perfect our soul continues to expand

The soul cannot expand beyond the capacity of the Universe to contain it

### ***Using our will firmly***

To experiment in either direction

But we need to measure the result of our actions (pleasure vs pain)

### ***20min Break***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: Session 1 Personal Feedback***

### ***Presenter: Jesus***

***Description: Jesus gives personal feedback to regarding terror of taking loving actions and the false beliefs that drive this state, and beliefs that we must earn love and how that prevents the flow of God's Love***

### ***Introduction***

Purpose of this feedback is to help you grow in love

### ***Potential Discussions***

#### ***Facing What My Current Life Tells Me***

How I use my time

How I use my resources

How I think, feel, and act

#### ***Facing That I Do Not Want To Love***

I have been listening to my excuses

I have been unwilling to take responsibility for my own development

#### ***Facing That I Do Not Want To Change***

The denial I have

The fear I have

The false beliefs I have

### ***Jesus gives personal feedback to:***

#### ***Group 1***

##### ***Lani Reid***

Question: "I feel a huge gulf between where I am and where I want to be. I am really afraid of embracing change. I am terrified of taking the action that love would direct and often the results are so left field and unexpected that I shut the process down. Why do I do this?"

Jesus discusses the need to be willing to feel the emotions of terror and fear, and also how to address and release from within oneself the false beliefs that make us feel so terrified of love and change.

##### ***Elvira Gregorich***

Question: "Even though I have heard Jesus say that Love is a Gift, in my heart I believe that Love has to be earned. I have been chasing my tail trying to earn love, and obviously not succeeding. I cannot let God's Love in. Why am I in this cycle?"

Jesus discusses the truth about Love being a gift, and then points Elvira to her personal emotions about why

she feels she must earn love. Her false beliefs about love are emotions within herself that she needs to allow herself to feel.

## ***Group 2***

### ***Amber Love***

Question: "Why do bad Karma and negative events happen to my family when I embrace the Way?"

Jesus discusses how all people who come to listen to Divine Truth events are targeted, threatened, bribed, and blackmailed by dark spirits to influence each person to reject God's Way. These spirits know they can manipulate our will by threatening us and/or our families. These spirits use our own fear as a weapon against us. They do this by creating an event which will cause us to become angry, afraid, ashamed (or experience any other personal emotion which we wish to avoid), knowing that it is highly likely that we will allow ourselves to be manipulated into compliance with their desires under such circumstances.

### ***Cecilia Liu***

Question: "Do I automatically project towards God whatever unloving emotions I have about my parents, even though I am from a non-religious background? I consider God is a new person to get to know. Am I being delusional? Does God automatically feel my rage and mistrust? Please help me to clarify this issue."

Question: "I know I am terrified of my parents, and feel hopeless to confront my parents about their treatment towards me. Does speaking the truth require me to confront them? I know they are completely unwilling to know the truth. Will confronting them break God's laws about their Free Will?"

Jesus discusses firstly that we are not required to speak the truth and spend time with people whose only desire is to abuse us further. We would, rather, choose to not have any more association with people who abuse us, and who are unloving to us. This is a decision based upon self-love. Abusive people generally do not allow us to withdraw from them without a confrontation. We are afraid of the confrontation because we are afraid of experiencing our own emotions that the confrontation will trigger.

He also talks about how we treat God based upon our own un-healed emotions with our parents. We tend to impose our beliefs about our parents and other authority figures upon God. This prevents us from having a loving relationship with God, even though we may not have any preconceptions about God himself. Family based blockages are the largest emotions we project towards God. We need to have faith that God is not the same as our parents, and that God is good.

Quite frequently we have a tendency to place ourselves in danger by placating people who have abused us previously (from God's perspective). Instead we should completely remove ourselves from an abusive person.

Our new family consists of God (who is our mother and father), and our brothers and sisters who live in harmony with God's Love and God's Truth.

Our will gets manipulated because we are unwilling to experience our fear and terror.

## ***Group Feedback***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: Session 1 Group Feedback***

### ***Presenter: Jesus***

***Description: Jesus gives group feedback regarding the fact that God is doing everything He can do to educate us in God's Love and Truth and help us feel more pleasure and happiness in our lives, and it is only the exercise of our own will that prevents this education***

### ***Introduction***

Purpose of this feedback is to help you grow in love

### ***Jesus gives group feedback about:***

#### ***Group 1***

#### ***We do not receive God's Love because we personally reject God's Love***

To receive an education from God we must have a personal connection with God

The education comes through the reception of God's Love and Truth

God can tell us the Truth about every issue

God desires to tell us everything

#### ***The barriers we place around ourselves to the reception of Love and Truth***

The largest barriers and the barriers to God's Truth

We become judgemental of others or self when we receive truth

Judgement is a barrier around the soul

Holy Spirit is the spirit of truth, depends upon whether the individual rejects truth "Open" to receiving love, but "closed" to receiving truth

Truth results in emotions coming up that we do not wish to feel

This is totally under our own control

God is already making everything happen

Only we ourselves can prevent the flow of God's Love

We believe that love is possible without having to feel or hear any truth

We refer to reject truth rather than accept love

#### ***God wants to give God's Love to every child***

If we think we are asking, but not receiving, then we cannot be asking

There must be something within oneself that is blocking

We are determining the flow through the exercise of our will

The power of exercising our will

### ***Having Faith That God is Good***

How this kind of faith changes our perspective about God's Love

How God demonstrates His Goodness in our daily life

### ***Facing What My Current Life Tells Me***

How I use my time

How I use my resources

How I think, feel, and act

### ***Facing That I Do Not Want To Love***

I have been listening to my excuses

I have been unwilling to take responsibility for my own development

### ***Facing That I Do Not Want To Change***

The denial I have

The fear I have

The false beliefs I have

### ***Group 2***

### ***Proposed group feedback about:***

#### ***Wanting to be unloving***

The need to be honest about such desires

Allowing oneself to feel these desires and the resulting pain they cause

Allowing oneself to feel these desires without judgement

The need for personal honesty and transparency

#### ***Facing What My Current Life Tells Me***

How I use my time

How I use my resources

How I think, feel, and act

#### ***Facing That I Do Not Want To Love***

I have been listening to my excuses

I have been unwilling to take responsibility for my own development

#### ***Facing That I Do Not Want To Change***

The denial I have

The fear I have

The false beliefs I have



## ***Jesus gives actual group feedback about:***

### ***Acknowledging the feeling that 'I want to sin'***

Most want to believe that we are good all the time

We have an image of ourselves that we want to maintain

We do not face up to truth

### ***We need to know our soul's true desires***

If what we want is sin, then we have a choice to release sin

If we do not acknowledge, then we will never begin the process of becoming loving

### ***Many of us choose to do more unloving things after a lack of love is exposed***

We often blame the other person for our own unloving behaviour

If we are loving we would never choose to harm another person

### ***Pain and suffering is caused by our desire to sin***

### ***Actions needing to be taken if 'I want to sin'***

We need to root from the soul the desires and emotions that cause us to sin

We need to first be honest and truthful about our desire to sin

The desire to sin comes from emotional justifications of our sin

Feel that 'I want to sin'

Then feel about why 'I want to sin'

The desire to sin comes from many belief systems within us

This includes society, family, spirits, and internal beliefs

### ***The desire to lie to ourselves about our real desires***

Lying to self completely blocks us from change and growth

We become addicted to the façade

We lie to ourselves about how we really are

We want to present an external image to self and others

### ***Do we really want to change our desire to sin?***

Acknowledge that 'I want to sin'

Develop your will to find out why!

### ***10min Break***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: Facing My Resistance To Faith***

### ***Presenter: Jesus***

***Description: Jesus encourages us to go through the process of emotionally removing our resistance to faith in God, God's Love, God's Truth, and God's Laws, and the need to take action to develop more faith in order to use our will in a loving manner***

### ***Introduction***

#### ***Am I an adult, or a little baby?***

Babies sit and cry that someone else is not looking after them

Babies expect others to feed them, and to nurse them

Am I complacent, apathetic, or do I have a passion for Love?

#### ***What is Faith?***

"Faith is what may be called a tele-microscopic faculty the soul discovers in the depth of being, which, pressed into service, penetrates and illuminates the interior darkness, and enables the soul to live in the future as if that future were already present."

Aphraar, The Gate Of Heaven

"Faith is the assured expectation of the things hoped for, the evident demonstration of realities though not beheld."

The Bible, Hebrews 11:1

#### ***A lack of faith is a human creation***

I ignore faith to justify unloving thoughts, words, feelings and behaviour

A lack of faith must be confronted, and released before I can become loving

### ***To Change; Resistance To Faith Must Be Experienced Emotionally***

#### ***I cannot expect to change unless I process emotionally***

#### ***What am I doing to access my emotions?***

Am I stopping my addictions?

Am I stopping my façade?

Am I giving myself time to feel daily?

Do I do things that make me feel?

Am I confronting my fears?

Do I allow myself to be emotionally overwhelmed?

Am I emotionally repentant for my sins?

Do I remind myself of what I have intellectually learned about God's Truth?

***What am I doing to confront my false beliefs?***

All of my false beliefs are emotional!!!

Do I minimize or justify them?

Do I blame others for them?

Or do I really grieve them emotionally, asking God for forgiveness for them?

***God created me as an emotional being***

God created all souls to be fully emotional, sensitive and regularly overwhelmed

If I am not allowing this process, I am not on the path to God or following God's Way

***Lack of Faith vs Resistance to Faith***

***Lack of Faith***

Caused by inter-generational injuries that predispose us to not have faith in God

Caused by events in childhood that predispose us to no longer have faith in people

Choices we personally make demonstrate others cannot have faith in us

These are all emotional injuries that can be reversed

***Resistance to Faith***

We make a personal choice to not focus on developing faith

We do this for many reasons, but ultimately this is our own fault and responsibility

***Why I Want To Resist Developing Faith***

***Faith will mean that I will feel more***

I avoid faith because if I have faith I am forced into accepting God's Truth

I avoid faith because it confronts my own false beliefs

I avoid faith because real faith causes me to take action in harmony with Love

I avoid faith because real faith causes me to take action even when I am afraid

I avoid faith because it results in consistent and unpredictable change

I avoid faith because it means confronting the truth in my life

I avoid faith because it means confronting the truth about myself

I avoid faith because I have the illusion of safety doing so

***I need to avoid faith so that I can feel less***

I will do ANYTHING to justify my avoidance of emotions

***To avoid real faith, I manufacture False Beliefs to justify unloving behaviour***

I (or others) make false beliefs up

Once I make them up, I teach them to myself and others

Once I have learned and accepted them, I justify them

Once I justify them, they help me avoid feeling my real emotions

I do this to distract and prevent myself from feeling the real truth

e.g. I tell myself cannot trust God

Then I can avoid following God's Laws

e.g. I tell myself cannot trust God's Laws

Then I can break God's Laws anytime I want

***Once I justify False Beliefs, I use False Beliefs as an excuse to be unloving***

I tell myself that my false beliefs are real when I have no evidence

I tell myself that my false beliefs are logical and rational

I tell myself that my false beliefs should not be confronted

I get angry when situations confront my false beliefs

I protect my false beliefs at all costs, since protecting them maintains the ability to distance myself from my own emotional condition and truth

***BUT, all of this is SIN!***

I avoid developing faith so that I do not have to act in harmony with faith

If I acted in harmony with faith, I would desire to experience and release emotion

If I acted in harmony with faith, I would take positive loving action

So I choose a lack of faith so that I can stay in my current condition of fear

Belief in anything other than God's Truth is SIN!

Wanting to believe false beliefs is FEAR!

Apathy, complacency and doubt is FEAR!

FEAR is SIN!

Maintaining FEAR is SIN!

Justifying FEAR is SIN!

Acting in FEAR is SIN!

Believing in FEAR is SIN!

***A Lack Of Faith Will Not Result In Growth***

***Humility is:***

The sincere and passionate desire to feel and experience every emotion whether those emotions are painful or pleasurable. The willingness to face all of God's Truth, no matter what thoughts, words, feelings and actions will need to change in order to accept God's Love.

***Unless I change my lack of Faith, I will continue to believe and act unlovingly***

Maintaining a lack of faith is a demonstration of a lack of humility

Having real faith in God and God's Goodness will cause me to take sincere action

Faith gives me a reason to continue development under all circumstances

But I must be willing to develop faith, otherwise I shall never obtain it

If I never act in harmony with faith, then I will always act in false beliefs

E.g. When I have faith, I will act in harmony with love even if my current soul condition is not in harmony with my action. This causes a temporary rise in soul condition, which allows me to perceive new truth which was not available to me before. While acting in this manner may feel quite distressing, it will allow the release of emotional error, and allow the reception of more Love.

E.g. When I lack faith, I act in harmony with my false beliefs and opinions. Nothing inside me is confronted, and I remain in my personal error.

***Talking about having Faith is not actually having Faith***

Talking about false beliefs generally just makes the belief appear real

Talking about faith only retains an illusion of faith

Real faith motivates actions in harmony with the faith itself

***My time here is pointless if I refuse to develop faith NOW!***

No growth towards God is possible unless you are willing to develop faith

No growth towards God is possible unless you are willing to act in faith

***What actions do I take daily to challenge the lack of faith?***

***What actions do I take daily to grow faith in God?***

***What actions do I take daily to experiment with God?***

***What actions do I take daily to follow God's Way?***

***What actions do I take daily to experience everything emotionally?***

***I have not done any work on this! Why?***

***10min Break***

***Notes For Experiencing My Lack Of Faith In:***

***God***

*What does it feel like to believe that:*

God does not exist

I am already a part of God

I can never really know God

Knowing and having faith in God is not important

### ***How God Created Me***

*What does it really feel like to believe that:*

God did not create me  
 Human evolution is the survival of the fittest  
 God created me imperfect, and justify the imperfection  
 God's creation of me is flawed  
 I do not have the capacity to become perfect  
 Perfection is unattainable  
 God created me without the ability to cope with anything  
 God created me without the ability to feel everything emotionally  
 I cannot change  
 While I live on earth, I must conform  
 God and the world do not reward goodness

### ***God's Goodness***

*What does it really feel like to believe that:*

God does not care about anything  
 God created a harsh and dangerous universe  
 God is punishing and cruel  
 God is worse than the average human  
 God is a despot, tyrant, and a narcissist  
 Human pain is God's responsibility  
 Human pleasure is fleeting and based upon getting addictions met

### ***God's Laws***

*What does it really feel like to believe that:*

My version of law is the correct version  
 There is no law but human law  
 God's Laws can be manipulated and broken with impunity  
 God's Laws are inconsistent and unreliable  
 There are no benefits from following God's Laws  
 God's Laws are not loving or kind

### ***God's Truth***

*What does it really feel like to believe that:*

It is impossible to find out the Absolute Truth  
 What I believe is the real "truth"  
 What I know about myself is the real "truth"

The truth hurts

The truth is scary

Ignorance is bliss

Truth is not that important

It's fine I lie and withhold truth justifying the act as loving

Others will never accept God's Truth, so I only care about my safety

### ***God's Love***

*What does it really feel like to believe that:*

God does not care about me

God is harsh towards me

God is punishing and cruel towards me

God gets angry and wants to hurt me

God deserves my anger for causing my pain

God's Love is just a concept, an idea fixed in human need

God's Love is not powerful or strong; it is weak

Love can be taken from me

God's Love is not an Emotion of God

### ***God's Way***

*What does it really feel like to believe that:*

There is no such thing as sin

There are no penalties for sin

Sin is just a concept

Addictions and façade are not sins

Sin is only dependent on human perception

I can use my intellect to become perfect

My intellect is the strongest part of me

I can ignore my emotional condition

Emotional release is important for my progression in Love

I think I feel God's Love when I don't

I think I am following God's Way when it is plain I am not

## ***Assistance Group***

***Series: An Education In Love***

***Group: Developing My Will To Love***

***Theme: Facing My Resistance To Faith Q&A***

***Presenter: Jesus***

***Description: Jesus answers questions from the audience about the material covered in the previous presentation "Facing My Resistance To Faith"***

### ***Introduction***

***I want your questions to be to the point, succinct and direct***

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### ***Potential Questions About***

***What is faith?***

***Emotions relating to a lack of faith***

***How I personally avoid faith***

***Why I personally avoid faith***

***The sin of a lack of faith***

***My personal responsibility to develop faith***

### ***Actual Questions Answered***

#### ***Group 1***

***Longing for God or Jesus like a lover***

God is not your sexual lover

Longing for God like a lover is caused by many soulmate based injuries

Longing for Jesus like a lover is caused by many soulmate based injuries

***Stopping ourselves from loving desire***

Is this a lack of faith in self, or in God?

It is an inability to determine what is love and what is not

Because we do not know what love is, we constantly withdraw from engaging in our desires, being uncertain as to the outcome

You can long for and have 'faith' in things that are unloving for you and others

You can long for and have 'faith' in things that are loving for you and others

You need to be able to tell the difference



Many are longing for things out of harmony with love and truth

e.g. Longing to have your addictions met by God or others

e.g. Longing for a partner so that you don't have to feel some personal pain

We need to first obtain the correct definition of love and develop faith in God's definition of love

We also need to remove from ourselves the world's definition of love

Receiving God's Love is the thing that will help us determine what love is

My highest priority is to focus on receiving some of God's Love

Once God's Love has been received, it will help you determine what love is

e.g. Most believe that someone satisfying your addiction actually loves you

e.g. God's Truth is that if someone satisfies your addiction they do not love you

### ***Questions, doubt and faith***

There is a difference between having a valid question and then using our lack of desire to investigate the answer to the question as a doubt we based our life upon

Question: How God can have a relationship with every person in the Universe?

Doubt: A belief that it is pointless to experiment with a relationship with God because I don't understand how God can have a relationship with every person in the Universe

Questions: Are valid and can all be answered

Doubts: Living our life like we already know the answer, prevent us from accepting answers to valid questions

The purpose of doubt is to keep us in the same place and not allow action to change

Faith: That my questions are valid and all of my questions can be answered by God

### ***E.g. How God can have a relationship with every person in the Universe***

Truth: I can have a relationship with many people at the same time

Truth: I have a relationship with many people even though I am a finite being

Truth: I can create a device which interfaces with many people at the same time

e.g. computer, communication networks, TV and radio transmission, internet etc

Faith & Logic: If I can do these things, even though I am a limited being, surely, if God exists and is an infinite being, God could also do these things to an infinite degree

Therefore it makes sense to attempt an experiment with God to determine whether God can communicate with every one of God's children simultaneously

It does not make sense to doubt the possibility, and then live your life in that doubt

All questions have answers

We need to ask questions like a child asks a question

A child is open to receiving answers

Most adults actually make statements through their questions

Most adults have already made decisions as to the answer before they question

A discussion about our beliefs and doubts is a different discussion than a discussion about whether something is possible or not

Our predisposition towards a lack of faith causes us to want to believe that we already know the answers to

questions that we have never fully investigated answers for

Thinking we know the answers to questions when we don't prevents us from ever having to act upon the truthful answer of the same question

This is a method we use to control whether we feel or act

As children if an answer is logical and makes sense the child builds upon that

As adults we are cynical and doubtful, and we like to avoid faith and taking action

Adults asking questions are mostly just making personal statements about their current belief systems and emotions, supporting a lack of desire to act

When asking questions we need to be open to answers, using logic to determine whether we want to make a further investigation

### ***Issues of lack of worth are not a lack of faith***

Issues of a lack of worth are created from being attacked or neglected in childhood

We then are taught as a child to blame ourselves for the attack or neglect

We then lie to ourselves by believing ourselves to be unworthy

We do this to avoid emotionally processing about the childhood treatment

So this is an issue of avoiding experiencing painful emotion rather than a lack of faith

God's Truth: I am worthy

Faith in God's Truth: I am worthy

False belief: I do not feel worthy

Reason for false belief: I have been treated as if I am not worthy

Reason to retain false belief: Avoidance of the painful emotion of childhood experience

We are attributing to God an emotion that actually came from our family of origin

We resist God's perspective because we do not want to feel the pain from childhood

### ***Having faith in God rather than in self-reliance***

With God everything is possible

Even if I have doubts in my own abilities I can still rely on God

Believing in this truth can carry you through many difficult times and emotions

If I rely on self, then I can only rely on my own abilities which are limited

When I rely on God, then I rely on a person who is unlimited in ability

Faith pulls you through any hard, difficult, or overwhelming periods of time

### ***Whether an 'intellectual faith' is possible***

We have a developed emotional faith in many physical things

But we do not have a developed emotional faith in God

'Intellectual faith' is not possible

We choose to remain in a state where we do not want more faith

We need to examine our motivations for purposeful avoidance of developing faith

Many emotions drive this state: Fear, anger, shame etc

The emotion we prevent the most becomes out God

e.g. Desire to prevent experience of shame causes actions that support this decision

We have an emotional imperative to resist development of faith

We do this to support our avoidance of other painful emotions

### ***Addictions to telling stories and needing reassurance***

Questions totally driven by addiction

Formulating statements as questions in an attempt to get approval is addiction

Driven by the addiction needing to be satisfied is not an intention to ask questions

If someone loves us they must avoid responding to our addictions

Trust that when my beliefs are false God will show me the Truth

God is also attempting to show me whether my interpretation of my own experiences is true or not

This is not the same as being self-reliant and trusting myself

I must learn to trust God, and not focus on getting my addictions met from others

### ***My time here is pointless if I refuse to develop faith NOW!***

No growth towards God is possible unless you are willing to develop faith

No growth towards God is possible unless you are willing to act in faith

Sincere Desire and Aspiration to Love are necessary in order to develop faith

### ***Group 2***

#### ***Why we put our faith and trust in people who are just as unloving as ourselves***

From a young age we are taught to trust only our parents

Our parents do not know what they claim they know

We are predisposed to trust people who have a façade of knowing

Once we realise people are generally untrustworthy, then we become self-reliant only

We have a tendency to listen to people who are feeding our addictions

We have a tendency to listen to people who tell us what we want to believe

#### ***How important learning to feel our own emotions and feelings from God is***

Unless our emotional state changes, education from God is impossible

Truth from God is how God feels about a subject (not how God thinks about it)

God wants to tell us about how God feels about a subject

We often want to reject how God feels, because it makes us feel bad or guilty

Reminder of channelling with Australian Farmer (spirit discussion)

This is how God shares the absolute truth with us

God communicates with us through His feelings that He shares with us

#### ***The difference between inspiration, aspiration, and faith***

Inspiration is definitely not faith

Faith causes us to act in harmony with what is real and true

Inspiration is receiving ideas and concepts from others that we may act upon

Aspiration is developed from within oneself and always motivates us to act

Inspiration can be from evil or good sources

Aspiration can be towards evil or good

True faith always motivates actions in harmony with love

Many of us get inspired for good and do nothing

Many of us get inspired for bad and act upon that

Inspiration is the exercise of someone else's will upon us

Aspiration is the exercise of our own desire and will to act

Many have an addiction to be inspired to love

Faith can be developed through your own aspiration to develop it

### ***The difference between hope and faith***

Faith is always based upon truth and must be real

e.g. Faith that you can fly in a machine

Hope has a varying foundation, sometimes truthful, sometimes not

Having hope without a basis on truth ends up in unhappiness and despair

e.g. Believing our parents will treat us well, when they have not in the past

Hope is often based upon emotions we wish to avoid

Faith is always based upon feeling real emotions

Qualities such as hope are inconsistent and should not be relied upon

Faith and hope are very different to each other

Hope frequently leads to disappointment

Faith never results in disappointment or reliance upon fiction or imagination

Having our own aspiration means that inspiration from others barely affects us

Faith, love and truth are the three most important things

### ***The relationship between faith, truth, action and emotion***

Faith is emotional

Truth is emotional

Action is driven by emotions

Emotions must be felt in order to have faith and truth enter us

Each quality is important if we wish to continue to progress and be educated in love

To build faith we must take some positive action

If we choose to ignore one of these qualities, we will not continue to progress

We need all 4 qualities in order to progress continuously

***Faith is the first quality to develop***

Without faith we will not desire to receive truth

Without faith we will not desire love

Without faith we will not act

We must have faith that the truth will benefit us

We have faith in physical truth, but little or no faith in emotional or spiritual truth

Faith in God and God's Goodness is essential

If we do not have faith in the Source of Education in Love (God), we will never desire to receive Truth from the Source, and will only ever believe what the world believes

If we do not receive Truth from God, then we are reduced to discovering it ourselves

***Lack of Faith versus resisting developing Faith***

We all have a lack of faith

Do we want to remain in this condition or not?

It is our personal responsibility to develop faith

Resisting the development of faith will result in our life remaining the same

***My time here is pointless if I refuse to develop faith NOW!***

No growth towards God is possible unless you are willing to develop faith

No growth towards God is possible unless you are willing to act in faith

Sincere Desire and Aspiration to Love are necessary in order to develop faith

***Next Q&A***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: Facing My Resistance To Truth***

### ***Presenter: Jesus***

***Description: Jesus encourages us to go through the process of emotionally removing from ourselves our own resistance to truth, whether it be feeling the truth of our personal emotions, or our emotional resistance to accepting God's Truth***

### ***Introduction***

#### ***Am I an adult, or a little baby?***

Babies sit and cry that someone else is not looking after them

Babies expect others to feed them, and to nurse them

Am I complacent, apathetic, or do I have a passion for Love?

Am I actively resistive to growth?

#### ***Resistance to God's Truth is a human creation***

I deny & resist God's Truth to justify unloving thoughts, words, feelings and behaviour

Error must be confronted, and released before I can become loving

### ***To Change; False Beliefs About Truth Must Be Experienced Emotionally***

#### ***I cannot expect to change unless I process emotionally***

#### ***What am I doing to access my emotions?***

Am I stopping my addictions?

Am I stopping my façade?

Am I giving myself time to feel daily?

Do I do things that make me feel?

Am I confronting my fears?

Do I allow myself to be emotionally overwhelmed?

Am I emotionally repentant for my sins?

Do I remind myself of what I have intellectually learned about God's Truth?

#### ***What am I doing to confront my false beliefs?***

All of my false beliefs are emotional!!!

Do I minimize or justify them?

Do I blame others for them?

Or do I really grieve them emotionally, asking God for forgiveness for them?

### ***God created me as an emotional being***

God created all souls to be fully emotional, sensitive and regularly overwhelmed  
If I am not allowing this process, I am not on the path to God or following God's Way

### ***Lack of Truth vs Resistance to God's Truth***

#### ***Lack of Truth***

Caused by inter-generational injuries that predispose us to lack desire for truth  
Caused by events in childhood that predispose us to live in our façade  
Choices we personally make create further beliefs that truth should be avoided  
These are all emotional injuries that can be reversed

#### ***Resistance to Truth***

We make a personal choice to not focus on resisting God's Truth at all costs  
We do this for many reasons, but ultimately this is our own fault and responsibility

### ***Why I Want To Resist God's Truth***

#### ***God's Truth will mean that I will feel more***

I avoid God's Truth because if I know God's Truth I will act upon it  
I avoid God's Truth because it confronts my own false beliefs  
I avoid God's Truth because it confronts my own excuse to remain unloving  
I avoid God's Truth because it causes me to take action in harmony with Love  
I avoid God's Truth because it causes me to take action even when I am afraid  
I avoid God's Truth because it results in consistent and unpredictable change  
I avoid God's Truth because it means confronting the truth in my personal life  
I avoid God's Truth because it means confronting the truth about myself  
I avoid God's Truth because I have the illusion of safety doing so

#### ***I need to avoid God's Truth so that I can feel less***

I will do ANYTHING to justify my avoidance denial of God's Truth  
Denying God's Truth helps me to avoid my emotions, fears and lack of action

#### ***To avoid God's Truth, I manufacture "my truth", and then justify it***

I live in the self delusion of my own manufactured opinions (often called "my truth")  
Once I make my opinions firm, I teach them to myself and others  
Once I have learned "my truth", I justify it  
Once I justify it, it helps me avoid feeling my real emotions  
I do this to distract and prevent myself from feeling my real unloving condition  
e.g. I tell myself cannot trust God  
Then I can avoid following God's Laws  
e.g. I tell myself cannot trust God's Laws

Then I can break God's Laws anytime I want

***Once I justify "my truth", I use it to excuse being unloving***

I tell myself that my opinions and beliefs are real when I have no evidence

I tell myself that my opinions and beliefs are logical and rational

I tell myself that my opinions and beliefs should not be confronted

I get angry when situations confront my opinions and beliefs

I protect my opinions and beliefs at all costs, since protecting them maintains the ability to distance myself from my own emotional condition and truth

***BUT, all of this is SIN!***

Resisting God's Truth means that we remain in error on purpose

Then we act upon the error, which creates sin, and then pain and suffering in our lives

We miss the mark of Love by choosing to remain in our own false beliefs

Belief in anything other than God's Truth is SIN!

Wanting to believe false beliefs is FEAR!

Apathy, complacency and doubt is FEAR!

FEAR is SIN!

Maintaining FEAR is SIN!

Justifying FEAR is SIN!

Acting in FEAR is SIN!

Believing in FEAR is SIN!

***Justifying "My Truth" Will Not Result In Growth***

***Humility is:***

The sincere and passionate desire to feel and experience every emotion whether those emotions are painful or pleasurable. The willingness to face all of God's Truth, no matter what thoughts, words, feelings and actions will need to change in order to accept God's Love.

***Unless I change my desire for God's Truth, I will continue to act unlovingly***

Believing God's Truth will assist me to confront my error based personal opinions

I must be willing to feel the reasons for personal opinions to release them

If I never release my personal opinions, then I will always be drawn to act upon them

E.g. It is possible to have a façade of a desire to face fear and take some limited actions in areas that you are afraid of. However if you remain shut down you will only project your fear in the process or enter another addiction so as to avoid experiencing your fear. In this way you will also avoid taking the truly loving actions (which involve challenging addictions, honouring truth no matter what and in all situations) that truly expose your fears

***Talking about false personal opinions is not releasing them***

Talking about false personal opinions generally just makes the opinion appear real



## **My time here is pointless if I refuse God's Truth NOW!**

No growth towards God is possible unless you are willing to receive God's Truth

No growth towards God is possible unless you are willing to act in God's Truth

Sincere Desire and Aspiration to Love are necessary in order to love God's Truth

*What actions do I take daily to challenge my opinions?*

*What actions do I take daily to accept God's Truth?*

*What actions do I take daily to experiment with God's Truth?*

*What actions do I take daily to follow God's Way?*

*What actions do I take daily to experience everything emotionally?*

*I have not done any work on this! Why?*

***20min Break***

## ***Assistance Group***

***Series: An Education In Love***

***Group: Developing My Will To Love***

***Theme: Facing My Resistance To Truth Q&A***

***Presenter: Jesus***

***Description: Jesus answers questions from the audience about the material covered in the previous presentation "Facing My Resistance To Truth"***

### ***Introduction***

***I want your questions to be to the point, succinct and direct***

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### ***Potential Questions About***

***What is God's Truth?***

***Emotions relating to resistance to God's Truth***

***How I personally avoid God's Truth***

***Why I personally avoid God's Truth***

***The sin of believing lies by choice***

***My personal responsibility to search for Truth***

### ***Actual Questions Answered***

#### ***Group 1***

***Longing for Truth is the most important personal quality besides faith***

The longing for truth comes from within you

Without truth nothing else can come to you

Truth opens up every door

Being shut down emotionally is due to not understanding truth

Truth is also the antidote to fear

Fear = False Expectations Appearing Real

Truth = What is real in reality

Truth will confront every fear emotionally

Truth is essential for our future life and progress

Many have a desire to know the external truth about the Universe

Knowing external truth usually makes our heart glad

But few have a desire to know the personal truth

We have deep resistance to hearing any personal truth

We have this resistance because we do not wish to feel emotions that truth exposes

### ***Why we have angry and defensive reactions to Truth***

Internal soul based association between personal worth and receiving truth

We believe that knowing truth is what supplies our personal worth

We believe our personal worth is associated with how much we know

We can feel completely worthy even though we have little knowledge

Our 'truth' = Our false beliefs or our fear (from God's perspective)

Since our personal worth is gained from what we believe we know, we then feel emotionally confronted every time someone presents something we do not know

Every time we are confronted we get angry, because we believe our worth is being attacked, even though someone is just trying to share with us what we do not already know

This is an emotional investment in our personal opinion being right

When our personal opinion is right, we believe we have personal worth

When our personal opinion is wrong, we believe we have less personal worth

This attitude makes us emotionally closed towards our personal opinion being wrong

A person who loves truth does not feel this way, does not believe that what they know now makes them have value or worth

A person who loves truth understands that worth is possible without any knowledge

e.g. A new-born child, who knows next to nothing, has worth from God's viewpoint

From God's perspective, how much truth I know has no bearing on my personal worth

From a human perspective, how much I know determines my value or worth

We measure our value from how much we think we know

This emotional dynamic began in childhood

We were measured and graded by what we knew

This causes an addiction to 'higher education'

This causes a lack of respect for people who work in jobs that require less knowledge

This problem causes us to respond negatively when confronted with personal truth

As soon as we hear personal truth in variance with our personal belief about oneself, we believe that our worth is being attacked and degraded

Once we feel our worth is being degraded, we become angry and defensive

We instantly want to argue, fight, defend, attack in kind, etc due to the emotion

We also become very judgemental of ourselves and others due to the same emotion

### ***God does not place our worth upon how much we know***

God does not care about what we know

God would like us to know everything God knows

But God believes you have supreme worth even when you know nothing

God does care about how loving you are

Many of us believe making a mistake is the end of the world

God knows you will make mistakes because you do not know what He knows

God knows that humans making mistakes is a normal condition of not knowing

God's perspective: The only real mistakes are being unloving or untruthful

In order to love accepting personal truth we must break the internal connection we have between our worth and our personal opinions of what we think we know

Accepting personal truth is a key part of our education in Love

### ***Humans associate personal worth or value with what we think we know***

Reminder: A new-born child who knows next to nothing has worth from God's viewpoint, and also from the viewpoint of most humans

In fact many persons with children would die for those children, which is really placing the value of the child's worth above the value of their own life

Why is it that the child who barely knows anything is valuable, but we as adults, who barely know anything more, have lost value?

Because parents and society through emotional injuries teach the child that its worth is dependent upon what it learns and knows intellectually

This causes the problem of the child linking its worth/value to what it thinks it knows

This linkage needs to be broken in order for us to receive personal truth from God

### ***How to separate our personal worth or value from what we think we know***

During our childhood we were punished for not knowing things

Punishment in the form of: violence, abuse, attack, ridicule, removal of approval etc

We need to work through the memory and emotions of those events

God never punishes us for not knowing things

God knows He is the only being who knows everything

Example of how Jesus gets punished for not knowing things:

Jesus does not know the future, but is expected to know

Jesus does not know all truth, but is expected to know

Jesus does not know all of God's Laws, but is expected to know

Jesus cannot solve all of humankind's problems, but is expected to be able to

Jesus is not God, but is expected to be God

If Jesus could do all of these things, he would be God and not Jesus (God's creation)

We get attacked for saying the wrong thing even if we did not mean to say it

This is one of the main reasons why we are resistive to truth

This is also one of the main reasons why we are resistive to experimentation

The only people who are allowed to experiment is scientists, but even then they must get as much right as they possibly can otherwise funding is removed

God allows us to make mistakes

God allows us to not know

God knows we will make mistakes

God created us to make mistakes

God created us with no knowledge

We can experiment with what we know without a value being diminished

To reverse this we must grieve that our worth is associated with what we know

Jesus: I am stupid a lot. I experiment with many things that do not work.

When my motivation is pure and in harmony with love, whether the outcome of my experiments fails or not, I should retain worth and value

As children, when we were told we were wrong, we were generally also told that we are stupid, an idiot, ridiculed and often violently abused; this pulls down the worth and internal value of the child

As a result, whenever we hear we are wrong, we automatically emotionally associate that with also being told we have less value and worth

To undo this we need to feel the associations between how we were treated when we did not know, and how our value and worth was denigrated under those conditions

### ***Using what we believe we know to control and manipulate others***

This is just manipulation of the connection in humans between knowledge & worth

When someone manipulates us into do what they want, they are being unloving

We must use our will to stop listening to others who are being unloving

It does not matter how much those people think they 'know'

If they are being unloving, then they are making mistakes from God's perspective

It would be our mistake to follow them when they are being unloving

### ***Why emotional processing is still difficult when we have faith and desire for truth***

When we develop faith and a desire for truth this is only a part of the equation

We also have a fear of action, and a fear of being overwhelmed emotionally

Unless these additional fears also are removed, we will still avoid emotions

Resistance to using our will for an education in love is dependent on 4 factors; faith, truth, action and emotion. At this stage we have only discuss two of these factors

### ***Types of resistance to Truth***

Resistance to truth is felt spiritually, emotionally and physically

Some resistance is also like a protective barrier, a wall we stand behind

Other resistance is an attack, a barrage of emotions either suppressed or expressed

Both of these methods are used to control the effect that truth has on our lives

The attack method is also used to control the person who is sharing truth with us

The attack method is a rapid way of stopping another person from doing what they are doing, or controlling another person into doing what we want them to do

All of these emotions can be felt physically

***My time here is pointless if I refuse to develop a love of God's Truth NOW!***

No growth towards God is possible unless you are willing to love God's Truth

No growth towards God is possible unless you are willing to act in God's Truth  
Sincere Desire and Aspiration to Love are necessary in order to love God's Truth

## ***Group 2***

### ***Love is not possible if truth is not present***

Most believe they can ask for God's Love while at the same time rejecting God's Truth  
Love and truth are joined together and cannot operate independently  
Progress in love is dependent on our willingness to be open, transparent & truthful

### ***'My truth' versus God's Truth***

My truth is mostly my own opinions and ideas that are in error  
We attempt to avoid facing up to the real emotions we actually feel  
We tell ourselves that we have certain loving desires when often we do not  
We tell ourselves that we do not have certain unloving desires when we often do  
e.g. Telling ourselves that we feel unworthy when actually we feel arrogant  
e.g. Telling ourselves we want God's Way when we really just want our own way  
e.g. Telling ourselves we are driven by love when we really are driven by addictions  
Attempting to guess our 'emotional truth' is futile  
We will know our 'emotional truth' when we experience it  
Once we experience it, we will realize what our own 'truth' is  
To know what the absolute truth is we must be open to receiving it from God  
We often want God to accept what we believe about ourselves  
This is the same as wanting God to accept our façade, which God cannot do  
God created the real you which is much better than any façade you can create  
It is impossible for God to have a relationship with our façade  
It is also impossible for any person to have a relationship with our facade

### ***Emotions that occur when we hear 'Truth'***

Having emotions when we hear the truth is normal, and not our primary problem  
The main problem is that we do not wish to feel the emotions that truth exposes  
We want to run away, deny, and avoid the emotions that truth exposes  
Our real problem is the refusal to feel emotions that truth exposes  
Real question: Why am I afraid to feel the emotion truth exposes?  
Once we allow the feeling of the emotion we will discover why we did not want to feel  
Once we allow the feeling of the emotion we will discover what the emotion actually is  
Once we allow the feeling of the emotion we will discover what caused the emotion  
We find out the truth (God's Truth) about the emotion after we feel, and not before  
A child does not attempt to avoid its own emotional experience  
God created us to feel our own emotional experience

***Having faith that we can survive our own emotional experience***

Emotion will overcome us once we remove the negative emotional beliefs about experiencing emotion

Entering a state of repentance will depend upon the will

Repentance involves awakening to what we have done, and how unloving it is, and releasing the original emotions that caused us to take the unloving actions

Allow God to tell us the truth, and then make a choice about whether we want to feel about that truth or not

Discuss the beliefs about emotion tomorrow

***My time here is pointless if I refuse to develop a love of God's Truth NOW!***

No growth towards God is possible unless you are willing to love God's Truth

No growth towards God is possible unless you are willing to act in God's Truth

Sincere Desire and Aspiration to Love are necessary in order to love God's Truth

***10min Break***

***Assistance Group***

***Series: An Education In Love***

***Group: Developing My Will To Love***

***Theme: Facing My Fear Of Action***

***Presenter: Jesus***

***Description: Jesus discusses how we create fears in order to avoid action, the importance of learning to act even though we are afraid, never using our fear as an excuse to become unloving, and refusing to revert to inactivity on the issue of learning and growing in Love***

***Introduction***

***Am I an adult, or a little baby?***

Babies sit and cry that someone else is not looking after them

Babies expect others to feed them, and to nurse them

Am I complacent, apathetic, or do I have a passion for Love?

Am I actively resistive to growth?

***Many take LESS action since hearing Divine Truth***

This is not humble

Being passive does not equal less sin

***In Order To Change, Fear Of Action Must Be Experienced Emotionally***

***I cannot expect to change unless I process emotionally***

I need to discover what emotions drive my creation of fear

***What am I doing to access my emotions?***

Am I stopping my addictions?

Am I stopping my façade?

Am I giving myself time to feel daily?

Do I do things that make me feel?

Am I confronting my fears?

Do I allow myself to be emotionally overwhelmed?

Am I emotionally repentant for my sins?

Do I remind myself of what I have intellectually learned about God's Truth?

***What am I doing to confront my false beliefs?***

All of my false beliefs are emotional!!!

Do I minimize or justify them?

Do I blame others for them?



Or do I really grieve them emotionally, asking God for forgiveness for them?

### ***God created me as an emotional being***

God created all souls to be fully emotional, sensitive and regularly overwhelmed

If I am not allowing this process, I am not on the path to God or following God's Way

## ***Fear and Action***

### ***Fear is a human creation***

I create fear to justify unloving thoughts, words, feelings and behaviour

Fear must be confronted, and released before I can become loving

Fear must be removed by us, since it is a human creation

We can remove it by fully experiencing it

### ***Action & False Beliefs***

Illustration of Pavlov's Dog

*I believe*

My belief; The world's definition of love = love

But actually; The world's definition of love = sin

I then am convinced I have acted lovingly when I have actually sinned

Because I have sinned, the result is pain and suffering

I then make the assumption that love = pain and suffering

But the world's definition of love is what brings pain and suffering

*I believe*

If I continue to act in sin I will be happy

If I act in harmony with God's Laws I will have more pain and hardship (not less)

If I avoid acting problems will just resolve themselves (magical thinking)

If I avoid acting things will resolve through "trying" and "crying" (about effects)

The choice to act out of harmony with God's Laws is driven by my false beliefs

The choice to not act at all is driven by the belief that any action causes pain

But there is more!

## ***Why I Want To Avoid Acting***

### ***Action will mean that I will feel more***

I avoid action because it results in being overwhelmed, confronted, and stretched

I avoid action because it results in consistent and unpredictable change

I avoid action because it means confronting the truth in my life

I avoid action because it means confronting the truth about myself

I avoid action because I have the illusion of safety doing so

I avoid action because I want to avoid my terror about the potential results of acting

***I need to avoid taking action so that I can feel less***

I will do ANYTHING to justify my avoidance of emotions

***To avoid taking action, I manufacture FEAR, and then justify it***

I make fears up

Once I make them up, I teach them to myself and others

Once I have learned them, I justify them

Once I justify them, they help me avoid feeling my real emotions

I do this to distract and prevent myself from feeling my real emotional condition

*e.g. I tell myself I am afraid to fail*

When I am just afraid feeling that people will laugh at me when I fail

*e.g. I tell myself I am afraid to make a mistake*

When I am just afraid feeling that people will judge me for my mistakes

*e.g. I tell myself I am afraid to cry*

When I am just afraid of being powerless and sensitive, and being judged for it

*e.g. I tell myself I am afraid to connect sexually because I may hurt others*

When I am just afraid of my own sexual shame

***Once I justify FEAR, I use reasoning on FEAR as an excuse to remain unloving***

I tell myself that my fears are real

I tell myself that my fears are logical and rational

I tell myself that my fears should not be confronted

I get angry when situations confront my fears

I protect my fears at all costs, since protecting them maintains the ability to distance myself from my own emotional condition and truth

***BUT, all of this is SIN!***

Acting out of harmony with love and truth is acting upon the desire to sin

When I no longer sin, I shall also ALWAYS act in harmony with Love and Truth

I will not be concerned about consequences because I am no longer be afraid of them

Apathy, complacency and doubt is FEAR!

All false beliefs are FEAR!

FEAR is SIN!

Maintaining FEAR is SIN!

Justifying FEAR is SIN!

Acting in FEAR is SIN!

Believing in FEAR is SIN!

### ***Actions Without Humility Will Not Result In Growth***

#### ***Humility is:***

The sincere and passionate desire to feel and experience every emotion whether those emotions are painful or pleasurable. The willingness to face all of God's Truth, no matter what thoughts, words, feelings and actions will need to change in order to accept God's Love.

#### ***Unless I change my desire to feel fear, I will continue to act in FEAR***

Taking action will assist me to confront my emotional fear

But I must be willing to feel the fear otherwise I will never release it

If I never release my fear, then I will always be drawn to act upon it

E.g. It is possible to have a façade of a desire to face fear and take some limited actions in areas that you are afraid of. However if you remain shut down you will only project your fear in the process or enter another addiction so as to avoid experiencing your fear. In this way you will also avoid taking the truly loving actions (which involve challenging addictions, honouring truth no matter what and in all situations) that truly expose your fears

#### ***Talking about fear is not experiencing it***

Talking about fear generally just makes the fear appear real

#### ***In Order to Grow I must;***

Confront my current inaction and the fear based (SINFUL) beliefs that I use to justify my passivity or action in sin;

Begin to take action in harmony with love and truth;

Be humble throughout!

### ***My time here is pointless if I refuse to take action NOW!***

No growth towards God is possible unless you are willing to take action

Sincere Desire and Aspiration to Love are necessary in order to act

### ***Finish For Day***

## ***Assistance Group***

***Series: An Education In Love***

***Group: Developing My Will To Love***

***Theme: Facing My Fear Of Action Q&A***

***Presenter: Jesus***

***Description: Jesus answers questions from the audience about the material covered in the previous presentation "Facing My Fear Of Action"***

### ***Introduction***

***I want your questions to be to the point, succinct and direct***

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### ***Potential Questions About***

***Fear as a human creation***

***Fear experienced emotionally***

***Real fears versus manufactured fears***

All fears are manufactured

Some are manufactured by others, and have entered us

All are retained by ourselves

***How I avoid actions***

***Why I avoid actions***

***The sin of a inaction, and fear***

***Being humble while I act***

### ***Actual Questions Answered***

***Group 1***

***Getting sidetracked from taking positive action***

Examining the issues of resistance to faith and lack of action

Fear of taking action in certain environments is often a fear of others & their emotions

Fear of taking action in certain environments is often a lack of faith in God's Way

We often do not fear emotions when by ourselves, but rather when we are with others

The fear of the response of others causes us to not act when in the company of others

Afraid of partner and how the partner may respond to truth or our emotions

Afraid of children and harming the children through the experience of emotion

Letting other people's feelings about us stop us from acting

Both fears cause us then to resist taking actions we feel will challenge others

### ***The internal justification of negative actions***

We emotionally justify being enraged with others

This justification causes us to believe that rage with others is deserved

We need to discover the real emotional reason why we justify unloving behaviour

Sometimes it is because we lie to ourselves about the source of our pain

e.g. Blaming pain on our partner when the pain was caused by opposite gender parent

Sometimes it is because we just want to control a personal emotion

e.g. Getting angry enables power based control over someone triggering our grief

Issue discussed further in the Fear of Emotion Q&A

### ***Having courage to take action ends with good results personally and collectively***

Once we develop courage, it affects many areas and aspects of our life

It also helps us build more personal worth, which also affects other areas of life

We take action when we take more responsibility for our life and decisions

We also often do not actually see the changes we have made

A change in the Law of Attraction always indicates that a personal change occurred

Just making a soul based decision to change will expose the emotions involved

If we keep feeding the addictions we will never expose the emotions underneath

We must stop our addictions and this process exposes the emotions underneath

Taking positive action to no longer feed addiction will always have positive results

Taking positive action to no longer feed addiction is using will in harmony with love

e.g. Addiction: Pandering to women to feel good about self and get a sexual response

e.g. Action: No longer allowing self to pander to women to get any response

e.g. Result: Feel better about self, partner has to confront the demand

e.g. Result: Move love and truth present in the relationship, less pain & suffering

People taking advantage of us is our allowance of unloving behaviour towards self

By stopping the addiction of allowing poor treatment of self, we will expose our hurt emotions underneath that addiction

### ***Making the choice to feel emotion rather than suppressing emotion***

Suggestions for handling depression and the repression of rage

1. When we are depressed, make sure to remember death is not an option. Anger often drives us to the point of wanting to suicide.

2. Feeling emotion is the option. Feeling emotion is the action needing to be taken. We need to stop choosing to avoid the pain.

3. We need to develop the will to choose to feel emotional pain rather than acting upon the emotion.

Depression is a choice to suppress the anger.

It is much better to experience anger than to suppress the anger & become depressed

Allow self to work way through the blockages to experiencing anger

Addiction: Pandering to women and their demands

Addiction: Allowing women to treat self badly

Addiction: Wanting women to stop treating self badly without taking personal action

Feeding addictions stops action and emotions from flowing

Feeding these addictions causes a build up of anger about the poor treatment of self

God and God's Laws are exposing to self the lack of love of self

Suppressing this anger causes the depression and avoids correcting the addictions

***Adult fears have accumulated and prevent us from taking future action***

Often the thought of doing something causes more fear than actually doing it

Taking action is often less difficult than we thought it would be

By emotionally feeding fear through supportive thoughts, we build up the fear inside

We need to find the reason why we support our fears through our thoughts

There will always be a reason which supports our avoidance of taking action

e.g. Fear of making mistakes => better to avoid action

e.g. Fear of looking stupid => better to not look stupid

e.g. Fear of being physically hurt => better to not act

e.g. Fear of feeling sickness => better to not act

e.g. Fear of past experiences remaining true => better to not act now

e.g. Fear of feeling self-conscious => better to now act

These are the excuses we use to justify not taking actions

A child would not use the same excuses if it really wanted to do something

A child does not generally have personal impediments for doing things

A child is governed by the impediments imposed by his/her environment

A child does not need to be convinced by others to do something it finds enjoyable

A child generally is allowed to process emotion from harmful events

This then allows the child to not be governed by the same fear with a new event

Adults impose personal impediments upon themselves to prevent hurt emotions

Adults usually have to be convinced to do things because of past unreleased fear

There is always an emotional reason for not taking action

We need to confront & feel these emotions so that we can begin taking more action

**My time here is pointless if I refuse to take action NOW!**

No growth towards God is possible unless I am willing to take action

No growth towards God is possible unless I am willing to feel fear and still act

Sincere Desire and Aspiration to Love are necessary in order to act

## **Group 2**

### ***What to do about being 'frightened' into acting by parents and society***

We are not talking about taking action to get feelings of worth

Action is taking loving action towards God, self or others

Taking action that sacrifices oneself is not taking loving action even if it helps others

Any action that does not love self is not a loving action from God's perspective

When driven by addiction to take action, we sacrifice love of God, self or others

When we not loving with ourselves there will be pain and suffering

If exhausted, the loving action to take is to rest

If exhausted, work out what the underlying unloving emotion that drives you

Deal with the emotional reason why we are being unloving to ourselves

Unloving actions are always driven by addictions

### ***How to act in a loving way towards self***

Release the past stored emotions that have been motivating our unloving actions

In this process we will become more emotionally sensitive

When we are emotionally sensitive, when we ask for God's Love we will receive it

Once we are more emotionally sensitive to love, we are able to be loving

We can then assess our desires, and act upon desires that in harmony with love

We have a lot of hurt emotions, and a lot of façade, along with the real self

Our real self is covered by our façade and our hurt

Develop a desire to remove the façade, and feel the hurt

This will cause the most rapid change

The real self is the only part of ourselves that can pray

As we remove the façade and hurt, our real self becomes more exposed

We have complete control using our will about how we develop our real self

### ***Fears about taking action to experience emotion***

We are choosing to live in our fears if we do not take action to experience emotion

Our reasons for not experiencing emotion are usually violent events in childhood

We need to choose to remember and feel about these events

This will remove the blockages to experiencing emotion

This issue is a fear of emotion rather than a fear of action

Not taking action is justified to avoid the feeling of the emotion

### ***When experiencing our emotions is unloving to others***

Choosing to not feel our emotions is an addiction and therefore unloving to self

Choosing to feel emotion with others around could also be an addiction and therefore not loving to others

e.g. The desire to please others rather than feeling our own emotions

e.g. The desire to avoid the attack of others rather than feeling our emotions

e.g. The desire for others to commiserate with our emotion

Addiction is dependent upon the underlying motivation

Addiction: we often want others to share in our experience of emotion

Addiction: wanting others to create a safe place for us to experience emotion

Addiction: wanting to impact upon others lives while feeling emotion

Addiction: projecting our anger and tantrums upon others

### ***The causes of emotional fatigue***

The strong attempt to suppress real emotion of any kind creates fatigue

Trying to suppress our emotional state causes exhaustion

Examine the underlying belief systems about emotion

May believe it is a weakness, powerless, opens self to manipulation

What are our blockages to taking action to experience emotion?

Some blockages are just intellectual stories we created to avoid emotion

Some blockages are actual emotional experiences from our childhood

We need to find out the source of our emotional desire to suppress emotion

### ***My time here is pointless if I refuse to take action NOW!***

No growth towards God is possible unless I am willing to take action

No growth towards God is possible unless I am willing to feel fear and still act

Sincere Desire and Aspiration to Love are necessary in order to act

### ***Next Q&A***



## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Facing My Fear Of Emotion***

### ***Presenter: Jesus***

***Description: Jesus discusses the importance of dealing with false beliefs about emotion, having faith in God's Truth about emotions, and the need to experience and release false emotional beliefs before change is possible***

### ***Introduction***

#### ***Am I an adult, or a little baby?***

Babies sit and cry that someone else is not looking after them

Babies expect others to feed them, and to nurse them

Am I complacent, apathetic, or do I have a passion for Love?

Am I actively resistive to growth?

#### ***Reliance on others doesn't work***

I must take personal responsibility if I am to grow

I must discover for myself why I resist growth

I must discover for myself why I resist emotion

#### ***Fear is a human creation***

I create fear to justify unloving thoughts, words, feelings and behaviour

Fear must be confronted, and released before I can become loving

#### ***My fear is my responsibility***

My fear is under my control

I choose to maintain the belief that my fears are real by living by my fears

I can choose to not do what fear commands and this will expose my fear as untruth

### ***My Will Used in Fear of Emotions***

#### ***Will Used to Avoid Fear***

When I use my will to avoid fear, this dominates the entire expression of my will

I am not using my will to love

I am not using my will to express my nature or personality

All I am doing is making choices to avoid fear

#### ***Two 'Roads'***

*Will used to avoid fear*

Routine, predictable

Decisions are made to avoid feeling pain

Decisions are made to avoid fears and feed addictions

Life seems restricted, confined, limited, hopeless, and confusing

End up doing what others want

Dependent on others for happiness

Dependent on others to act first and waiting for others to act

No growth, regression

Fears grow and become 'insurmountable'

Feeling lost, "what do I want?", no desires

Always trying to find ways to distract myself from the truth that life holds no real satisfaction or joy

*Will used to feel emotion*

Infinite road, opportunities everywhere

Unpredictable, invigorating

Decisions are made based upon love and truth, whether the outcome is painful or pleasurable

Decisions are made based upon desires and passions; fear is not considered, and addictions are denied

Always learning, perspective and understanding is always expanding

My personality and desires are expressed, I do what I want in harmony with Love and Truth

Independent, free feeling, happy no matter what others feel or how they act

Dependent on God and self, always taking action and feeling alive

Constant growth

Fears are exposed for the lies that they are and are always removed

I create, lead, give, and always have direction

I am connected, real, actually satisfied and joyful

### ***What God wants me to learn***

#### ***God created me as an emotional being***

God created all souls to be fully emotional, sensitive and regularly overwhelmed

God wants me to learn that I can use my will to experience emotion!

#### ***God gave me the gift of free will***

I am a child of God

Given a precious gift (my own will)

When I use that gift to avoid fear and avoid my emotions I am denying the creation that God made me to be

And I am missing the lesson that God wants me to learn, which is that,

The power of my will is that I can use it to experience fear

This will mean that fear no longer limits me

I can begin to experience myself as an emotional soul and to develop my will to love

***Almost everyone present is using their will to avoid their fear of emotions***

I am going to have to do things differently if I want to grow

What am I going to do to change?

***In Order To Change, My Fear Of Emotion Must Be Experienced Emotionally***

***I cannot expect to change unless I process emotionally***

***What am I doing to access my emotions?***

Am I stopping my addictions?

Am I stopping my façade?

Am I giving myself time to feel daily?

Do I do things that make me feel?

Am I confronting my fears?

Do I allow myself to be emotionally overwhelmed?

Am I emotionally repentant for my sins?

***Do I remind myself of what I have intellectually learned about God's Truth?***

***What am I doing to confront my false beliefs?***

All of my false beliefs are emotional!!!

Do I minimize or justify them?

Do I blame others for them?

Or do I really grieve them emotionally, asking God for forgiveness for them?

***The Relationship between Truth, Emotion & Growth***

***Humility is:***

The sincere and passionate desire to feel and experience every emotion whether those emotions are painful or pleasurable. The willingness to face all of God's Truth, no matter what thoughts, words, feelings and actions will need to change in order to accept God's Love.

***I want to avoid emotions because they connect me to truth & I change***

I avoid emotions because they tell me how I really feel

I avoid emotions because they tell me how things really are

I avoid emotions because they tell me how others really feel

I avoid emotions because releasing them results in consistent, unpredictable change

I avoid emotions because it means confronting the truth in my life

I avoid emotions because it means confronting the truth about myself

I avoid emotions because I have the illusion of safety doing so

***I avoid feeling emotions so that I can maintain the illusion of control***

I will do ANYTHING to justify my avoidance of emotions

Including rationalising sinful behaviour and living in total denial about my life

***To avoid emotions, I manufacture Self-Deceiving Emotions, and then justify them***

I make emotions up

Once I make them up, I teach them to myself and others

Once I believe them, I live in them

Once I believe them, they help me avoid feeling my real emotions

I do this to distract and prevent myself from feeling my real emotional condition

*e.g. I tell myself I am afraid to fail*

When I am just afraid feeling that people will laugh at me when I fail

*e.g. I tell myself I am a victim and have been hurt by others*

When I am actually harming and abusing others

***Once I justify Self-Deceiving Emotions, I use these to remain unloving***

I tell myself that my self-deceiving emotions are real when I have no evidence

I tell myself that my self-deceiving emotions are logical and rational

I tell myself that my self-deceiving emotions should not be confronted

I get angry when situations confront my self-deceiving emotions

I protect my self-deceiving emotions at all costs, since protecting them maintains the ability to distance myself from my own emotional condition and truth

***BUT, all of this is SIN!***

Once I no longer miss the mark of love (sin) I will no longer deceive myself

Apathy, complacency and doubt is FEAR!

All false beliefs are FEAR!

Self-deception is FEAR!

FEAR is SIN!

Maintaining FEAR is SIN!

Justifying FEAR is SIN!

Acting in FEAR is SIN!

Believing in FEAR is SIN!

***Being Emotional is how I was created***

When I continually live in fear of emotion I deny my true nature

*While I deny emotion and construct false emotions I isolate myself from everyone and everything around me*  
Emotion is the only way that God has to communicate with me

Exchange of emotion forms the basis of any REAL relationship

Feeling emotion is the only way to eventually know truth

***My time here is pointless if I refuse to feel emotions NOW!***

I can use my will to experience my fear of emotion and this will lead me down the expansive and joyous road that leads to God

This will involve sincere Desire and Aspiration to Love

***While I do nothing to confront and feel my fear of emotion***

I live in SIN and I cannot progress

I cannot connect to God

***What actions do I take daily to feel my emotions?***

***What actions do I take daily to grow in my emotional capacity?***

***What actions do I take daily to experiment with emotions?***

***What actions do I take daily to follow God's Way of dealing with emotions?***

***What actions do I take daily to experience everything emotionally?***

***I have not done any work on this! Why?***

***20min Break***

### ***Notes For Facing My Fear Of Emotion***

***This includes emotional beliefs about becoming a sensitive, expressive person***

*When my emotional expression has been judged I take on that judgement towards myself*

This includes;

Using 'reasoning' as a way to rationalise sin or to shut down emotion

Living in fear of being perceived as weak if I experience my emotion

Living in fear that someone will call me stupid to feel what I feel

Living in fear that someone will be angry or reject me for feeling what I feel

***This includes emotional beliefs about the transient nature of my emotions (the workings of the human soul)***

*Any emotion out of harmony with love will dissipate and leave us if I surrender to it*

I will not believe this until I am willing to feel that it is not true I to believe it (in order to feel reassured) before I embrace emotion

But I will never be able to feel it is true until I feel the opposite emotion within me

*Any emotion in harmony with love will increase if I surrender to it*

Many people live in fear of being overwhelmed by feelings of love and desire

Unless I challenge that fear I will never experience the truth about emotion

***This includes emotional beliefs about self reliance & control***

*I often associated control over my environment and my emotions with safety*

Control over what I feel

Control over how others may feel in response to my feelings and being myself

Control over outcomes and situations I am in

Management and manipulation of people and relationships (co dependence)

Entering barter in relationships (instead of just feeling and being myself)

***Experiencing My False Emotional Beliefs About Holding Onto My Current Life***

***Emotional beliefs must be released***

Sometimes this will involve stopping being self-delusional

Sometimes this will involve stopping choosing to believe things that are false

Sometimes this will involve releasing emotional beliefs that are false

***Experiencing My False Emotional Beliefs About Being Emotional & Overwhelmed***

***My beliefs about emotions must change***

Some of my "beliefs" are just excuses for inaction

Some of my beliefs are real emotions from my childhood

Both must be released before we will allow emotional overwhelm

***Experiencing My False Emotional Beliefs About Changing***

***My beliefs about change must be released***

Some of these "beliefs" are just excuses to remain the same

Some of these beliefs are real emotions from my childhood

Both must be released before we shall enjoy change

***Notes***

***Making feeling my number 1 priority everyday***

Each day spending time focussing on what I honestly feel

It takes time; it is a part of strengthening my will to love muscle

I must tailor my lifestyle, habits, activities and attitude to allow for feelings

I must stay 'with' myself and my feelings

I must continually allow greater and greater states of emotional overwhelm

Giving up distractions & addictions

Taking time for reflection

Giving up my façade to myself and others

***Belief that emotions are the problem***

It is not other people's treatment of me that is the problem; it is my emotional response to it that is

It is not a lack of truth that is the problem; it is my feelings about that that are the problem

It is not a lack of love in others that is the problem; it is my feelings about their lack of love that is

If I just deny my feelings about any situation it will improve

If my body and mind will do the 'right' thing (avoid other people's displeasure) then everything will be better.

My feelings don't matter, they are a problem that gets in the way of me being happy, of me pleasing others and of me avoiding rejection from others

***I Deny, Excuse, Justify & Lie To Myself To Support Living In My Fear***

Fear can be released, and never acted upon

Acting upon fear, or refusing to release fear is my own fault and responsibility

***Fear Based Thinking***

Everything I am afraid of is real

My perspective of everything I am afraid of is true

I cannot cope with feeling terror or fear

I must avoid feeling fear at all costs

Even if the cost is another human life, I must avoid feeling fear

My anger about what made me afraid is justified

I cannot be expected to do things I am afraid of

I cannot be expected to be loving when I am afraid

I cannot be expected to be truthful when I am afraid

Acknowledge my fear means to acknowledge that there is no hope

Acknowledge my fear makes me weak, powerless or stupid

There is no better life than the one I have made for myself

***Fear Based False Beliefs***

I am not afraid I don't feel fear

My fear does not control my life

Fear is a normal human emotion

Fear is essential for survival and my protection

A loving God would never expect me to feel my fear

A loving God would help me avoid my fear

If I sin when I am afraid, that is excusable

***Fear Based Actions***

I must always respond to what my fear demands

I must avoid anything that makes me feel afraid  
I will enjoy only those things that make me feel safe and secure  
I must control and manipulate everything to avoid fear  
I get angry when events trigger my fear  
I must take risks to confront my fears  
I want someone else to take responsibility for my fear  
I am willing to be unloving when I am afraid to protect myself  
I must avoid any knowledge that makes me afraid  
I will present arguments that support my denial of fear  
I cannot let go of what I have, because there is nothing better



## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: Facing My Fear Of Emotion Q&A***

### ***Presenter: Jesus***

***Description: Jesus answers questions from the audience about the material covered in the previous presentation "Facing My Fear Of Emotion"***

### ***Introduction***

***I want your questions to be to the point, succinct and direct***

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### ***Potential Questions About Fear as a human creation***

#### ***Fear experienced emotionally***

All fears have been manufactured by humans, we accept them as real

#### ***Real emotion versus manufactured emotion (self-deception)***

Some emotion is real, and other emotion is manufactured to avoid real emotion

Some emotions are manufactured by others, and have entered us (making it real)

All are retained by our decision or choice

#### ***Why I manufacture false emotion***

#### ***How I avoid emotion***

#### ***Why I avoid emotion***

#### ***The sin of a not feeling my truthful emotions***

#### ***Being humble to emotion***

### ***Actual Questions Answered***

#### ***Group 1***

#### ***Emotions that exist without being caused by previous personal harm***

Question: Where do emotions of rage come from if we have not been harmed?

Question: How to I process through emotions of rage when I have not been harmed?

Rage and anger often comes from a childhood of our own expectations and demands

Many parents feed the demands and addictions of their children

This creates children who have strong demands and addictions

The child associates love and worth with getting addictions met by others

The child associates love and worth with having their demands satisfied by others

The child is given things from others (parents, friends) when it has demanded

This taught the child that demands are rewarded (this is not love or truth)

Adults with this childhood experience choose anger & rage to control others

Adults with this childhood experience are easily manipulated to anger & rage by spirits

The rage comes from a demand to get what I want when I want

The emotions that must be released are the emotions associating love and worth with addictions being met, and feeling that our demands should be satisfied by others

The anger and rage identifies the extent of the will used to be unloving to others

Discussion of inter-generation inter-gender emotional injuries that cause this problem

Love and worth has been associated with getting what we want from others

Our definition of 'love' has been distorted in childhood to be 'love' = demand satisfied

Our definition of love must change

Love: Someone NOT meeting my addictions

Love: Someone NOT meeting my demands

Love: Someone NOT letting me have power over them

Love: A gift that cannot be demanded

The more truthful we become with ourselves, the more uncomfortable addiction is

Emotions avoided are feeling we are not loved when others do not satisfy demands

Judging these emotions helps us avoid feeling them

We must feel how much we want the addictions and demands satisfied

We must see how unloving these desires are by feeling the lack of love in them

Engaging the unloving actions degrades our soul condition rapidly

Remember the large danger of giving children exactly what they want without considering what is loving to others, God, the environment or self

This produces children with large amounts of demand and expectation upon others, who will also justify rage, anger and violence when these demands are not satisfied

### ***Placing a limit on feeling our painful emotions***

Being afraid to feel the depth of painful emotions including rage, hatred & grief

We have severe problems with experiencing overwhelming emotion of any kind without using the emotion to act harmfully towards ourselves or others

We have a cut-off limit on the experience of painful emotion

This is a choice of our soul based will to avoid emotion

Question: Is hate the most negative emotion we can experience?

Answer: We are judging the emotion, and qualifying and quantifying it

Truth: Judging emotion prevents the experience of the same emotion

Truth: Qualifying and quantifying emotion prevents the experience of the emotion

Making intellectual choices to avoid the depths of emotional despair

Using judgement as a method to deny our painful emotions

Judging emotion is a choice to inevitably act upon the denied emotion  
 Important to separate our worth from the emotions that exist within us

***Judging personal worth based upon sinful emotions & desires that exist within***

When we judge our emotion, we really believe we should not have the emotion  
 We are feeling the emotion should not exist within us when it already does exist  
 If it is already there, judging the emotion will not release the emotion  
 Judging emotion only causes us to suppress the emotion even more  
 It is worse to act upon an unloving emotion than it is to have the emotion within  
 It would be better to judge the action than it would to judge the emotion within  
 It would be even better to not judge at all, since judging is a suppression technique  
 Judging emotion is a choice to suppress the emotion and do what the emotion dictates  
 It is inevitable that we will act upon every emotion within us that we judge  
 Judging emotion is worse than acknowledging the emotion and choosing to release it  
 We associate emotions we judge to our worth  
 We believe that while such emotions exist we are worth less  
 e.g. The fact that I have hatred within me means I am a bad person  
 God's perspective: Having hatred within me does not change my value or worth  
 God's perspective: Hatred is just another human emotion that can be released  
 Our false belief: Having hatred within me means I am bad  
 Our false belief: It is impossible to release the emotion of hatred  
 Our false belief: The emotion defines who I am  
 We must separate who we are (our worth and identity) from the emotion we feel  
 All emotions within came from our personal choice or the personal choice of others  
 All emotions within can be released by our personal choice to experience them  
 It is what we choose to do with an emotion that will make us more sinful or not  
 Choose to experience & release the emotion, then sin & badness will be released  
 Choose to deny and suppress the emotion, then sin & badness continues  
 e.g. Every time we judge hatred within we continue hating others  
 e.g. Every time we judge hatred within we continue sinning  
 e.g. Every time we judge hatred within we continue our life with hatred remaining  
 e.g. Every time we judge hatred within we inevitably act upon the hatred  
 We often also then use will-power to create a façade where we don't have the emotion  
 This is then a choice to avoid the truth (which is that the emotion still exists within us)  
 We then become afraid that the good bits of ourselves are contained within façade  
 We then become afraid to give up our façade  
 Our darkest unloving emotions are not a part of our true nature  
 Our darkest unloving emotions are only our hurt which can be released  
 The more emotion we feel and process, the more we realize that our dark emotions are not who we are, but rather, what happened to us

Emotions are feelings that come and go, emotions pass through us

***References to the following personal and group feedback sessions***

We have become selective and self-delusional with our emotions and questions

**My time here is pointless if I refuse to feel emotions NOW!**

No growth towards God is possible unless you are willing to feel emotions

Sincere Desire and Aspiration to Love are necessary in order to feel emotion

***Group 2***

***How much and how long will I have to experience painful emotion***

Stop telling ourselves the story that my emotions are insurmountable (a lie)

Our soul is a container full of real, hurt and façade based emotions

We often want to know how much there is and how long it will take

We often do not get started because we first want to know before we experience

Emptying a glass of liquid depends upon how quickly it is done

How much is there to feel does not matter

How long it takes to feel does not matter

What matters is to keep doing it until it is done

Our questions about emotion are driven by fears and addictions

Our questions about emotion are driven by our desire to deny and suppress emotion

Our questions about emotion are often excuses not to feel emotion

The speed of processing depends primarily on how we use our will

The amount of processing needed depends upon how much is there

If it takes 20 years, or 50 years of concerted effort, it is still worth doing

We lack faith about processing emotion

Jesus began his process at 33 years old, and is now 53 years old

Jesus has continued his processing for 20 years already

Aphraar (Robert James Lees books) took 32 years to become at-one with God

If we have no faith that good results will occur, we will not start processing emotion

e.g. Childbirth: 20 year project meeting many addictions

e.g. Emotion: 20 year project removing addictions

***Removing emotion causes immediate benefits***

Jesus: 7 years into removing emotion was told that he had not begun yet

Jesus: within 3 months of starting was experiencing benefits internally and externally

Each benefit provides more faith to continue the process of emotional release

Experiencing God's Love also then provides further motivation

### ***Fear of feeling the emotion of terror and fear***

I must learn to build my will to experience the emotions of terror and fear  
 We are like a person watching other people exercise feeling it is too much work for us  
 What motivates anyone from a place of inertia into action?  
 Something internally must change  
 Must realize the benefits of taking action  
 The motivation must come from within self to make a decision to take action  
 The motivation must be developed if it does not already exist  
 Living in our addictions also causes us to suppress the desire to take action  
 We must choose to look at the motivations towards inertia  
 We must also look at the positive motivations we have to act  
 We must then build the motivation to act, and reduce the motivation for inertia  
 The following two days of programme should help with this process  
 Also re-examine the 2014 assistance groups about building the will muscle

### ***Fear of getting lost in an emotion***

Emotional resistance to emotion causes emotion to stop flowing  
 The key is then to discover the emotional resistance, the cause of resistance  
 God wants to tell us what the resistance is  
 If we cannot hear God about our resistance then we obviously want our resistance  
 We need to see our own suppression of emotion as a personal choice  
 When we are blocked to emotion, we need to stop 'trying' to feel the emotion  
 Rather we need to feel what our blockage is, we need to find and release the blockage  
 Shutting ourselves down emotionally is a personal choice, an exercise of our will  
 Acknowledge that we don't want to feel, I want to block my emotion  
 Then ask ourselves "Why do I want to do that? What do I think I gain doing that?"

**My time here is pointless if I refuse to feel emotions NOW!**

No growth towards God is possible unless you are willing to feel emotions  
 Sincere Desire and Aspiration to Love are necessary in order to feel emotion

***20min Break***

Series: **Education In Love**

Group: **Developing My Will to Love**

**Theme: Session 2 Personal Feedback**

Presenter(s): **Jesus**

Description: **Jesus gives quick personal feedback to a number of people in the group about various subjects relating to facing resistance to God, God's Love, God's Truth and change**

### *Introduction*

#### *Potential personal feedback about:*

The use of my will to remain unloving

Facing my lack of faith

Facing my fear of emotion

Facing my fear of action

Facing my fear of God's Truth

#### *Jesus gives actual personal feedback to:*

##### *Group 1*

##### **Linda Munster**

Question: "I would like some assistance to understand my own resistance to fully embracing God's Truth. I feel that I am still skirting around the edges of emotion and I don't understand what is preventing me from fully trusting God."

Jesus mentions that this is not the biggest problem that Linda has. She still has a large amount of personal arrogance where she believes she has dealt with matters that she has barely touched. This is driven by a desire to not know the truth about herself.

##### **Pamela Rosalynde**

Question: "I have manifested a gynaecological problem and said no to surgery. I am addressing the physical issues but I know that is not enough. I am sure that the abuse I have received from my parents, and the sexual abuse from my father has impacted upon my condition."

Jesus states that the main reason for the problem is her refusal to address her sexual anger with men. She is also so good at maintaining a façade on top of her emotion. The majority of the women in the audience have a huge amount of rage with men. There is a need to be honest about it and allow oneself to feel it.

##### **Glenn Kelly**

Question: "I have so much resistance to change and how I feel about Love. I don't want to feel the truth about love. I would like to know the truth about my real position."

Jesus asks Glenn to tell him what the real problem is (which is his resistance to feeling emotional pain). Glenn and his partner are living in co-dependent addiction to being happy above all other things. Both he and his partner have a deep resistance to feeling pain and assist each other to avoid pain.

### ***Dawn Ruffle***

Question: "I want to ask about my resistance to letting go my façade which I have put a lot of effort into making."

Jesus tells Dawn that she continues to put her effort into presenting her façade to the people around her. She is not giving up the desire to feed the addiction of keeping her façade alive. But an even bigger issue is how much she abuses and uses the men around her. She only interacts with men who do exactly what she wants. She does not see this as a sin but rather enjoys it.

### ***William Wallace***

Question: "I would appreciate some assistance on my current emotional condition."

Jesus discusses with Will his anger towards his dad, and how this attracts him towards women who also have the same attitude towards men. Then he will attract women who also wish to harm men. Severe demands coming from Will towards men and women. If a man does not do what he wants, Will gets angry with him. If a woman does not do what he wants, he tries harder to please her. Will's internal worth is associated with dad not being there for him.

### ***Joshua Middleton***

Question: "Same issue as Will."

Jesus discusses with Josh the deep anger he projects at men other than his father, and his high level of resistance to addressing his relationship with his father. Josh demonstrates that resistance in his conversation with Jesus.

### ***Denise Shaw***

Question: "I recently became aware of a lot of truth, and it was like I had a whole lot of weight lifted off of me. I realised that it is much better to know, than not know. Does Jesus have any other information that will help with her relationship? I know I have had rage with men which I have put on Wayne (her husband)."

Jesus says that unless she addresses sincerely the abusive events from her childhood, it will be difficult for Denise to avoid damaging her husband with her rage. When hard emotions about abuse come up, Denise wants to distance herself from her husband rather than dealing with those emotions. Jesus advises to develop a sincere desire to know the truth about her past, and then a sincere desire to feel the emotions that arise, with God's help. Have faith that things will get better if she does this.

### ***Gary Runting***

Question: "I used will power to try to get into my emotions after the last assistance group in 2014, especially to the emotions of despair, helplessness and hopelessness. The end result was constant exhaustion. Can you help with the details of each part of the cycle I am in?"

Jesus states to Gary that his addictions with women are firmly entrenched, and he does not want to give these addictions up. He is still doing the same things with women even in this group. Unless he chooses to take some action to give up his addictions he will not expose to himself the emotional reasons why he wants these addictions met. The real emotions are not hopelessness and helplessness, but actually there are strong feelings of anger and demand towards women.

### ***Suzanne Stallard***

Question: "Why do I so fully accept the diminished unloving beliefs about myself that my parents and others instilled, and then I hang onto those beliefs and feed them?"

Jesus asks Suzanne why she keeps telling herself that what her parents say to her is true? Jesus talks to Suzanne about her main reason for doing this, which is to prevent her own fear of rage from the family. Her problem is fear of potential violence and abuse from her family.

### **Renai De Martin**

Question: "I don't really desire to surrender to emotions."

Jesus states that this is not really her problem. Her real problem is that she wants her addictions met. She still wants all of her addictions met, and her whole life is driven by the desire to meet her addictions. While she does this she will not be able to feel her real emotions. She wants God to give her only pleasure, so that she does not personally have to feel any pain.

### **Therese Gubier**

Question: "I have been very complacent about acting, particularly in the area of speaking truth; both God's Truth and my own personal opinion. I feel this has weakened my will."

Tess mentions that she has opportunities to discuss truth, but always withdraws from them. Tess mentions the primary problem, which is fear of attack from people, or being pulled down and ridiculed by people.

Jesus discusses that when we fear others, what we really fear is how we personally feel after people attack us. So we really fear how we will feel. Jesus talks about the fact that we will get attacked when we are different to the world. Most of us will do anything to make attack stop, but really if we are being attacked by the world, it means we are different to the world - which is actually a good thing.

### **Eva Lindberg**

Question: "I feel I have stagnated and not changed for a long time. One part of me loves change, and I long for some change to occur, but I have great resistance to soul change."

Jesus mentions her primary problem is that of wanting the man to meet all of her personal addictions. Everything Jesus said to Diana (in a previous question), and Dawn (in this feedback session) basically applies to her. Unless she has a firm resolve to give up her power over and control of men, she will not change or be able to receive love from God.

### **Phoebe Bruce**

Question: "I want to grow my desire for personal truth and confront my fear of it. How to I get from intellectual knowledge to actually feeling this desire in my heart?"

Jesus states that for Phoebe, her problem is really her addictions. She demands things from the world around her, and she does not wish to give up these demands. Give up the addictions, and feel the anger that rises as a result of giving up addictions. Every person who gives up their addictions generally gets angry about the process. The addictions mask the truth, and stop her from feeling her real emotions.

### **Mary Hazleton**

Question: "I want to put 'my money where my mouth is' and if possible would like to know my biggest block or resistance."

Jesus says that her attractions are already showing her what her biggest block is, but she really does not want to know it, and that is why she does not notice what she is attracting. He mentions that she is alone, and wants to be alone in her life, and asks her why she wants to maintain this condition. She does not want to take a risk with people. Mary feels that love is oppressive. Jesus recommends that she no longer engages this addiction, but rather put herself in the position of engaging with people more, and feeling the emotions that are triggered within her as a result of taking that action.



**Zoe Stevens**

Question: "I have memories and feelings as a child of experimenting with the use of my will. Is this me educating myself about love and God as God desires for all of her children?"

Jesus mentions that Zoe's problem is that she wants Jesus' approval. She obviously did not get her father's approval, and would be better off feeling about that. She needs to learn how to trust herself, but this will not happen while the emotion still exists within her that she needs daddy's approval. This is giving away our will to another person.

**Bruce & Kelly Carrigan**

Question: "How is Bruce's sadness and Kelly's shame affecting how we can grow in Love and Truth? What are the most loving actions for us to take?"

Jesus mentions that this is not Bruce and Kelly's main issue. Their main problem is their desire for approval and acceptance by the world. Rather than taking the opportunities that God is offering them, they always gravitate back to the world. They are desperate for approval, acceptance and honour from the world. Both of them attract people attacking them for their desire to follow God's Way. They are trying to maintain one leg in the world, and one leg in God's Way.

**Group 2****Sorcha Wilkes**

Question: "Why am I unwilling to experiment to find out whether God exists?"

Jesus discusses with Sorcha and the group the pressures that are placed upon us from our family, the world, and from the spirit world, to maintain the beliefs of the family rather than experimenting with new belief systems.

**David Ryan**

Question: "I feel like my unwillingness to feel my own emotions is my greatest block to the Way. Is this true? If so, why don't I want to feel when I have experienced the benefits in the past? If not, what is my greatest block?"

Jesus discusses with David the issue he faces with his addictions to women, and needing sexual validation from a woman in order to satisfy his sense of worth. Jesus introduces the topic of co-dependent addictions between mother and son.

**Jadda Jessop**

Question: "Analysing my actions is showing how much I sin towards women. Yet I am still finding it very difficult to feel any wrong doing from my mum towards me. How do you find a problem when you feel there isn't any?"

Jesus discusses further the topic of co-dependent addictions between mother and son or father and daughter, and emotionally incestuous relationships which appear to benefit both parties. He also talks about how this affects the soul mate relationship, and the full development of the child.

**Group Feedback**

***Assistance Group***

***Series: An Education In Love***

***Group: Developing My Will To Love***

***Theme: Session 2 Reminders & Homework Review***

***Presenter: Jesus***

***Description: Jesus works through reminders from the previous "Analyse My Fear Of Love & Change" session and reviews the homework of the participants***

***Review***

***Facing My Lack Of Faith***

A lack of faith is a human creation

Lack of faith must be experienced emotionally

*Why I want to avoid faith*

Faith will mean that I will feel more

I need to avoid faith so that I can feel less

To avoid real faith, I manufacture false beliefs to justify unloving behaviour

Once I justify false beliefs, I use false beliefs as an excuse to be unloving

But, all of this is sin!

*A lack of faith will not result in growth*

*My time here is pointless if I refuse to develop faith now!*

***Facing My Fear Of Emotion***

Fear is a human creation

My fear of emotion must be experienced emotionally

*Why I want to avoid emotions*

Emotions will mean that I will feel more

I need to avoid feeling emotions so that I can have control

To avoid emotions, I manufacture self-deceiving emotions, and then justify them

Once I justify self-deceiving emotions, I use these to remain unloving

But, all of this is sin!

*Emotions without truth will not result in growth*

*My time here is pointless if I refuse to feel emotions now!*

***Facing My Fear Of Action***

Fear is a human creation

Fear of action must be experienced emotionally

*Why I want to avoid acting*

Action will mean that I will feel more

I need to avoid taking action so that I can feel less

To avoid taking action, I manufacture fear, and then justify it

Once I justify fear, I use reasoning on fear as an excuse to remain unloving

But, all of this is sin!

*Actions without humility will not result in growth*

*My time here is pointless if I refuse to take action now!*

***Facing My Resistance To Truth***

Resistance to God's Truth is a human creation

False beliefs must be experienced emotionally

*Why I want to avoid God's Truth*

God's Truth will mean that I will feel more

I need to avoid God's Truth so that I can feel less

To avoid God's Truth, I manufacture my truth, and then justify it

Once I justify "my truth", I use "my truth" as an excuse to be unloving

But, all of this is sin!

*Justifying personal opinions will not result in growth*

*My time here is pointless if I refuse God's Truth now!*

***Personal & Group Feedback******Homework******How am I demonstrating that I am living by Faith in my daily life?***

Or do I just have faith in the world's viewpoint of things?

***How am I taking action to become more loving in my daily life?***

How much of my time is spent doing this?

Am I really sincere about doing this?

What am I really spending my time on?

***How am I demonstrating humility in my daily life?***

Am I feeling my real emotions, or just manufactured emotions?

Am I emotionally accepting and living in God's Truth, or do I still avoid it?

***How am I demonstrating my openness to God's Truth in my daily life?***

Am I honest with myself and with all other people, no matter what?

Am I honest with God, or do I just present my façade to God?

***Conclusion***

***If I wish to educate myself in Love, I must;***

Be passionately developing and living by Faith

Be passionately experiencing all of my personal emotions, painful or pleasurable

Be passionate about taking action in harmony with Love

Be passionate about discovering and applying God's Truth in everyday life

***Next session: Engage My Will To Love & Change***

We are going to talk more about understanding and developing your will

***10 min Break***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: Understanding My Will***

### ***Presenter: Jesus***

***Description: Jesus helps us understand what our will is, where our will comes from, what influences our will, will versus will-power, and how negative and positive changes to our soul based will occur***

### ***What Is Will?***

#### ***Free Will is the gift God gave to all persons***

This gift is already given to everyone who has ever existed

#### ***My Will is the personal development and use of the Gift of Free Will***

*God has given me the opportunity to develop my will for many loving reasons*

So that I can be a free-acting, free-thinking, free-feeling individual

So that I am not a robotic externally controlled being

It gives me the potential pleasure to give and receive love

It gives me the potential joy to create in harmony with love

It gives me the potential to have relationships with others and with God

#### ***I am conceived with no will, but with the gift of Free Will***

By the time I am born, I am already influenced by the will of others

Since I have been influenced, I already have parts of my will in harmony, and other parts of my will out of harmony with love

But I still need to learn that how I choose to use my will is my responsibility

I still don't understand that I can develop my will and use it however I want to

#### ***I am learning to develop my will through my experience and choices***

Changing my will can be as simple as making a different soul based decision

Changing my will can also be very complex and involve many competing emotions

Only I myself can change my will, but I can be easily influenced

#### ***My Will originates in the soul, it is a soul based quality***

It comes from the soul, and commands my thoughts, words, and actions

It is the soul's true desire, passion, aspiration, longing and intention

It is the most obvious decision I make based upon my condition

It governs every emotional choice and decision, including even fear based decisions

***It is influenced by:***

Thoughts, beliefs and ideas in or out of harmony with love  
 Longings and desires in or out of harmony with love  
 Aspirations and intentions in or out of harmony with love  
 Emotions and feelings in or out of harmony with love  
 Actions taken in harmony or disharmony with love  
 Externally generated sources of the same in or out of harmony with love  
 External pressures in or out of harmony with love

### ***Will is NOT 'will power'***

Many people have been attempting to achieve soul progression through the use of will power. Since this is an attempt to ignore and over-ride the soul's will and current condition it will never work

#### ***Will***

Soul-based quality that reflects my current soul condition, including injuries, aspirations, desires, passions & fears.

It commands my thoughts, words, actions and even my inaction

It comes from emotions in or out of harmony with love

It is my soul's true desire

Generally happens without thought or consideration (I can grow my awareness of my true will if I choose)

Only through the use of will can I grow my soul in love and truth

#### ***Will Power***

Soul-based desire to attempt to OVERRIDE my soul's will and current condition by using effort

Drives my attempts to *modify* the thoughts, words, actions & inactions that naturally arise from my soul's will

It comes from the use of my intellectual desire to emotionally deny my current emotions

It is the façade I would like to believe I have

Takes a lot of thought and consideration

I can never grow my soul in love and truth through the use of will power

I must develop a soul based aspiration to change, and then only by choosing to release the emotions, feelings, desires, passions, longings, aspirations and intentions out of harmony with love will my soul based will actually change

***Only through the use of will can I grow my soul in love and truth***

### ***Clarifying Points Regarding My Will***

***My will originates in my soul, NOT my intellect or my facade***

It is impossible to generate will for something that the soul resists

***My will is always engaged***

I am constantly using my will even if I wish to deny that I am or wish to do nothing

***My will is always used in harmony with the condition of my soul***

It is possible to use my will to challenge false beliefs within my soul, but the desire or aspiration to challenge these false beliefs also originates in my soul

***I am always in charge of how I use my will***

I may wish to say that my will feels 'out of my control' but this is only because I wish to continue to remain disconnected from my soul

I usually have this attitude because I live in my fear and am willing to sacrifice loving principles in order to avoid fear

***Understanding How Negative Changes To My Will Occur***

***Sinning: acting in disharmony with God's Love, God's Truth or God's Laws causes destruction of love based will***

Listen to, absorb, and accept thoughts, beliefs & ideas

Develop, respond to, and act upon, longings & desires

Develop, respond to, and act upon, aspirations & intentions

Develop, respond to, and act upon, emotions & feelings

Plan, decide, and engage actions

***Sinning: allowing others to influence me to sin***

Allow externally generated sources to do the above

Allow external pressures to modify the above

***Understanding How Positive Changes To My Will Occur***

***Not sinning: acting in harmony with God's Love, God's Truth or God's Laws causes development of love-based will***

Listen to, absorb, and accept thoughts, beliefs & ideas

Develop, respond to, and act upon, longings & desires

Develop, respond to, and act upon, aspirations & intentions

Develop, respond to, and act upon, emotions & feelings

Plan, decide, and engage actions

Allow externally generated sources to do the above

Allow external pressures to modify the above

***Becoming perfect: allowing God's Love to perfect me***

Will require repentance for past sin

Will require a desire for God's forgiveness

***Understanding my will is crucial if I wish to:***

***Understand who I am, as God created me***

Come to know myself and my potential as God's creation

*Understand how to be truly happy and loving*

Cease sinning

Give and receive love

*Make real, lasting changes to my soul and my life*

Without embracing my will, I can never change

*Have a relationship with God*

*Stop pain & suffering*

***10min Break***



Series: **Education In Love**

Group: **Developing My Will to Love**

**Theme: Understanding My Will Q&A**

Presenter(s): **Jesus**

Description: **Jesus answers questions from the audience about the material covered in the previous presentation "Understanding My Will"**

### *Introduction*

***I want your questions to be to the point, succinct and direct***

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### *Potential Questions About*

***What Will is***

***What Will is influenced by***

***Will versus 'will power'***

***Clarifying points regarding Will***

***Understanding how the Will is changed negatively***

***Understanding how the Will is changed positively***

### *Actual Questions Answered*

#### ***Group 1***

***How I go about building my will in a positive direction***

A desire must exist in the soul to use my will in harmony with love

If no desire exists to use my will positively, then a desire must be in the soul to change that condition

If no desire to change exists within the soul, then a desire to change that condition must be built

How do I build a desire when no such desire exists?

I must have an aspiration to change my current condition

***The primary aspiration to change is currently for most people only an aspiration to avoid pain or receive pleasure***

But this is not an aspiration to be loving or truthful

Each person's definition of pain and pleasure is flawed

What one person believes is painful another may believe is pleasurable

There are 7 billion definitions of pain and pleasure on the planet

When driven only by avoidance of pain, I will only take actions to avoid my own pain, even if the

result of such actions causes pain to others

For most having addiction met is personal pleasure

***The primary aspiration to change only due to pain must itself change to a desire to become more loving and truthful, no matter how much pleasure or pain is involved***

For this change to occur, I must develop a new aspiration within my soul

To develop a new aspiration I need to:

Analyse, examine and measure our real life and feelings and see the pain caused

Listen to God's Truth, which exposes error and helps develop the need to change

Be inspired by someone who is already more loving than self

Have an example of someone who is already more loving than self

Faith that change to become more loving is possible

Who we associate with has a bearing on our personal aspiration

Identifying the emotional injuries within and release those that negatively affect the creation of new aspirations

Once we have an aspiration, we will begin to take action to change our life

Pain & pleasure must stop being our motivations before continuous change is possible

Love & truth must start being our motivations before continuous change is possible

Love & truth must be like a seed that we choose to sustain in order to grow

Love & truth cannot be forced into growing inside ourselves

Love & truth need the right environment to grow, which is under our own control

We can create a 'soul space' that will assist our growth

***What happens when we struggle with tiredness when listening to truth Soul is exercising its own resistance to emotion***

Many confronting things said during this morning's presentations

Once we begin to resist our own emotion about those things, we close down

Group resistance to the concept of soul mates

Group resistance to taking personal responsibility to change your own will

Group resistance to the emotion of confusion

Group resistance to the current condition of the soul's real motivations

Group resistance to the fact that we have developed our will negatively

Group resistance to the feeling of hopelessness

Group resistance to pain being the primary motivation for change

We need to develop a thirst for truth, and come to enjoy the process of receiving it

Our desire for addictions to be met prevents the thirst for truth

**My time here is pointless if I refuse to understand my will NOW!**

***Question***

Am I going to understand how I use my will and the power of my will, or am I going to continue avoiding the use of my will, or using my will negatively to harm myself and others?

***Group 2***

### ***Not taking personal responsibility for how we use our will***

Example of a woman who had 3 abortions over a 5 month period  
 She blames her boyfriend for trying to shut down her grief with sex  
 No such thing as a complete lack of will  
 We use our will to give our will to others; it is our choice to do this  
 We give our will to others in order to not take personal responsibility for our choices  
 We or others have developed our will to make others responsible for our choices  
 This gives us the excuse that we cannot be held responsible for our own actions  
 We need to learn to take responsibility for every personal action  
 The choice to have the abortions was not driven by other people's will  
 The justification to murder 3 children came from within  
 She is not taking responsibility for that choice  
 She avoided using her will to take responsibility for the decisions she personally made  
 She made the choice to have sex  
 She made the choice to abort the children  
 She made unloving choices, and used her will to do so  
 She needs to desire to discover why she allowed herself to have the abortions  
 She needs to desire to discover why she wants to blame her boyfriend for her actions  
 She is justifying why she chose to abort (murder) 3 children  
 She is blaming others for her choice to abort (murder) 3 children  
 This is not taking personal responsibility for her own choices and decisions  
 She also exercises her will to do what other people want  
 She calls this giving up her will, but this is not what is happening

### ***Feeling emotions is the way to discover the truth***

We will only know the truth after we have felt the emotions  
 It is only by allowing emotion to flow that we find out the truth about matters  
 We will not complete feeling our real emotions unless we get to know God's Truth  
 God's Truth about Child abuse: harmful, wrong, detrimental to child's development, taking power over innocents is wrong etc  
 Knowing this is independent of a person knowing they personally have been abused  
 If a person has really been abused, they will have emotions pertaining to the abuse  
 These emotions prove whether a person has been abused or not  
 Until a person feels these emotions, they will not know the truth about what happened  
 Most abuse victims prefer to not know the truth about the abuse  
 They prefer this because they do not wish to experience the emotions of abuse, which are very difficult emotions to experience and feel  
 Preferring to not know by experiencing emotion, causes us to believe based upon suggestion and other emotional injuries  
 Once we feel the emotions we know the truth about the subject  
 She wants to know what she will feel about abuse, before she allows herself to feel her emotions about abuse  
 But this has nothing to do with the same person avoiding self-responsibility for having 3 abortions, even if she has personally been abused she chose to abuse others  
 She does not want to take responsibility for the previous choices she made  
 She wants someone else to be responsible for those choices  
 She does not want to take responsibility for the choice to have sex  
 She does not want to take responsibility for the choice to murder 3 children  
 She was unwilling to make a choice that was loving and then she also wants to make a choice to blame other people for the choices she has personally made  
 Her view of love is that people who 'love' her should make the right choices for her

Her view of love is that people should rescue her from the unloving choices she makes

***'Listening' to Divine Truth while using will to emotionally avoid Truth***

Why we don't want to hear truth that affects us personally

Reasons include: I'll have to take action I don't want to take, I want to avoid pain, I want to avoid personal responsibility

World's definition of love: I should be able to share responsibility with others, share my emotion with others, share my pain with others, blame others for my actions etc

God's definition of love: I am personally responsible for every action I take, for every emotion I feel, for all pain within me, for how I act

e.g. Unemployment benefits: wanting others to be responsible for my life & welfare

e.g. Legal action: with someone for a personal injury resulting from a personal action

e.g. Relationship: he/she made me angry, that's why I became violent

God desires us to know: Use will to love results in positive benefits and happiness

God desires us to know: Using will to sin results in negative consequence & pain

Humankind is adept at avoiding personal responsibility

Having faith in God's Laws

***Every addiction is the desire to avoid personal responsibility for internal emotions***

Addiction: Soul based emotion of hurt that needs to be satisfied from someone else

Choice to release the emotion is taking responsibility for the emotion within us

Choice to feed the addiction is a desire to make others responsible for our emotion

Hurt emotion we refuse to release from inside us will cause a demand upon others

Hurt emotion we refuse to release from inside us will generate an addiction

Hurt emotion we refuse to release from inside us will generate more sin

God's Laws then force us to take responsibility for our desire to create sin

Only we ourselves can make the choice to release our hurt emotions

No-one else can take this action for us, even if they wanted to

There are very few situations in life where we do not bear personal responsibility for outcomes that affect us personally

e.g. A child is not responsible for physical, emotional or sexual abuse from adults

e.g. A falsely accused person in prison is not responsible for their imprisonment

However, they are responsible for releasing the emotions that exist as a result

***Using will and sin***

Explanation of a person who has a stroke

Avoidance of emotions cause physical sickness and disease

Making allowances for sinful decisions is only going to cause more pain

Telling ourselves the story without understanding the causes of all issues

Jesus: Interrupts the story many times to correct the false beliefs

We often learn in our childhood that no adult wants to hear the truth

***Use our will to examine our desire to work through sinful emotions***

Using will-power to overcome emotion is not the answer

Teaching ourselves to avoid the consequence is a lack of responsibility

I need to take full personal responsibility for the choices and decisions I personally make that are unloving or untruthful and there have painful consequences

I need to take full personal responsibility for the choice to avoid painful emotions

I need to take full personal responsibility for the choice to avoid being truthful  
 I need to find the emotional reasons within me that cause me to be unloving  
 No-one else can do this for me  
 Others can help me, but unless I decide for myself, I will not do it

### ***The emotional reasons for avoidance within the audience***

Most are avoiding taking personal responsibility for their own emotional condition  
 Most want someone else to love them rather than loving themselves  
 Most do not want to be responsible for loving themselves  
 This opens us up to external influences and people that meet our addictions  
 Demanding that others 'love' me causes me to enter addictions with others  
 Demanding that others 'love' me causes me to not be responsible for my decisions  
 Demanding that others 'love' me causes me to not understand that love is a gift  
 Demanding that others 'love' me causes me to create pain for others

### ***Engaging will to take personal responsibility for emotions***

This begins with choosing to feel the reasons why I don't want to feel  
 This means engaging my will in the process of discovering why I don't want to feel  
 Begins with feeling 'I don't want to'  
 Ask myself all of the reasons why I don't want to feel emotion  
 Ask myself what are my beliefs about emotion  
 Use my will to access my false beliefs  
 Recognize that we do not wish to feel emotion, and ask 'why'  
 We can develop faith in processing emotion  
 Find the will based reasons why we don't want to be loving  
 Recognize that not feeling emotion is the result of our soul based choice to avoid  
 Recognize that not wanting truth is the result of our soul based choice to love lies  
 Recognize that not wanting action is the result of our soul based choice to honour fear  
 Recognize that not developing faith is the result of our soul based choice to lack faith  
 We need to take responsibility for how we choose to exercise our will  
 We prefer to have physical pain rather than emotional pain  
 We prefer to die painfully rather than feel emotional pain  
 Most would rather lie to self about doing something about our unloving or untruthful condition,  
 rather than actually do something about the same condition  
 We need to use our will to identify the reasons why we do not want to be loving  
 The aspiration to address the 'I don't want to' emotion comes from the soul  
 If that aspiration is not present, then it can be developed  
 Seeing the personal and universal benefits will help us develop the aspiration to love

### ***The will to avoid telling the truth***

'Sugar coating' the truth so that no one listens or is confronted by the real truth  
 Truth is powerful, and people may respond negatively  
 The real addiction is not wanting to feel attack from others and wanting to control other's  
 responses to truth so that we do not have to feel a personal emotion  
 To overcome will need faith, truth, action and emotion  
 Our fears govern our desire to avoid action  
 To act, we need to be willing to feel the fears that actions trigger

***Making comparisons that are illogical in order to avoid emotion***

Illogical comparison between cutting down a tree and war

***Understanding and experimenting with the use of our will***

We need to spend time experimenting with the use of our will

We need to stop avoiding the use of our will (which is a sin)

We need to examine why we wish to avoid using our will

We need to examine how we are using our will out of harmony with love and truth

We need to examine how to use our will in harmony with love and truth

We need to measure the results of our experiments

***The difficulty of 'helping' people who avoid the use of their will***

Avoiding the use of and the development of our will is a lack of personal responsibility

It is very hard to convince people who have never used their own will or developed their will to use it in any direction, positively or negatively

It is often easier to convince people who have used their will or developed their will negatively to change and use their will positively

People who do not use their will are afraid of engaging their will and experimenting

People who make others responsible for their will are also avoiding responsibility

***20min Break***

Series: **Education In Love**

Group: **Developing My Will to Love**

**Theme: Pain, Pleasure & My Will**

Presenter(s): **Jesus**

Description: **Jesus talks about gaining a soul based understanding of the true causes of pleasure and pain, sin, the results of sin, and encourages us to be sensitive to the true cost of using our will unlovingly**

### ***Introduction***

#### ***The majority of attendees and the world in general:***

Do not understand how much pain they are causing to themselves or others  
 Believe feeding addictions has the result of pleasure when it actually creates pain  
 Believe living in façade has the result of pleasure when it actually creates pain  
 Believe that unloving behaviour is actually loving  
 Believe that loving behaviour is unloving  
 Believe that living in truth is harmful  
 Cannot see the damage they are doing to their own soul  
 Cannot see the damage they are doing to the souls of others  
 Cannot see how their soul based choices are damaging the world  
 Have little or no desire to stop the damage they are personally causing

#### ***For any real progression to begin, I must:***

Truly understand what causes my own pain and the pain of others  
 Truly understand what causes my own suffering and the suffering of others  
 Truly understand what contributes to my own pleasure and the pleasure of others  
 Truly understand what contributes to my own happiness and the happiness of others  
 Cease causing pain and suffering  
 Begin creating pleasure and happiness  
 Understand that happiness = no pain + pleasure + relationship with God

### ***The True Cause Of Pain & Suffering***

#### ***The true cause of pain is:***

Having inside of myself (my soul) the desire, aspiration or intent to sin, or;  
 Using my will out of harmony with God's definition of Love, or;  
 Using my will to break God's Loving Laws

#### ***Notes***

- Notice that pain is not selective about where the sin came from (either from my own choices, or the choices of others), but rather, pain is caused by the fact that I have not awakened to sin and sin remains inside of my soul
- This definition applies to **all** pain, including pain caused by; emotions, disease, accidents, sickness, violence, and natural disasters, etc

#### ***The true cause of suffering is:***

Refusing to remove from inside of myself (my soul) the desire, aspiration or intent to sin, over a long period, or;  
 Using my will out of harmony with God's definition of Love over a long period, or;

Using my will to break God's Loving Laws over a long period

**Notes**

- Notice that suffering (long term pain) is not selective about where the sin came from, but rather, suffering is caused by the refusal to awaken to and remove sin from my soul, and to continue to deny and ignore the true cause of pain itself, which is always sin
- This definition applies to all suffering, including suffering caused by; emotions, disease, accidents, sickness, violence, and natural disasters, etc

### ***The True Cause Of Pleasure & Happiness***

***The true cause of pleasure is:***

Engaging my life passionately and emotionally while having inside myself (my soul) no desire, aspiration or intent to sin, or;  
Using my will in harmony with God's definition of Love over a long period, or;  
Using my will to obey God's Loving Natural Laws over a long period

**Notes**

- I am perfected in Natural Love when my own definition of love of others matches God's definition of Love of others
- A person can have pleasure without true happiness; this is the condition of all 6th sphere spirits

***The true cause of happiness is:***

Engaging my life passionately and emotionally having removed from inside myself (my soul) all desire, aspiration or intent to sin, and having received God's Love to the point of at-onement with God, over a long period of time, or;  
Using my will in harmony with God's definition of Love over a long period of time, or;  
Using my will to obey all God's Loving Divine Laws over a long period

**Notes**

- I am perfected in God's Love (Divine Love) when I have received enough of God's Love that my own definition of love of myself, and love of God, match God's definition of Love in both areas
- A person needs God's Love in order to have pleasure with true happiness; this is the condition of all Celestial spirits

### ***The Importance Of Developing My Will To Love***

***My pain, and the pain of others caused by my choices, will reduce***

Most people selfishly only consider their own pain

***My suffering, and the suffering of others caused by my choices, will reduce***

Most people selfishly only consider their own suffering

***My pleasure, and the pleasure of others caused by my choices, will increase***

Most people selfishly only consider their own pleasure



***My happiness, and the happiness of others caused by my choices, will increase***

Most people selfishly only consider their own happiness

***My relationship with God is completely dependent on making loving choices***

Most people ignore God completely, or give lip service to God, and believe that relationship with God is not going assist their personal pleasure and happiness

### ***A Soul Based Understanding***

***What will it look like when I have a soul based understanding of these truths?***

Would I choose to remain ignorant about love?

Would I choose to believe & act upon untruths about love?

Would I choose to purposefully ignore my own conscience about love?

Would I choose to avoid personal responsibility for my life?

Would I choose to make others responsible for my life?

Would I choose to make others responsible for my unloving choices and decisions?

Would I choose to harm others purposefully?

Would I choose to harm others though my addictions and façade?

Would I continue to lie to myself about my sin?

Would I tell myself that my pain has been caused by someone else?

Would I think that physical remedies are the solution to my pain and suffering?

Would I waste time learning about matters unrelated to love and truth?

Would I continue to suggest to myself that God's Laws are not just because my own pain and suffering has nothing to do with my own choices?

### ***Pain, Pleasure & My Will***

***Demonstrated the real causes of pain and suffering, which is;***

Sin

My personal desire to avoid becoming sensitive to sin

My personal desire to leave sin inside of me

My personal desire to sin more, and acting upon the sin that already exists

***In the middle section of this course, we will present;***

Understanding God's Laws Of Love

Understanding Sin and Its Causes

Removing the Causes of Sin

Engaging God's Laws of Love

Each group will focus on giving you more understanding about pain, suffering, pleasure and happiness

***Question***

Am I going to use my will to choose to continue reaping the harvest of sin, or am I going to choose to remove the causes of my sin and sin no more?

***10min Break***

## ***Assistance Group***

***Series: An Education In Love***

***Group: Developing My Will To Love***

***Theme: Pain, Pleasure & My Will Q&A***

***Presenter: Jesus***

***Description: Jesus answers questions from the audience about the material covered in the previous presentation "Pain, Pleasure & My Will"***

### ***Introduction***

***I want your questions to be to the point, succinct and direct***

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### ***Potential Questions About***

***The true cause of pain***

***The true cause of suffering***

***The true cause of pleasure***

***The true cause of happiness***

***A soul based understanding of the destructive power of sin***

***A soul based understanding of the supreme power of God's Love***

### ***Actual Questions Answered***

#### ***Group 1***

#### ***Physical pain and the place of medical intervention***

Being learners in love, and not being perfect yet

If people are willing to address the cause, which are emotions within themselves they are resistive to releasing, then surgery is appropriate

If people avoid addressing the cause, then they are making others responsible for their own unloving choices, and the outcome of those choices, which is a lack of personal responsibility

Our medical system is often paid for by others, there is a sharing of costs for medical intervention amongst the general community

There is a loving and unloving use of medical intervention

There is also an aspect of mercy and justice

Education also must occur, but this education needs to revolve around God's Truth & Love, and God's Laws rather than the acceptance of the world's definition of love

The medical treatment would include mandatory education on what emotions and desires caused the accident or disease that required medical intervention

In today's society many physicians become such to avoid many of their own personal emotions. With almost all professions on earth there are a mixture of personal and society based addictions the profession satisfies, and loving intentions.

The general population places huge demands upon the medical industry to help the general population avoid pain and suffering caused by its own choices and to avoid the emotions that create such pain and suffering, and expect the medical industry to create methods of making this pain and suffering disappear.

### ***Types of guilt and the danger of being motivated by guilt***

Guilt: Conscience or God's Truth informing you that you have acted unlovingly. This is a statement of Truth; the person is either guilty of a sin or not

This type of 'guilt' (the acknowledgement of the truth that a sin has been committed) is necessary for the beginning of repentance

This type of guilt is the beginning of having an awakening to sin, and an awakening to the need for repentance, which involves discovering the original reason for the sin.

Guilt: An addiction to acting due to feeling we must do something for ourselves or others when the motivation is to avoid experiencing emotions or helping others avoid experiencing their emotions. This type of guilt avoids the recognition of truth. This type of guilt is a desire to punish self or feel bad about self without correcting the original causes for unloving behaviour.

This kind of guilt is pointless, narcissistic & self-involved, and assists us or others to avoid the experience of unloving desires or unloving emotions, and allows us to continue unloving behaviour without any real correction.

This type of guilt engages an additional sin from God's perspective.

Being motivated by the second type of guilt, which is the guilt we have been discussing in questions associated with the subject, will not result in any correction of our behaviour.

### ***Taking physical action or corrective medical procedures in addiction to avoid awareness of emotional denial***

Question about cosmetic surgery, makeup etc

The desire to do this is driven only by addiction, and therefore the desire is a sin

Addiction: A desire to avoid my personal true state or condition

Addiction: A desire to stop others from seeing my personal true state or condition

Addiction: A desire to present a façade to the world and to myself

Physical degradation of the body is caused by emotional issues

e.g. Jesus hair loss: Avoiding the emotion of worth

It is better to address the unloving emotions that create the physical degradation than engage a corrective medical procedure which does not address the cause

This is different to surgery to help with physical pain or body function, which has been discussed in a prior question.

### ***The connection between sin and the avoidance of God's Truth***

Sin and its connection to lack of faith, truth, action and processing emotion

Most do not believe that releasing the desire to sin is a good thing for us

Most do believe that acting in harmony with the desire to sin creates happiness & joy

Obviously there are a lot of false beliefs about sin itself and its causes

This is why we must spend 60 hours or so on the subject of sin during this education in love programme  
We need to study the relationship between sin and the cause of pain & unhappiness

***Measure the amount of pain then ask ourselves what sin causes the pain***

Most of our personal pain comes from a lack of love of self

It is a sin to continue to feel that abuse during childhood is our own fault

Wanting to hang onto false beliefs about ourselves is a sin that causes pain

Not wanting to release the emotion that causes our false beliefs about ourselves is a resistance to God's Truth, and a resistance to God's Love

What happens emotionally when pain abates rather than disappears

Pain is the result of resistance to feeling emotions out of harmony with love

We need to identify the sin that is causing the physical pain

Often the causes relate to how we feel about ourselves as a result of abuse done to us

e.g. Wanting to continue to believe that abuse was our own fault is a sin

e.g. We need to release this emotion, so that we can accept God's Truth

e.g. Wanting to hang onto a false belief about oneself is a sin that causes pain

e.g. Wanting to continue to treat oneself abusively is a sin

Many refuse to see ourselves truthfully (sin), because that will trigger emotional pain we wish to avoid about how other persons have treated us in our life

Some of the most difficult sinful emotions to address are attitudes we have towards ourselves that we do not wish to remove due to the emotional pain involved

People who have been taught that they are already beautiful and wonderful by their parents obviously will not have these emotions to address

***Being in emotional pain and suffering***

One cause of physical and emotional pain is fear of experiencing emotions that we believe will be too painful to feel

Another cause of pain is reaping the results of the Law of Compensation from past decisions made that were out of harmony with love of self, others or God

Another cause of pain is the sin of punishing ourselves for past unloving choices

Another cause of pain is the sin of avoiding the full consequence of our decisions

Breaking each law has the consequence of different penalties, and therefore different types of pain associated with each sin

We need to understand the relationship between sin, law, penalties and pain

Become sensitive to the full consequences of what we sowed

This is a part of having the awakening to sin

Without an awakening to sin, it is impossible to repent

We need to know the reasons why we took the unloving actions

To engage the Law of Repentance we must go through this process

We must see the relationship between what we sow and what we reap

Many of the things we are trying to avoid by sinning will actually happen due to the sin being engaged to

avoid them; the law of attraction determines this

We do what we think is best (sin of feeding our addictions) attempting to avoid pain (the result of previous sin) when we are actually creating more sin and therefore more future pain and suffering

The only way to avoid the Law of Compensation (pain that results from sin) is to engage the Law of Repentance which requires having the awakening to the sins committed

Understanding Law, understanding the causes and effects of sin, removing sin and engaging God's Laws of love are future subjects involve in our Education in Love

Repentance and forgiveness is the best method of dealing with sin

### ***The state of refusing to experience sinful emotion causes physical pain***

Each physical pain is related to emotion that is out of harmony with love that is within us that we refuse to experience and feel

This is the true cause of the compensatory pain

We are not sensitive enough to pain

Pain is a messenger of truth to us that we remain in sin and have sinned

We usually make decisions to avoid immediate pain which is an additional sin

When we are in a lot of pain (a lot of denial of sin), it becomes very difficult to feel the actual causes of each pain (each individual sin)

The use of our will determines whether we release pain or engage more pain

We have positive and negative influences on our will

We even use our will to listen to and make decisions in harmony with influences

Only listen and act upon influences from people who are in a better condition of love

Carefully listen to and act upon influences from people who are in a similar condition of love to yourself, since these people know very little more than you know about love

Refuse to listen and act upon influences from people who are in a worse condition of love than yourself, since these people obviously know less about love than you do

We frequently listen to and act upon advice from people we cannot trust (due to their lack of love), while at the same time avoiding listening to and acting upon advice from people we can trust (due to their deeper understanding and practice of love)

### ***Tomorrow's program***

## **My time here is pointless if I refuse to change the use of my will NOW!**

Pain and suffering will continue to dominate my life, and my future spirit life

I will remain selfishly driven to meet addictions at the expense of others' pain

True pleasure and happiness will continue to be elusive

Perfection will be impossible

### ***Question***

Am I going to use my will to choose to continue reaping the harvest of sin, or am I going to choose to remove the causes of my sin and sin no more?

## **Group 2**

### ***Pleasures that come from positively engaging the will to love***

Not just the pleasure of developing the will itself

Pleasure: Knowing I am developing courage

Pleasure: Not making decisions just based upon avoidance of pain

Pleasure: Can feel more of God Love

Pleasure: Knowing I have more control over the direction of my life

But our addictions are very entrenched and strong

We need to go through what we believe is pain to give them up

This causes us to not be sensitive to the pleasures we are receiving

Graph of intensity of emotional pain versus intensity of emotional pleasure

### ***What helped Jesus the most when dealing with intense grief***

Jesus: My desire to surrender to my emotions rather than fighting them

Jesus: This is the state of humility, I remind myself to remain humble

The Law of Compensation grinds us into submission when we fight emotion

Many of the hardest addictions are surrounding our own flawed concepts of self

Often not repentant about lack of love of self, others or God

This is what causes our life to be much more difficult than it needs to be

Being humble is about surrendering to the actual emotion rather than resisting

### ***The pleasurable things that come from a will to love***

Question motivated by a desire to avoid the bad things already happening

We use Jesus for inspiration without being willing to develop personal aspiration

Jesus inspires you for a few days, weeks or months, but never act upon the material

This means we are heavily reliant on someone else providing inspiration to us

If Jesus provided inspiration under these circumstances he is feeding addiction

Instead Jesus wants us to see how important it is to develop our own aspiration

Once we view this as important, then we will make decisions & drive our own change

We are far too reliant on others fixing our own issues and problems

Jesus wants to inspire us while at the same time not feeding addiction to be inspired

We are adverse to discussion pain or feeling our pain

Anything relating to a discussion about pain or feeling pain causes us to shut down

### ***Most do not have a long term view and are only into instant satisfaction***

Our problems we not created instantly

Therefore our problems cannot be solved instantly

We need to learn the relationship between your choices and your pain

God has not created an instant magical wand to wave away all of our pain

God wants us to understand how we created our personal and collective pain

God wants us to see the decisions that created our personal and collective pain

God wants us to decide to make different more loving choices and decisions

We have created sin over millennia

We cannot expect it all to be waved away through some magical process

We need to understand the penalties of sin (living out of harmony with love and truth)

Humankind uses its will to sin

Then we want God to come and remove the effects of our will to sin

God will not remove the effect of something that he did not personally create without our will changing first

We must first be able to feel God's Love before God can remove the effect of sin

We need to come to see the relationship between our own choice to sin and the effect our sin has on other people

All people who ever lived have contributed to the pain and suffering on the planet

How people respond to these sessions is completely dependent upon how each uses their personal will

### ***Where most of our personal pain comes from***

It does not come from our family of origin, or the family resistance

Most of my pain comes from my personal choices out of harmony with love

We have personal choice to feel or to avoid emotion

We don't allow ourselves to feel the pain associated with others not loving us

So we choose to not love ourselves, waiting and hoping that someone else will love us

We need to see this as a personal choice, and that we are personally choosing pain

Choosing to not love self is a sin, which will have painful consequences

Wanting others to love us before we love ourselves is a sin

Our personal pain is always the result of our personal choice

Often this is the choice to resist God teaching us about love of self

A lot of personal pain is the result of my personal choice to compromise love of self

Reminder of the three primary loves; love of God, self and others

When we sacrifice ourselves, we are not loving self, and we are personally choosing sin

### ***Many believe God is unfair in regards to pain***

We believe that God's Laws visit pain upon us due to others' actions

But this is a false belief about God and God's Laws

God's Laws only attribute pain to a person when the person themselves is sinning

The pain I personally experience is a direct result of the choices I personally made

Realizing this is an act of taking personal responsibility

I have full control over my own pain

If I am in pain, it is the direct result of my personal choice out of harmony with love

e.g. Jesus personal back pain while speaking to groups

e.g. Jesus is causing this pain due to avoidance of a certain types of emotion

The world has the wrong definition of love of self

We need to see the personal choices we make to resist love of self

Others often want us to make the same choice (to not love ourselves)

### ***Will-power versus will***

Often the feeling in the will is that we do not want to feel a certain emotion

Then we will-power over that will based emotion by forcing ourselves to feel

But this will never be successful

We need to change our will, rather than just riding over our will

### ***Changing a highly developed will to sin by seeking pleasure through addiction***

For most our definition of pleasure is: Avoid pain and get addictions satisfied

We seek out the satisfaction of our addictions

Must face the truth: Is satisfying addiction actually pleasurable?

Must face the truth: What is the long term effect of satisfying addiction?

Example of the channelling with Anthony (spirit discussion on Divine Truth channel)

We need to see the true results of the decisions we are currently making

We need to see what our future will look like if we keep on making the same choices

We tend to only see the instant gratification of the addiction

But a sane person will want to examine the longer term results as well

### ***The process of desensitizing the soul to sin***

We make a small decision to sin

This desensitizes us to the seriousness of that sin

Then we make another small decision to sin

Now we do not even consider that the first action was a sin

If we desensitize ourselves in this manner deciding to stop sinning is difficult

Even if we stop sinning, it will also be very hard to recover from the degradation of our own soul

Is the momentary 'pleasure of addiction' worth long term pain and suffering?

When we are truly self-reflective, we examine all of the long term results of decisions

### ***What to do about continuing damaging decisions and actions***

Aspiration: To feel emotion without harming others

Aspiration: To find the underlying anger based motivations for harming others

Aspiration: To find the underlying fear based justification for harming others

Aspiration: To feel the emotion of fear

Addiction: To prevent the experience of the emotions of fear and terror

Addiction: I want to do anything to experience the emotion of fear

These addictions are what causes war on the planet



To stop damaging actions we must develop a will based aspiration to stop

***Finish For Day***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: My Will To Love***

### ***Presenter: Jesus***

***Description: Jesus discusses the three possible directions to develop your will and how two of these directions continue to be harmful, reminds us of the specific ways to develop our will to love, and challenges us to consider what is the true state of our will right now***

### ***Introduction***

#### ***Three directions to grow will***

##### ***No action***

Sin remains in my soul

I continue to live out of harmony with God's Loving Laws

##### ***Action in a negative direction***

I create more sin in my soul

I desire to live out of harmony with all of God's Loving Laws

I rebel against all of God's Loving Laws

##### ***Action in a positive direction***

I awaken to sin and remove sin

I live in harmony with all of God's Loving Laws

#### ***Developing my will to love is the ONLY WAY to progress***

As Jesus pointed it out it is also the only way to achieve happiness or true pleasure

#### ***How have I been 'growing' my will?***

*If I want to see an example of an underdeveloped will to love I can look at my life right now (this applies to most people in attendance)*

Understanding Sin & Removing Sin Assistance Groups will outline this in detail

## ***Reminders from Assistance Group in 2014***

### ***Reminder of the 'muscle'***

Will is something I develop

It is different from will power

***Four ways I build a muscle***

Overwhelming stimuli

Food (nourishing input)

Water (truth)

Repetition

***Ask myself what I have already done:***

Have I stretched myself emotionally and sought opportunities to love?

Have I stretched myself regularly and repetitively?

Have I changed my daily activities and relationships towards those that uphold love?

Have I exposed myself to, and engaged, truth every moment in my day to day life?

***Those who really want to act, really do act!***

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

Many of you are demonstrating your own insincerity and lack of desire, rather than the reverse

***Specific ways to build my will to love***

We have already covered this material in the 2014 Australian Assistance Groups So, no real point going through that same material

***Reminders to do the following in harmony with God's Love, Truth & Laws:***

Release emotions that negatively control beliefs, thoughts, and actions

Awaken to sin, and repent for past sin

Ask for God's Love & Forgiveness

Listen to, absorb, & accept thoughts, beliefs & ideas

Develop, respond to, and act upon, longings & desires

Develop, respond to, and act upon, aspirations & intentions

Develop, respond to, and act upon, emotions & feelings

Plan, decide, and engage actions

Allow externally generated sources to encourage me to do all of the above

***Doing above out of harmony with God's Love, Truth & Laws:***

Destroys my will to love

***Practical examples of how I currently do this:***

Living in negative emotions, rather than feeling them

Seeking approval and validation from people in a dark spiritual condition

Not seeing my addictions and façade as sin

Justifying my sins as 'minor' and continuing to act in them

Ignoring my pangs of conscience about past sin

Blaming others (including my parents) for my anger and other sins

Judging others and myself

Refusing to acknowledge God's Truth even when it is shown to me (via God's Laws)

Giving up on loving endeavours to avoid attack or disapproval from people around me

### ***Using My Will to Love will mean:***

#### ***Recognising how my will is currently exercised***

##### *No action*

Sin remains in my soul

I continue to live out of harmony with God's Loving Laws

##### *Action in a negative direction*

I create more sin in my soul

I desire to live out of harmony with all of God's Loving Laws

I rebel against all of God's Loving Laws

##### *Action in a positive direction*

I awaken to sin and remove sin

I live in harmony with all of God's Loving Laws

#### ***Deciding to embrace my will in a positive direction***

I currently have a weak will to love muscle, so this will take effort on my part

#### ***Changing my current behaviour***

Confronting my own and other people's addictions

Seeking opportunities that will speed up my change and growth

Not automatically agreeing with commonly held false beliefs of the world

Spending my time on activities that nurture my spiritual development

Speaking truthfully no matter what the outcome

Stopping pandering to other people's unloving demands

#### ***Changing everything about myself***

Letting go of façade based concepts of who I am

Experiencing my resistance to change, truth and surrendering emotionally

Changing my current addiction based values to become values based on love & ethics

Experiencing my desires, passions and longings

Desiring to experience my painful emotions

Opening up to God's concept of who I am

***Changing everything about my life***

Completely changing my lifestyle so that it is in harmony with God's Way

Giving up addictions

Giving up comfort (short term)

Facing potential rejection and criticism from everyone in my life (and the world)

Changing the way I spend time

***Do I really want to develop my will to love?******Questions***

Am I right now doing what is required to develop my will to Love?

How have I been exercising my will to date?

In passive, negative or positive direction?

What have I done with my opportunities to begin developing my will muscle to date?

What opportunities have I wasted?

What will I do from NOW to begin to develop my will to Love?

***10min Break***

## ***Assistance Group***

***Series: An Education In Love***

***Group: Developing My Will To Love***

***Theme: My Will To Love Q&A***

***Presenter: Jesus***

***Description: Jesus answers questions from the audience about the material covered in the previous presentation "My Will To Love"***

### ***Introduction***

***I want your questions to be to the point, succinct and direct***

Stop telling stories, raise the issues directly

Stop parroting what you think, rather than telling me what you feel

### ***Potential Questions About***

***Any matter raised throughout the entire group***

***Denial, apathy, complacency, and hopelessness***

***Faith, hope, trust, love, and truth***

***Fear, resistance, emotion, and action***

***Pain, suffering, pleasure, and happiness***

### ***Actual Questions Answered***

***The effects of sin on the soul and the physical and spiritual bodies***

Diagram of soul, physical and spiritual bodies

Effects of sin resides within the soul

Energy to both bodies comes from the pain

When we sin there are instant effects on our body, the spirit body and the soul

Sin is issues related to love of self, love of others, and love of God

Every single sin has an emotional effect, and a physical and spiritual effect

Often we are not sensitive to the effects, or we label the effect as 'normal'

***The cause of Hereditary defects in the human body***

Sin passed down through the generations

Working through the sin that causes this damage

***Sin in work situations***

The ethics of sinning in work situations

### ***The importance of developing our will with regard to sin***

Most are still using their will to sin

Most are still using their will to avoid awakening to sin

### ***Allowing oneself to feel 'I don't want to'***

The importance of allowing ourselves to see how much we want to rebel

Stop punishing self

Begin deconstructing all the reasons why we do not want to love

The will comes from the soul, the will-power from the mind of the spirit body attempting to overcome the will of the soul

Give up the concept that the mind can change everything

### ***Physical pain in our spirit body***

Explanation of how pain is transmitted between the bodies

Explanation of what happens with pain when the physical body dies

Pain exists in the spirit world, but it is a human creation

### ***Real knowledge enters the soul***

Focus on developing soul based will

Allow the limitations

Grow and develop

Engage a plan

Fully engage your own will for change to occur

### ***The problem of using our will to engage our addictions***

Use your time to develop your will to give up addictions

### ***Will related to God's Law of Attraction***

Law of attraction operates consistently

A sincere desire to address an issue is a prayer

The prayer results in God's response

Exercising our desire to receive through prayer

### ***Longing for Divine Truth changes the soul***

Divine Truth must enter your soul first

Getting intellectual understanding of Divine Truth is impossible

Feel the precluding emotion first, then truth can enter

### ***How our emotions prevent us from actually praying to God***

Often we want an intellectual connection with God rather than an emotional one

### ***The difference between will-power and will***

Go back to the discussions in 2014

Prayer to God often feels emotionally painful

Contrast between the emotions of God and our own emotions

We turn of the emotional process

The experience of physical pain relating to emotional processing

### ***Dispersing the influence of spirit attack***

Allow yourself to feel emotions relating to parents

This disconnects you from spirits who have the same emotions as your parents

### ***Using will-power rather than will***

Law of compensation pain must be felt, it is not a bad thing to feel pain

We are going to feel physical and emotional pain while processing emotion

### ***Changing our attitude to pain***

Physical pain is caused by further sin

Physical pain is also caused by the release of past sin

We need to be willing to feel pain if we want to progress in love

### ***Becoming sincere***

Becoming more truthful with ourselves

Analysing ourselves truthfully

Desire to understand why 'I don't want to' become loving

Judgement of self prevents us from being sincere

## ***Group 2***

### ***Feeling terrible when we ask God for truth about our sin***

When God tries help you feel His feelings about the sin, you have a choice

You can allow yourself to feel the emotions that come up or attempt to shut down the emotions by using various denial techniques

We do not allow God to tell us Truth because we do not wish to feel terrible

Allow ourselves recognize and feel that "I don't want to!"

We are making the choice to avoid the pain from the Law of Compensation

This is because we are just choosing between pleasure and pain

We believe that all pain is bad, and all pleasure is good

Ask myself; Why don't I want to accept God's Truth?

What are the emotional reasons why I don't want to accept God's Truth?

Firstly, I need to develop an aspiration to feel the painful emotions of compensation

Secondly, once the aspiration is developed, I will naturally allow the emotion

We often ask God for Truth while at the same time attempting to deny the feelings that come to us



when we receive God's Truth; this is an exercise of will in an unloving and untruthful (insincere) direction

The prayer for God's Truth is not yet sincere or honest

We are trying to bargain with God. We want the truth, but without feeling any pain

While the prevention of pain is our goal, no real progress can occur

God has feelings about what we do, and He attempts to share these feelings with us

If I feel about how bad sin is, then I will not repeat the sin ever again

Develop an aspiration to feel about how bad a sin is

### ***Experimenting and making mistakes with our understanding of Love***

If we are not addicted to the prevention of pain, or attempting to be 'perfect' when we are not, we will experiment with the discovery of Truth

If the prevention of pain is my goal, I will always avoid taking an action I suspect may result in pain; any suspicion of possible pain causes me to avoid acting

This means that I will often avoid the process of experimenting or making mistakes

I will end up doing nothing to find out what God's Truth is

So the process I need to follow to discover God's Truth is:

1. Firstly be prepared and willing to feel painful feelings
2. Take action that I think (but do not yet know) is harmonious with love
3. Measure the results of the action taken to determine whether they are loving
4. If the results are loving, then build upon that foundation with my next experiment

This process is simplified if I allow God to tell me what the truth is

But my emotional blockages stop me from allowing God to tell me what the truth is

So while I have emotional blockages, the above process will need to be undertaken

We need a desire to experiment even if the outcome may be some more pain to feel

Choosing an action that we do not yet know is loving or unloving, only to find that the outcome seems to be indicating that the action was unloving (due to the pain experienced), is better than not choosing to do anything at all, or purposely choosing to do things that we already know are unloving

Taking actions helps you expose the underlying motivation for the action

Measuring the results of the action taken will help in the determination of truth

Unfortunately most of us choose to take an action in addiction, we do not measure its results (pain), and then we make presumptions of truth

### ***Reasons for self-punishment***

It is a learnt action from our childhood to help us avoid punishment from others

Most parents teach their child to self-punish, so the child can avoid violent, abusive, or manipulative forms of punishment from the parent

The child learns that if it self-punishes, the parent will be satisfied

Self-punishment as an adult is narcissistic and self-involved

We usually do things that are unloving to others

Others express that our behaviour was unloving

We punish ourselves for the behaviour to avoid true repentance for the behaviour

Since we avoid true repentance, we are driven by our will to engage the same unloving behaviour again

We have done nothing to help the person we have harmed

We often even demand the person forgives us, without doing anything

We often want the person to feel sorry for us even though we have been unloving

Self punishment is a manipulative tool to avoid the full consequences of our actions, and to avoid the process of becoming repentant towards others for our actions

### ***How I know what kind of spirit influence I am under***

Experiment with the type of thoughts we receive

Thoughts have two sources

One source is from my own aspiration, my own desires in my soul

The other source is inspiration from others, whether seen or unseen

If the thought is promoting love and truth, then you can trust that the source is loving (whether the source is yourself, or another, seen or unseen)

If the thought is promoting sin (addiction, lies, façade and evil), then you can trust that the source is unloving (whether the source be your own emotions, or the emotions and thoughts of another, seen or unseen)

Experiment with where these thoughts came from (self or others, seen or unseen)

If I have a thought inspiring me to love, but it did not come from within myself (from my own emotions and feelings, from my soul), then obviously it came from a spirit in a more loving condition than I am

If I have a thought inspiring me to sin, but it did not come from within myself (from my own emotions and feelings, from my soul), then obviously it came from a spirit in a less loving condition than I am

Experiment:

What are my thoughts? Write down my thoughts each day

Did these thoughts come from me, or from a source external to myself?

If the inspiration is to assist our will to love and truth, then it really does not matter what the source is, we can decide to follow the inspiration without pain. If the inspiration is to assist our will to sin, again it really does not matter what the source is, we can decide to **NOT** follow the inspiration and address the underlying emotion that allowed the inspiration in an unloving direction

If we are confused as to what love is, then we write down all the things we are not sure about whether they are loving or not, and we instigate a procedure and experiment to find out God's Truth about those matters

Use your will to take steps to find and discover what the truth is about all things

e.g. If I am motivated towards self-punishment, did that thought come from yourself (from an emotion within yourself), or did it come from an external source

e.g. No matter what the source, is self-punishment loving to self?

e.g. If self-punishment is not loving to self, then use our will to develop an aspiration within our soul to find the reason why we do it, and release that emotional reason

Most of us are afraid to undertake experiments with a sincere desire to discover truth

People who love you will suggest you avoid sin

People who love you will not suggest that sin is preferable

People who do not love you will encourage you to sin

People who do not love you will suggest that sin is preferable

Anyone who suggests sin is preferable is proving they do not love you

The type of information will tell us the condition of the source of the information

### ***Why we feel emotions in public but not in private***

We get addictions met when feeling emotion in public

When in private no external person meets our addictions if we feel emotion

We get additional triggers of emotion when in public and we are less comfortable

We get less triggers of emotion in private due to arranging a comfortable life

During our childhood we usually only feel emotion if someone commiserates with us

If we cannot feel in private, it is because of addictions

Processing old emotions in public is not necessarily loving to others

If my will is to meet my addictions, then that desire comes from the soul

I will need to develop an aspiration within to no longer meet my addictions

***What the holy spirit is***

Diagram of God's Soul and our half of the soul

It is only our soul that can receive love from God

To do this our soul must be in a state of truth

This includes a state of truth as regards sin (an awakening to sin)

Once our soul is in a state of truth and longing for God it attracts the Holy Spirit

The Holy Spirit is a conduit through which God's Love flows

The Holy Spirit is the mechanism God provides in order for God's Love to enter the human soul

But the human soul must be in the condition of receptivity before the Holy Spirit can connect, and then God's Love can flow from God into the human soul

***What prayer is***

The heartfelt longing towards God to receive Love and Truth from God

It is an emotional feeling towards God to receive Love and Truth from God

Meditation is often an avoidance of emotion, and therefore an avoidance of desire

Prayer is the choice to have an emotional desire to receive God's Love & Truth

The longing must begin in your heart (your soul)

***When I am giving away my will in comparison with just wanting******Truth***

Personalize the question for the person

He knows he has a habit of giving away his will to others

He knows he has a history of asking spirits what to do each day

He knows his motivations are to feel special, better, don't have to take responsibility for his own decisions and choices etc

Most of the time, for this person, he asks questions because he wants other people to give him the answer so that he does not have to take responsibility for his own life and decisions

When Jesus wants to know something, he engages a series of experiments so that he can find out the truth about the issues. When he does this, he is not making any other person responsible for his life or for the way in which he uses his will.

When the person asking the question wants to know something, he asks someone else so that he does not have to engage an experiment, and so that he does not have to take responsibility for the outcome. He wants someone else to be responsible for his life, and for the results of his decisions. Almost every question he asks is manipulated by the underlying desire to not take personal responsibility.

Ask yourself: Is this something I could experiment with God with and find out the answer for myself, or is this something that no matter how much I experiment I will not be able to find the answer?

Stop making a choice to give away your will, and start making the choice to be responsible for your own investigative process

***Anger comes from demands and expectations***

Anger is generated by our demands and expectations (addictions) not being met

Anger is the desire to feel power, rather than allowing the feeling of fear

Anger is a choice to feel powerful rather than feeling powerless

Anger is the choice to justify to ourselves that the addiction should be met

Most women feel men must provide them with physical, emotional and financial security, and are willing to give sexually in order to receive this.

Most men feel they are being a good man if they provide physical, emotional and financial security to the women, and the woman should reward them sexually for this.

If a man does not provide these things, then the woman gets angry with the man, justifying her anger to herself, blaming him, claiming he is not doing what he should for her if he loved her.

But this is a flawed definition of love, and also creates a bartering system

Demand: Any demand is an addiction

Anger: The feeling that a demand should be satisfied

Anger: A choice to manipulate or blackmail others into satisfying our demands

All demands are addictions that are unloving

e.g. Demand to be listened to

e.g. Demand to be looked after physically, emotionally and financially

e.g. Demand to be respected

e.g. Demand to be approved of

Anger: The choice to manipulate or blackmail others into satisfying our demands

e.g. I am angry because you did not listen to me or you said something

e.g. I am angry because you did not look after me

e.g. I am angry because you disrespected me

e.g. I am angry because you did not approve of me

Truth: I am angry because I am on a power trip; I want to manipulate and blackmail you into satisfying all of my addictive demands; my anger is my threat of violence towards another to blackmail them back into submitting to meeting my addictions; because all of my demands are my version of 'love'

I could choose to feel my anger rather than use my anger as a tool to manipulate others.

Using any emotion as a tool to manipulate others into meeting our addictions is in itself another addiction and a choice to use our will to sin. This may include manipulating my own emotions or others' emotions into doubt (in others or myself), sadness (in others or myself), anger (in others or myself), shame (in others or myself), guilt (in others or myself), fear (in others or myself) etc.

Using these emotions to manipulate others is also a reason why we do not wish to release these emotions or stop these decisions. Once these manipulative tools are gone, we are left with no form of manipulation of another person. For most people this is a bad choice, even though from God's perspective it is the most loving choice.

Demand is a sin (which has causal sinful emotions & false beliefs driving it)

The choice to manipulate another into meeting a demand is an additional sin (which also has a number of causal sinful emotions and false beliefs driving it)

### ***How to love a person who is afraid without pandering to their fear***

God's Way: Encourage a person who is afraid to feel their fear, encourage the person to accept God's Truth which makes all fear disappear. These things result in fear being released from the soul.

World's Way: Reassure a person they have little to fear, tell the person lies about their fear, do things to make the fear go away or reduce the fear. None of these things are loving from God's perspective. None of these things result in fear being removed from the soul.

Loving someone who is afraid means that you do not satisfy their addiction, and they will often believe you are not loving to them when you have removed the satisfaction of their addictive demand

We have to give up our own addiction to be thought of as a 'nice person' by people who are afraid. Instead we need to learn to not satisfy fear based addictive demands for any reason.

In most interactions where demands are satisfied, there is a co-dependent addiction or demand from both parties. The original demand of one party is addiction, and the desire to satisfy the

addiction by another party is driven by a co-dependent addiction.

For the average human, if you satisfy almost all of their addictions, they will believe themselves to be 'in love' with you, and will usually also desire to engage sexually with you.

e.g. As a man, if you feed addictions in the woman to make a woman's fear less, make their shame less, make their guilt less, make their sadness less (make them laugh), and respond to their anger; most women receiving this will give sexually to receive more of this.

### ***Using intellectual argumentation to cover over anger***

This is using what we believe is a logical argument to cover over our explanations or reasoning being driven by anger

This comes from a soul based desire to avoid the experience of anger "I want to" never be angry

This is not being humble to the emotion of anger

This state requires developing a soul based aspiration to feel anger (all emotion)

Take actions that develop the aspiration to feel anger

These actions will involve working through the reasons why a false belief exists within the soul that anger should not be felt

These false beliefs will come from our childhood experience

For the person asking the question, they lived in a situation where there were huge amounts of unexpressed anger in the parents

Develop an aspiration to become aware of the emotion that exists within

Once aware, develop the aspiration to express the childhood anger in an environment that is safe for yourself and others

Using 'logical' argumentation as a means to manipulate others into feeding our addictions is a sin  
Whenever we are attempting to manipulate a situation, there is always an underlying addiction driving the desire to manipulate

Many men use logical argumentation to manipulate women

Most women do not have as much confidence as men regarding logical ability

Any time we have a desire to manipulate the outcome of a situation our desire is a sin as it is not in harmony with love

Speaking the truth without having a desire to manipulate the outcome is not a sin because it is in direct harmony with love

Present a person with truth, and leave them with the decision

It should be easier to see our manipulations of others rather than seeing the underlying reason for the manipulation, because the manipulation is the addiction to modify another's behaviour and avoid our underlying emotion

Once we expose the manipulation within ourselves, the underlying unloving desire or emotion will be exposed

The average person's definition of love is that it is OK to manipulate the actions of others in order to have their own addictive demands met

***20min Break***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: Rewards Of Developing My Will To Love***

### ***Presenter: Jesus***

***Description: Jesus encourages us to see that God is Good, and offers many gifts no matter what we do, but also offers additional personal and collective rewards that come from our choice to develop our will to love and obtain an education from God***

### ***Reminders About The True Cause Of Pleasure & Happiness***

#### ***The true cause of pleasure is:***

Engaging my life passionately and emotionally while having inside myself (my soul) no desire, aspiration or intent to sin, or;

Using my will in harmony with God's definition of Love over a long period, or;

Using my will to obey God's Loving Natural Laws over a long period

#### ***Notes***

- I am perfected in Natural Love when my own definition of love of others matches God's definition of Love of others
- A person can have pleasure without true happiness; this is the condition of all 6th sphere spirits

#### ***The true cause of happiness is:***

Engaging my life passionately and emotionally having removed from inside myself (my soul) all desire, aspiration or intent to sin, and having received God's Love to the point of at-onement with God, over a long period of time, or;

Using my will in harmony with God's definition of Love over a long period of time, or;

Using my will to obey all God's Loving Divine Laws over a long period

#### ***Notes***

- I am perfected in God's Love (Divine Love) when I have received enough of God's Love that my own definition of love of myself, and love of God, match God's definition of Love in both areas
- A person needs God's Love in order to have pleasure with true happiness; this is the condition of all Celestial spirits

### ***What God Has Already Done That Proves God is Good***

#### ***Matt 5:43-48 "God Makes It Rain Upon The Righteous & Unrighteous"***

Many gifts God has given are independent of how we use our will

God has already proven that God is good

God does things for people whether they are good or evil

***Things God has done for all no matter how we use our will***

Gift of Free Will

Gift of Life

Gift of Natural Love

Laws that educate us

Laws that benefit us

Laws that love us

Universal playground

Supportive of growth

Supportive of life

Equality

Allows us to create

This list is not exhaustive, but proves to us that God is better than any human

***The Rewards Of Developing My Will To Love***

***Matt 6:33 "All These Other Things Will Be Added To You"***

These are gifts God gives dependent on how we use our will

These gifts are only given if a person uses their will to love

***Gifts God gives dependent on how we use our will***

Relationship with God

Gift of God's Personal Love

Immortality & everlasting life

Soul union with soulmate

Transference of God's Qualities to us

Soul based education

Seeking first God's Love will always result in expansion in EVERY area of life

***The benefits range from:***

Minor & physical to massive and soul based scale

Personal & intimate through to global then universal in scope

Immediate to everlasting in timing

In fact ALL other things will be added to you through the relationship with God

The list is not exhaustive, but gives some ideas of what we gain

***Some Examples Of Things Added To Your Life When You Love***

See talk "Relationship with God - The Eternal Benefits"

These examples are only some of the many eternal benefits of becoming more loving

### ***Relationship with God***

I discover and understand Absolute Truth  
 I discover and understand God's Love  
 I get to know and understand the Creator personally  
 I get to trust and have faith in God implicitly  
 I am educated in all things by the Source of all Love  
 I come to understand the essential personal qualities such as humility  
 I become an eternal student and constant teacher of God's Truth  
 I grow and expand eternally and without limit  
 I become immortal and personally aware of my own immortality  
 I come to understand the design of my soul and God's purpose for creating me  
 I observe the real affects I have on the Universe

### ***The Reduction Of My Pain***

I avoid physical accidents and injuries  
 I avoid the experience of disease, sickness and physical pain  
 I no longer limit my own enjoyment of life or pleasure in harmony with love  
 I no longer limit my own expansion and growth  
 I no longer limit my own life or my own experiences  
 I avoid becoming earth bound or living the hells after I pass  
 I no longer have to pay penalties for my unloving and untruthful choices  
 I am never afraid, angry, resentful, or hateful

### ***The Reduction Of Other's Pain***

I no longer contribute to the physical accidents and injuries of others  
 I no longer contribute to disease, sickness and physical pain in others  
 I no longer limit others' enjoyment of life or pleasure in harmony with love  
 I no longer limit others' expansion and growth  
 I no longer limit others' life or experiences  
 I help others to avoid becoming earth bound or living the hells after they pass  
 Others are not harmed by my unloving and untruthful treatment of them  
 I no longer stop others from expressing themselves or being themselves  
 I no longer control, manipulate, bribe or blackmail others  
 I no present a façade to others, or expect them to satisfy my addictions  
 I will become less dependent on others

### ***The Increase Of My Pleasure***

I become healthy physically, emotionally and spiritually  
 I get to completely know myself  
 I live more and more in my passions, desires and emotions



I attract my soulmate  
 I embrace my childlike nature  
 Pleasure becomes soul-based and more intense  
 I get to live in higher spheres of happiness after I pass  
 I am capable of true logic

### ***The Increase Of Other's Pleasure***

I help others be healthy physically, emotionally and spiritually  
 I help others to completely know themselves  
 I help others live more and more in their passions, desires and emotions  
 I help others attract their soulmates  
 I help others embrace their childlike nature  
 I assist others to get to live in higher spheres of happiness after they pass

### ***The Quality Of My Personal Life***

I no longer worry or am anxious about what is happening in my life  
 I get to live in more enjoyment of my life on earth  
 I get to live in higher spheres of love after I pass  
 I will come to completely know myself  
 My power to create expands  
 I am no longer limited by space or time, since I am immortal  
 My connection with all other creation grows  
 Everything becomes more effortless  
 I no longer need others to satisfy my own "needs" and desires

### ***The Quality Of Everyone's Life***

I no longer demand or expect others to be involved in what is happening in my life  
 I no longer need others to satisfy my own "needs" and desires  
 I give others more freedom in their enjoyment of life on earth  
 I help others live in higher spheres of love after they pass  
 I no longer restrict others from their experience of themselves or myself  
 I help others completely know themselves  
 I assist others in their ability to create  
 I become more sympathetic and compassionate for others and their problems  
 My connection with all other creation grows

***Be Motivated To Act By Having Faith In The Rewards***

***If none of these things are motivation enough then:***

I suggest that having an awakening towards your own hopelessness must begin

***For me, each one of these things is motivation enough to make;***

Developing my will to love my highest priority in life

***10min Break***

## ***Assistance Group***

### ***Series: An Education In Love***

### ***Group: Developing My Will To Love***

### ***Theme: Using My Will To Love In The World***

### ***Presenter: Jesus & Mary***

***Description: Jesus & Mary encourage us to apply what we have learned from the "Developing My Will to Love" group of the "Education In Love" series and to see the opportunities to use our will to Love in day to day life***

### ***Opportunities To Love***

***The advantages of living in the world are;***

We have more opportunities to love those who do not love us (Matt 5:43-48)

We can create ventures that focus on giving our love to the world

We can take opportunities to let our light shine in the world (Matt 5:14-16)

We build a strong will to love and change when we have opposition

We prove that it is possible to live in the world and not be of the world (John 17:18)

We cannot be manipulated, bribed, blackmailed or threatened into becoming unloving

We hope that this has an effect in your future life, but that will depend almost completely on whether you listen and develop your will to love

### ***Encouragement To Exercise My Desire To Love And Change While Living In The World***

***Unloving spirits bribe, threaten, and blackmail me into using my will unlovingly***

Are they able to use my addictions and fear against me?

Do I accept their bribes?

Do I listen to their threats?

Do I accept their blackmail?

These are opportunities to develop my will to love

***Unloving people bribe, threaten, and blackmail me into using my will unlovingly***

Are they able to use my addictions and fear against me?

Do I accept their bribes?

Do I listen to their threats?

Do I accept their blackmail?

These are opportunities to develop my will to love

***I attract situations because of my soul based condition to expose my will***

Do I notice these situations or ignore them?

Do I act in harmony with love, or revert to unloving behaviour?

These are opportunities to develop my will to love

***Loving spirit helps highlight opportunities for me to use my will lovingly***

Do I listen to these spirit helpers, or ignore them?

Do I act in harmony with their prompts, or revert to unloving behaviour?

These are opportunities to develop my will to love

***I can create opportunities to use my will lovingly***

Am I afraid of creating circumstances and situations where I do this?

Fearlessly create opportunities to develop my will to love

***God, and God's Laws, give me opportunities to use my will lovingly***

God is doing this every moment of my life!

What do I do with these opportunities?

Do I even see them or ignore them?

Do I squander them or honour them?

Fearlessly respond to opportunities God's offers me to develop my will to love

### ***Conclusion To Developing My Will to Love***

***We have purposely attempted to;***

Love and honour you

Love and honour God, God's Love, God's Truth and God's Laws

Confront you with your denial, addictions, façade, apathy and complacency

Feed you with life giving truth that we have learned

We hope that this has an effect in your future life, but that will depend almost completely on whether you listen and develop your will to love

***Thanks***

To the venue for having us, and Raj and Suzanne for finding the venue

To Cornelius, Lena and Igor for assisting us

To Lena and Igor for their work recording, editing, and producing the videos

To all of those who were courageous enough to receive feedback from us

To those who donated to make the event happen

To the participants for engaging the program

***This is the end of "Developing My Will To Love"***

Go out and use your will to love in the world!

***Finish for Day***

## *Links to Original Documents*

[\*Welcome & Housekeeping\*](#)<sup>2</sup>

[\*Introduction\*](#)<sup>3</sup>

[\*How I Feel About Love\*](#)<sup>4</sup>

[\*How I Feel About Love Q&A--Group 1\*](#)<sup>5</sup>

[\*How I Feel About Love Q&A-Group 2\*](#)<sup>6</sup>

[\*How I Feel About Change\*](#)<sup>7</sup>

[\*How I Feel About Change Q&A-Group 1\*](#)<sup>8</sup>

[\*How I Feel About Change Q&A- Group 2\*](#)<sup>9</sup>

[\*How & Why I Remain Unloving\*](#)<sup>10</sup>

[\*How & Why I Remain Unloving Q&A- Group 1\*](#)<sup>11</sup>

[\*How & Why I Remain Unloving Q&A- Group 2\*](#)<sup>12</sup>

[\*Session 1 Personal Feedback- Group 1\*](#)<sup>13</sup>

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<https://divinetruth.com/devic/2016/20160304-1900-1900-jesus-dt-agp-ledmwl--Welcome%20%20Housekeeping--en-eoutline.pdf>

3 <https://divinetruth.com/devic/2016/20160220-1030-1030-jesus-dt-agp-ledmwl--Introduction--en-eoutline.pdf>

4

<https://divinetruth.com/devic/2016/20160220-1130-1130-jesus-dt-agp-ledmwl--How%20I%20Feel%20About%20Love--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160220-1240-1240-jesus-dt-agp-ledmwl--How%20I%20Feel%20About%20Love%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160305-1240-1240-jesus-dt-agp-ledmwl--How%20I%20Feel%20About%20Love%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160220-1400-1400-jesus-dt-agp-ledmwl--How%20I%20Feel%20About%20Change--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160220-1510-1510-jesus-dt-agp-ledmwl--How%20I%20Feel%20About%20Change%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160305-1510-1510-jesus-dt-agp-ledmwl--How%20I%20Feel%20About%20Change%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160221-1100-1100-jesus-dt-agp-ledmwl--How%20%20Why%20I%20Remain%20Unloving--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160221-1210-1210-jesus-dt-agp-ledmwl--How%20%20Why%20I%20Remain%20Unloving%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160306-1210-1210-jesus-dt-agp-ledmwl--How%20%20Why%20I%20Remain%20Unloving%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160221-1330-1330-jesus-dt-agp-ledmwl--Session%201%20Personal%20Feedback--en-eoutline.pdf>

[Session 1 Personal Feedback- Group 2<sup>14</sup>](#)

[Session 1 Group Feedback- Group 1<sup>15</sup>](#)

[Session 1 Group Feedback- Group 2<sup>16</sup>](#)

[Facing My Resistance To Faith<sup>17</sup>](#)

[Facing My Resistance To Faith Q&A - Group 1<sup>18</sup>](#)

[Facing My Resistance to Faith Q&A- Group 2<sup>19</sup>](#)

[Facing My Resistance To Truth<sup>20</sup>](#)

[Facing My Resistance To Truth Q&A - Group 1<sup>21</sup>](#)

[Facing My Resistance to Truth Q&A- Group 2<sup>22</sup>](#)

[Facing My Fear Of Action<sup>23</sup>](#)

[Facing My Fear of Action Q&A- Group 1<sup>24</sup>](#)

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<https://divinetruth.com/devic/2016/20160306-1330-1330-jesus-dt-agp-ledmwl--Session%201%20Personal%20Feedback--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160221-1400-1400-jesus-dt-agp-ledmwl--Session%201%20Group%20Feedback--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160306-1400-1400-jesus-dt-agp-ledmwl--Session%201%20Group%20Feedback--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160223-1130-1130-jesus-dt-agp-ledmwl--Facing%20My%20Resistance%20to%20Faith--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160308-1430-1430-jesus-dt-agp-ledmwl--Facing%20My%20Resistance%20to%20Truth%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160223-1510-1510-jesus-dt-agp-ledmwl--Facing%20My%20Fear%20of%20Action--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160224-1210-1210-jesus-dt-agp-ledmwl--Facing%20My%20Fear%20of%20Action%20Q&A--en-eoutline.pdf>

[\*Facing My Fear of Action Q&A- Group 2\*](#)<sup>25</sup>

[\*Facing My Fear of Emotion Q&A- Group 1\*](#)<sup>26</sup>

[\*Facing My Fear of Emotion Q&A- Group 2\*](#)<sup>27</sup>

[\*Session 2 Personal Feedback - Group 1\*](#)<sup>28</sup>

[\*Session 2 Personal Feedback- Group 2\*](#)<sup>29</sup>

[\*Session 2 Reminders & Homework Review- Group 1\*](#)<sup>30</sup>

[\*Understanding My Will\*](#)<sup>31</sup>

[\*Understanding My Will Q&A- Group 1\*](#)<sup>32</sup>

[\*Understanding My Will Q&A- Group 2\*](#)<sup>33</sup>

[\*Pain, Pleasure & My Will\*](#)<sup>34</sup>

[\*Pain, Pleasure & My Will Q&A- Group 1\*](#)<sup>35</sup>

[\*Pain, Pleasure & My Will Q&A- Group 2\*](#)<sup>36</sup>

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<https://divinetruth.com/devic/2016/20160309-1210-1210-jesus-dt-agp-ledmwl--Facing%20My%20Fear%20of%20Action%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160224-1240-1240-jesus-dt-agp-ledmwl--Facing%20My%20Fear%20of%20Emotion%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/docts/2016/20160224-1330-1330-jesus-dt-agp-ledmwl--Session%202%20Personal%20Feedback--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160309-1330-1330-jesus-dt-agp-ledmwl--Session%202%20Personal%20Feedback--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160226-1030-1030-jesus-dt-agp-ledmwl--Session%202%20Reminders%20&%20Homework%20Review--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160226-1130-1130-jesus-dt-agp-ledmwl--Understanding%20My%20Will--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160226-1240-1240-jesus-dt-agp-ledmwl--Understanding%20My%20Will%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160311-1240-1240-jesus-dt-agp-ledmwl--Understanding%20My%20Will%20Q&A--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160226-1400-1400-jesus-dt-agp-ledmwl--Pain,%20Pleasure%20&%20My%20Will--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160311-1510-1510-jesus-dt-agp-ledmwl--Pain,%20Pleasure%20&%20My%20Will%20Q&A--en-eoutline.pdf>

[\*My Will To Love\*](#)<sup>37</sup>

[\*My Will To Love Q&A - Group 1\*](#)<sup>38</sup>

[\*My Will to Love Q&A- Group 2\*](#)

[\*Rewards Of Developing My Will To Love\*](#)<sup>39</sup>

[\*Using My Will To Love In The World\*](#)<sup>40</sup>

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<sup>37</sup>

<https://divinetruth.com/devic/2016/20160227-1100-1100-jesus-dt-agp-ledmwl--My%20Will%20to%20Love--en-eoutline.pdf>

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<https://divinetruth.com/devic/2016/20160227-1330-1330-jesus-dt-agp-ledmwl--Rewards%20of%20Developing%20My%20Will%20to%20Love--en-eoutline.pdf>

<sup>40</sup>

<https://divinetruth.com/devic/2016/20160227-1440-1440-jesmm-dt-agp-ledmwl--Using%20My%20Will%20to%20Love%20in%20the%20World--en-eoutline.pdf>