

# An Introduction To Love

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**Series:** Education in Love

**Presenters:** Jesus, Mary and Cornelius

Available at: [Divine Truth<sup>1</sup>](https://divinetruth.com/sites/main/en/index.htm#download-event-2014.htm)

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<sup>1</sup> <https://divinetruth.com/sites/main/en/index.htm#download-event-2014.htm>

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# Divine Truth Assistance Group Outline

## Introduction & Welcome

### **Introduction**

#### **Welcome to the Australian Assistance groups**

Welcome to all of you  
 Hopefully you have come prepared to grow in love  
 Hopefully you have come prepared to challenge your resistance to have a closer relationship with God

#### **Special Thanks**

At lot of effort has gone into creating this group  
 At lot of volunteers have assisted us in creating this group  
 Eloisa Lytton-Hitchins for scouring the country for venues  
 Paige Willoughby & Kerry Foley for managing all of the bookings  
 Mary for handling all of the venue requirements, along with the meal recipes  
 Lena & Igor for preparation of some of the equipment  
 Myself for doing all of the technical work associated with the preparation

#### **Final Thanks**

Mary, Cornelius and myself preparing all of the material  
 Those who have donated for the additional equipment you see at the venue

### **Addiction Based Belief Systems**

#### **You have been involved in addiction based belief systems**

For many of you, you have been attracted to your belief systems of the past because they make you feel good about yourselves  
 You are addicted to feeling good about yourselves rather than being honest with yourselves  
 You are not honest about the damage that is inside of you  
 You are not honest about the damage you cause to others  
 Many of you are arrogant and unable to be self-reflective at any level  
 You have been attracted to Divine Truth in order to get some of these addictions met

#### **You still want your addictions met, which is the main reason for no progression**

### **Your Reaction When People Do Not Meet Your Addictions**

#### **Resistance**

Participants will be encouraged to feel their resistance  
 Resistance demonstrates a lack of humility  
 Resistance projected at Jesus, Mary or Cornelius will meet with a warning  
 We do not wish to interact with people who are consistently in resistance  
 After 3 warnings about your resistance  
 You will be asked to be present only  
 You will be asked to no longer have any interactions or questions  
 You will only be allowed to observe

#### **Anger**

Participants will be allowed and encouraged to feel their anger in a loving manner  
 Anger projected at Jesus, Mary or Cornelius will not be allowed at all (no tolerance)  
 Anger projected at any volunteers will not be allowed at all (no tolerance)

Anger projected at staff in the venue will not be allowed at all (no tolerance)  
 Anger projected at other participants will not be allowed at all (no tolerance)  
 Any person who has projected anger will not be allowed to remain in the group  
 They can still stay at the venue if they wish, since they have paid the venue

### ***Our Reaction To Your Lack Of Love***

#### ***Here to grow in love***

Everyone has opportunity to display love to others, including staff & venue

***Given that purpose is to grow in Love, we shall address this with you immediately or via group or individual sessions***

### ***Your Reaction To Us***

#### ***Some will not believe in what we teach after this seminar***

You will feel hurt about the personal comments we make to you about your own condition. You will want to reject, not only what you hear now, but everything you have ever heard from us

#### ***Some will not believe that we are Jesus, Mary and Cornelius after this seminar***

You will want to believe that Jesus, Mary and Cornelius would not be so direct with you

That we would make you feel only good about yourselves

You will react this way because you do not want to listen to the Truth, and you wish to seek excuses for your unloving behaviour

### ***Your Real Work Will Begin When You Go Home***

The question will be; "Am I going to apply what I have learned?"

If you cannot be loving here, then it is highly unlikely you will do it when you leave!

# Divine Truth Assistance Group Outline

## Desire For Personal Change

### Introduction

#### ***Jesus, Mary & Cornelius are here to help you:***

Grow in your desire to receive God's Love  
 Grow in your desire to love God  
 Grow in your relationship with God  
 Grow in becoming a more truthful and loving individual  
 Highlight your own resistance to growth causing stagnation

#### ***I need to learn to develop a desire for change myself:***

I am a self-responsible being  
 No-one else can have a personal relationship with God for me  
 I am the only person who can develop my own will to love & be truthful  
 I am the only person who can express my own love & long for truth  
 I am the only person who can develop my own humility  
 I am the only person who can bring my life into harmony with God's  
 Laws I am the only person who can make my life more ethical & moral  
 I am the person who will become at-one with God

#### ***Many want others or God to be responsible for their own personal change! God will NOT take responsibility for your life***

Jesus, Mary and Cornelius will **NOT** take responsibility for your life  
 Any other person on earth who truly loves you will **NOT** take responsibility for your life

### Ask Myself; "Why Am I Here?"

#### ***Am I here for the following positive reasons?***

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

#### ***Without a sincere desire:***

There will be no relationship with God  
 There will be no love, truth, or change  
 I will stay in my rebellion, addictions & fears  
 I will be blocked to receiving truth  
 I will not open my heart, be humble, or receive  
 I will argue that I am progressing when there is evidence that I am not

I will justify, minimise & blame others for my life & problems  
 No-one (including God, Jesus, Guides or friends) can help me without my  
 sincere desire being involved

## Desire For Personal Change

### ***Ask Myself; "What Opens My Heart To Change?"***

#### ***A sincere longing is what opens my heart to change***

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

### ***Ask Myself; What Evidence In My Daily Life Proves My Sincere Desire?***

#### ***How I Use My Time Proves My Desire!***

Matt 6:19-21

<b>The Time I Use For</b>	<b>vs</b>	<b>The Time I Use For</b>
Working Entertainment Working towards my hobbies Responding to crisis in my life Getting addictions met in my relationships with others Spending time with people with common interests Doing things for myself Getting my addictions met with my activities and food/drink Suppressing and resisting my real emotions Trying to have fun to mask how I really feel		Praying Reflecting upon God's Truth Reflecting upon my own life Improving my understanding and practice of God's Laws Feeling & experiencing my true emotions Alone working on improving myself Improving my relationship with my partner Improving my relationship with children Improving my relationship with friends Working on becoming more loving towards others and myself Doing things for others

#### ***How I Use My Will Proves My Desire!***

Matt 7:21-23; Rev 3:15-17

<b>In My Daily Life Do I</b>	<b>Or</b>	<b>Do I</b>
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<p>Enjoy meeting my addictions</p> <p>Enjoy meeting the addictions of others</p> <p>Get angry when others don't do what I want</p> <p>Get passive-aggressive when others don't do what I want</p> <p>Suppress and resist my real emotions</p>	<b>vs</b>	<p>Feel distressed when I have tried to get my addictions met</p> <p>Feel distressed that I have attempted to meet the addictions of others</p> <p>Feel my fear and sadness when I do not get what I want</p> <p>Feel that my demands &amp; expectations to get what I want are selfish &amp; out of harmony with love</p>
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## Desire For Personal Change

<p>Do things for myself</p> <p>Do things to please others</p> <p>Do things for others in order to get something in return from others</p> <p>Blame God for my problems</p> <p>Blame others for my problems</p> <p>Expect &amp; demand things from others</p> <p>Want someone else to change before I do</p> <p>Walk away when I am confronted emotionally</p> <p>Deny my real feelings</p> <p>Justify my unloving feelings, words and actions</p> <p>Minimize my unloving feelings, words and actions</p> <p>Blame others for my unloving feelings, words and actions</p> <p>Enjoy staying in my comfort zone</p> <p>Control or manipulate others, or my environment</p> <p>Control or deny my feelings</p>		<p>Examine my motivations for getting what I want</p> <p>Express myself clearly and lovingly when I am not pleased with a personal interaction with others</p> <p>Always feel and express my true emotional self without dumping my negative emotions on others</p> <p>Do things for others as a gift</p> <p>Do things without any emotional expectation from others</p> <p>Know that I create all of my own problems in my life</p> <p>Know that God is not responsible to fix my problems</p> <p>Focus on myself first whenever there is a problem with another person</p> <p>Accept and feel my real feelings</p> <p>Accept and feel the truth about my childhood emotional hurt and my desire for the adult facade</p>
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**Living In Truth Proves My Desire!**

John 8:31, 32.

<b>In My Daily Life Do I</b>	<b>Or</b>	<b>Do I</b>
<p>Rarely tell the truth, especially when it is hard, when I may be punished, or someone will get angry</p> <p>Tell the truth only when pressured</p> <p>Withhold truth about past unloving behaviour with my friends, family, partner or children</p> <p>Withhold the truth when I personal finances are involved with legal or taxation issues</p> <p>Argue with the truth</p> <p>Get angry about the truth</p> <p>Attack others when they tell me the</p>	<b>vs</b>	<p>Always tell the truth, even when others make it hard, try to punish me, or get angry with me</p> <p>Passionately desire &amp; volunteer the truth on all occasions</p> <p>Make opportunities to disclose the truth about my past actions with friends, family, partner and children</p> <p>Openly disclose the truth with regard to my income, expenses &amp; legal requirements</p> <p>Openly disclose the truth even when it appears to not be in my own best interest to do so</p> <p>Easily accept the Truth</p>

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**Desire For Personal Change**

<p>truth</p> <p>Justify my current feelings, emotions &amp; belief systems out of harmony with Love</p> <p>Ignore feedback God's Laws &amp; others give us</p>		<p>Easily accept God's messenger of Truth, the Law of Attraction</p> <p>Always allow myself to emotionally embrace the Truth, and immediately act in my day to day life</p>
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**Conclusion**

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

**Next Talk**

Why do we have so much resistance to a relationship with God, and resistance to change? Cornelius will now spend some time with you discussing the subject; "Fear of Change" to help you work through the resistance.

# Divine Truth Assistance Group Outline

## Fear Of Change

### **Introduction**

#### ***How have you set up your life?***

#### ***What are your emotional comfort zones?***

What is an emotional comfort zone?

Do I notice my own comfort zones?

Am I resistive to challenging my comfort zones?

How do I feel about people who challenge my comfort zones?

Why have I created all of this comfort?

Do I understand that these desires come from my soul, & my soul will need to change?

How many people here are afraid of change?

#### ***Experiment For Audience To See Their Own Fear Of Change***

Now everyone stand up and go and sit somewhere else.

Just take a moment to feel the emotions that you felt when you moved seats

We'll get back to those feelings that you wrote a little later.

We need to come to terms with the fact that we are afraid of change!

#### ***Introduce the subject for today: FEAR OF CHANGE.***

#### ***What Are Your 'Reasons' For Being Afraid***

Involve audience in discussion of their reasons

#### ***All Are Just 'Excuses' & 'Justifications'***

All were just 'excuses' or 'justifications' for their fear of shifting

Do I see that all of my 'reasons' or 'justifications' are just excuses?

So what are the REAL, GOD'S perspective reasons for Fear Of Change?

There are really only 3 reasons!

### ***Reason 1: Emotional (Soul Based) Lack Of Faith***

#### ***How do I lack faith in God?***

I am afraid of God rather than trusting in God

I believe God will punish me just like I was punished as a child by people in authority

I believe that God does not really care about me

Since I cannot see God, and cannot feel God, I only rely on interactions I can see

I am so used to getting my addictions met, and God doesn't meet my addictions

My definition of what Love is, is very different to God's viewpoint of Love

#### ***How do I lack faith in God's laws?***

I do not believe God's Laws of Love govern the universe or the world I live in

I do not believe following God's Laws will help me with my pain & suffering

I believe that human laws define & govern my life

#### ***How do I lack faith in myself?***

I do not believe I can cope with being different to the world I live in

I do not believe being different is safe

I do not believe I can cope with all of my emotions & feelings  
 I do not believe that I can grow, change, become more loving or truthful without harming myself or others

## ***Reason 2: Emotional (Soul Based) Belief I Cannot Cope With Being Overwhelmed Emotionally***

### ***What are my beliefs about being overwhelmed with emotions?***

I Feel I Will (Insert Reason Here) if I Feel Everything

Reasons Include:

Die, go crazy, go nuts, be stupid, make mistakes, fall apart,  
 So I do not want to feel everything  
 I feel I need to prevent myself from experiencing things emotionally

### ***What choices & decisions do I make to prevent my feelings & emotions? I make choices & decisions to stop myself from feeling everything***

I create addictions which prevent me from feeling everything  
 I only engage life when it does not challenge me  
 I create comfort zones

## ***Reason 3: Emotional (Soul Based) Resistance To God's Truth***

### ***What are my resistances to hearing God's Truth?***

I resist God's Messenger of Truth, the Law of Attraction!  
 I resist accepting that what happens to me is the Effect of deeper Causes within me I do not want my internal pain & suffering exposed by God's Truth, so I don't want to hear

### ***What are my resistances to having God's Truth enter my heart/Soul?***

I refuse to experience or feel my emotional error, so it cannot leave me  
 While my emotional error exists, it keeps the truth from entering my soul  
 I am refusing to feel the painful emotions within me

### ***What are my resistances to living in truth with others & in the world?***

I am afraid of feeling emotions associated with being humiliated, disowned, unwanted, criticised, alone, ostracised, condescended to, rejected, etc  
 Notice again, the reason for resistance is **EMOTIONAL**

## ***Conclusion***

### ***So What Are My Reasons For Being Afraid Of Change?***

Lack Of Faith  
 Emotional Belief I Cannot Cope Emotional Overwhelm  
 Emotional Resistance To God's Truth

### ***Homework***

What am I going to do in my daily life to improve my faith?  
 What are my emotional beliefs that cause me to accept that I cannot cope with overwhelming emotion?  
 Practice this week letting myself be overwhelmed with emotion  
 What feelings inside me cause me to resist God's Truth?



# Divine Truth Assistance Group Outline

## Strengthening Our Will To Love

### ***What Governs Everything?***

#### ***Love Governs:***

The Universe we live in  
 The Laws of God are based in love  
 The natural world around us  
 The workings of our soul, spirit body and physical body  
 It is the basis of any real relationship (from God's perspective)  
 Our ability to understand & gain lasting knowledge of ALL subjects

### ***What Do We Know About Love?***

#### ***Nothing really:***

We have not received any education in what love is or how to love  
 We have spent very little time seeking to understand love  
 The environment we live in is just as un-educated about love as we are  
 We all badly need an education in love

### ***What Should Be Our Highest Priority In Life?***

#### ***Growing in our knowledge & understanding of Love***

Without this knowledge we will struggle in our day to day life  
 Without this understanding we have no hope to be happy

#### ***Growing in our ability to Love***

Is essential if we wish to personally experience true happiness  
 Is essential if we wish to become a part of changing the world  
 Is essential if we are to have happy fulfilled relationships  
 Is essential if we wish to find ANY Truth on ANY subject

### ***What Personal Quality Do We Need In Order To Grow In Love?***

#### ***Since we now know how important it is to learn about love:***

How do we get from knowing what we now know to knowing as much as possible about Love? How do we get from rarely engaging in learning about love to constantly learning about Love? How do we get from little development in Love, to growing & getting closer to the way God Loves?

#### ***We Need To Develop The Will To Love***

In order to get from where we are now, to where we need to be, we must engage our will.  
 So the question becomes?

### ***What Is Will?***

#### ***It originates in the soul, it is a soul based quality***

Soul-based quality that reflects our current soul condition, including injuries, aspirations, desires, passions & fears

#### ***It commands our thoughts, words, actions and even our inaction***

***It comes from emotions in or out of harmony with love***

***It is the soul's true desire***

***It happens without effort***

***Only through the use of will can we grow our soul in love and truth***

***It isn't '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

<b>Will</b>	<b>Will Power</b>
Soul-based quality that reflects our current soul condition, including injuries, aspirations, desires, passions & fears.	Soul-based desire to attempt to OVERRIDE the soul's will and current condition by using effort
It commands our thoughts, words, actions and even our inaction	Drives our attempts to <i>modify</i> the thoughts, words, actions & inactions that naturally arise from our soul's will
It comes from emotions in or out of harmony with love	It comes from the use of our intellectual desire to emotionally deny our current emotions
It is the soul's true desire	It is the façade we would like to believe ourselves to have
Happens without effort	Takes a lot of effort
Only through the use of will can we grow our soul in love and truth	We can never grow our soul in love and truth through the use of will power

### ***What Is Pain & Suffering Caused By?***

#### ***The Use Of Will Out Of Harmony With Love***

Choosing to remain ignorant about love  
 Choosing to believe & act upon untruths about love  
 Choosing to purposefully ignore your own conscience about love  
 Choosing to make others responsible for your life  
 Choosing to make others responsible for your unloving choices and decisions  
 Choosing to harm others purposefully

#### ***Will Based Choices***

If you have pain and suffering, then you are reaping the harvest of your own, or others' unloving choices now or in the past  
 If you have true pleasure & joy in harmony with God's Truth & Love, then you are reaping the harvest of your own, or others loving choices now or in the past

#### ***We have produced the programme over the following 7 days which will help you strengthen your will to Love***

But unless you use your will in your day to day life, nothing will benefit you, you will not change

### ***In Order to Strengthen My Will to Love I Must:***

#### ***Face my arrogant belief that I already know how to love***

My life has enough unhappiness and dissatisfaction or addiction to evidence that I do not yet know how to love  
 Many current beliefs of what love feels like or how love acts is based on the belief that the

meeting of addictions is love

Holding onto the belief that I already know what love is, blocks me learning about how love really feels, and how love 'acts' in day to day life.

***Use my will to understand my real self, my hurt self and my façade self***

We must first understand these parts of ourselves

Then we must learn to challenge the errors of the façade

Giving up the fight for my personal façade

Then we must learn to experience the hurt emotions

Feeling my lack of faith in my capacity to change, in love and in God

Surrender to my fears (feeling my fears)

Surrender to my grief (feeling my grief)

Then we must learn to develop & educate our real self

***Use my will to recognize & challenge my addictions***

I must learn to recognize what actions I am taking to harm others, and why

I must learn to challenge and confront these actions in addiction

Facing that many perceived 'loving' actions are actually addictions & anger

Challenging to my addictions (feeling my addictions)

Embracing the truth of my condition as God sees it, seeing how I really am

***Use my will to engage the processes of forgiveness & repentance***

I must learn what forgiveness & repentance are

I must learn how to forgive & repent

I must learn what are my own blockages to forgiveness & repentance

***Develop my spiritual will (the will to LOVE)***

Many of us have developed our will with regards to physical things

To gain an education & have a career

To build a house

To diet

To exercise

To create and plan physically

But most have not developed any spiritual will

You have already received and will receive more information on 'How To' grow towards God

The major question now is not 'How do I do it?' it is '**Do I want to do it?**'

***Developing The Will 'Muscle'***

<b><i>Growing a Muscle</i></b>	<b><i>Growing A Will to Love</i></b>
<b>Overloading stimuli</b> Increasing weights Do it until it hurts	<b>Overwhelming Stimuli</b> Seek out opportunities to love Embrace the choices to love in everyday situations Stretch yourself emotionally to be humble, to feel, and to love, rather than choosing to attack, defend, punish or seek addictions
<b>Repetition</b> You must do it more than once The more you do it the more you will see the benefits	<b>Repetition</b> Love often (if you don't do it every day, you obviously do not have much will)
<b>Food</b> You must eat nourishing food	<b>Spiritual 'Food'</b> You must focus on spiritual nourishment e.g. Activities, Relationships, Pastimes, Habits, Literature

<b>Water</b> You have to drink a lot	<b>Waters of Truth</b> You must desire, seek, & embrace truth emotionally You must emotionally understand that love & truth are essential to each other. You must desire to be loving & truthful in life
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<b><i>Things to Avoid When Growing Muscles</i></b>	<b><i>Things to Avoid Growing The Will to Love</i></b>
<b>Relying on others</b> To tell you what to do To do it for you To encourage you To agree with you To approve of you	<b>Relying on others</b> To tell you what to do To do it for you To encourage you to love To agree with you about 'love' To approve of you while you strive to love
<b>Giving Up</b> When things feel uncomfortable or painful Without being tested the muscle won't grow	<b>Giving Up</b> When things feel uncomfortable or painful Without facing resistance will won't grow
<b>Eating junk food</b> It depletes the system It has none of the nutritional value needed to help muscles grow	<b>Engaging in junk activities</b> Relationships, pastimes, activities that deny the truth, that reinforce cynicism about love, and hopelessness Activities that deplete our will (use of 'will power' depletes our will towards love and positive spiritual pursuits) Relationships, pastimes, activities that have no spiritual value
<b>Drinking sugary, processed liquids</b> Creates addictions Does not feed the muscle	<b>Swallowing lies</b> Swallowing down lies – even when we know they are lies Accepting falsehood Letting ourselves get away with personal lies for the sake of 'comfort' or delay of fear

### ***Practical Demonstration with Cornelius***

#### ***Cornelius lifts a large but light weight implying it is heavy***

Lifting this weight is like acting in a façade of using our will lovingly (implying we are loving)  
 Doing this does not grow our will muscle, nor is it actually loving  
 It actually reinforces a façade which must be deconstructed if we are ever going to use our will to love

#### ***Cornelius lifts only in response to everyone yelling 'lift' & applauding afterwards***

This is like relying on others for motivation and reassurance when we use our will. This is an addictive state and doesn't lead to pure development of will.  
 When we rely on others to tell us what is right or loving, we are being unloving, and we are also in danger of taking further unloving advice. Those who direct us probably would not know what love is; they would not direct us if they did.

#### ***Cornelius lifts Mary's arm while Mary holds the weight***

This is like relying on others or external circumstances to motivate our actions  
 If we only do things in harmony with love because we are desperate or our attractions are demanding that we choose differently then we are not growing **our** will  
 In order to truly grow **our** will to love we will have to choose love and humility rather than

being forced by circumstances or by the selfish desire to avoid personal pain and suffering

***In Order to Grow The Will to Love You Have to Really Want To For Yourself  
How much do I really want love, and to love?***

If it is painful will I continue?

Do I go back and try again, and again?

***Conclusion***

***Engaging WILL to love is the only way to progress***

We will have to seek out opportunities to learn about love

We will need to engage a soul-based process if we are ever going to know what love feels like

We will have to be sincere if we are going to understand that learning about love, and desiring to love, will refine our actions, relationships and life

There will be a wealth of information over the next 8 days on how to, but without WILL no personal progress can occur

***The four things we need to do to grow our will to love are:***

Overloading stimuli to love

Try and try again to love

Spiritual food that helps me love and educate myself about love

Waters of Truth that help me love and know what love is

***Homework***

***Ask yourself what you are going to DO to:***

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

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

# Divine Truth Assistance Group Outline

## Understanding Self: Introduction

### ***Jesus' Observations Regarding Stagnation:***

#### ***Those who are stagnant do not:***

- ... really understand themselves
- ... really understand or even want to know God
- ... really want to come face to face with the truth about themselves

#### ***Those who are stagnant do:***

- ... want to ignore their own true condition
- ... want to ignore God
- ... want to ignore feeling and experiencing their own painful emotions
- ... want to ignore the damage they do to others by their own choices
- ... want to ignore what God created them to be

#### ***Importance of Understanding Self & how you were made***

Without understanding yourself you cannot grow and change

Without understanding how you were made you cannot engage the real process of growth

We must understand we are a soul, and how that soul functions

### ***Introduction To The Three Selves***

#### ***The 'three selves' are:***

- The undamaged self God created
- The damaged or hurt self that your environment and you created
- The façade self your environment and you created to avoid the other two selves

#### ***We are talking about the 'three selves' from an emotional, soul based perspective***

It is a single self, fragmented by the denial of the real, denial of the hurt, and the preferred creation of the façade

### ***What Is My Real Self?***

#### ***My real self:***

- The personality of my real self is created by God
- The expression of my real self is controlled by myself alone
- The development of my real self is controlled by myself
- My real self has the ability to grow and change
- At my conception my real self has not been hurt, and did not play facades
- We can call my real self "**God's Child**"

#### ***My real emotional self:***

- Is sensitive, aware, perceptive and insightful
- Is expressive, animated, communicative, open and unrestrained
- Is honest, truthful, sincere, frank, candid, blunt and transparent
- Is adventurous, courageous, daring, bold, creative, brave and audacious
- Is curious, inquisitive, questioning, probing, searching and enquiring
- Is emotional, feeling and sensing
- Can **develop** to become wise, intelligent, clever, gifted and logical
- Can **develop** to become sensible, practical, responsible, accountable, dependable and rational
- Can **develop** to become loving, caring, kind, gentle, considerate and compassionate

***My real self lacks development for the following main reasons:***

Others created damage or hurt to my real self at a very young age (conception onwards)  
 Others attempted to force me into a façade to suit them at a young age which further damaged my real self (conception onwards)  
 I continued to damage and hurt myself through my choices as I used my will  
 I continued to develop the façade to meet my own or others expectations as I used my own will  
 Consequently, my real self remains undeveloped, untrained, and remains potential only  
 We can call my real self my "**Unknown Potential Self**" to help us identify

***What Is My Hurt Self?***

***My hurt self is:***

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

***My hurt emotional self:***

Is pained, hurt, aggrieved, wounded, injured, upset, and distressed  
 Is timid, nervous, shy, fearful, hesitant, apprehensive, cautious and concerned  
 Is fragmented, disjointed, uneven, suppressed, dormant, undeveloped, concealed, embryonic  
 Is humiliated, shamed, embarrassed, disgraced, unfavoured, and self-conscious Is rejected, discarded, unwanted, and unneeded by others  
 Is angry, rebellious, self-absorbed, self-centred, and lacks awareness of surroundings

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

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

***What Is My Façade Self?***

***My façade self is:***

Is created in childhood by other people wanting me to be different to my real self (conception onwards)  
 Is further developed by my purposeful desire to ignore my real and hurt selves  
 Is often very 'adult' in nature, since adults or myself as an adult developed the façade  
 Contains all of my mechanisms for coping, managing and controlling my life  
 Has been formulated so that others firstly, and then I, could avoid feeling pain or my real self  
 We can call my façade self my "**Adult Façade**" to help us identify

***My façade emotional self:***

Loves addiction, compulsion, obsession, urges, cravings, fixation and mania  
 Loves bullying, force, harassment, oppression, repression, coercion and manipulation  
 Loves abuse, cruelty, nastiness, meanness, brutality, viciousness and unkindness  
 Loves resistance, conflict, confrontation, disagreement, quarrel and squabbling  
 Loves arrogance, condescension, superiority, conceit, disdain, pride and egotism  
 Is insensitive, unaware, lacks perception or insight  
 Is un-expressive or false in its expression, pretending and made up  
 Is unanimated or false in its animation, lethargic or forced vibrancy

Is closed, reserved, controlled, forced, guarded and untrusting  
 Is dishonest, untruthful, insincere, lacks frankness, opaque and is not candid  
 Is prying, interfering, snooping, nosy, meddling, intrusive, invasive and pushy  
 Is unemotional or falsely emotional, unfeeling, unwise, dumb, stupid, and illogical  
 Is fixed, immovable, predetermined and rigid  
 Is apathetic, lazy, disinterested, uninvolved, bored and unconcerned  
 Is unwise, imprudent, thoughtless, irrational, reckless, irresponsible and careless  
 Is selfish, self-absorbed, self-centred, narcissistic and vain

***My façade self lacks development for the following main reasons:***

The façade is a figment of our or someone else's creation and imagination  
 The façade is denying the real emotions of the real and hurt selves  
 The façade is managing or controlling the direction of growth & awareness  
 The façade has no interest in true soul based progression of the real or hurt self  
 The façade is an imitation adult, a baby or a fiction in adults clothing

***Progression***

***To progress towards God and ourselves we must engage the following sequence:***

Remove the façade self  
 Educate, feel and experience the hurt self  
 Develop, educate, feel, and experience the real self's qualities, attributes and personality  
 Develop a desire in the real self to receive God's Love and Truth  
 Develop a desire in the real self to be loving and truthful with others

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

The façade self has the most resistance to love and truth  
 The façade self wants to retain itself  
 The façade self wishes to avoid all painful emotion  
 The façade self is angry and resentful towards God

***Conclusion***

***We must understand ourselves to progress***

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

***We must experience the emotions associated with each part of ourselves***

***The façade self***

The hurt self  
 And the real self

***Next Discussion***

(After Break)

***We shall discuss the subject: "Understanding Self: Deconstructing The Façade Self"***



# Divine Truth Assistance Group Outline

## Understanding Self: Deconstructing The Façade Self

### Introduction

#### **Reminders about the façade self**

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

#### **My façade emotional self:**

Loves addiction, compulsion, resistance, coercion and manipulation  
 Loves cruelty, nastiness, meanness, arrogance, condescension and superiority  
 Is insensitive, unaware, pretending, false, closed, controlled, and untrusting  
 Is dishonest, untruthful, insincere, invasive, unemotional, illogical  
 Is immovable, imprudent, thoughtless, irrational, reckless, irresponsible and careless  
 My façade self is the main cause of my choice towards unloving (sinful) actions

### **Why Must The Façade Self Be Deconstructed?**

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

#### **Reasons for deconstructing the façade self:**

All of the emotions associated with the façade self will continue to dominate our life  
 Real love cannot be experienced by the façade self  
 Absolute truth will never be accepted by the façade self  
 Loving relationships are not possible for the façade self  
 Humility is not possible with the façade self  
 All relationships of the façade self are based on bartering addictions with others  
 The façade does not wish to allow the expression of our hurt self  
 The façade does not wish to allow the development of our real self  
 The façade cannot have a relationship with God  
 God does not want a relationship based on façade  
 There are many more reasons for deconstructing the façade

#### **How difficult will it be to deconstruct the façade self?**

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

### **What Is The Process Of Deconstructing The Façade Self (Or Anything Else)?**

Material that I first shared with people 9 years ago, material that has been on website since then!  
 Most have neither read the material nor applied it, because most of us are in complete denial about the façade, or have no wish to break it down!

#### **Begin in a place of denial**

Neither intellectually or emotionally aware of the façade & the sin it creates  
 (Sin = unloving thoughts, words and actions driven by denial of unloving emotions)

#### **Intellectual awareness that the unloving behaviour (sin) exists and is real**

Intellectual awareness that what I am doing is wrong, and needs to be changed  
 Awareness of why it is wrong; find out what you believe God's Truth to be on the matter

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

Intellectual awareness that an emotion within myself causes me to take the sinful action  
Intellectual awareness that the emotion exists within myself, and not anyone else

***Intellectual willingness to identify the cause within ourselves of the unloving behaviour***

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

***Intellectual awareness of the cause within ourselves of the unloving behaviour***

Become aware of the actual cause of my unloving behaviour

***Intellectual awareness of God's Truth***

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

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

***Intellectual awareness vs Soul awareness***

Even though intellectual awareness has occurred I have not yet made any soul based changes  
However, now that I have done all of that, I can BEGIN to make a soul based change! I have removed my intellectual barriers to soul based emotional change!

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

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

Soul based feeling of why it is wrong

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

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

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

Soul based feeling that the emotion exists within myself

***Soul (emotional) willingness to identify the cause within ourselves***

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

***Soul (emotional) awareness of the cause within ourselves***

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

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

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

***Soul (emotional) release of the cause within ourselves***

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

***Soul (emotional) perception of the God's Truth***

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

We will now automatically not be able to engage in the sinful unloving behaviour & be automatically loving

We have actually gone through a soul based change!

***Summary Of Intellectual Process of Deconstruction***

Begin In A Place Of Denial

Awareness that the unloving behaviour (sin) exists and is real

Awareness that the unloving behaviour (sin) has a cause within ourselves

Willingness (will-power) to identify the cause within ourselves

Awareness of the cause within ourselves

Awareness (in mind) of God's Truth

***Summary of Emotional Process of Deconstruction***

Soul awareness that the sin exists and is real

Soul awareness that sin has a cause within ourselves

Soul willingness (will muscle) to identify the cause within ourselves  
 Soul awareness of the cause  
 Soul willingness (will muscle) to experience the pain of the causal error  
 Soul release of the causal error within ourselves  
 Soul acceptance or education of God's Truth

## **Conclusion**

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

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

## **Homework**

### ***Begin the process of noting down your actions out of harmony with love***

Ask yourself whether you are really willing to see the reason why you do these things?  
 Ask yourself whether you see your addictions & unloving behaviour as a sin?  
 Attempt to develop an intellectual awareness of the emotions driving those actions

# Divine Truth Assistance Group Outline

## Understanding Self: Experiencing The Hurt Self

### **What Is My Hurt Self?**

#### **My hurt self is:**

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

#### **My hurt emotional self:**

Is pained, hurt, aggrieved, wounded, injured, upset, and distressed  
 Is timid, nervous, shy, fearful, hesitant, apprehensive, cautious and concerned  
 Is fragmented, disjointed, uneven, suppressed, dormant, undeveloped, concealed, embryonic  
 Is humiliated, shamed, embarrassed, disgraced, unfavoured, and self-conscious  
 Is rejected, discarded, unwanted, and unneeded by others  
 Is angry, rebellious, self-absorbed, self-centred, and lacks awareness of surroundings

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

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

### **Essential Steps Needed to Connect to & Heal Our Hurt Self**

#### **Introduction to other essential information to heal your hurt self**

Process of deconstruction outlined by Jesus in his presentation "Deconstructing The Façade Self" also applies to the deconstruction of the hurt self  
 The following essential information contains additional recommendations to aid with the deconstruction of the hurt self  
 Each step must be engaged emotionally

#### **Acknowledge that hurt exists within & feels very emotional, uncontrolled, raw & truthful**

Acknowledge that a lot of this hurt occurred when others were unloving to you in childhood  
 Acknowledge the rest of the hurt occurred when you were unloving yourself & others  
 You will not acknowledge the hurt unless you have begun to break down the façade  
 Acknowledge current fragmentation of self is due to suppression of hurt & acting in facade  
 This does not involve justifying poor behaviour now due to bad childhood experiences

#### **Acknowledge how you currently treat the hurt self emotions**

Recognise the ways we use façade and addiction to suppress & deny our hurt  
 Recognise the ways we use façade and addiction to treat our hurt badly  
 Become sensitive to our façade judgements and fears about the hurt  
 We use this treatment in order to keep the hurt self suppressed  
 We push ourselves through situations that scare us  
 We deny our feelings of worthlessness and instead push ourselves into façade

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

### ***Stop the harsh treatment of the hurt self***

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

### ***Allow the hurt self a voice***

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

### ***Allow the feelings of the hurt self***

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

### ***Begin to take care of the hurt self***

The child-like parts of ourselves have never had anyone – including us – take care of us  
 Now as an adult we are going to have to care for ourselves  
 Imagine how we would treat a hurt and neglected child right in front of us  
 We can do that for ourselves  
 We can  
     Make time to be with the hurt parts of ourselves that were suppressed or denied  
     Listen to what these parts of us want and what we feel we missed out on  
     Stop pushing, begin to encourage and care for ourselves  
     Tell ourselves the truth about the hurt

### ***Educate the hurt self***

The hurt fragments of us have had no loving education  
 Loving education will involve teaching our hurt self:  
     About God; our real parent, how He differs from our earthly parents, most trust-worthy being in the universe  
     The truth about emotions; that it is safe to have feelings  
     Personal responsibility; that it is unloving to depend on others for things  
     The gift of will; the ability to choose, and our personal responsibility for our choices  
     About sexuality; our body, soul-sexuality and soul-mates  
     About safety; about trusting emotions, the adult ability to say 'no'  
     Morality and ethics; treating others as we wish to be treated  
 This education will be emotional, not intellectual  
 The hurt self must go through the same process of awareness that the façade self has had to go through

### ***Beware of the desire to stay fragmented or to create a separate 'inner child'***

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

## ***Conclusion***

***Unless I do this work with the hurt self I will not reach most of my causal emotion and cannot grow my soul in love***

I will have a distorted outlook on life

I will not come to know my true self

It is my true self that has a relationship with God, so without deconstructing my façade and experiencing my hurt self, I can never come to know God

### ***The Real Self***

We haven't spoken about the real self because no one is yet ready

Many are trying to develop the real self without doing any work on façade and hurt selves

### ***The biggest amount of work will be on deconstructing the façade***

It takes time

The hurt self wants to feel hurt

The real self wants to be itself

The façade doesn't want the other two selves to do what they want!

The topics for the remainder of the week will all help with the work necessary to break-down façade and experience hurt

Addictions, Repentance & Forgiveness

### ***Homework***

#### ***Relationship Between The Façade & Hurt Self***

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

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

What are your judgements of these feelings?

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

These things are your blocks to accessing causal emotions.

### ***Reading, Music and Movies***

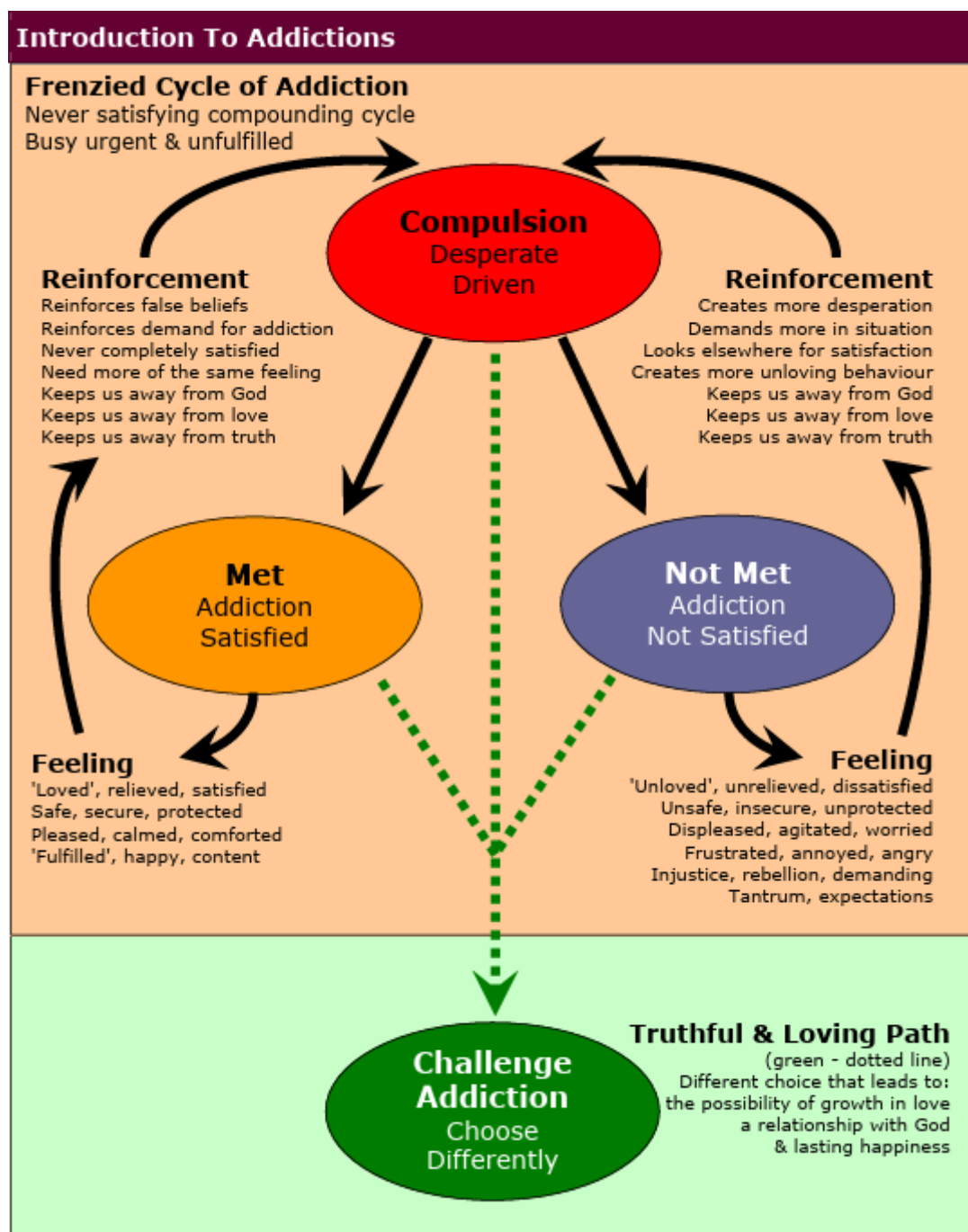
Reading: "Recovery of Your Inner Child" by Lucia Capacchione

Movies: 'The Kid' – Bruce Willis, 'Big' – Tom Hanks

Music: 'The Logical Song' Supertramp

# Divine Truth Outline

## Introduction To Addictions



## ***The Power Of Addiction***

Challenging and removing our addictions is essential if we are going to process and release stored up fears and grief from within our soul

### ***Without Humility Addictions Are Inevitable***

If you don't want to feel an emotion you are automatically going to create an addiction to avoid it.

### ***Addictions Support Denial***

Our addictions are in place to help us avoid our fears  
We deny any existence of fear by living in addictions  
Many of us have used addiction so well and for so long, that we no longer feel sensitive to what frightens us

### ***Words Are Meaningless Unless Addiction Is Challenged***

The only way to truly help people grow is to not meet their addictions  
Not meeting addictions can only come from our soul development  
Our actions and words will flow from the soul development

If a soul to soul interaction is engaged in meeting addiction, it doesn't matter what words are said, no challenge to the addiction will occur

Once a person is giving the soul message that:  
they will not meet another person's addictions, and;  
that the other person is able to change, and;  
that change is under the other persons' control

Then the person in addiction will:  
become very challenged immediately, and;  
likely become angry, resentful and bitter; and;  
likely feel unloved, uncared for, and rejected

Examining some clips from the programme "The Simpsons" is a humorous way to demonstrate how language can form an insignificant part of our experience while we are engaged in addictions.

## ***Next Discussions***

### ***Cornelius will discuss: Addictions in Relationships***

The top part of the diagram

### ***Mary will discuss: Challenging Addictions***

The top part of the diagram



# Divine Truth Assistance Group Outline

## Recognizing Addictions In Relationships

### Introduction

#### **How Do Relationships Normally Flow Or Proceed**

What are the **initial** feelings? (spark of desire, honeymoon period, connection, understanding)  
 What are the **feelings over time**? (fading of original feelings developing into annoyances etc)  
 How does it **end**? (usually in anger, rage, frustration, sadness, no longer happy, hatred) If it does not end, how does it feel? (co-dependent, addictions met, sacrifice, do it for children)  
 What do you do after it ends? (repeat cycle, become rigid & resistive to another relationship)  
 Why does this happen?

#### **Why Do Relationships Seem To Go This Way?**

All relationships usually begin by ignoring the relationship with God  
 Since we ignore God, we want others to meet the feelings we want but are not getting So we are looking for 'good' feelings, and trying to avoid 'bad' feelings  
 'Good' makes me feel happy, alive, wanted, needed, approved, accepted, worthy  
 'Bad' makes me feel unhappy, sad, dead, rejected, unaccepted, unworthy

#### **Refer To Addictions Diagram**

We shall be covering the top section of the diagram  
 All addictions of any kind result in pain and suffering.  
 Will always be unsatisfying because they are a façade of the real thing and not the real thing. Will always demand more to keep the faux good, happy (addictive) feeling alive.

### **Why Do I Want Addictions?**

(Refer to diagram)

#### **How do you want to feel generally?**

I don't want to feel 'bad'  
 I do want to feel 'good'

#### **What do you want to feel about yourself?**

I want to feel I am good, wanted, loving, truthful, even if I am none of those things I don't want to feel that I am bad, unworthy, broken, wrong etc, even when I am ALL of those things  
 I don't want to face the truth of my soul condition, the truth about myself

#### **Who do you want a relationship with?**

Not someone I cannot see! God is invisible, and must be felt.  
 Not someone who does not feed any addictions! God challenges all of my addictions. So I really DON'T want a relationship with God!

### **So how do I go about knowing what is an addiction like?**

### **How Do I Recognise My Own Addictions?**

Discussion of diagram  
 There are things I can do and feel to recognize my own addictions!  
 What are the things we can do?  
 We must feel the feelings of our addictions

***What do my addictions feel like before I meet them?***

Compulsion, obsession, frenetic  
 Frenzy, insatiable urge, infatuation  
 Desperation, driven, urgent  
 How does this feel **before you begin a relationship?**

***What do my addictions feel like when I meet them?***

Happy, wanted, needed, relieved  
 'Loved', satisfied, pleased, contentment, safe, warmly cared for  
 'Fulfilled', gratified, rewarded  
 What does the addiction **being met** look like in a relationship?

***What do my addictions feel like when they do not get met?***

Annoyance, anger, rage, injustice, indignation  
 'Unloved', unwanted, unneeded, discarded, rejected  
 Rebellious, tantrum, demanding, insisting  
 Manipulating, managing, controlling  
 What does the addiction **NOT being met** look like in a relationship?

***What do my addictions feel like when I become conscious I have been living in them?***

Sleazy, icky, draining  
 Using others, being used ourselves  
 Energy sucked, taken from  
 Shame, repulsed  
 What does a consciousness of my addictions feel like when I am in a relationship?

***What do my addictions feel like when I am in co-dependency?***

Co-dependency requires a bartering system between two or more people  
 What does co-dependency feel like in a relationship?  
 E.g. The placating man with the angry woman  
 E.g. The home wife who does everything for the man who wants to be mothered E.g.  
 Abused woman gets to avoid responsibility, financial responsibility etc but must barter  
 the occasional violence. The violent partner gets to feel needed, and powerful, in  
 control

***What do my addictions feel like when I am actually abusing others?***

Powerful  
 In control  
 Coercion, manipulation  
 How does this feel like in our relationship with our children?  
 Grooming the child  
 Manipulating the child's will  
 Controlling the child's behaviour with force in order to feel in control rather than for  
 the purpose of educating them in God's Laws

***Why do I have no interest in developing my relationship with God, only with people?***

Because people meet my addictions  
 Because people want co-dependency  
 Because people give us instant gratification  
 Because people want bartering systems  
 God does none of these things!

***The Advantages Of Seeing My Addictions***

***Real growth in love now becomes possible!***

***A true loving relationships with myself, and education of myself in love is now possible! A real relationship with God is now possible!***

***A real relationship with my soulmate is now possible!***

***A real loving relationship with children, friends, the environment, are also ALL now possible!***

***I will no longer be influenced by people (whether I can see them or not)***

## **Conclusion**

### ***We Learned In This Discussion***

Why we want our addictions met

How to recognize our addictions

The benefits of letting go of ALL our addictions

Unless I am willing to learn what love actually is, and be taught by the Creator of Love (God),

I will be leading a life with the only result possible being a painful existence

All addictions result in a painful existence

### ***Final***

Unless I am willing to learn what love actually is, and be taught by the creator of Love, God,

I will be leading a life with the only result being a painful existence.

Addictions result in a painful existence.

## **Homework**

Focus on feelings and emotions

Write down every time you felt compelled, obsessed, infatuated, in frenzy...

Write down what you do when

You satisfy the compulsion

The compulsion is not satisfied

Write down what frustrates you about your relationship with God?

## **Introduce Mary**

(Refer to diagram: Bottom part of the diagram)

Mary's Subject: Challenging Addictions

# Divine Truth Outline

## Challenging Addictions

### ***Purpose Of This Presentation***

To outline the practical process you will have to engage if you are ever going to be free of addiction  
To help you get from a place of intellectual awareness and into to emotional release of the addiction

#### ***Reminder: The Deconstruction Process Applies***

Jesus outlined the process of moving from intellectual awareness and desire to change to soul based awareness and desire to change

The deconstruction process Jesus outlined must be engaged with addictions

In this talk I will discuss the process of challenging addictions when intellectual awareness already exists

The process I describe must be engaged from a soul perspective

### ***Mary's Personal Journey***

#### ***Taking personal responsibility for addiction***

Until I desired change I took no responsibility for challenging my addictions

All challenges happened externally, mainly via Jesus

This did not grow my will to love muscle

This meant that I only made limited soul changes

This happened because I didn't yet have a sincere desire to change

#### ***Three factors limited & prevented my desire to change:***

1. Lack of Faith
  - In self
  - In God
2. Fear of Emotional Overwhelm
3. Resistance to Truth

#### ***Before I was sincere challenging my addictions I had to:***

Deal with some of my feelings of a lack of faith

Deal with some of my fears about emotional overwhelm

Deal with my own personal resistance to wanting God's Truth

Work on removing my façade & desire to know my soul condition as it really was It was my soul's desire for truth that helped me through this process

As I worked through these issues I began to engage my will to love

It is only recently that I have begun to engage the process I am about to describe That is, to emotionally notice and challenge addiction for myself

This is part of me now growing the will to love

### ***Practically Challenging an Addiction***

The deconstruction process of Addictions has already been described by Jesus  
What are some additional practical steps we can engage to challenge addiction?

#### ***Notice the addictive event or interaction & acknowledge that it is a sin***

Do I really feel that the addiction is unloving?

Do I really feel it is my responsibility?

### ***Feel the addictive emotional responses***

Refer: Addiction diagram

Feel the addictive emotional response before you do anything

Feel the addictive emotional response when the addiction is met

Feel the addictive emotional response when the addiction is denied or not met

### ***Don't judge the addiction***

Don't get caught up in shame or 'I can't believe I'm like this'

Self-punishment is just another addiction to avoid real feelings

Judging the addiction causes us to ignore the addiction

### ***Don't feed the addiction***

Instead stop satisfying the addiction; this will EXPOSE the emotion driving it

This is not an act of 'will power'; it will need to be a pure will based desire

When we are sincere our motivation to stop satisfying the addiction becomes more

pure We stop feeding the addiction so we can find and feel the emotion the addiction

covers You may choose to confront the addiction in many ways

You may even SEEK OUT confrontation of addiction to discover more about your emotions

### ***Feel the addiction itself***

(Addiction Diagram)

Allow the emotions of wanting the addiction (painful, desperate)

Allow the façade's justifications for the addiction to be exposed and felt

Allow the emotions of resistance to feeling hurt and afraid

Experience your false beliefs as emotions

e.g. Its not possible to feel this, I can't be free of this addiction

e.g. My partner is hurting me by not loving me as I want

e.g. Everyone is rejecting me by not meeting my addictions

### ***Allow your hurt self's feelings whatever they are***

Experience the hurt emotions that are now exposed

Some of these may have been suppressed in your childhood

Some of these you may have suppressed throughout your life into adulthood

Until we are willing to experience the hurt emotions that the addiction covers we will not release the addiction

### ***Honour the increased awareness***

As we engage this process sincerely we naturally become more sensitive to the price of addiction (you may think you are now but it is only a tiny awareness of how damaging and pervasive the addiction is)

We recognise:

How pervasive the addiction is

What other elements there are to the addiction

The effects of the addiction in our life and the lives of others

Actions that we previously viewed as harmless or loving but which we now see are sin More linked addictive behaviour in our life of which we were previously unconscious Further possible emotional causes for our addictive behaviour

We experience:

Increased sensitivity to our addictions

Increased sensitivity to the harm we have caused ourselves and others through addiction Increased sensitivity to fear & grief, and our hurt self

### ***Revisit until its done***

In order to be free of addictions we will need to:

Repeat the process of challenging the addiction multiple times

Uncover more emotions that have been driving the addiction

Becoming more sensitive to the cost of our addictions makes us:

More likely to repeat the process of challenging the addiction

More likely to stop feeding the addiction

## **Conclusion**

### ***Addictions Will Not Leave Us Unless We Challenge Them Emotionally***

Many people have been attempting to deal with their addictions through the use of will power. Will-power will never be effective, because the addiction comes from emotions in the soul. To truly release addictions we must engage an emotional process:

We must connect to the feeling that each addiction is a SIN

We must connect to the feeling that each addiction has harmful effects to ourselves and others

We must develop a sincere desire to expose and feel the emotions driving our addictions. Once emotions are felt, then the addictions will naturally leave us

## **Homework**

### ***1. Journal exercise***

Challenging your addictions is necessary for each of you to engage if you are to progress.

What are the reasons why you aren't engaging the challenge of your addictions every day in multiple areas of your life right now?

What are the emotional reasons why you are justifying not engaging the emotional challenge of your addictions right now?

### ***2. Challenge at least one addiction using the described techniques***

Write about what you discovered in your journal

## **Common Areas We Live in Addiction That May Be Challenged While at the Group**

### ***Interpersonal relationships (Cornelius has provided homework in this area) Change the way you communicate & relate to others***

If addicted to Avoidance and façade this means that you will need to have more contact with others and commit to being honest and open

If addicted to Control and domination this means that you will be quieter, listen more and focus on ethical exchanges

### ***Eating & drinking habits & personal comforts***

Recognise and challenge an addiction in this area

Change your eating habits

Most of us eat for comfort

Others of us strictly control and monitor what we eat

### ***Technology***

Recognise and challenge an addiction in this area

Reduce your use of technology

Technology is a way that many people meet addictions and distract themselves from what they feel

You could commit to turning off your phone, your internet, TV and computer for 23 hours a day, or even days at a time

# Divine Truth Assistance Group Outline

## Forgiveness & Repentance Concepts

### Introduction

#### ***'Emotional processing' of the wrong emotions***

One of the biggest problems we have is self-deception with emotions

Attempting to 'experience' an emotion that is preferable, rather than the actual emotion

Self-deception emotions will not result in progression since these emotions are not the Absolute Truth about our lives

Self-deception emotions are dangerous, in that they can cause further soul damage

#### ***Truthful 'emotional processing' revolves around two types of relationships:***

1. The relationships where others or we ourselves have treated us unlovingly from God's viewpoint, and which resulted in causal soul based injuries within ourselves, which we must learn to forgive
2. The relationships where we have treated others, or ourselves at the insistence of others, unlovingly from God's viewpoint, and which resulted in causal soul based injuries in others and ourselves, for which we must learn to repent for

### Revision Of Basic Principles

#### ***Revision of our 'Three Selves'***

The real self - that God created in Love

The hurt self - that the environment, and our own choices created out of harmony with Love

The façade self - that the environment, and our own choices created out of harmony with Love to avoid both of the above

#### ***Revision of emotion***

All progression is progression in feelings of love

For true progression in love (Natural Love or God's Love) to occur unloving emotions must be released

The soul cannot have a loving emotion and an unloving emotion exist within it on the same subject at the same time

Releasing unloving emotions that are 'causal' will automatically allow our progression

Experiencing and acting upon other non-causal emotions will be circular, and will not allow progression, and often can harm the condition of our soul further

#### ***Progression toward God***

Progression towards God involves:

Having a pure, sincere, desire and longing for God's Love

Having a pure, sincere, desire and longing for God's Truth

Having a pure, sincere, desire and longing to be humble

We must come to see ourselves as God sees us, and see the Truth as God sees it

We must do this in our personal life in four areas:

Desiring to know the Absolute Truth regarding the universe

Desiring to know the Absolute Truth about ourselves

Desiring to Love God

Desiring to Love everything God has created, including ourselves

## ***Suffering Has Two Primary Causes***

### ***The refusal to repent:***

This occurs when we have been unloving towards others or ourselves, which created pain, which we then denied or suppressed, and the Law of Compensation is operating upon our soul to correct our own unloving actions because we refuse to repent.

### ***The refusal to forgive:***

This occurs when others have been unloving towards ourselves, or we have been unloving towards ourselves at the request or insistence of others, which created pain, which we then denied or suppressed, and the Law of Compensation is operating upon our soul to correct our response to others' unloving actions because we refuse to forgive.

## ***Forgiveness Relationships***

### ***Definition of 'forgiveness' relationships***

A relationship with another person who caused our pain from God's perspective by being unloving to us during our childhood or any time during our life  
 A relationship with another person who suppressed our pain from God's perspective by being unloving to us during our childhood or any time during our life  
 A relationship with ones self where we purposefully or unknowingly chose to punish ourselves at the emotional request of others because of the pain or perceived pain others claim we caused them  
 ALL of these kinds of relationships usually begin at conception and continue throughout our life Most of these relationships are well established during our childhood

### ***Receiving God's Love requires I forgive others or myself for our unloving***

### ***choices Suffering cannot cease until I forgive others or myself for our unloving***

### ***choices***

### ***Addiction relationships***

Addiction relationships are created automatically when we;  
 Refuse to forgive the persons who actually created our pain  
 Refuse to forgive the persons who suppressed our pain  
 Refuse to forgive ourselves for the punishment we inflicted on ourselves  
 Refuse to feel our own pain from these relationships  
 When we refuse to forgive, we automatically create addiction relationships in order to;  
 Avoid our personal pain  
 Avoid our personal suppression of pain  
 Avoid healing our tendency to punish ourselves for the harm we have inflicted on others  
 Substitute pleasure for pain

## ***Repentance Relationships***

### ***Definition of 'repentance' relationships***

A relationship with another person who we caused pain to by involving them in our addictions in order to avoid our own pain  
 A relationship with another person who we suppressed by forcing them, coercing them, or manipulating them in any way into meeting our addictions to avoid our own pain A relationship with one self where we purposefully or unknowingly engaged in harm to ourselves in order to avoid the personal pain resulting from our own unloving choices These kinds of relationships begin as we develop the use of our own will to sin (take unloving actions)  
 These kinds of relationships usually begin after the developmental phase of our childhood (7 yrs) & extend into adulthood



***Receiving God's Love requires I repent for my unloving choices towards others or myself Suffering cannot cease until I repent for my unloving choices***

### **Addiction relationships**

Addiction relationships are created automatically when we;  
 Refuse to repent towards the persons who we created pain for  
 Refuse to repent towards the persons we suppressed  
 Blame others for our own pain  
 When we refuse to repent, we create addiction relationships in order to;  
 Avoid our personal pain  
 Avoid our personal suppression of pain  
 Avoid healing our tendency to punish ourselves for the harm we have inflicted on others  
 Substitute pleasure for pain

### **Repentance Is Linked To Forgiveness**

Hurt was created by others  
 We were taught to suppress or deny the hurt created by others  
 This caused us to refuse to forgive (experience the hurt emotionally) any hurt created by others  
 Since we still hurt, we created façade & addictions to numb and deny the hurt, and to fill the hole within us that the hurt created  
 In our choice to avoid hurt by creating addictions & façade we used our addiction and façade to hurt others  
 We denied, minimized, justified or otherwise blamed others in order to ignore the fact that we were hurting others  
 We denied minimized, justified or otherwise blamed others for the reasons why we chose to hurt others  
 Since we have hurt others through our own choice, we have done things for which we need to repent for, which will be an even more emotionally painful process than forgiving, **AS WELL AS** still needing to emotionally forgive the original hurt by feeling the original hurt

### **How Do I Forgive?**

First emotionally recognize, experience & feel ALL of the addictions and façade which others or we created within us to avoid our emotional response to others or ourselves hurting us  
 Then emotionally recognize the full extent of the truth about the damage done to us by others or ourselves  
 Then emotionally experience & feel ALL of the emotions associated with the hurt within ourselves as a result of the damage  
 This is a reversal of the process of the way others or we chose to hurt us!

### **How Do I Repent?**

First emotionally recognize, experience & feel ALL of the addictions and façade which we or others created to avoid our own hurt  
 Then emotionally experience & feel ALL of the damage we did to others or ourselves while in our addictions and façade  
 Then emotionally experience & feel ALL the emotions associated with the reasons why we made the choice to hurt others or ourselves rather than feel our own original hurt  
 Then recognize & emotionally experience & feel all of the feelings of hurt which we created in others & ourselves due to our choices to avoid our own original hurt  
 Then we need to follow the forgiveness process! Forgiveness cannot be avoided!  
 This is a reversal of the process of the hurt we chose to create in others or ourselves!

## Examples

***e.g. A female who's father avoided her & spent no time with her when she was young. She entered relationships with men whom she could control, and they would make her feel wanted.***

The forgiveness relationship is with her dad (She must forgive his disinterest in her), and the repentance relationships are those that she chose in her addictions (She must repent towards those who she used to avoid forgiveness with her dad).

If she blames her partners for their behaviour, and desires their repentance when really she is the one who needs to repent for what she created, then all she is doing is harming other people in her addiction, which causes more soul damage to herself.

***e.g. A male who grew up with a mother who was always afraid, so he learned that the best way for him to act around a woman is to save the woman from her own fear and pain. He entered relationships with women that he had to rescue from fear, to protect, and make them safe.***

The forgiveness relationship is that with his mother (he must forgive her requirement that he do something about her fear), and the repentance relationships are those that he chose in his addictions (he must repent towards the partners whom he used to avoid forgiveness with his mother).

If he blames his partners for their behaviour, and desires their repentance when really he is the one who needs to repent for what he created, then all he is doing is harming other people in his addiction, which causes more soul damage to himself.

***e.g. A female who's father made her very frightened and unsafe. She attracted a male relationship with a person whom she did not wish to open her heart to because she was afraid. She gave birth to a male child. She wanted this male child to look after her and make her feel safe. Eventually her son became angry with her, and he now drinks and takes drugs. She feels offended by her son's anger, and upset by his drug taking, and she believes that he needs to repent towards her.***

The forgiveness relationship is that with her dad (she must forgive him for his emotional violence towards her), and the repentance relationships are those that she chose in her addictions (she must repent towards her partner, whom she expected to make her safe, and her son, whom she has used to make her feel safe).

If she blames her partner for his behaviour, and desires his repentance when really she is the one who needs to repent for what she created, then all she is doing is harming her partner in her addiction, which causes more soul damage to herself. If she blames her son for getting angry with her, when she has purposefully attempted to manipulate him and used him as a means of avoiding her own pain, which is the primary reason he has turned to substance abuse, then all she is doing is still wanting her addiction met by her son, and further damaging her own soul and the soul of her son. The son's personal choice towards addiction is primarily caused by the mother's treatment of him, and so therefore it is hypocritical for her to get angry with her son when she is a primary cause of her son's addictions.

## Conclusion

***Progress Towards God cannot be undertaken without Forgiveness and Repentance***

I must forgive actual harm (from God's perspective) done by others to myself or others  
 I must repent actual harm (from God's perspective) done by myself to myself or others  
 I must forgive actual harm (from God's perspective) done by myself to myself

I cannot repent for things I need to forgive, or forgive things I need to repent for

***The actual emotional reasons for the behaviour must be felt in order for forgiveness & repentance to occur***

# Divine Truth Assistance Group Outline

## Repentance & Forgiveness In Practice

### Introduction

#### ***'Emotional processing' of the wrong emotions***

One of the biggest problems we have is self-deception with emotions  
 Attempting to 'experience' an emotion that is preferable (which is an addiction) rather than the actual emotion  
 Self-deception emotions will not result in progression since these emotions are not the Absolute Truth about our lives  
 Self-deception emotions are dangerous, in that they can cause further soul damage

#### ***Truthful 'emotional processing' revolves around two types of relationships:***

1. The relationships where others or we ourselves have treated us unlovingly from God's viewpoint, and which resulted in causal soul based injuries within ourselves, which we must learn to forgive
2. The relationships where we have treated others, or ourselves at the insistence of others, unlovingly from God's viewpoint, and which resulted in causal soul based injuries in others and ourselves, for which we must learn to repent for

### Revision Of Basic Principles

#### ***Suffering has two primary causes***

The refusal to repent  
 The refusal to forgive

#### ***Forgiveness relationships***

Revolve around the hurt self's (child) feelings  
 These are relationships where we need to forgive others or ourselves for actions taken out of harmony with Love towards us

#### ***Repentance relationships***

Revolve around the façade self's (adult) feelings  
 These are relationships where we need to repent towards others or ourselves for our actions taken out of harmony with Love

#### ***Addictions & Façade are caused by our refusal to forgive & repent***

Addictions & façade are caused by our desire to avoid our own pain and suffering

### Blocks to Forgiveness

#### ***There are many blocks to forgiving others or ourselves for what has been done to us***

The key is to identify these emotional blockages and work through them emotionally. If we do not do this forgiveness can never take place, and we shall need to rely upon the Law of Compensation doing its work upon our soul in a slow and laborious painful process. We will not list all of the blocks here, but rather will list a few of them only.

#### ***Accepting guilt from others when I am innocent of unloving behaviour in the situation***

When I feel guilt about things that I am not truly guilty for  
 I feel guilty for things that others actually perpetrated towards myself or others

***Accepting responsibility when I am innocent of unloving behaviour in the situation***

When I feel responsible for things that I am not responsible for

I feel responsible for things that from God's perspective I am not responsible for E.g. A child taking responsibility for how the parent abused it

E.g. A child feeling responsible for starvation in the third world when only their parents can repair the problem

***Accepting blame from others when we are innocent of unloving behaviour***

When I feel I am to blame for things that others did out of harmony with love

Wanting to blame myself so that others stop treating me badly, or so that I can avoid the pain of recognizing that others wish to treat me badly for no reason, when it is the people who treat me badly that are to blame for their own behaviour

***Self-punishment, the attempt to avoid assigning responsibility to the person who is actually responsible for the unloving behaviour by blaming oneself***

When I punish myself for unloving actions others have taken towards me

When I become violent towards myself for being treated badly by others

***Wishing to destroy, punish, or harm people who perpetrated the unloving behaviour***

When I harbour resentment towards the people who have hurt me, and instead of feeling the pain of others treatment of me, I decide to perpetrate harm towards others (often others not related to my own original hurt)

***Blocks to Repentance***

***There are many blocks to repenting towards God, others and ourselves for what we have done to the environment, others or ourselves***

The key is to identify these emotional blockages and work through them emotionally. If we do not do this repentance can never take place, and we shall need to rely upon the Law of Compensation doing its work upon our soul in a slow and laborious painful process. We will not list all of the blocks here, but rather will list a few of them only.

***Making others feel guilty for my own unloving behaviour***

I refuse to see my own unloving behaviour, and I believe that others have done things to harm me when in fact I have done things to harm them from God's perspective

E.g. Believing that others should love me when others are allowed to decide to not love me

***Making others take responsibility for my own unloving behaviour***

Manipulating, coercing, and otherwise blackmailing others into taking responsibility for my own unloving behaviour

***Refusing to take personal responsibility for my own unloving behaviour***

Minimizing, justifying, shifting the blame, and using emotional methods (such as tantrums, tears, drama etc) to refuse to take full emotional responsibility for my own unloving behaviour towards myself or others

***Blaming others for my own unloving behaviour***

Justifying our own unloving behaviour by assigning blame for our own behaviour onto someone else, whether that person actually treated us unlovingly or not

***Punishing others for my own unloving behaviour***

Attempting with my thoughts, words and actions to punish others subversively or overtly for what I **perceive** is their unloving behaviour

Attempting with my thoughts, words and actions to punish others subversively or overtly for

what I **know** is their unloving behaviour

***Attempting to avoid the recognition of my own unloving behaviour through manipulative techniques or addictions***

This is an attempt to remain in denial of my own unloving behaviour by using devious and underhanded methods to avoid the recognition of our own unloving behaviour

***Conclusion***

***We need to understand our emotional blockages towards repentance and forgiveness***

***We need to see how our emotional blockages towards repentance and forgiveness are acted out in our behaviour***

***We need to see our refusal to forgive or repent as a choice exercised by our personal will***

***Homework***

***Can you see where you need to repent?***

***Can you see where you need to forgive?***

***When have you claimed to repent or claimed to forgive, when you obviously have not?***

***When have you been attempting to forgive someone, when really you need to repent for your actions towards them?***

***When have you been attempting to repent for your actions when really you did nothing wrong from God's perspective?***

***What actions have you taken in your façade self (adult) in order to avoid the hurt self's (child's) emotional experience?***

***What actions have you taken in order to deny or suppress the hurt self's (child's) emotional experience?***

***What techniques are your favourite techniques to avoid repentance and forgiveness?***

# Divine Truth Assistance Group Outline

## Building Faith In God's Love

### Introduction

#### **Summary of Cornelius' own life in 1<sup>st</sup> century**

Suffered a life of violent sexual and physical abuse as a child  
 Kept as a prisoner and there was never an escape from that environment  
 Death from the abuse would have been a blessing  
 Emotionally de-sensitised because of the trauma endured  
 Trained to kill others, and take out his vengeance on women, children and other men

#### **How was it that someone like that, found faith in God and in Love?**

It is a subject that for me that I have slowly begun to reawaken to  
 I often wonder how I found faith in the 1<sup>st</sup>. century given a life that I had lived  
 I possessed a large amount of this quality of Faith in things that were of love, in fact more than most of the followers of Jesus in those times.  
 The choice to use my will in a different direction than anger, revenge and violence which never gave me any of the peace that I yearned for.  
 The want for something better and that it could be possible for me. But how?

#### **We Need Examples Of Faith**

The impact to come across a person who displayed such an amount of Love and see him living with love of others in this degraded world was a remarkable example put before me that gave me hope it, Love, was actually a possible reality.  
 There was no 'Jesus' before that time when I had come across him, no story, no myth, no misinformation, no precedent, no belief or talk about being or becoming perfected in Love. Just a world that seemed to believe that love was an impossibility. Still a belief for many today, even with all the stories that continue to be told about its actuality.

So I would like to share with you this subject about building faith in God's Love and I would like to focus on.

### **What Creates A Lack Of Faith In God's Love?**

#### **The Hurt Child does not believe in God's Love**

The hurt child believes its fears and pain  
 The hurt child cannot FEEL God's Truth

#### **The Adult Façade wants love from everyone else other than God**

The adult façade believes that the hurt child needs to be protected from its feelings & pain  
 The adult façade believes that the way to help the hurt child feel good is to get love elsewhere  
 The adult façade creates addictions to meet its erroneous conceptions

### **When Did Faith In God's Love Disappear?**

#### **When the child became HURT**

#### **Then the adult accepted the world's beliefs about God (the façade)**

## ***How Do I Build Real Faith***

### ***Confront & deconstruct the adult façade about God's Love***

We have covered deconstruction of adult façade generally, but now specific  
 How do we deconstruct the façade with God?  
 What emotions are related to the façade with God?  
 What emotions drive addictions with God?  
 Wanting to blame God for the problems in our life?  
 Having addictions with spirits whom we feel are God?  
 Experience of your own life in 1<sup>st</sup> century  
 Choose to have experiences that will challenge our current addictions, fears & beliefs

### ***Allow the hurt child to grieve the loss of faith in God's Love***

The hurt child has not felt real loving relationships  
 The hurt child does not believe God is loving  
 Never know what real love feels like  
 Never really know who God is  
 Experience of your own life in 1<sup>st</sup> century

### ***Lovingly re-educate the hurt child about God's real character***

The hurt child never experienced a loving parent  
 The hurt child does not know what a loving parent feels like  
 The hurt child never had a parent who taught it the truth  
 You now need to re-educate your hurt child about how God really is  
 No-one else did this for you in your childhood  
 Qualities, personality, character etc  
 Choose to use our will in harmony with Love  
 How can you do this?

### ***Embrace emotional experiences with God***

By feeling God's emotions for you, you will know how God feels about you  
 You will know and begin to trust in God's Love again, because you feel it

## ***Conclusion***

***Reversal of our lack of faith must proceed in the opposite order it was created***

***The adult façade placed a layer of resistance to our childhood experience***

The adult façade must be experienced and deconstructed  
 Our lack of faith in love of the God variety and our diminished ability to trust in our ability to be able to cope with our negative emotional experiences, has created a world based on faith in error and addictions, not truth or love.

***The potential of Faith in God was diminished because of our childhood experience***

The childhood hurt must be released before we can truly have faith  
 This makes our little hurt child inside of us even more sad as it seems destined to never being found again, living a life like this

***Faith is a potential of the soul that must be developed***

Our real self has the ability now to develop real Faith in God  
 God created our soul with the potential to have Faith in God  
 But faith in God is not a normal state, it must be developed  
 This is because a relationship with God is a choice of our soul based will  
 Faith is developed through having an emotional experience with God

Embrace these emotional experiences

But by increasing our curiosity in God, and God's Laws, that are of Love and will always guide us to the joy that is available to which Love brings, we can begin to experiment living our lives within God's Laws. Letting ourselves have our emotional experiences, challenging the things we are afraid of, choosing love over anger, letting ourselves be overwhelmed emotionally by our experiences and allowing some of Love into our lives to help with the change

### ***Introduce Mary***

Topic: Strengthening Our Will To Receive God's Love

*And having the personal experience of what real love does and can do. We start on our way to build Faith in Love.....God's Love.*



# Divine Truth Outline

## Developing The Will To Receive God's Love

### ***The Two Greatest Gifts***

I will discuss two of the most powerful gifts I have ever received

#### ***The First Gift***

This gift is already given to everyone who has ever existed

It is a gift because it has no strings or demands attached

God has given it in order for us to be the free-acting, free-thinking, free-feeling individuals God has given it so that we are not robotic externally controlled beings

It is the gift of our will

<b>Ways We Use The Gift of Will</b>	<b>Ways We Could Choose To Use Our Will</b>
Begrudgingly	Enthusiastically
Fearfully	Courageously
Sinfully (out of harmony with God's Love)	Perfectly (in harmony with God's Love)
Dependently & hesitantly We try to give it away to others We are afraid to be decisive & independent	Independently & decisively Receive it as a gift designed to help us know and experience ourselves, our creator and the universe we live in
Disclaim responsibility for our will & make others accountable for what we have done	Taking full responsibility & accountability for our choice to do everything we have done
Rejection & refusal of the gift Many of us don't want to embrace our will at all – <b>we don't want the gift of will</b>	Acceptance, love & desire for the gift We accept, love & desire to use our will sincerely, honestly, & truthfully

#### ***The Second Gift***

This gift is the most incredible gift imaginable

It has the power to change us eternally in ways we can't even imagine

The second gift is already on offer but is never forced upon us

It cannot be forced upon us because of the Laws governing the first gift

It can only be received when we desire and sincerely embrace the first gift of free will It is the gift of God's Love

#### ***We must engage the First Gift in order to receive the Second Gift***

This is a beautiful system for our development that God has created

When we come to understand and embrace the first gift *as a gift* and with our heart's engaged only then do we create the possibility of receiving the second gift

While most of us try to deny responsibility for the gift of our will, or to place it in the hands of someone else, we can never receive the gift of God's Love

***Without feeling that our will is a gift we will never embrace or receive the Second Gift***

This week we have already discussed many of the things involved in embracing our will to love  
Many of these same things apply in our strengthening our will to receive God's Love

***To Strengthen My Will To Receive God's Love I Must:***

***Face the arrogant belief that I already know what God's Love feels like & that I know God's Nature***

We have many, many misconceptions about God's True Nature  
We have many false expectations about how God should respond to us  
(addictively) We believe that we know what receiving love feels like - often we are wrong  
We must give up our preconceived ideas of what God's Love will feel like  
We must give up our preconceived belief that we have already received God's Love We must be willing to give up our investments in preconceived ideas if faced with new truth  
We must engage an experiment with God

***Deconstruct the façade self***

The façade is not real and cannot have a relationship with God  
Any attempt to have a relationship with God while holding onto the façade will fail Without deconstructing the façade we cannot connect to our real self  
It is only our real self that can have relationship with God  
We spoke during the week about HOW to deconstruct the façade self!

***Challenge & release my addictions***

Addictions are our desire to have a quick-fix substitution for unloved & unhappy feelings  
Many of us spend more time attempting to have our addictions met than doing anything else We look for 'love' in all the wrong places, especially not from God who is The Reliable Source I will never seek God's Love while I am seeking addictive substitutes for love  
I will never even have time to receive God's Love while I spend most of my time engaged in activities that take me away from God's Truth & my true self (my addictions)  
We spoke during the week about HOW to challenge & release addictions!

***Experience my hurt self (often childlike feelings)***

These hurt feelings are often:  
    Hopeless and disillusioned with God, love & truth  
    Hopeless about my capacity to change & grow  
All of these emotions prevent me sincerely seeking God's Love  
Releasing these emotions enables my faith in God & in my ability to change to grow Many of us still avoid releasing feelings suppressed in our childhoods such as:  
    My lack of faith in my capacity to change  
    My lack of faith in love  
    My lack of faith in God  
    My lack of belief in love  
    My lack of faith in God's Laws  
    My lack of faith in God's Truth (e.g. if I tell the truth the best thing for everyone involved will happen)  
We spoke during the week about HOW to emotionally experience the hurt self!

***Engage repentance & forgiveness***

This deals with the areas in my life where I have been:  
    In opposition to God through breaking God's Laws  
    Ignoring love of my brothers and sisters  
Dealing with these issues places me more in harmony with God's Love  
Dealing with these issues opens me up to a relationship with God

We spoke during the week about HOW to forgive & repent!

### ***Developing My Will To Receive God's Love***

You have already received and will receive more information on 'How To' grow towards God The major question now is not 'How do I do it?' it is '**Do I want to do it?**'

#### ***Things To Do***

<b><i>When Growing Muscle</i></b>	<b><i>When Growing The Will to Receive God's Love</i></b>
<b>Overloading stimuli</b> Increasing weights Do it until it hurts	<b>Overwhelming Stimuli</b> Embrace the CHOICE to long for God's Love Allow emotional overwhelm in relationship with God Keep working on the very next thing God places in front of you Engage with stimuli that connect you to your feelings about God, allow these to overwhelm you
<b>Repetition</b> You must do it repetitively Repetition brings real results	<b>Repetition</b> Do it often, during each day (if you don't you obviously do not have much will)
<b>Food</b> You must eat nourishing food	<b>Spiritual 'Food'</b> You must focus on spiritual nourishment e.g. Study God, seek Truth about God
<b>Water</b> You have to drink a lot	<b>Waters of Truth</b> Open your heart to receiving Truth about God and yourself. This is an emotional, not intellectual, process.

#### ***Things To Avoid***

<b><i>When Growing Muscle</i></b>	<b><i>When Growing Will to Receive God's Love</i></b>
<b>Relying on others</b> To tell you what to do To do it for you To encourage you To agree with you To approve of you	<b>Relying on others</b> To tell you about God; you need to seek Him out yourself To do it for you; no one have a relationship with God for you To encourage you; if you always depend on encouragement you don't have a personal desire, you are in an addiction with others To agree with you; If you abandon your desire to know God when others pressure you, you will never receive God's Love To approve of you while you seek a relationship with God
<b>Giving up</b> When things feel uncomfortable or painful Without being tested the muscle won't grow	<b>Giving up</b> When we begin we still have many errors that will need to be exposed and released in order for us to feel God's feelings for us. We must be honest about this. If we blame God and give up when we don't get immediate results we are not being humble to what God is trying to show us about our injured state.
<b>Eating junk food</b> That deplete the system No nutritional value	<b>Engaging in junk activities</b> Relationships, past times, activities that deny the existence of God, that reinforce cynicism about love, and hopelessness. These deplete our desire for a relationship with God
<b>Drinking sugary, processed liquids</b>	<b>Drinking down lies</b> Drinking lies about God, God's Laws, God's Nature & Character Letting ourselves get away with personal lies for the sake of

	'comfort' or the delay of feeling fear or other emotions we deny
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## **Conclusion**

### **Recognise & Love The Two Greatest Gifts**

The first greatest gift which we already have is the gift of will

Developing the first gift allows us to receive the second greatest gift

The second gift is God's Love, which cannot be received without the strengthening and development of our will

### **To Strengthen My Will To Receive God's Love I Must:**

Face the arrogant belief that I already know God's Nature & what God's Love feels like  
Deconstruct the façade self

Challenge & release my addictions

Experience my hurt self

Engage repentance & forgiveness

### **To Develop My Will To Receive God's Love I Must:**

Allow myself to be overwhelmed

Engage in prayer during every day

Seek truth about God, God's Laws and nature

Open myself to receive God's Truth about the Universe & myself

### **To Develop My Will To Receive God's Love I Must Avoid:**

Relying on others

Giving up

Wasting my time with junk activities

Drinking down lies about God & self

## **Homework**

### **Re-examine My Life**

How do I use the following three things a manner that strengthens and develops within me my soul based sincere desire to have a relationship with God?

My time

My will

My desire to live in truth

# Divine Truth Assistance Group Outline

## Pray (Long) For God's Love

### **Introduction**

#### ***How the world views Love***

It feels Love is powerless over evil  
 It feels Love does not provide security or safety  
 Love is treated with disrespect and condescension  
 Love is hopeless in the face of evil  
 Love must be "forced" upon people who do not love

### **God's Love**

#### ***Has power over everything***

It is the framework of the universe  
 It governs all of the operations of God's Laws

#### ***When our will is engaged to sincerely desire God's Love***

God's Love heals all things, including all façade, addictions, and hurt  
 God's Love overcomes all things, including all evil, whether inside or outside of us  
 God's Love provides safety, security, & reality  
 God's Love is the core substance that allows for complete understanding of Absolute Truth  
 God's Love is the substance that changes the human soul from its natural state into the Divine  
 God's Love is the only permanent source of real happiness, peace, and contentment

### **Relationship With God**

#### ***Relationship is not possible without two entities desiring to:***

Receive love from another into themselves  
 Give love from themselves into another

#### ***God wants to:***

Receive your love  
 Give love to you

#### ***What do you want?***

Even if you do everything we have suggested this week, you will not have a relationship with God unless you **PRAY!**

### **What Is Prayer?**

#### ***Prayer is your sincere, passionate, emotional, desire and longing to:***

Receive God's Love into yourself  
 Give God your love from yourself

### **What True Prayer Does**

True prayer opens and develops the portion of our own soul that allows us to receive True prayer modifies the soul, and breaks down the soul's barriers, restrictions and blockages to reception  
 True prayer connects our soul with God's Soul  
 True prayer always activates God's soul into an emotional response  
 True prayer always is accompanied by passionate desires and emotions  
 True prayer is always emotional

True prayer will completely change and transform our personal lives, and the lives of everyone around us

### ***How God "Hears" Prayer***

God feels our emotions the instant we have feelings & emotions directed towards God. If those emotions & feelings are harmonious with Love, God's Soul instantly responds emotionally. When God responds emotionally, God also instantly acts.

God "hears" our intentions (the desires/feelings that we are going to have in the future). God "hears" our emotions (the desires/feelings that we currently have right now). God "hears" our prayer by having an emotional response to our prayer, and instantly acting upon it.

### ***Essential Elements of Prayer***

#### ***Personal Truthfulness & Honesty***

God's Soul always responds to emotions of personal truthfulness and honesty.

We must be emotionally truthful and honest with ourselves at the soul level (not the intellectual level).

#### ***Emotion, Desire, Passion & Intention (Longings Of The Soul)***

God's Soul always responds to an emotional longing, passionate desire, with sincere intention.

Prayer comes from the emotional and passionate place in our soul, not the intellectual place.

God hears what is in our soul, not what we think is in our soul, or just in our head. The emotion and passion must be harmonious with truth before we will be "heard". Often our desires and passions do not match what we are praying for.

#### ***Sincerity & Purity***

God's Soul always responds to sincerity and purity of desire.

Prayer comes from a sincere place in our soul, not from insincerity or just to make a point to others.

Often our so-called prayers come from selfish emotions, rather than pure emotions of love.

#### ***Earnestness***

God's Soul always responds to the Earnestness in our soul, and does not respond to a lukewarm attitude.

#### ***Thankfulness***

God's Soul always responds to a thankful and grateful spirit within ourselves.

### ***What Will Be Heard By God***

Prayers that address causes rather than effects.

Prayers in harmony with God's Laws of Love.

Prayers about changing our desires, longings, passions & emotions towards love.

Prayers about having God's protection & care.

Prayers harmonious with free will.

### ***What Will Not Be Heard By God***

God does not respond to demands, bargains, or negotiations.

God does not respond to our expectations or timing requirements.

God does not respond to heartless repetition.

God does not respond to prayer asking for harm to occur to others or the environment.

God does not respond to prayers asking to take away the effects of any Law.

God does not respond to prayer that asks Him to do something that we are currently refusing to do for ourselves.

### ***What Is A Heartfelt Longing?***

***A passionate desire to spend time in Prayer***

***Allowing the feelings of my heart towards God***

***Allowing myself to feel God's feelings towards me***

***Allowing being overwhelmed emotionally***

***Allowing desire towards God***

***Being truthful with God about our desires and passions***

***Allowing yourself to receive God's Love to your best capacity***

***Once God's Love enters, living in harmony with it***

***Allowing God's Love to make you more sensitive and open to further Truth***

### ***Conclusion***

Without prayer God's Love cannot enter your soul

Without God's Love all development ends in stagnation

Without God's Love your soul cannot be fully transformed

Without God's Love you will never be perfectly happy

### ***Homework***

Pray every single hour of your life

## Links to Original Documents

[Introduction & Welcome](#)<sup>2</sup>

[Desire For Personal Change](#)<sup>3</sup>

[Fear Of Change](#)<sup>4</sup>

[Strengthening Our Will To Love](#)<sup>5</sup>

[Understanding Self: Introduction](#)<sup>6</sup>

[Understanding Self: Deconstructing The Façade Self](#)<sup>7</sup>

[Understanding Self: The Hurt Self](#)<sup>8</sup>

[Introduction To Addictions](#)<sup>9</sup>

[Recognising Addictions In Relationships](#)<sup>10</sup>

[Challenging Addictions](#)<sup>11</sup>

[Forgiveness & Repentance Concepts](#)<sup>12</sup>

[Forgiveness & Repentance In Practice](#)<sup>13</sup>

[Building Faith in God's Love](#)<sup>14</sup>

[Developing the Will to Receive God's Love](#)<sup>15</sup>

[Pray for God's Love](#)<sup>16</sup>

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<https://divinetruth.com/docts/2014/20140711-1900-1900-jesus-dt-agp-lintro--Introduction%20&%20Welcome--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140712-1100-1100-jesus-dt-agp-lintro--Desire%20for%20Personal%20Change--en-outline.pdf>

<https://divinetruth.com/docts/2014/20140712-1235-1235-corny-dt-agp-lintro--Fear%20of%20Change--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140712-1800-1800-marym-dt-agp-lintro--Strengthening%20Our%20Will%20to%20Love--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140713-1115-1115-jesus-dt-agp-lintro--Understanding%20Self%20Introduction--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140713-1310-1310-jesus-dt-agp-lintro--Understanding%20Self%20Deconstructing%20the%20Facade%20Self--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140713-1800-1800-jesus-dt-agp-lintro--Understanding%20Self%20Experiencing%20the%20Hurt%20Self--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140714-1100-1100-marym-dt-agp-lintro--Introduction%20to%20Addictions--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140714-1450-1450-corny-dt-agp-lintro--Recognizing%20Addictions%20in%20Relationships--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140714-1140-1140-marym-dt-agp-lintro--Challenging%20Addictions--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140715-1140-1140-jesus-dt-agp-lintro--Forgiveness%20&%20Repentance%20Concepts--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140715-2359-2359-jesus-dt-agp-lintro--Forgiveness%20&%20Repentance%20In%20Practice--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140804-1230-1230-corny-dt-agp-lintro--Building%20Faith%20in%20God's%20Love--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140804-1340-1340-marym-dt-agp-lintro--Developing%20the%20Will%20to%20Receive%20God's%20Love--en-outline.pdf>

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<https://divinetruth.com/docts/2014/20140719-1520-1520-jesus-dt-agp-lintro--Pray%20for%20God's%20Love--en-outline.pdf>