

## Working With The Voice Transcript

WWTV Episode 012

How We Get Changed and Judgment

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Hey listeners! This is Juliet Mee, the host of Working With The Voice. This is a course to learn to communicate directly with the Holy Spirit and its best to listen to the episodes in order. This episode is one that I call a “special subjects” episode. It doesn’t matter when you listen to these types of episodes. I wrote it because an experience I was having was like a thorn in my finger, and I couldn’t go forward with any new episodes until I got it processed out of my psyche. In this episode I’ll be talking about how God changes us and why.

It’s critical to understand motivation if you want to achieve anything. By definition motivation is why you do something. I tend to go with the psychologist Maslow on this one because in his famous “Hierarchy of Needs” model he says we have needs that are basic and primary, for food, safety, security, and closeness to other people who respect us and see us as competent. We may go through a lot of cycles where some of these needs aren’t met. The needs for food, shelter, safety, love, and belonging are called deficiency needs and the longer they go unfulfilled the stronger the desire to get them fulfilled becomes. Hunger is an easy example. If you are hungry, it’s hard to focus on anything other than getting food and the longer you are hungry, the stronger that urge becomes. Belonging is a bit tougher. The longer we have felt a loneliness and lack of belonging, the greater the urge is to find our people, and in that we can make big mistakes by just, “finding a warm body”. It’s not so easy to just get rid of people if they don’t meet our true needs for belonging. Many of us have figured out how to have those deficiency needs satisfied as well as how to meet the needs in the future, because they will recur. The needs that emerge after the deficiency needs are met are different. They don’t occur from a lack of something, they actually occur because you don’t have a lack in the basic needs. These are the needs for what Maslow calls self-actualization, or a need to have personal growth. People at this level have a deep need to be as much as they can be, to reach their own potential. And this need doesn’t go away; it increases once it has been tapped into, pushing your goals for satisfaction higher and higher, just out of your reach.

When you get honest and break down motivations, they’re complex. I imagine that most people do things partly for themselves and partly for other people. I sincerely hope that the people listening to this podcast are helped by it, and ultimately that’s why I produce it. But I couldn’t put in the amount of work that this takes for that reason alone. I created this podcast to scratch my own itch, and it’s weird, but it became easier to do it than to not do it once the Holy Spirit showed me the vision and parameters. In other words, the paradox was that it’s the most difficult and time consuming thing I’ve ever done, but it’s easier on me than it was before because of the internal rewards I receive. I created it because I wanted other people I cared about to see what I had been taught through the Holy Spirit. I was regularly cobbling together solutions from single articles, YouTube videos, and single podcast episodes, and this type of teaching didn’t seem to appeal to anyone. They wanted me to sit down and give them a personal lesson. The inefficiency of that was apparent immediately. The end goal had to be clear communication from the Holy Spirit to the individual and to teach that as a skill required personal interaction, relationship, and verified scriptural interpretation combined. Those are the components I wanted emphasized so that we could live in a better world, and enjoy each other more.

For teachers, we know that teaching a subject helps us to learn more deeply and to fill in the cracks of our understanding. It requires humility because if you are a competent teacher, you need your understanding to be much wider and deeper than that day's lesson. Students recognize your skill level pretty quickly. If you aren't much farther along than your students, it tends to leave them feeling unstable and untrusting of everything you say. The humility better be there from the start because it is inevitable that if you are teaching a new subject for the first time, you are going to run into a critical piece that you really don't understand, and as a teacher who has worked in a live teaching setting for over 20 years, I know that I often encountered that understanding gap right in front of the students. So if I figured out that I didn't know something, this was what happened early in my teaching career. I'd find myself squirming to link one idea to the other, and then I'd start making something up that sounded right. If a student pointed out the gap, then I'd act like the understanding was over their heads. Once I got out of the classroom, thinking about my behavior would embarrass me enough that I'd research and get back to the class the next time with the right answer, usually busting myself on being a jerk who just didn't know what I was talking about. Doing that a couple times and feeling the pain of it taught me to just admit I didn't know something once I started to squirm.

So I had no idea that I would get tripped up on the next section of the Sermon on the Mount. I'd read it and outlined it and was fully ready to start the work on the episode. The last part on the Beatitudes went according to the regular plan. You'll see that during this episode, I'll outline a couple of different processes. We do this in business regularly so that we can pass on understandings more easily and efficiently. The first process I am going to outline is the process I go through to create a podcast episode. I assume you, the listeners, are not podcasters. Of course, I didn't used to be a podcaster, I was a podcast consumer, and boy does it seem like putting together a podcast would be an easy job, one that you could knock out in about ten hours a week in your spare time, like a hobby. I do think that some people can do that, but not all, and certainly not me. I consider producing this podcast as my full time job. All other tasks are lesser in importance to me. When I'm on a regular schedule, this is what it looks like. I'm lucky because the basic sequence of the material is already lined out because we are going through the New Testament, and all I have to do is add an explanation. The explanation usually flows pretty well for me to type out as my script, and then I edit the script, record it, take out all my coughs and mouth noises, and then turn it over to my fabulous sound editor Nina Pollock who transforms it from sounding like a self-centered person talking for an hour non-stop to something much easier to listen to by adding transitions, sound leveling, and other parts of her process that I don't know anything about. While she does those things, I write a FaceBook post, create resources for the website, and put together an email for those people who have subscribed. 35-40 hours of work. That's the regular plan.

But when I began to write the next episode, the one that follows this one, the wheels fell off. The initial writing was easy. Hello listeners, this is Juliet Mee, etc. I reviewed the material I was going to present, and it looked pretty easy. At this point I didn't see the snare. Then I got a feeling of discomfort, something wasn't flowing. I felt the familiar squirm and my experience warned me to stop and figure it out or I was going to look like a jerk.

I've spent the majority of my life working on things that were time centered, deadline focused. If a person had a massage appointment at 4:00, I was there; hands washed sheets on the table. If there was a class that started at 8:00, I was there with the materials ready for hand out and the projector on. Payroll had to be made by Friday and the quarterly reports didn't change dates. I have of course experienced a lot of frustration as well as anxiety with myself over meeting these deadlines. I certainly

wasn't a perfect worker, but unless something really crazy happened, work got completed even if it required an all nighter because people were waiting.

I'm pretty new at this podcast thing, and although I have listeners waiting, I don't have a true deadline now. It's a self-imposed deadline, enforced by my desire to not only appear competent, but to be competent. Also, I just am not the type of person to set myself up to be in a professional activity where I haven't done my homework. I can competently write, record and edit, and I have now read the bible and the supporting materials many many times, so barring a big emergency or an inability to type, I should be good to go. Now, I do understand that there are many podcasters who have a bunch of episodes in the can so that there is a smooth weekly flow of distribution just in case something like this comes up, but the Holy Spirit directed me to go ahead and launch even though I didn't have that done.

So back to the fact that the wheels were falling off. I sensed that there was something less than cohesive. I couldn't get my examples to illustrate what I wanted so I decided to step back for a moment, give it a short rest. I put in laundry and did dishes, wrote some, listened to other podcasts, wrote some more, created task lists for myself, rewrote what I'd written, read it out loud to myself, asked my partner Tracy to listen to me read it out loud, got disappointed because I'd wasted so much time. By this time, I was now emailing Nina, telling her I might blow the deadline. Anxiety was increasing. I've been here before in my past jobs and almost always, the deadline will save me. I'll push through and get it completed. But for one of the first times ever since I started this podcast, I stalled out. Blew the deadline. And as a reference point, as of today, that deadline didn't get blown once, it blew out 18 straight days in a row, including weekends. That's a lot of mental swirl. I started pacing, to the kitchen, to the yard, to the computer, to the bathroom, to the kitchen again. Mind you, this whole time I am aware of the presence of the Holy Spirit. I got to the point that I was abusing him, speaking to him in a half demanding, half begging way to just tell me what to do. When I've truly been in a place where I really don't know what to do, I don't even need to ask more than once. He tells me. But not this time. He is making me work it out on my own, which he has done many times before we started the podcast. This clued me off that there is something personal here; this isn't a sign that I'm procrastinating or incompetent. But I somehow thought he would not let me blow a deadline for the podcast episodes, because we are partners on this. And I really do not know what I'm not seeing.

I let him know that the deadline has passed, and he calmly tells me that this is worth it, just wait, and continue to write while the process goes on. He reminds me that this is new, and it's as much for me as it is for the person who listens and needs it. Days are passing. I'm getting emails and texts from some of my friends asking if I've posted a new episode that they didn't see. Now, laundry isn't being done, dishes pile up. I'm really sore from head to toe in a way that working out and stretching isn't fixing. I'm taking anti-inflammatories and rubbing my joints. I nap because I'm exhausted. All during this time I am spending more than 6 hours a day with my fingers on the keyboard, berating myself for any time spent looking at the news or social media or Sudoku. I do not look good, but part of the thing with working with the voice of the Holy Spirit is that you have to give up valuing looking good to people, and only worry about the real thing, which is how hard you are legitimately trying to do the thing that God wants you to do. If you are doing your best, you can be sure that it will all be okay. I check in with him and feel no disappointment from him. He sees that I am trying.

Then during the night, the dreams start coming. I am so glad for this, because in the past once the dreams come it's like when the fever breaks after you've been real sick. In the past when the Holy Spirit has something he is showing me, there is a process I can recognize, but one that I have never read anyone else describe. That's why I had to write and release this episode before the next one that goes

into the Sermon on the Mount. I'm writing this for you, because most of you have followed the instructions and have listened through over 10 episodes of preparation material. And you may be aware of this, or you may not be. But the material in this podcast is preparation for you to meet your potential, to self-actualize, to find out what is your purpose, the next jewel God brought you here to find, and the natural next step is to need help from someone who has been there.

I want you to be able to see the pattern so that when you go into it, you don't feel crazy. I can see when other people are in the process, but I didn't see this one when it was happening to me. That's why I had to write this episode for me.

Go back to the model we discussed in Episode 004, Manifesto on the Holy Spirit. We learn to meet our physical and psychological needs using the body and the soul, by reading both sensory output and mental impressions. Learning to integrate both of these parts of your Self usually requires that you have some help from other people to get those parts healthy and to properly assimilate their messages and their functions, psychologists, massage therapists, personal fitness trainers, doctors. Your body communicates its health and its needs to the spirit, and the spirit communicates its health and its needs to the body. After you have successfully learned how to see those patterns, you tend to not require the other people's influence near as much. But the Holy Spirit speaks to you through your spirit, and until your body and soul learn to recognize this pattern, it's bewildering. Once you have it figured out, it's miraculous, because it makes you whole.

I cannot say for sure that this is 100% correct, but it's what I have seen in my life and am beginning to see when people I am guiding are going through their own similar process. I want to emphasize that you need to pray and ask the Holy Spirit to guide you, and you need to basically understand what types of things the Holy Spirit wants you to know. That's where understanding the life of Jesus is really important, because there's nothing we need to learn that Jesus didn't experience and speak about during his three teaching years. Generally when God's working on me, when something is coming from the Holy Spirit to my spirit to my soul, this is the process that occurs. I am in a condition where my needs are met. I'm not hungry or lonely, and my body doesn't need attention. I start to do something that should be easy and it doesn't go like it has gone in the past. I can come at the issue from other angles that would have worked in the past, still no progress. I ask the Holy Spirit, and the Holy Spirit will give me comfort and awareness of his presence, but the situation doesn't change. I feel like a blind folded kid at a birthday party with a donkey tail in my hand and I'm trying to figure out where that damned donkey picture is. I feel as if everyone else knows that I need help but they won't help me. The Holy Spirit will make me work, and the Daily Practice is VERY important during this time. It's not the optimal time to start it, but start it whenever you can. When you are familiar with the processes that the Daily Process has you practice, you can move more quickly through the stages. Throughout I'll see relevant things in scriptures, or things will come up in my news feed that are interesting and sooner or later, like water on a rock, I begin to understand that there is definitely something that the Holy Spirit is pointing at. That's such a good feeling, like a cold drink of water on a hot day. I begin to see that the other people are directing me to the donkey picture; they are trying to help me win within the rules of the game.

And the dreams coming are a marker that I recognize. These aren't regular dreams that discharge the memories from the day, they are highly symbolic, the ones that contain houses from the past, pianos I don't know how to play, disapproving fathers that aren't my own, and mountain lions with mange. I'm relieved by this stage because for me dreams are a marker close to the end, and I know that I am coming out of the stall. The fact that I'm having these dreams confirms that I'm not lazy or ignorant or

incompetent. For me, specifically I know that this signifies that there's something in the podcast material that is important, a message coming from the Holy Spirit to my spirit, and it's made its way to my subconscious and now is following a natural movement into the conscious part of my soul. I know to write out the dreams with all of their details. I start to piece it all together, and it usually begins to present something that I haven't processed before in this way. Sometimes the experience leads me to a feeling of a rainbow, a colorful and awe inspiring feeling of relief.

But this time that's not the feeling. There's no glorious rainbow-y view. It's shadow-y and I find it in the scripture for the episode. I start to understand what I misunderstood, what I thought was true but wasn't. I am experiencing true repentance, and I understand it in a very deep way. It is solemn. Serious, formal and dignified. And the Holy Spirit is here with me, while I unveil the thing, take the black drape off of it, and I can almost feel him holding my hand as we sit together and silently look at it.

This material for the next episode says that there is a moral standard that has been set by God, and that he knows that we can only attempt to meet it. It also says that he will evaluate our efforts and true intentions, and that he will either reward or punish us based upon those things. To me, this says he is a judgmental and punishing God, and I don't want that God. But there is also a section of this next episode that says that you don't get to pick and choose between what you believe or what you teach others to believe.

In the first 50 years of my life I built my own religion. And I put in only those things I liked, but then the Holy Spirit came to me and showed me that there was a far better religion that produced much better results than I had ever been able to produce with my religion. And I vowed to follow that religion, even to the point of being willing to give up my position in my tribe, and go public as a Christian. My beliefs in the past were new age-y, which means nothing specific. You get to make it up as you go, and there's no judgment for getting it wrong. Honestly, I gained a lot from it and really liked it. New Age religion felt good. Mine was a little hippie, a little good nutrition, a little natural fiber pajamas, and a lot of bodywork. New Age is like Christianity light. It's not that we are non-judgmental; it's that we act like we aren't. People who would never in a million years say that someone was going to go to hell would have no problem raising their eye brows and saying, "Karma's a bitch." Which is a much more palatable way to say, "I hope you get yours from God." Karma is a force that can't be measured by science but sort of evens things out mysteriously. If I steal, I get stolen from. If I do good things for other people, people will do good things for me. Karma in this sense has the feel of some kind of familiar and reasonable natural reaction producing results similar to if I don't water my plants, they die. But for new age congregants, if you ask them how karma occurs, you are bound to fall into the abyss of people who know nothing about the laws of nature except somehow they really understand quantum physics.

But I can joke around all day and pretend that what I realized was light and funny. But it wasn't. The concept of the mechanisms of God being revealed to us through scripture and the presence of the Holy Spirit is the most important thing I can think of. Especially to someone who wants to really do big things in the world. We have the opportunity to learn how the creator works, and when we understand that, we can truly create on a much larger scale. The mastering of skills means that we have to understand the foundational concepts and this will absolutely without a doubt require an acknowledgement that we, and I do mean you, don't already know this stuff. So if you don't understand why I got tripped up on this part about moral standards, judgment, rewards and punishments, and why I'm giving it so much air time, just know that there will be some things that will trip you up for sure. And I hope you will remember the example I've shared about how a new understanding infiltrates your spirit, moves through your unconscious, and enters your conscious mind.

The fabulous thing about real true Christianity is that you can talk to the Holy Spirit much more easily and that's what I'm always pointing to. It's a relationship that you cultivate by learning more about the world that he lives in and is offering to us, the kingdom of heaven, the kingdom of God. Once we learn the rules of operation we can use them to create a better world here for ourselves and others.

I didn't used to be aware of the constant presence of the Holy Spirit and I even had an experience right before I launched the first episode of the podcast where I couldn't hear him at all, couldn't feel him, and for a couple of days I went to a terrible place where I thought I had tricked myself into believing in something that was really just a myth that only had the power we give to it. Then all of a sudden I heard and felt him again, I was relieved and not happy at the same time. I asked him what had happened and he assured me he hadn't moved, I had. I argued with him about this by reminding him that I had moved away before and he had always called out to me in a voice I could hear, why was this time different? He told me he allowed me to stay away so that I could viscerally touch back into what the listeners might be experiencing, and why the podcast was important. I did work my way back, which will be a subject of a different podcast episode in the future, and I would never voluntarily go back to how I felt in those couple of days now that I have experienced the richness of being with the Holy Spirit.

It isn't grandiose to try to figure out what God wants, it's grandiose to tell God how things should be done. I do it all the time, and if you think you don't, you might want to think again. We've discussed the concept that we are all grandiose in ways we cannot see on our own, but can be pointed out to us by others, who can see our flaws, and by the Holy Spirit, who knows our every thought and intention. And I get that it's on a spectrum. Some are more, some are less. But as the next episode will show, the real damage occurs when we give ourselves the thumbs up and say, "I'm good here" instead of "I still have work to do." We have to repent or rethink for any real change to occur. I am just now beginning to put this all together, but I have been blown away this week when I saw clearly how much energy I had put into building my world.

Now seriously, I know that there are other people who would look at the things I am going to present and say that I'm blowing this all out of proportion, nit picking in a way that isn't very helpful in the long run, but remember, we are talking about setting a standard that allows the Holy Spirit to really work with you. And if you've got big stuff to deal with like you are physically violent or you steal or you yell then you are already receiving a lot of information about those things from many sources. The people I know who want to really do big things are up against much more subtle issues, and their basic needs are met. These are people that aren't more important to God, but they are in a position to be used in a big way. It's said that the scriptures are the instrument that God uses to change us, and this is a direct example. The scripture in the next episode will point to issues of hypocrisy and double mindedness. It will point to a need to deepen your understanding of the message and to search yourself for every hint of wrong thinking that needs further alignment with God, and then it will say that God judges us and rewards us for following him, and punishes us for not following him. Greater alignment, greater reward. No alignment, no reward. And again, I am still working to understand the mechanisms of the machine that we get the privilege of seeing since the veil has been pulled back.

The big thing that was revealed to me was simple. I had animosity, hostility towards a God who judges. And this showed up in a way that isn't really what you might think. It was covert. Narcissism and grandiosity are rampant in society today and we might know how to recognize some forms of it but not others.

Grandiosity, narcissism, shame and false empowerment are all linked. They are all either a one up or one down position and it doesn't allow for our true human connection. And it doesn't allow God to be God.

Grandiosity doesn't feel bad, shame feels bad. We don't usually even consider changing our grandiosity but we want to fix our shame. When we are grandiose in the way my grandiosity leans, I want to save people, and when I can't save them or fix their problem I feel shame. I see myself as an adult, and others as children who need to be taken care of by big important me. Not by God. By me. And when God acts in their lives, I want to define their experience. And if their experience feels bad to them, I want to fix that experience by either explaining it away or making it go away, and I have worked very hard for that strength my whole life.

My grandiosity occurs through enabling. Here's some examples of the specific type of grandiosity and enabling that I have been called out on in the past. I'm revealing them so that if you see yourself in them you will not make the same mistakes I have made:

I was told by a business consultant that he didn't respect the fact that I spent so much energy on making sure that people didn't get hit by the train that was barreling towards them. He bluntly told me that I was using my resources in irresponsible ways.

I had a counselor, a psychologist, who tried to work with me to see how I crippled people by trying to do everything for them and allowing them to live a life where they didn't have enough responsibility.

I had a friend who angrily said she didn't want to go places with me anymore because she was sick of the fact that I always insisted on picking up the bill for everyone's dinner.

I took pleasure in announcing that I served a purpose to lots of people. I would tell people that I was on most people's favorite's list on their phones because I was the one they could call on to bail them out of jail, even though thank heavens that only occurred a couple of times.

The message was clear to me this week. I didn't get to do it anymore. We would all agree with it if the message from the Holy Spirit was that a person had to stop using a substance they were addicted to no matter if it was a form of recreation or self-medication, or that we had to taking advantage of people or stealing. But the message to me was that my glorification of enabling had to stop and the way I still wanted to do this was to take the material for this next episode and gloss over the part that said that God judges and punishes as well as rewards. If I want to move to where the Holy Spirit needs me to be, I don't get to look good even to myself by attempting to write the rules.

I know that I have grown a lot from the hard things that happened to me, but every time I saw a person going through something painful, although I wouldn't have admitted it, I saw it not as a growth opportunity that shouldn't be lessened, but as a punishment in one form or another, and I tried to take repercussions and natural consequences away from them. I am not saying that I was being intentionally manipulative in my interactions. I understand that I'm not the worst type of enabler, and that almost all of the time my intentions were honestly good. I wanted what I saw as the best outcome for the person. I am saying that I screwed my life up by doing these things. I enabled pathologically. And if you don't think that's a big problem for the people you are patting yourself on the back for helping, talk to the professionals who work in addiction treatment centers. They could get help to the people who

desperately need it if the enablers would get out of the way. And sometimes that means that the person who the train is bearing down on will have to make a decision to move...or not.

I had someone tell me that they thought that I needed to be needed. But I knew that wasn't true. I needed to be seen as better than other people. More powerful, impervious to problems, strong, courageous. Bulletproof, able to swoop in and save the day. I believed in heroes.

In narcissism, the person is glued not to their real selves, but to their image. Superiority, contempt for the rules and other people. Many people do well in their public lives and horribly in their private lives. You have to get grounded in the conviction that you are absolutely surrendering to God, that his way is the best way, and in that surrendering you will be able to grow and to be used at the highest level. It's okay for people to feel bad about bad behavior or character flaws and at the same time to know that God loves them. God uses wisdom through his punishment and reward system, and if it's not happening to us, we aren't involved. We are absolutely told in many ways, that we are not allowed to judge, only God is. That's a freedom and a discipline.

What the Holy Spirit showed me this week was that we do not yet have the mind of God, and that I had been very misguided in my dealings with many people and situations. I was like a little kid yelling "Me do it!" around the barbecue grill. Useless, potentially dangerous, and above all annoying to those who were actually doing their jobs. And that although he could use me in some ways in the past, he couldn't use me in all the ways he wanted because of that. I could either maintain my grandiosity or I could reach my potential, but not both.

The Holy Spirit allowed me to go to mush on this subject for a couple of hours. I went to a place of total ignorance, where nothing from my past really made sense, where for a moment, I was unable to say with clarity what my intentions had been.

All it took for me to have this experience that took me over 18 days to work out was for the word to show up for the first time in the New Testament; judgment.

But I finally snapped out of it. I went to a place where I was able to sincerely say, "I really don't understand this and I need you to tell me what this is all about." The Holy Spirit began to rebuild me from a totally new place and it was so easy to accept. He put together some parts that I had seen before, but this time it all worked and was cohesive. It wasn't really new but now it was a tool, a simple understanding that I could implement now and that will help me in the future too.

God is above us, we are below. He sets the rules and they are all good for us individually and as a community. We have the Holy Spirit to ask for any help we need, and He will always, consistently point to the life of Jesus. There is a way to directly apply his teachings even though they occurred a long time ago. The Holy Spirit cares about us right where we are in space and time, and he is the only one who really knows us, really knows why we do things or don't do things. He knows us better than we know ourselves, so he can show us things that we need to see. We are to stay vigilant in our human relationships, positioning ourselves shoulder to shoulder with every other human, and although there is judgment in the world, we aren't the judges. Our duty, and it's a serious one, is the cultivation of love and compassion, and we are never to change circumstances that are occurring for other people without the specific guidance of the Holy Spirit. We aren't to care for only people who care for us. We are to care for and about everyone. And in that we will grow to understand that God loves and cares for all of us more than we can ever imagine.



I'm Juliet Mee, and this is Working With The Voice. I'm releasing the next episode at the same time as this one so you can deepen your understandings of process as well as scripture. Thanks for listening. It's an honor to bring this material to you.