



# The Expanding Viewpoint

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**Jeshua Speaks about: RAISING YOUR HQ**

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**MAY 2016**

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Beloved one, each time we meet in this way, as you are reading this, there is an increase in the vibration of your Light and your love on this plane. It goes out to all the ones who are searching for the Light, all the ones who are hurting in their own perception of what could yet be missing, all the ones who are searching, and all the ones who are open to receiving.

You have been on a path of service for quite a while, many lifetimes truly; service to yourself in allowing the awareness of Who and What you are to come to the forefront of your thinking, and service to the brothers and sisters who are not quite sure what they are looking for. Sometimes they feel that you have found it, and they come to you and want to know, "What have you found that makes life meaningful?" And you have been able to share from your heart what you have lived, learned, and have ready to give to other ones.

Truly you are a conduit for the infinite love of the Father/Mother/God/Goddess/All That Is. Sometimes you are not aware of how much you have to share. Oftentimes in the sharing, that which was semi-hidden from your own view is now coming to the forefront, and when you share it with another one, it becomes vividly true for you. So it is a gift from the giver to the one receiving it and back again.

You are feeling a certain urge now to come alive, to come truly alive in your own Being, in your own awareness, to come to the place where you know truly Who and What you are. You are wanting to feel the goodness of life, and some of the pieces are coming together for you now, pieces that you have hoped for, you have prayed for and you have waited for.

You are searching for that tiny little piece of the jigsaw puzzle which will make everything make sense, and you will find it. That is the good news. It cannot be hidden from you. You will find it. It is foreordained that you will. Why? Because you are creating your reality. And if there is a desire for something...look to the root word of desire, *de sire*, of the Father. If it is a desire that you have, it comes from the Father/Mother/God/Goddess/All That Is.

You have to find your joy. I know that as you go through life, there are a lot of times when it seems to be hidden away somewhere, or it may be just beyond the fingertips and you cannot quite get ahold of it. But you are coming into a time now when you *are* going to know that you have had it all the time.

Nowhere is it written that you have to suffer. That is only in the world and the voice of the world, but that is not

*(Continued on page 2)*

## **MEDITATION**

Over the years Jeshua has been instructing us regarding the value and beauty of the meditation experience. You will often find meditations in the *Personal Christ* books He has authored. These meditations are as fresh and as valuable now as the time they were first shared with us.

Recently Jeshua has suggested recording the words of one of the meditations in your own voice and then listening to it. The auditory experience will be even more powerful than the initial reading of the meditation.

He suggests we pick out a favorite meditation in one of His books, or one on a topic that we are working on, and record it, slowly, pausing from time to time as we read it. Savor the experience, and then work with it for 21 days, just listening. At the end of the 21 days write a short recap of your feelings and insights. You may be surprised at the changes you notice in your body, relationships and/or perspectives.

Twice a month here in Port Angeles, Washington we hold a group meditation based on a meditation from one of Jeshua's books. Meetings are on the second and fourth Friday evenings from 7:30 to 8:30 p.m. PDT at Unity in the Olympics, facilitated by Eva McGinnis. Please join with us in person if you live here locally, or in spirit if you are at a distance, or on conference call (contact Eva for conference call number: [eva@mcginnishome.org](mailto:eva@mcginnishome.org)).

--Judith

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where you live, move, and have your Being. You work in the world, yes, and you associate with the friends in the world, but you live, move, and have your Being in the divinity of you which is love, which is wholeness, which is joy.

So whenever you are feeling that you want to know more joy in your life, allow yourself to get excited about something, even if you think it cannot happen; especially if you think it cannot happen. Get excited about something. What would you really like to do? And get excited, because truly you have a Father/Mother/God/Goddess/All That Is who is ready, willing, and able to give you that which you ask for.

There is one caveat, which has to do with the world understanding of timing, as you know so well. There is a belief in process. There is a belief in linear timing. So that which has been generational teaching has taught you that you can put your intention out now, and maybe in six months—well, maybe if you are really lucky, it might be three months, but it has to be a process from beginning, middle, to end—if you are still keeping that intention, and still aware of it, and still working on it, it might come.

But I share with you that you do not even have to do that much. You set your intention and you get excited about it, and you put into it the

vibration of creativity, the vibration that says, “Yes, I can have it. Yes, I can change everything that has seemed to be stuck, that has seemed to be just beyond my reach. I can change everything.”

And then it comes.

No matter how many years you have lived in this lifetime, you do not have to wait, you do not have to earn it, it is already yours for the taking, for the reaching out and saying, “Yes, it is mine.” But the secret to it—you may have guessed it already—is the excitement of knowing you can have it.

Get into the energy. It is the energy of accepting it that makes it happen. You do not have to wait until you have it, and then say, “Oh, now I accept it.” You accept it from the moment that you set the intention, and it will be right there with you.

Unless, of course, you still believe the generational teaching which says, “Well, everything you want has to be a struggle, and you have to wait a while, and you have to be worth it,” etc. Generational teaching is old teaching; old thinking. That which you are looking to do and to have in three days, three days from now, it is yours.

Know it, feel it, accept it. In three days—one, two, three—it will be

## Upcoming Meetings and Events

May 7 & 21, 7:30 p.m. Evenings with Jeshua \$25

June 4 & 18, 7:30 p.m. Evenings with Jeshua \$25

July 9 & 23, 7:30 p.m. Evenings with Jeshua \$25 (2<sup>nd</sup> & 4<sup>th</sup> Saturdays, skipping 4<sup>th</sup> of July weekend)

**Friday evening meditations began April 8<sup>th</sup> and will continue on the 2<sup>nd</sup> and 4<sup>th</sup> Friday evenings of each month at Unity Church in the Olympics, 2917 East Myrtle Street, Port Angeles, from 7:30 to 8:30 p.m. The evenings will feature meditations given by Jeshua over the years.**

Jeshua Summer Advance: August 1 – 5, 2016 in Sequim, Washington.

All regular events at the Coates/Knight home: 41 Windmill Ln, Sequim, WA

yours. Three days. Or perhaps sooner. Take it to heart. Accept it. That which you have been waiting for, you can have; you can accept it right now. It is yours.

Now, the second caveat with this is, you have to be clear about what you want, because that which you are asking for *is* going to come to you. If you are sort of thinking, well this, and maybe that, and whatever, you are going to feel like it has not really come, because you have been all over the road with it.

So you get completely clear about it, and it has to come to you. It has to be yours. Ask of yourself right now, “What do I really desire? What do I really want? What means the most to me? What do I want to have, to see, to be, to do? Where? What would really make me excited?” You know it can be; not only *can* be; it *will* be. It is foreordained. The only thing that you are waiting for is perhaps a bit of the process of putting it together, but it is foreordained. That is why the wish, the desire has come to you, and it will be yours.

What I am saying to you is, as you are the extension of the one creative Source—and you are—you can have, manifest anything that you desire. In Truth, there is no limit to what you can manifest. So allow yourself in your next quiet time, called meditation, to get clear about what you would like to have, what you would like to see, who you would like to be with, where you want to go. If you want to manifest for yourself perhaps two weeks in a warm, sunny place, you can have that. Or if you want to go hiking in the snow, you can have that.

Set your intention. Put more vibratory energy into it; come alive in the imagination, feeling the reality of the intention. You can be that which you want to be. Surround yourself with the energy of ones who are turned on, because that truly allows you then to



take hold of your energy and to come alive. Raise the energy level of your HQ: your Happiness Quotient.

Now, you have had some ideas come to your mind. Let's take those ideas and see them come alive. Let's do what is called the meditation.

Take, first of all, the deep breath which allows all of the cells of the body to come alive. Breathing in, and breathing out. Breathing in, and breathing out. Feel the rhythm of the deep breath.

Allow yourself to see in the mind's eye a meadow, a most wonderful grassy meadow where there are little yellow flowers and white flowers and purple flowers, each one in its radiance.

Look to the horizon and see how the tall grass grows, waving in the wind. You are on a path, and as you go along the path to a hill, you walk easily up to the top of the hill, and from there you can see the valley below. It was an easy climb, and now you see the grass and the trees below.

Are there any birds? Are there any four-footed ones looking up at you? Now look to the heavens. Is there a cloud off in the distance? Call the cloud to you. Know that it is coming because you have called it. Allow yourself to be on the cloud, looking

down at the grassy knoll, looking down at the meadow, looking down at the flowers. Allow yourself to drink in the whole vista below.

Know that truly you are the creator of all that you see. You are painting for yourself a most wonderful scene, and it is coming alive. You see the wind as it blows through the trees. You see the wind as it makes ripples in the grass. You see the birds in their flight. From your vantage point on the cloud, you behold everything that you have made.

Then allow yourself to look upwards. There is now a vantage point above you where you are now looking down on the cloud that you were sitting on. You are now One with the sky, being supported by the vibration of the sky. As you are sitting there beholding everything that you have created, think in your mind, what is your dearest wish? What do you want to see? Who do you want to see? Where do you want to see? How does it feel?

Fly to that which you are wanting. Allow yourself the energy of moving effortlessly to that which you desire. Feel yourself to be in the embrace of that which you desire. Everywhere you go, everything opens to you. What do you want to see? What do you want to be? Where do you want to be? Who do you want to be with? What are you doing? Are you doing it on your own or with others? How does it appear to you? How does it feel?

How does it feel to know that you create your reality moment by moment? How does it feel to be truly alive? How does it feel to be truly creative? Does it feel as the music? Can you hear the music in your head, in your ears, in your whole body? Can you feel the rhythm of life? Can you feel the rhythm of song? Are you the music of life? Are you alive in that music? Do you come to a realization of the Allness of you, the wholeness of you, the vibration of you, with and

without form? Allow yourself to be with your true desire. [Pause]

How does it look? How does it feel? [Pause]

Feel yourself to be vibrantly alive. Know that truly you are energizing the energy that you are, coming alive in that energy. Know that truly you are creating and being aware that you are creating. Take hold of your desire, and make it manifest. Allow it to play out in front of you. You can have it. It is yours. [Pause]

You can have it. It is yours.

And when you are ready, allow yourself to be seated on the cloud once again, looking down at the meadow, looking down at the grassy knoll. Remember the feeling of the desire. Know that truly you hold it within your capacity to make it manifest.

Now find yourself standing on the grassy knoll looking down to the meadow. Feel yourself walking through the tall grass down to the meadow. Stretch out the arms in your mind's eye and behold everything that you create. Hold within the heart the energy of what you have experienced.

And when you are ready, allow your awareness to come back to where you are sitting. You have now raised your HQ: your happiness quotient.

So be it.

*Jeshua recommends that for maximum benefit, the above meditation be done once a day for three weeks.*



## PRAYER FROM THE COUNCIL OF ONE

Received by Michael Dybicz

The suggestion is to say it as often as you like. This assumes a number of premises, including the following:

- You embrace our common goal of transforming the Earth dimension into a dimension of Christ consciousness.
- You understand and embrace the reality that to accomplish our common goal, the egoic mind, with its illusion of separation and aloneness, must be dissolved.

If you are not yet done with your egoic experiences, that's okay, because all serves the at-One-ment.

All is Love.

### PRAYER

I am Loved, I am Loving, I am Lovable, forever.

As Christ, in the Light and Perfect Safety of God,

I release all tension, forever.

As Christ, in the Light and Perfect Safety of God,

I dissolve my egoic mind in the Perfect Peace of God, forever.

The Council of One and I accept the Love of God.

The Council of One and I accept our Love.

We, the One Christ, accept the Love of God.

As Christ, in the Light and Love of God, we celebrate the truth that we are the One Christ. We, the Christ, bring the Perfect Peace of God into this world, this day, and every day, forever. And so it is.

## JESHUA Q&A

### SPEAK WITH THE DECEASED FOR COMFORT

*I have a very strange question maybe. It's not about me. How can I help this person? Our friends went to Costa Rica on a wedding anniversary. They were snorkeling. She had to leave for fifteen minutes. By the time she came back, her husband was gone. It seems like a jet ski hit him. She had to hire some kind of fishing boat to find him. Her daughter flew down, and they came home on Christmas Eve. She still doesn't have the body. They just don't want to release it. It's just so sad. We went to see her, and of course she's just...well, you can imagine. I don't know if there's anything besides prayer that I can do to help. Or if she's going to get the body, or why she doesn't know what goes on. They just won't release the body, so she can't have kind of a closure.*

Truly she can do her own closure in speaking with him. As we have spoken many times, when one releases the body, they are still around. The energy is still around, and she can still speak with him. She can even ask him and get a fuller picture of what happened, and that will help soothe some of the question marks that she has. It seems to her that others are having power over her and directing her life, but in truth, she can go beyond them. She can go directly to the source, to him, and she can speak with him.

Let her know that, that truly he is with her right now. He is totally free. He is not encapsulated in the body, and it does not matter what happens to the body (*And yet he's conscious, right?*) Yes, he is conscious. He knows where he is, and he is very much with her, and he does not want her to grieve. He

does not want her to worry and to have to struggle, because the body is not who he is.

That is why this happened. Sometimes you have circumstances that seem like you can't understand why they happened, and yet they are doorways that open up to a greater realization of the fact that he is not the body, and that he is free, completely free to be anywhere that he wants to be, and he wants to be with her. And he *is* with her.

So what she will want to do is to start practicing talking to him. At first it will seem like she is imagining, that she is just playing doing this. Later on, there will come an answering back that she will be surprised at, and it will be something that no one else would know, but he would know, and he will tell her. He will find ways to make himself known to her. They agreed before the incarnation that he was going to—yes, I know, you don't like that idea, but that's too bad (*It is hard*) Yes, it is hard, but it is what is agreed upon with different souls who find each other, and then they live some years together, they are happy together, and then something happens, and ones wonder, "What happened? Could I have stopped it? Could I have changed the course?" No, she could not.

But what she *can* do is to take the blessing from it now. I know it doesn't feel like a blessing when you're living in the world, but she can go above the world. She can go above whatever the rules and regulations are that they are telling her, or whatever they are saying has to be a delay tactic. She doesn't have to have the body. In fact it's better if she doesn't have it, because now she can go beyond it and speak with him in the spirit form,

whatever word works there, the energy form, let's call it that, and in love.

Because he is right with her, and he is feeling quite happy about being free. He is quite happy about the fact that he did what he agreed he would do, and he didn't have much choice about it, as it seems, but that all was agreed upon before the incarnation of the various ones playing the drama.

So, you see, there is no guilt. And truly, when she moves past that, which I know takes time, because that is what everything in this world is measured by...when she gets to the place where she can feel his energy talking to him and feeling after a while an answer back from him, then she will know that this has all happened as a blessing. I know it doesn't feel that way now, but that is because the world is too much with her. But she can move beyond it, and that is what you will suggest to her. It will help. As much as is possible, let her know the bigger picture.



### **TAKING ON THE SICKNESS OF OTHERS**

*I've talked several times over the last year, year and a half, about various illnesses I've had. You know, there's a part of me that continues to say that if I'm so spiritually advanced, why do I keep getting sick? And just recently I came upon the thought, and I think there's some truth to it, that I am an empath, that I pick up the hurts and*

*illnesses that others have and try to heal them, but I don't yet know how to do it without hurting myself, I guess. So that's a very recent thought in my mind. I'm just starting to look into it. So I was wondering if maybe you could talk a little bit about the role of an empath, especially with what's going to be coming up in the near future. How do we survive that period?*

Well, you will surprise yourself, because you will come through it, you and all the rest of the ones with the open heart. What you are moving through, you have discerned rightly, it is being the empath and being empathetic to other ones who are going through various things: ailments of the body, ailments of the soul, an emotional soul. You are picking up and identifying with them.

What you are going to do now as an antidote, is to tune in to the divine wholeness of you that comes through every physical challenge and knows itself to be whole, to be divine, and to claim that as your sole, s-o-l-e, mode of being. It will be s-o-u-l as well. But yes, you have come through to what you see to be half-way, and what remains now is to claim the other half of it where you claim your divinity, you claim your power, that you say, yes, I can identify with what others are going through; boy, can I identify; oh, my goodness. Yes, I know it really well.

And then take it to the next level and know that truly it is a creative process that you are doing and that they are doing, and that you are the divine holy One who is bringing this forth in order to walk through it, and then to claim, "I'm on the other side of this. Oh, I'm no longer in the middle of it." What you are doing when you do that, is you put out the positive ions that say to the other one that they can claim that too for themselves, and they don't have to go through suffering, and there will be a turn-around for them as

you claim it and you claim it for them and they will join in and claim it for themselves.

Because you see, the ones who are going through the suffering of the body, all the various termed illnesses that can be, they are only seeing half of the picture. They are knowing their creative process, their creative divinity, but they haven't taken it quite far enough to get to the good part of it, the part that says, "Okay, now, I heal all of this, because I know that I am whole, I am One with my Father/Mother/God/Goddess/All That Is.

So you are doing very well with this, and it is most necessary in this day and time for ones to get the other half of the message, and that is, if you will accept it, your job.

*I am looking forward to that change.*

Very good, and I will be with you.

*Thank you.*



## LIVING AN EXTENDED LIFETIME

*I love every time you reinforce the idea of us being able to live three hundred years, four hundred years, and over...*

Yes, because you have done it. And yes, the years were measured the same. It wasn't that a year was equal

to a month now. Others have said, "Oh, well, all those years, that's just a different scheduling of time." No, they were years as you would have the rotation of the Earth around your sun. It was very much the year, but you did not keep track of it so much. You did not pay attention to all of the birthdays and say when you got to a certain age, "Oh, my goodness, oh, dear." You just kept on keeping on enjoying, going places, seeing people, talking about ideas, looking to the heavens and watching the stars in their patterns and whatever.

You could see the growing crops and the seasons and just be One with everything that you were creating. So it was an excitement, and you found that not every year replicated the year before. In fact, there were new things in every year, and so you were excited. You wanted to know, "What am I going to find and experiment with and experience year by year, and who's going to join me?" It wasn't so much that there was, as there is now, a certain tunnel vision that says life is just going to be, and then there's going to be an end at some point. There wasn't the thought about an end, so therefore you/we just kept on keeping on.

*Was this mostly just within the Essene community and certain groups who knew how to live this way, because obviously what comes down to us is that life was short and brutal, that people didn't live past twenty or thirty years.*

It was with the ones who were...I will term it the mystical ones, the ones who knew that there was more to life than just the certain phases, and to get them over as quickly as you could, and hopefully to die not so horrendously, not to debase the body in that way. So yes, you have discerned well. It was with certain groupings, Essenes being one of them, and some other ones, groups whose

names have now gone down in history and turned to dust as far as having a record of them. So, yes, it was ones who were with a far vision, the far-seeing.

*Were the Egyptians in that tradition? (Not all of them, but some of them) Because their different kingdoms lasted for thousands of years, so their empires had a much longer time than empires of today.*

That is for sure in some of your countries, yes. A leader comes forth and he's there for a short time and then deposed; or some last a bit longer.

*Thank you for giving us that hope and that insight again of who we really can be and how long we can live and enjoy.*

As long as you are enjoying life, you are going to keep on activating the body, wanting to know what's around the next corner. So you have to keep on going around the corner.



## WHAT IS AN OVERSOUL?

*What is an oversoul?*

You would probably liken it to the Higher Self of you, the oversoul; it kind of watches what is happening and is the receptacle for a lot of the experiences that you have had or that you anticipate having. It is not separate from you.

