



# The Expanding Viewpoint

**Jeshua Speaks of: CREATION OF THE FUTURE IN EVERY DAY**

**JULY/AUGUST 2019**

Beloved one, the first thing when you wake up in the morning, thank the body for being with you, being your servant for that day. Thank the breath as you take it in, before you start thinking about, “What do I have to do today? What’s on the schedule? What day is it? Where do I go? What do I do?”

Before you get to that place, breathe deeply and thank the breath. Come alive in the breath on the morrow. I will be watching. The first thing when you awaken, take the deep breath and say, “Ah, I’m alive,” and what a gift that is. It is a gift that you give to yourself.

Do not say, “Oh, gosh, I was shopping at the wrong store. Look what I bought.” No, you are the perfect gift to yourself and to others just the way you are, and when you put a smile on the face, it illumines the whole body. Ones look upon that and feel lifted up. Never think that what you do when you give a smile is just a small thing.

When you deal with ones at your workplace and they are not too happy with whatever is going on and you smile at them, you uplift them for a moment or so. You give them a gift of knowing that truly there is a wider world to partake in. You are saying to

them just with the smile, “You are not just a small bit rolling around on the Earth trying to find your place, but you are truly the Light of the world.”

And when you smile, you amp it up a good bit and allow others to see their Light, because if you can do it, maybe they can do it. Oftentimes it is the very catalyst that they need in order to, “Try it, you might like it.” Try the smile; you might like it. You put it out there as a suggestion. You smile through the turmoil of ones saying, “But I need...and I needed it yesterday.” You smile at them not because you are laughing at them, but because you are loving them and allowing them to see the Light that there is in every seeming dark situation.

I know ones come to you, they have questions, they have wondered, “What do I need to do? What have I done? If I’ve done something, maybe I didn’t do it right.” Every one of you have ones coming to you and asking for help, either by the words of the mouth or the question of the heart, wanting to know, “Where do I go from here? What do I do?” Sometimes they cannot even verbalize what they are feeling, but you look at them and give them a gift: you smile. You are friend

## **PUPPY LOVE**

Jeshua often talks about Love and how it is our very nature. He describes it as all-encompassing, all-pervasive. But how do we feel it? How do we get in touch with our own very essence? It sounds good, but how can we actually imagine it, *experience* it?

Do you remember the first time you or a friend brought the little puppy home from the store/farm? Remember how he/she looked up at you with those trusting eyes, eyes so full of wonder and yet *knowing* you were the Source of everything it would ever need: food, care, love? Eyes of innocence and trust, and your heart opened.

When Jeshua stands in front of you, during an Evening or at the Advance, and he looks into your eyes, ruffles the hair, and calls you “Beloved,” you again have opportunity to immerse yourself, even if just for a minute before the ego mind takes over, in Love. No judgment, no right or wrong, but an all-encompassing feeling of Coming Home. Maybe just for an instant (or longer). You are the puppy in that moment, trusting, knowing Love.

As we come together for the week of the Christos Advance, we are the puppies, trusting and experiencing Love from Jeshua and others. Open yourself to Love.

--Judith

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to them. The gift of friendship is the greatest gift that you can give.

It has been said that I gave the greatest gift in giving up my body and ceasing the body for a time. That was not the greatest gift. The greatest gift that I have to give is when I sit with ones and look deeply into the love of them. I reach out and let them know in word and in touch how much I love them.

Then a miracle happens, and it is so easy. The greatest gift that you can give to ones is to be their friend, to be there for them and with them. Yes, you know this. You have seen it.

Now I would speak with you a preview of what your one special week coming up in the summer is going to be [the Summer Christos Advance].

The one special week that you spend together with ones of the heart [the Heart Family] is going to be delving deeper into your spirituality, into your spiritual origins, back hopefully to the place where you know yourself to be the spark of Light. Even before there was what you would identify as a physical form, you were a spark in the mind of God, a spark of Light. That is when you decided to take some form.

Before that you just hung out and enjoyed it. Knowing yourself came later. And now throughout what you would see to be the lineage of time, you have experimented with different forms of life and different forms that you wanted to live on and in. The one Thought your scientists have called the Big Bang Theory, where there was an explosion of Thought—which, by the way, is true—brought forth all worlds, all potentialities of form and non-form, and you have said, “What can I play at and with?”

You as the Light created along the way the firmament—you have heard this; it is written in your holy writings, more than just what you have extant today, your holy writings, that the light danced upon the firmament. Now, who brought together the firmament? And you are still doing that; otherwise, you would not be sitting, standing, walking on something. Every day when you awaken and take the breath, that is the sign to the firmament to please be there for you. When you step out of bed, hopefully it will be there, and it is—at least, so far.

Because, you see, it is on-going. Creation is on-going, and you create every day. You create that which you ex-

## Upcoming Meetings and Events

July 6, 7:30 p.m. Evening with Jeshua \$25

### SEQUIM ADVANCE July 14-19 at Solana Parkway Clubhouse

August 3, 7:30 p.m. Evening with Jeshua \$25

September 7, 7:30 p.m. Evening with Jeshua \$25

October 5, 7:30 p.m. Evening with Jeshua \$25

November 2, 7:30 p.m. Evening with Jeshua \$25

**July 3 (last class)** Book Study: *The Book of Revelation* with author Bill Evans. In person or on Zoom. 3:00-4:30 p.m. \$15 per session. Call 206-715-5842 to register.

All regular events at the Center, 101 Emerald Highlands Way, Sequim.

perience in the day. So I have said to you many times, if you do not like what you are creating, choose anew, because you are the one creating.

In what you call the beginning, which seems in your reckoning as linear time to be a long, long time ago—and in that reckoning, yes, it is a long time ago—there is within memory a knowing of form and a knowing of non-form. “In the beginning...”—there was God; You; the essence of you, the Reality—capital “R”—of you. And it asked of Itself, “What can I create?” And with that thought, all worlds were born. You have done a lineage of creation since then for the purpose of knowing Who and What you are.

Now, oftentimes ones get caught in the creation and say, “This is what I am.” No, it is what you are creating. You are, as there is no separation, you are One with the creative Source—capital “S”—and you are creating all the time. Sometimes you can see what you are creating, sometimes you can feel it, touch it, breathe it. Other times you create—I see you doing this in this day and time—you create a possible future, and sometimes the possible future is good, happy: “It really looks like something I’d like to do,” you say. And sometimes, quite often, if you are not exactly watching your thoughts, you can go forward into what you feel the future of that day and say, “Oh, but I have to do such and such, and it’s not going to be good.” And in that moment, it is not good. The body rebels. The body says, “Oh, it doesn’t feel good; I can’t breathe.”

So you choose anew. And you do. I see you doing this now. For a long time, a lineage of lifetimes, you

thought you were controlled by others. You thought that everyone else had more power and they had power over you. There were the kings, there were the queens; they made decisions. You have one now who remembers his lifetime as a king and wishes that he could act from that place—and tries to—but you, being co-creators, every once in a while you say, “Wait a second. Is that what I would do?”



You have some fun, because you go forward in judgment and play with that for a while, and that is good. That is what it is all about: to come to the awakening where you say, “This is being created,” and if you do not like it, re-create. Go out and have some recreation. Go out in nature. Go do something that is fun. Re-create yourself. That is why you have that word.

In the beginning there was Thought to create, and from that one Thought have come all worlds, all form and unformed. You have not always lived upon holy Mother Earth. You came here from another star system. That is why you enjoy your so-called science and fiction. You like your stories because they tickle that remembrance within you. That is why some twenty/thirty/forty years ago, as you count

time, you had a burst of what was called science fiction. Now, that has always been in the background of the mind, what is now called science fiction. And as has been said, it is not science and it is not fiction, because anything you can create, think of, has been. It is a memory, truly.

In a galaxy far, far away you lived, you loved, you had form; perhaps not the same form as this, because you have tried different forms. And you brought forth the creations of, as you call it now in this day and time, technology so that you could travel out of the gravity field of that certain home planet, as you would be calling it, in a galaxy. You brought forth Light, because you know yourself to be Light. And you went with the speed of light to see what else is out there, creating as you went along, because it did not exist before you created it. Take that deeply within the mind and play with it.

When you awaken in the middle of the night and cannot sleep, think, “What have I created in other lifetimes where it has not been on holy Mother Earth? What and where have I been?” Because you are most creative beings. If there is anything, one sentence you take from this message, it is to remember that you are creative beings, and you are creating every moment.

What I say to you truly comes from you and is mirrored back to you, although you think I am saying it as something new. But truly that which you hear, you are creating. So I say unto you to hear me well. If you want something different than what you are living, stop, create anew, because you have the power to do that.

“But Yeshua, I have this really good job. Well, it’s not such a good job, but it pays really well and it’s got prestige to it. I’m not happy with it. I don’t like my co-workers and I don’t like the principles that they live by, but they do know how to bring in the golden coins, and that allows me to make choices and do some of the things I want to do. But I’m not really happy there. What should I do?” This question keeps getting asked of me. “What should I do?”

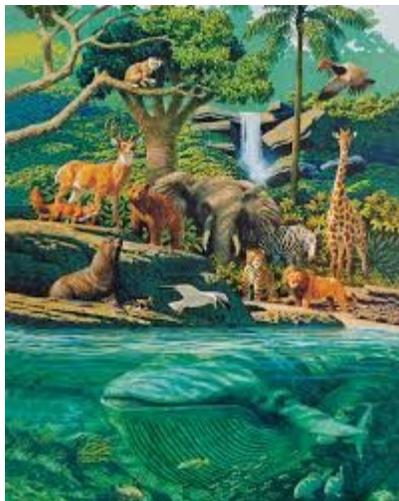
What do you want to do? If you do not know off the top of your head what you want to do, that is okay. Sit, breathe, think, create; create anew. Everything you experience, you are creating. So if you do not like what it is, get really enamored with Self—capital “S”—and go for it; change what you are doing. It can be exciting. It can be kind of scary, because you feel right on the precipice and, “Well, if I let go of what I have—and I’ve spent a good fifty years putting this together—where will I go, what will I do? And what if I don’t like that?”

Well, then you choose anew. You wake up in the morning and say, “Ah, I am alive. What am I going to do today?” Even if it seems to be the same thing that you have done other days, it will be a new day because you look at it differently. Create a happy heart. Be as young as the new day. You are creating it. Why not?

Holy Mother Earth, your scientists will tell you, is a rather young planet. In other words, have you lived somewhere else with another form before you have come here? Probably yes; but not necessarily. It could be that you just decided out of the one Thought that you are that you would sit by and watch what the other ones

are doing, and then after a while maybe you would take form; and you have done that. And there are ones even yet who sit up on the tops of trees and watch you as you play until they get up the courage to maybe have form themselves and come and play.

You did this for a while, because you wanted to see what was being created. “I don’t want to jump into something.” You have a certain caution. “I don’t want to jump into something that might not be too good,” forgetting that you are the one who created it in the first place, so that you can have whatever you want to create. If you know that, blessed are you, because perhaps you are going to create a most wondrous day to be out in nature, and you are going to have the energy that allows the legs to walk, the lungs to fill up with fresh air, the eyes to see the light around the trees, the bushes, all of the animals. You are going to come alive in that day, and you are going to say, “Ha, I am the one creating this.”



You have not always lived upon holy Mother Earth, and you have experimented with other physical forms. You have been the very small ant, because you wanted to know, “How does it look with everything above

me?” You have lived as the dinosaur, because you wanted to know, “How does it look when I go tromping through everything? How does it look when I am the giraffe with a long graceful neck, and I can see above the other creatures because I’m tall and graceful?”

You have lived many lifetimes, more than can be counted, and yet it is one lifetime from the one Thought to create. So you have experienced everything that you see, that you read about, that your experts tell you about, all of history, and truly you are creating it moment by moment for the sheer fun of it.

“Oh, hell, Jeshua, my life’s a mess. This can’t be for the sheer fun of it.” Why not? Step out of it for a moment, look upon it anew. Sometimes it takes a bit of discipline to look upon it anew, but when you do, other worlds open to you; possibilities. The facets of the diamond are you.

So in a galaxy far, far away, a long, long time ago as you reckon time... and yet when you think of it and remember it, where is time? It is right here. When you bring it to mind, it is right here with you. Therefore, we come back to the axiom: There is no separation. What seems to have been past a long time is right here as you think of it, right here with you, no separation. And when you think of the future, how can you visualize the future if you have not been there already?

Your science fiction which talks of future time, where do those ideas come from? Well, the writer would say, “I just opened my mind and put myself forward.” Yes, into the remembrance of what you have already done, be-

cause you have lived the future. Now, that is a new thought. You have the saying in your world, although you do not quite understand it, but, “You are the future.”

You have your small ones, your children, and you say they are the future. Yes, they are, but so are you, because you are the Child, the Child of the Father, the one Source of all Being, the energy of life, the creative Energy. And you live it every day without knowing that you are living Energy every day.

In a galaxy far, far away and a long, long time ago, you played. Then you decided you would make another galaxy and you would play some more. And on and on, as much as you can envision, you create. You have been the dinosaurs, you have been the ants, you have been the butterfly, you have been the bird, the tiny little bird and the big bird. Everything you can envision, you have created. I will not say that you can create it. I will say that you have created it, for the sheer creativity and fun of knowing, “I can do it.”

Take that message to your fellow brothers and sisters. Tell them they can do it. There are many who despair. That is why they act out, as you call it, because they feel that they do not have any power, that they cannot do anything. So they take a creation that they are making and use it to act out.

Better that they would act in, to come within, and have someone who will dare to smile at them at a moment when it is needed. That also has happened. It is not noted by your news corporations, but the miracle of one coming along just at the right time,

not knowing what is going on with the other one, and smiling, offering a word—or not—but recognizing them, that has been the miracle that they needed. It has been a miracle, as easy as could be.

So when you see ones who seem to be struggling, smile at them. Let them know that there is something good yet in the world, so they do not have to act out and take others, seemingly, out.

Beloved one, I look forward to sharing with you more of your history and your future. So be it.

## JESHUA Q&A



### EFFECTIVENESS OF A SMILE

*You talk about smiles and how much effect they have in this world, and it seems like my experience is, I don't even know who I affect by a smile, but I see them as Light. It doesn't really matter what their function or how I meet them or what have you. So the smile just sort of shows up; I can't help it. Then communication starts, and then there is chaos; it seems like it sort of dissipates; not between us, but around us. It just goes away. So that kind of energy can change the whole world. (Right) When we start looking at the chaos in the world, one smile, one thought, one group like this has a tremendous effect. (Exactly) So my question is, as we continue forward in time, is there a tipping point*

*we come to where everything becomes easier and kinder and harmonious?*

Yes, it is called the awakening, and the awakening is well in progress. It is as ones waking up in the morning, and before the eyes are open, they are kind of moving around in the bed, kind of wiggling the toes maybe without even thinking about it, and after a while, then the whole body wakes up. This is in progress. It is happening in the energies, because ones truly want to know the One that they are. It is seemingly slow, but it is happening one seeming individual by another, and it is spreading, as the smile spreads from one to another to another to another. So it is happening, yes. That which you have desired cannot be held back from you, and as the One wants to wake up, wants to know Who and What it is, it is happening—the awakening.

*Exponential in its acceleration. (Yes, and you will say, “Thank goodness for that.”) Goodness yes.*

Yes, exactly. That is what is happening. So remember to smile, even in the midst of, like, “Oh, what is happening?” Smile. Love one another. Because truly all of the activities, all of the choices, all of the ups and downs, they come and they go. What remains is the love and the smile. Yes, the heart. It is happening; seemingly more slowly, probably, than what you would like to see.

### DARK ENERGIES

*I'm doing work with a friend of mine who is a light worker, and she has been helping me and many others in this area work out the energy that's been stored from past lifetimes in our DNA, to release that energy so that we can move forward and ascend. Some of these energies that attach to*

*us are what we might call dark energies or dark souls, which term in and of itself seems like an oxymoron—a dark soul? Because how can a soul be dark? And yet these energies that she clears for me, I can't see them, but she can. She sees the colors. She can see these black and dark red orbs leave, but I can feel it. I'm wondering what these energies are. Is it possible for energies to insist upon believing in fear even after leaving the body?*

It depends on where you think these energies are going. In truth, they go nowhere. It is energy that you have stored from lifetimes when you were very depressed about how life seemed to be. And this is true for all of you. It is not a judgment just of you. It is true that everyone, because of the creative nature of the one holy Child wanting to know everything, wanting to experience everything, has created lifetimes where there was the knowing of depression; heavy, heavy energy. "Why am I here? This is terrible." You felt like the tiny little insect with the hard shell living under a rock, and the rock was the heavy energy of you. You have stored it somewhere in the aura, somewhere even in the body. That is all it is. And when it is set free, it exists no longer.

### **HOW CAN I HELP SOMEONE WITH DEPRESSION?**

*My daughter has for many years been dealing with going from being very depressed to feeling sort of okay to feeling great. She has been more open with me about it in this past year. And she has been hurting herself. Of course, as her father, I worry about her, and I've done everything that I can to uplift her and to meet her where she's at, to try not to let this*

*leapfrog from being depressed and not feeling good about herself to trying to make her believe the truth of who she is, the essence of who she is, the divinity of who she is. So what can I do beyond what I'm doing now, I guess, to help uplift her from this state of not believing in herself and feeling worthless to feeling the joy and the value that she brings to this world?*

Well, first of all, you cannot do it for her. You can wish the best for her, and you do, and you love the essence of her because that is lovable, and it is love itself. You recognize that, and that is good. But you cannot get in there and fix things for her. That is the hardest realization. Even though there is no separation, you cannot get in there and change that which they have decreed they are going to experience and to experience it until they are done with it.



Sometimes it hurts to watch it, because you see them as the beautiful jewel that they are. What you do is, you feed back to her how beautiful you see her to be, and you acknowledge, you say to her, "This is just how I see it, but..." and then you tell her how you see it. And point out to her the other ones outside of you who also see her as worthwhile and as having something to give other ones.

You may want to point out to her ones who are asking for love, and to take the focus off of herself. When ones are depressed, the focus, the light is focused upon themselves. What heals it is to look to other ones and to see that they are needing my love, they

are needing my word, they are needing what I can give them, and to take the focus off of self. That is where the depression comes and where the false reality—lower case "r"—comes in heavily. So if you can, suggest to her if she knows a friend or several who are also depressed, how she can help them. In getting out of the focus upon herself, it will be the healing avenue for her. Suggest it. Maybe it will take root.

*Is she also working out these past life experiences that have been stored with her?*

Yes. And I will say to you that she is very close to bursting out from that. Your love is very strong, and she does feel that, and there is yet a resistance that she feels, because she has carried with her the self-image of worthlessness that she has experienced many lifetimes when she has been seen, supposedly, by other ones as worthless. But she is coming very close to saying, "What a hell that was. I have good qualities." And then there will be a change.

But what you will want to suggest is that somehow she take the focus off of herself and see other ones who are suffering more than she is. Now, she may not believe that they are suffering more, but if you can somehow get her to see that, yes, these other ones really need something that she has to give.

Thank you for asking. Thank you for the heart that loves. And as I have said, you cannot do it for her. If she chooses to stay in this state, if she chooses to say, "Too much already," and so forth, it is her choice. She is made of the same God stuff that you are, and she is powerful and can make choices. But encourage her as much as you can. Get the focus out there on someone else, and know truly that she is not alone.

You might share with her that she has angels. She has a very strong angel sitting on her left shoulder who is talking into her ear, but she is not listening. Tell her to take the ear plug out.

## DINOSAUR BABIES

*I have a question on the dinosaurs. I wondered how many babies they had.*

Well, you see, most of the species laid eggs, and usually the maximum number would be four; that was unusual, because with four little dinosaurs running around, the mothers complained; too much to look after. So oftentimes it was only two.

## DINOSAUR EXTINCTION

*There are kind of two theories going on about how the dinosaurs got annihilated. One is that a meteor hit the Earth and blackened the sky, and they died a real slow, slow death when they couldn't find any food because the sun was blocked out. Another theory said that they were obliterated instantly, because the meteor was so big that it affected life on the whole planet in one of the big extinctions. So which one was it? Did they go slow, or did they go fast?*

It depends on which one you prefer. In truth, in my truth, and as the ancient writings have written about—and this is yet to be discovered, some of the ancient writings, some of the cave artistry—the meteor was quite huge. It was brought to them by their invitation; in other

words, there was a certain point where the egg-layer said, “We’re done,” and did not want to go on with any more. And as a collective, this will happen here on holy Mother Earth at some point when there will be a Mind agreement—capital “M”—that ones say, “Enough already, we’re finished with this.” That is what happened with the dinosaurs. So the ones who wanted it quickly, it happened quickly. The ones who weren’t quite ready for it, they took a bit longer. So in truth, both stories are true.

## WHALE EXTINCTION?

*What about the whales that are beaching themselves? Are they coming to the agreement that they want to leave our planet now?*

Yes, this is happening, but it is not unusual. Certain species—all species, for that matter—have a certain life expansion time that they enjoy, and then when enough of them, as a Mind, decide that they experimented with everything that they could, all that they wanted to, then individually—it is not like one whole mass get together for a big reunion and then, “Whoosh.” But one by one, as you’ve seen, they get finished.

*Okay, so it is their will, too. (Yes) Okay, as much as it saddens those of us who identify with them. (Right) Did they evolve on this planet, or were they brought here from other planets, other constellations?*

Yes, both. The idea of a creature such as a whale came from other

planets where there were great civilizations of them. That idea came with the first one who came to walk on holy Mother Earth, or swim, as the case may be.

*So some of them were on land and then went into the oceans?*

Some came to the ocean first. (*On spaceships?*) Yes. (*Big tanks, huh?*) In your creativity you have made the form of whale. You have even in this day and time the human form that sometimes has taken on great size, and it is a re-living, re-experiencing of that life form in the water that was much easier to maintain, to move. But yes, the idea came first. Thank you for asking. You see, it is most interesting when you talk about your spiritual heritage.

*They have a job to do, as far as the ley lines and the energy. So if they leave...(Oh, it would be taken over by other ones, yes. There are new species that are coming in to take over. Nothing is ever lost.) Yes, I mean people go, “Well, what’s going to happen? The whales leaving; they’re doing this incredible job that they’ve been doing for eons, and then they pass.”*

Already the baton is being handed over.



