



The Expanding Viewpoint

Jeshua Speaks About: THE WHOLE ENCHILADA

OCTOBER 2020

Beloved one, you have asked to know predictions for the coming year. What is 2021 going to be like?

Well, in a few words, it is going to be the whole enchilada, very much like this year. In other words, there is going to be energy working through, energy of ones protesting the way things have been, ones who are looking to the future, wanting to see a bright and loving, more calm future—which is where some of you are already—saying, “Please, let us have some calmness, some caring.”

It is going to be for others allowing the releasement of great energies which have been stored from past lifetimes as well, where there have been many memories stuffed into the psyche which travels with some of the brothers and sisters. These energies want to be acted upon, want to be neutralized, want to be loved. So you are going to see in the year to come much of energies rising up, being allowed to dissipate, and coming back eventually to the place of love.

But before you get to the place of love, there is going to be much of housecleaning that you are going to watch. Sometimes you are going to feel yourself drawn into the energies, because truly you have known other lifetimes when you have been the one who seemed to be limited by the brothers and sisters who thought they were above you and that you existed

only to serve them—if you were noticed at all.

There is a feeling within you in this lifetime that you want to be acknowledged. You want to have ones see you, love you, engage with you on various topics and come to a place of acceptance. Truly, everyone wants to be accepted as the brother/sister that they are and wants to be accepted as the unlimited spirit which they are just now coming into realizing they could be and are.

It is an exciting time to be alive, because many ones in their protesting, seemingly against something, are having to look at, “What do I stand for? What am I wanting to see? How is it going to come about?” And that is the knotty question.

Ones are working on releasing the tightness, and as you have seen, it is not always pretty. Ones are allowing to surface much they have carried with them from other lifetimes, the same as you have, but you have worked through a good bit of that which has been heavy so that you can set it aside, all of the seemingly injured parts of yourself, and focus on loving; loving the friends, loving yourself.

Now, truly, each spark of divinity—each brother/sister—is wanting to come Home; they are wanting to feel accepted, wanting to feel whole again, wanting to know their own inner

THE OCTOBER INTENSIVE

In just a couple of weeks (October 18-21) we will hold our October Intensive, featuring Kimberly Marooney, Bill Evans, Darrell Gray, Eva McGinnis, and, of course, Jeshua and Family. All sessions via Zoom, direct to your house.

Beginning on the Sunday evening, the 18th, Kimberly will introduce one or more of the Angels who are being present and assisting with the Intensive, followed by Jeshua’s message (or a message from either Father Joseph, Mother Mary and/or Mary Magdalene.) All messages will be centered on the Intensive’s theme: **2020: The Year of the Deep Breath.**

On Monday afternoon we begin with a special hour: Jeshua interacting with attendees over Zoom, speaking personally to each one as time permits, from 12 noon (Pacific time) until 1 p.m. After an hour’s break, this will be followed by a 2-hour (approximately) workshop by the Rev. Dr. Bill Evans on “The Breath” (How to and why).

Tuesday afternoon, in addition to the Jeshua personal time, we will be treated to a special workshop with Darrell Gray speaking about “The Smile” (And who should know better than Darrell, who is always smiling?!)

Wednesday afternoon the 2-hour workshop time will be a visit with Eva McGinnis’ book study class on Jeshua’s Volume VII, *Absolute Love, Infinite Light*, chapters 17 and 18.

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ANGELS

Gold Angels:

\$500 - \$1000 per month

Benita Woody

Silver Angels:

\$100 - \$500 per month

Judith Coates, Bill Evans, Darrell Gray; Robert & Shirley Ippolito, Pat & Charles Mawson

Sponsoring Angels:

\$50 - \$100 per month

Bronwyn Brock, Connie Cummins, Lawana Ingle, Josie Johnson-Rogers, Victoria Maunton, Eva McGinnis, Diana Nicholson, Kenna Raymond, Trudi & Don Robinson, Carl Joseph Sabol, Alvin Schultz, Irene Stewart, Judy Sumrell

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nature as spirit and as wholeness. In order to do that, the separated ego feels it must throw off all of the cloaks of limitation. So you see ones out there—and you have said this in your words—acting out all of the hurts and remembrances of times when they felt very, very small and put down. And they are saying, “I will not stay down. You have to pay attention to me.”

One way or another, they are asking, as the small child, “Pay attention to me. See me as whole. I want to see me as whole, and I want you to mirror it back to me.” Now, that is the tricky part, because ones, as they are mirroring something back to you, are working through their hurts and remembrances of times when they have seemingly been put down and not appreciated for Who and What they are.

So there is what you see as an encasement, much as you would understand a hurt that grows a growth over top of it called a scab, and it is being peeled off. As it is being peeled off to get rid of it, it hurts. And when ones get hurt, what do they do? Yes, they cry, they scream, they make noise, because they feel that is going to help it to go away faster.

So in this year to come, ones are wanting to know, “What is the year 2021 going to bring me? What is it going to look like?” Well, in truth, it

is not going to bring you anything. You are going to be filling it day by day as to what you have in store within you that wants to be healed, that needs to be healed, that in truth will be coming up to be healed.

Now, those of you who are reading these words have been, in one lifetime or several, the healer. You have been at the place where you could encourage other ones to know their wholeness. You have seen their Light. You have seen their wholeness. Perhaps they have not seen it, but they want to see it, they want to know it, they want to live it, and they feel that you are the mirror for them—and you are—to show them just how Light they are, how perfect they are. And they are crying out, literally crying, screaming at the tops of their voices, “Look at me. See me.”

That is why you have the protesters out there, thinking that they are protesting limitation, and in truth they are, but they are protesting their own limited image of self. However, as they are the small child, after they have screamed and demonstrated and protested and carried on long enough, they are going to come to a place of peace, at least for an instant. It may not be for a half hour. It may not be for a day. It may be only for an instant of knowing hope. “I hope someone can hear me. I hope someone can see me. I can’t see me. I don’t know. I

Upcoming Meetings and Events

Oct 3 7:00 p.m. Evening with Jeshua (via Zoom) \$25 “Your Gift to Yourself” Start your Christmas/Hanukkah shopping early—Be sure to include yourSelf! NOTE: These Jeshua meetings are available only on Zoom. No in-person attendance. Thank you. See our website to register: oakbridgeuniversity.org.

Oct 7, 21 Book Study: Jeshua’s Volume VII: *Absolute Love, Infinite Light* (Do you have the book? Available on our website.)

Oct 7, 3-5 p.m. PDT Oct 21, 2-4 p.m. PDT
See oakbridgeuniversity.org to register.

Nov 7 7:00 p.m. Evening with Jeshua (via Zoom) \$25

Oct 18-21, 2020: Jeshua Intensive. “2020: Year of the Deep Breath” On Zoom. See oakbridgeuniversity.org for more information and to register.

just know I hurt. Maybe you can see me.”

And this is the greatest gift you can give to another one, to look at them deeply and to say in words, in audible tone, “I see you. I love you. I love that which you are.” At first they are going to say, “Well, that can’t be true. For eons of time I have been told that I am lower and lower and lower as the lowliest slug that crawls along the road. I cannot be what you say you see.”

And yet you will keep on saying, “I see the Light of you. I see the holiness of you. Your maker is the Truth of your being, and your maker”—you have a saying in your world—“does not make junk. Your maker only makes the very best.”

Now, the maker is not an energy outside of you. It is not that you would say, “Please, please, please, I’ll be good.” You do not have to do that. You are already good. Your maker is yourSelf—capital “S”, the divinity of you which has put you here to have the experience that you are choosing to have.

“Oh, no, no, now you’ve gone off the rails with that one. I would not choose this kind of life.” Yes, you have, for the healing in it, for knowing the power of the divinity of you in it. You have chosen it out of great forethought. Out of great unlimitedness you have said to yourself, “Look (as in a mirror). See the Light of you reflected back.”

And you say, “Well, I can see this in this one and this one and this one of my friends. They are all very knowledgeable, they are all very kind, they are all loving, but no, you do not know the thoughts that sometimes I have.” I have news for you. Yes, I do know those thoughts. Did I ever have those thoughts? Of course.

Everyone who takes incarnation has thoughts, questions, wants to know,

“Why am I here? Why do I feel so worthless? Is that the truth of my being, just to suffer, just to have self-judgments?” No, it is not. It is to throw those thoughts aside and to come into the realization—making real in your awareness—the realization of the Christ of you.



And yes, I have used that word advisedly. The Christ is your divinity. The Christ is the power that you have used to make that which seems to be human, or whatever form you have chosen. It is not something far from you. It is not something that you have to pray 631 times for before you get it, and on the 632nd time it is instantly given to you. It is there the whole time. It is the essence out of which you fashion that which you think you are and more.

So allow yourself the deep breath—right now. Hold it. Take the breath and hold it. And in that space you have been healed. In the space of the deep breath you have been healed. Now, anytime when you feel yourself getting overwhelmed by events which are happening, things which you see on your square box, the protesters, the anger, the words that hurt, take the deep breath and come Home again. That is the healing. Take the deep breath, hold it for as long as you can or as short; it does not matter. But hold it and know that is the essence of you, the realization of your

wholeness. Then after that, treat yourself to a great drink of fresh water. It will revive the cells of the body and you can go forward feeling more energized.

Now, back to the predictions. You are going to see more and more of what you have been seeing, ones finding themselves thinking that they have to go out *en masse* to show their power. Now, truly, their power always abides within them; otherwise, they would not be. But they think if they come out in a great grouping, then they are more powerful, and in human terms it looks that way.

They do not have to energize the destructiveness in order to show their power. There is more power in a smile, the power of a word: “I love you; you are a friend.” Greet the friends one by one. That is your power. That is the power in the whole grouping of ones who think that they are only big when they are in a grouping.

In Truth, you are the power which activates everything that you see—the plants that are around you, the trees that are around you, the fish that swim in the ocean, the ocean itself. Who put it there? You did.

You play games with yourself. You play games to prove something to yourself, and then you say, “Oh, well, it’s only a game. It’s not really true. I’m not that powerful. I couldn’t do that.” You are here, aren’t you? That takes power. It takes power to be—full stop, period. It takes power to be. So here you are, and what are you going to do about it?

You are going to reach out and love: buy groceries for a friend, speak loving words to one who is hurting. “I’m going to speak truth to one who is questioning what is really true.” You are going to say to one who feels they need a friend, “I am your friend. I will walk with you.” You speak, you

encourage. You say, “Whatever you need, we will call it forth.”

And because ones believe in a power outside of themselves, they believe that the Christ of me can call it forth—which I can, and I do. Ones call upon me, and they believe in me. Accept the Christ of yourself; otherwise, you would not be. You would not be here. That is how strong you are.

So, predictions. Specifically, you personally, you are going to know the love that surrounds you, because you are giving it. It is going to be a very good year. The angels are singing for you. However, many of the brothers and sisters go on their way and do not hear the angels. You listen for the angels; you hear them when they sing, and you are happy. So you are going to find that friends are happier around you, and they are going to come back for more. And then they, because they have been touched, are going to go out and touch others.

You have the heart that is as big as a palace. It is huge. It loves. It wants to serve. You find ones who need something, and you say, “Okay, I will go to the store for you. Or I will take you to the store, and we will buy chocolate ice cream.” And that brings a smile to the face; to your face and to the one who is being gifted.

Specifically, in this next year you are going to be more and more aware of the Christ of you. You are going to be more and more aware of the gift that you give to others. You are going to be gifting to yourself the knowing of the Christ walking in your size 13 shoes; or size 5; whatever size fits. You are going to feel the Christ of you coming alive again. How do you like that for a prediction?

And it is true of your being. It is time. The Christ of you has been coming out year by year sneaking through this crack, sneaking through that crack; times when you were not even

thinking about the Christ of you. A lot of times you would have said, “No, that can’t be me. Maybe I want to be a friend to someone. Yes, I will do that. I can be friends. But the Christ, oh, that’s someone who was up on a cross a long time ago and managed to come back alive again. What a demonstration. But me, hmmm, no, I just die, get put in a box, get burned up, whatever. And then I come back again.” So, yes, you do resurrect yourself in the form that you believe serves the living Christ. You are very powerful.

You are going to be seeing the Christ of the protesters, of the demonstrators, of the ones who are angry at what they call the system. You are going to be seeing miracles, where ones are going to be in step with other ones, walking, protesting, whatever they want to call it, and then something is going to happen where they reach out and put an arm around the one walking next to them, then pretty soon an arm around the next one.



You have already been seeing this, where ones are coming together. Now, they think it is because of a cause outside of themselves, but in Truth, the cause is within them. They want to know the walking, living, breathing Christ. And I use that word advisedly, because that is Who and What you are.

And yes, it is okay to get up in the morning and say, “Good morning, Christ,” as you look in the mirror. Try that on for size. On the morrow when you first go in and look in the mirror, look at the mirror and say, “Good morning, Christ,” and give yourself a hug. The Christ looking back at you is going to smile. Allow yourself to stand in the radiance of the smile and

say, “Hey, that feels good. I don’t know if it’s true. Jeshua says it’s true. I don’t know if it’s true, but it sure feels good.” Even with the hair all messed up. You know, you get up out of the bed, and the hair—well, if you have any—gets messed up.

Allow yourself to play. Allow yourself to greet the Christ of you and say, “Hi, Christ.” “Oh, my God, I used that word. I’m waiting to be struck from heaven. Hm, nothing happened.” And you smile. “Well, it’s just my secret with the mirror, you know. The mirror won’t tell. I guess it’s okay.” And it *is* okay. The mirror shows you Who and What you are. And as I say, with messed up hair or whatever, the mirror just mirrors it back to you.

Have fun with yourSelf—capital “S”. In this next year you are going to have opportunity to say, “Woe is me. What is the world coming to? There’s so much wrong in the world.” Or, “Hey, you know, I’m seeing ones coming truly alive. I’m seeing ones reaching out in love. I’m seeing ones who really want the hug.” And you give them the hug. You have a smile on your face. Maybe you have the mask, but the eyes are smiling. You can hug with a mask on. It is okay.

Live in your Truth—capital “T”. Live in the Truth of your being, in joy. Enjoy your life. You have gifted to yourself life everlasting. Those two words go together very well: life everlasting. Because this is not your first lifetime. And I share with you, it is not going to be your last lifetime. It is always a choice, and as we have spoken many times, you think, “Well, I’m going Home. After this lifetime, that’s it; no more. I’m not going to suffer this world anymore.”

But then you get a different perspective and say, “Well, there is something that I want to experience again. I want to feel true spiritual Love, where I see the Christ of you, and where you see the Christ of me,

and we come alive in that energy; I want to know that again. I want to feel that again.

“And I don’t want to have to lay down the body as it would be an impediment. I don’t want to have to lay down the body before I know the Christ of me and the Christ of you. I want to see that right now, right now in this lifetime. I don’t want to have to wait and read about it somewhere, that someone named so and so has conquered the belief in separation. I want to know it, I want to feel it, I want to be it.”

Why not now? In the year 2021, come Home, come alive. You do not even have to relinquish the body. You can come Home right where you sit, right where you stand. Right where you are grieving, you are Home, free, no charge. It requires only the acceptance to say, “I am Home. I am in Love. Oh, wow, I always wanted to be in Love. I thought if I did such and such, someone would love me. There were all kinds of caveats and things that I had to look out for and things that I had to be in order to be loved. And then one morning I woke up and remembered the words of Yeshua, ‘Come unto me.’”

And by that, I did not mean Yeshua as a person, but come unto me, the One—capital “O”—that we are. Come unto the knowledge that you have resurrected the true Self—capital “S”. You have awakened.

Your next year is going to be full of love, full of energy, full of, “I can’t wait to see what is coming for me. I can’t wait to see the good in this.” And you do not have to wait. That is the beauty. Right here and now you see the good, you feel the good, with one who is near you or perhaps miles away. You are One with them. Come Home with them. It awaits only your choice to say, “I am alive. I am the Christ. I am happy. Wow! I didn’t think I could be, but I am.”

And you *are*; alive, the Christ, expressing; on two feet, one foot, four feet, no feet. You are the Christ, living, breathing, expressing, and above all, hugging, mask or no mask. That which you are, you are going to come to know more and more in the year that you are birthing known as 2021. But what are numbers? Come, know the Christ. So be it.



OCTOBER INTENSIVE

(Continued from page 1)

(Do you have the book? It is available on our website.)

Every Evening will have a virtual social time from 5:30 to 6 [p.m.to](https://www.oak-bridgeuniversity.org) talk with each other via Zoom—Eva McGinnis, hostess—followed by Kimberly and Angels, then Jeshua and Family. Check our website www.oak-bridgeuniversity.org for details and registration.

Looking forward to seeing you!

--Judith



JESHUA Q&A

CAN GREAT EXPERIMENT FAIL?

I have never been so afraid for our nation that our big-time judgment and hate will keep what we are afraid of in place, that it will re-elect the President because we are missing the point that both yes and no affirm whatever we hold in mind; that if we don’t stop fearing one another, the great experiment will fail. What can we do so that doesn’t happen?

Very good question. What you are going to be seeing and feeling is very much the turmoil that is within the human mind. You are demonstrating in the outer the actions and the fears, that which you have seen supposedly down through the ages in the history that, yes, does seem to repeat itself. This time there is a hope that it is going to have a different outcome. Not right away. That is why there was not a certain specificity about the predictions for next year, because next year—as it is seen now—is going to be more of the same as things are being brought up to the light and worked through to come to that place of some resolution and change; change that can be felt and known and seen.

Now, there has been much of change that has been happening in the previous years leading up to this, which is why you now see it erupting as a certain volcanic energy coming up and spilling over. It has been there for a long, long time, where ones have felt in power and at the same time powerless and living in fear that they might lose whatever power they were hoping to hold.

But they are going to see a change happening because it is being demanded, and there are going to be ones leading the charge who have of-

tentimes been, in their estimation, the down-trodden, the ones who have been cast off to the corner and forgotten about, or at least hoped that ones would not pay attention to them. But they are clamoring for attention now, and as parts of the whole, they want to be acknowledged. They *will* be acknowledged, and they *are* being acknowledged.

So there is healing that is coming out of it, even though it doesn't look very healed. So that brings up opportunity for ones to abide in fear. "Am I going to lose my power? Am I going to be part of the group now that is on the outside looking in? Am I going to be having to save that which I have put aside for myself and my family?"

No. In truth, there is going to be a sharing and an equality that is being birthed. But as with human birthing, there is a bit of pain. It takes a bit of labor, and that is what you are seeing as they are out in the streets now birthing this healing. It is going to take a while, as with usual human birthing it takes a while. It can be fast, but usually it spreads over a bit of time.

This is going to take some time, but you are the makers of time, so therefore, that which you decree is going to be happening timewise. Take heart. The wholeness that you so desire is coming to be. It is tagging along behind all of the noise and all of the seeming unrest. It is coming, but you may not see it for a bit of time.

But you are the makers of time. You are creating your reality moment by moment by moment. That is what I have spoken to you from the very beginning when we started having conversation. You are the makers of our reality moment by moment, and if you don't like what you are living, take the

deep breath, abide in the heart, love that which you are and that which the brothers and sisters are, and know that out of the chaos will come peace. Now, does that answer the original question, or did I go way over?

We welcome your perspective, because those of us who have come here to be at this time are longing to see justice as well as peace.



Yes, not to have it shoveled underneath and forgotten about.

That's right. And for a long time, not only in our country, but all around the world, justice has been sacrificed for power, for greed, for all the things that the people who do not love themselves or others are feeling the lack of. So the question is, what can we do so that doesn't happen? Because you had told us before that we are in the great experiment.



Oh, yes. And that is part of the great experiment, is coming to a place of recognition that there are many parts,

seemingly, and yet there is an underlying whole where you meet the brothers and sisters as the Christ that they are, recognizing in truth that there is only One of us. I Am my sister, my brother. I Am. I feel, they feel the same insecurities, the same questioning. And that is coming to the forefront. It is not exactly front and center yet, but it will be in time.

Because I think that unless we acknowledge what has happened, acknowledge the history, acknowledge the feelings, the injustices, we cannot move off of that into solutions. So each one of us, I think, needs to look inside and say, "How have I perpetuated injustice, or how have I inadvertently, consciously or unconsciously, not thought of another as highly as I could or should in our Oneness."

Right. It brings it right to your doorstep to have to look at it, whereas in other generations that you have lived, it has been shoved to the back, and ones have said, "Well, this is how it has always been. Don't bother thinking about it." Now it has come up and it feels painful, it feels messy, it feels like, "I don't want to look at this," and yet it is coming right in front of the face of each one to say, "What is happening here? What is my part in this?"

Your part—you do not have to take to the streets. You can, if you feel so guided, but you do your part at your work place, at the market where you go to shop, any place that you go and intermingle with other Christed beings, to see them in love, to see that they are doing the best that they can.

Even if you see ones who look disheveled and they do not have a roof over top of them and they have to live out in the streets, and you say, "Oh, I don't want to be near them," to know

the essence of them. You don't have to be next to them and feel that you want a clothespin sort of thing, but love the essence of them. Do for them that which you are guided to do. And do not then turn around and berate yourself that you didn't do more. You will know what is right and fitting at any time and allow yourself to see yourself in their situation and love.

Exactly, as you tell us so often, "Walk in their sandals." Unless we do that, we do not understand. So we take heart and we keep loving.

Exactly. It is what you have done easily in this lifetime in loving the friends, the ones who seem to be like you and are. Just extend it a little farther and see that each one is reaching out for love, for sunshine. They are as plants growing, and they are searching for the sunlight. Sometime they feel that they are in a garden of weeds and cannot come up high enough to get the sunshine. Now they are pushing aside the other weeds so that they can get the sunshine. Allow yourself to see the good. It is all around, so do not get caught up in fear. That only makes you feel down and allows you to look on the not-so-happy place.

So are here to hold that Light, the higher vision; that it is coming?

Yes. And even if circumstances seem to go the other way, know that truly—hear this well—everything serves the recognition and remembrance of Oneness, even if it looks like it is hell itself. You have to go through hell to reach heaven. Ones have said that many times over when you have looked at the combativeness where ones have taken up mechanical arms to do away with whole groups of ones. Every time that has been enacted, it has brought right in front of the face, for ones who needed to see

it, that which was being acted out from a place of fear, a place of non-truth.

And as we have said many, many times, oftentimes ones have been in a place where there is a choice point whether to keep activating the body or to allow it to be somehow done away with; you will come back again. Over and over you have done this. You could make a list of how many times the certain objects have been the thing of torment that made you say, "Okay, this is it; I'm going to leave the body," where you find yourself back again to see the love that is working through everything.

So, yes, you are in for a time of upheaval; you see that. But that is good. That is what the plant has to do as it is pushing aside all of the dirt to come up to the sunshine. Well, you're pushing aside a lot of the soil, the dirt. And yes, the sun still shines.



Okay, thank you, Jeshua. It's not easy to keep that in view when we are daily bombarded with rising death rates from Covid and brutality that is being displayed. It's difficult some days.

Yes, and that is the day when you return quickly unto me. I'm speaking here as Jeshua; come to me and say, "Jeshua, give me a good word," and I will. And come quickly to the Christ of yourself and say, "Everything serves the remembrance of the at-One-ment. Everything serves the atonement." And it does. Sometimes it

takes a lot of the hitting against the side of the head before you wake up and say, "There must be another way to look at this." Sometimes you have a very hard head, and you say, "I don't believe that. No, it can't be." And you keep hitting yourself until finally you stop and breathe.

AT-ONE-MENT

I'm curious. I would like to know more about the at-One-ment, more about the atonement, and what does that mean to us now in the midst of the interesting events in life, both politically and in terms of the heat waves and the fires that are happening on the West Coast.

It is to stand in the place of peace and know that, first of all, nothing can come nigh your true dwelling place, the spirit, the holy Spirit of you. Secondly, it is to know healing for any situation and circumstance to infuse in your understanding of what is happening seemingly in front of you or on the square box—love—to see each one acting out from a place of love or a call for love.

Many of the ones who are seemingly going through challenges are asking, calling for love, to be accepted as the example of human life, even though at a very deep place within themselves they are not quite sure of their value. So they are asking for validation. They are asking to have approval by others, how they react to them.

So you will send love to them, whether they sit next to you or are in the next room or are several miles away, even on the other side of holy Mother Earth. Send love when they first come into your awareness, knowing that they are a spark of the Christ, each and every one. So that is why you go through all of the viewing of discord and all of the uprising of feel-

ings that want to be displayed so that they can then be discarded and say, “Okay, finished with you. I have seen you, I acknowledge you, go.”

You will see a good bit of that in this next year, because it is not magically going to disappear on the stroke of midnight at the end of December. When you get into your new year, there is going to be a continuation of ones calling for recognition of the Christ. So you do your part by loving them, holding them in your mind in love, and asking your angel friends to go and attend to them in ways that perhaps they can understand.

Because if you have a visitation from an angel and you feel something... something feels different. It feels like there's someone right here with a very soothing presence. They may not know how to describe or what words to use, but they feel something. They are opening up the Christ of them to receive. So count all as good, because even that which looks really messy—and there's a lot of that going on—serves ones in their waking up.

You stand in a place of power for yourself and others, in that you know that there are helpers who are ready, willing, and able to help with the healing that is so sorely being called for. So you say to them, first of all, thank you that they are willing to go into some messy situations and to extend love. Then you say, “This one has come to my awareness”—maybe a friend, maybe someone you don't even know, but you say, “See what you can do. I know that they may be a hard nut to crack. There are some who are a little bit encased, so it's a little bit hard to get through to them.”

You have one who is your leader who is a bit hard to get through because he is very much into the Oneness of him-

self. But he is also calling out to know the greater Self of himself. So it all serves the coming Home.

My human self tends to get hooked into the display. I've been giving this a lot of curiosity, because it's painful for me to feel my own judgment and anger toward others who believe things that are quite radically opposed to my own beliefs. So I get easily hooked into that way. So I've been beginning to practice disregarding the display—I think I'll put it that way—disregarding the display and focusing on seeing that being as a light-being rather than somebody who is sharing their pain so freely with the world.

Right. That is a good way to handle that which can feel hurtful to you. You are a sensitive being, and there are many who share that with you at this time, who feel like, “I don't want to look at that because it's too painful,” and yet that only delays the time in which it's going to come right in front of you, of them, to be healed. So you start out just as you have said; you love them. You say, “I maybe don't agree with how you see the world, but I love the essence of you.” Then you take the deep breath and go about whatever needs to be done in that day.

I can do that. I can love the essence of them regardless of the display.

And that is all that is asked of you. You don't have to love the behavior, but love the essence of them.

LISTEN TO THE BODY

I'm wondering, what is the place for supplements or medicine in the place of awakening to our Christ Self; specifically coffee?

Good question. You are the creator of your reality moment by moment by

moment. If you enjoy the cup of coffee at any time of the day or night and it does not interrupt the bodily functions, keep on with it. You are the creator of your reality moment by moment. If you find that drinking eight glasses of water each day is easy to do and it flushes out the body, go ahead and do it. For others who say, “But Yeshua, I can only do one-half glass of water,” okay, who says that you have to flush out the system with enough water that that's all you're doing in the day is filling up the glass and drinking it and drinking it and drinking it. That is good if you want it to be, or you might do something else.

You are the creator of time. You are the creator of everything you experience. Now, that is hard to understand, because you have been taught separation and that time is outside of you and it dictates what you can get done in a day. And the body will respond to the very deep-seated belief that you need a certain amount of hours in each night-time to allow the body to rest. In truth, it can be instantaneous.

In truth, an hour or two of deep meditation can be the same as eight hours of sleep. But if you are in a place where the body does not believe that truth and you're seeing other results with the body, do that which feels comfortable. And if the golden coins require that you only get two hours of sleep, perhaps make a deal with the golden coins and go elsewhere, your free choice. Do what the body wants you to do, and then slowly maybe make a change.

The body has wisdom of its own.

It does, yes. Listen to it, don't argue with it.

NEED A FRIEND? If you want a friend, **be** a friend. It is that simple.