

The Way of the Heart

1993-06-18

Judith:

Some of you have asked about my (Judith's process) process. In September it will be two years since I began to feel a very strong drawing to come and share on Sunday mornings. I had been doing the announcements, as many of you know, and there was this strong pull that I felt from my heart to come and, as I felt it at that point, "to be amongst the people." These were the words that were given to me and that's how I felt: to come and share from my heart with whoever was there on Sunday mornings. And it was the kind of attraction that you certainly could say "No" to, but it was also a strong pull. And so I started doing this, not knowing what I was going to be sharing each Sunday, but whatever had gone on that week, whatever I had read, whatever came to me seemed to be a good thing to be sharing, and so I started doing that.

And now, looking back on it, I see how that has progressed to where we are now. At the time I didn't know. I just felt this strong pull to come and "be amongst the people" and I didn't even know where those words came from, but, okay. So I want to thank all of you for going along this path with me, and as I say, it's been a very public path because you've seen me Sunday by Sunday, learning my way with this. And tonight, of course, is one more step in this because I have no idea what's going to be happening here. I have asked Jeshua, I have said to him, "Please, come. You will be here, won't you?" And he has said, "Yes," he will be here.

So, we will just take a minute or so, just to kind of get centered and to breathe, and then he'll be here and we will see what he has to say, and, of course, he will take questions later. So this will just be an experience. We will just see what happens with it.

Indeed, it is with great joy that I come and abide with you this evening, as you have chosen to come and abide with me. I thank you for turning your thoughts from the events of the world and taking some time to come and abide with me in the joy that is truly of the Father and is eternal. For you have had many choices before you this evening, many places where you could have gone, many things you could have been partaking in, and for you to have chosen to come here shows that you are choosing willingly to be upon the path and to be the perfect servant of the Heavenly Father.

We will, in this evening, search together not as student and master, not as one above and not as one below coming unto the master for the knowledge and the wisdom, but as two equal individual expressions of the ever ongoingness of the Heavenly Father. And we will converse and just see what comes up, what needs to be talked about, discussed, enjoyed and shared.

I have said unto you many times that the way of the Heavenly Father is one of the heart. The way of the heart is one of gentleness, one of simplicity, one of openness -- being courageous enough to share with others what is truly in your heart and being open to the guidance thereof. All of you who are gathered here this evening have listened and have heard the invitation to be in the heart and to come and to share, and I thank you for listening and I honor you for choosing.

The way of the heart is one of allowing: one of allowing your own guidance, one of allowing others to be upon the path that they must necessarily follow, one of non-judgment, one of love, for is it not Love that the Heavenly Father is and shares with all of His creation? Would you do less than the Heavenly Father?

Sometimes, in your sense of limitation and your feeling of being caught up in the world, it is very easy to turn the focus from the love of the Heavenly Father. But He is always there knocking, as it were, upon your heart and calling unto you, "Beloved child, awake." And as I have shared with you many times, all of you have chosen this lifetime to awaken unto your true nature and to be that true servant of the Heavenly Father.

The way of the heart is one of awareness, opening to the Love that is you and is to be extended. For I have said unto you many times, if you would know the will of your Heavenly Father for you, open your eyes. Who is there right before you? Who is there right before you that you can extend your love unto? Because your path is one of simplicity, one of sharing the Love that you are. It does not have to be complex. It does not have to be intellectual. It does not have to be analytical. One does not have to approach this from a position of "What shall I do as far as technique?" It is one of simplicity, of love.

The way of the heart is one of trusting -- trusting the guidance that you are now receiving and being open to, knowing that all pathways lead to the Heavenly Father, back to your true home, the place of Love.

So, in this evening what I desire to share with you is the way of the heart at the feeling level and to have you know that you are individual expressions of the Love of the Heavenly Father. Does this not feel expansive to you? When you have been in a place of human love, a friendship, and you have shared with another your joy of being together, does this not feel expansive?

Yes.

Yes. This is what has been termed Heaven. It is the expansion, the ever ongoingness of the Love of the Heavenly Father. And that is truly Heaven. And when one brings that into the affairs of the world, one truly manifests Heaven upon Earth.

It is my joy to have you here. I have extended the invitations to you. Others there were that were extended the invitation who did not choose to be here, but those of you who have chosen to be here know that it is a grand reunion that is happening. Whether or not you have ever been here before, know that you are among family, and this is a grand reunion that is happening this evening, here. It is, as you would term it, a party and I thank you for coming.

This feels very strange to be sitting. {Jeshua stands and begins to walk around.} All of you who have been here on Sundays have seen the energy that is manifest through this one. Here I am with a leash {microphone cord}. This one that I am expressing through is one that allows me to use the energy in a very dynamic way. The alignment that we have is one that is being developed. As she has shared with you, it is one that has been a very public process -- not one that she wanted to choose and did not consciously seek. But it was one that had been agreed upon some time ago -- lifetimes, in her perception, ago. And the alignment that is happening with my sharing is one that is developing and you will be seeing develop in the months to come.

The energy that I am able to share through her is one that gives me great joy, for I have been always one that wanted to be very much expressing the Love of the Heavenly Father and to be very dynamic with it. Not at all static. Peaceful, yes, coming from that place of peace within the heart, but dynamic, expressing the ever ongoingness.

So, therefore, this one has allowed me to express that energy and to be with her to use the body. As I have said, there is an alignment that is developing and you will be seeing this in the months to come as she trusts and as she, in her words, practices this alignment.

Now, the reason that I share this with you is because it is not only with this one that you are going to be experiencing the miracles, but it is also with all of you. Many of you have been feeling this. You have been hearing me. The veil is very, very thin. And as this one has made a public demonstration of her trust and of her, as she has said, perhaps her innocence in doing this, you are also at that threshold. Know that it can be done and will be done effortlessly. It will be a natural out-picturing of the consciousness that you are. Many of you are already doing this and I thank you for that.

The reason for this is that there are many in your world who need to see this demonstration and need to know that the veil is that thin, that there is no separation between bodies as you see them, no separation between dimensions as you would perceive it, no separation between you and the Love of your Heavenly Father, and no separation between you and the wisdom you would seek.

This is available to you at any moment and at any time, whenever you turn your focus and ask, and then trust the answer. That is the only ingredient that now needs to be strengthened. This is why I have said unto you that the way of the heart is one of trusting. You have all been trusting and testing your wings, and I am here this evening to share with you you are all doing very well. Keep flapping those wings.

{Laughter.}

There is much energy of the Heavenly Father that is being made manifest upon this plane. There is much energy that is coming in now to be utilized in showing others the Love that you are and demonstrating this energy unto others in a way that they can perceive and can trust. We return to that word "trust" again. Many of you have found yourselves in positions, in situations where you have been sharing with others the

wisdom that you have been opening to, and I thank you for the work that you have been doing. It has been seen in many realms.

Know also the work that you do you do not do alone. You are surrounded by even more than just my presence as you do that work. There are many, as you would perceive them, masters working with you. This is a time of great acceleration upon this plane, as you have heard. There is much opening that is happening, an awareness that has been growing, in your perception, this whole century because the minds of mankind are now ready and have been asking.

So that is why we can gather here this evening in a grand party, because there is a reason for celebration -- not only the reason of coming together and sharing, because it is always a joy to come together and share, but also to come together and celebrate the acceleration of the manifestation of Love upon this plane.

There is coming, and very soon now, Heaven on Earth, when the very plants and the very trees, the birds and the waters and the rocks will be singing with the Light that they are. Yes, even the things that you would see as inanimate, such as rocks, have a Light about them and this will be increasing and will be seen upon this plane -- a Light and a beauty and a radiance that has not been seen for a long, long time, but is now being remembered and will now come to be manifest on this plane.

And you, beloved ones, are the bringers of that Light. You, beloved ones, are the ones who are ushering in this New Age. You, beloved ones, are the ones who have asked for this in your Heart of hearts, and you are the ones who will see this in your lifetime. Is that not cause for celebration?

Yes.

Yes. This is one of the reasons that I come in great joy and share with you each time there is an opportunity given unto me to be with you, because I know what is happening. I know what is to come.

Many forecasts and predictions have been made about the Earth changes and many of these have been perceived in great fear and great negativity. They have even been given forth in negativity. But know you that these are not negative. These are the perfect out-picturing of the changes that are happening within the consciousness of mankind: the opening up, the shifting, the changes. The way of the heart is one that trusts. The way of the heart is one that knows perfect safety, because the way of the heart knows that it is always in the right place at the right time to do the will of the Heavenly Father. The way of the heart is one that you can depend upon one hundred percent.

So, I come this evening to share with you: at any time when there would be what you would perceive as negativity in your world, in your thinking, stop, and ask yourself, "Is this the way of the heart? Is there another way of looking at this?" And then you will know that, yes, there is another way.

This is going to be very important for you and for others in these changes that are happening, but not one from a place of fear, not one that you have to prepare for, but one that will come out of the very center of your being.

I tell you this now because there have been many questions about the Earth changes and there have been many questions of, "Where should I be? Where should I go? What should I do?" And I share with you that you are always held lovingly within the arms of your Heavenly Father, and the only thing you need remember is the simplicity of being the Love that you are.

When I look upon you there is such great love that I feel for you. You are immersed in a sea of love, in an ever ongoing stream which is Love. You are beautiful. Your radiance shines to the farthest universes and beyond. The universes themselves would not exist without you.

I take great joy in being able to touch. {Jeshua touches one upon the shoulder, strokes the hair.} One of the things I loved in walking the Earth plane was being in contact with all of you. And it is my joy again to be able to be in contact with all of you, in physical contact. {Hugging a person.} Are not hugs beautiful expressions of the way of the heart? Are not hugs beautiful expressions of the exchange of energy? Yes, it is no wonder that you come together and you cannot wait for the hug. Even this one who lives with this one, and she says, "Where is my hug?" Yes, beloved ones, the laughter and the joy is truly where you live. Does it not feel alive?

Yes.

Yes. Very much so.

You, beloved Firewalker, who have come through so many fires, have felt the heat of so many fires and have come through unscathed, you are also one who loves to be in contact with others. I ask of you to share this with others. I ask of you to be even more demonstrative than you have been up to this point. Watch out!

{Laughter.}

Because the love of the Heavenly Father is dynamic, which means that it needs to be expressed. One of the things that you have agreed upon to do upon this plane is to express the love of the Heavenly Father, and what better way is there to do that than to be in contact and to be in love with everyone that you meet?

I have been waiting many years to do this. Welcome. {Hugging Firewalker.}

My beloved brother, Tom, over here said to this one I am expressing through, "If you do not want to be sitting, you can take the cord and you can walk around." Little did he know that this was actually what I was going to desire to be doing. And he even said that the leash will be long enough to go to the back of the room. So, therefore, we will go to the back of the room.

Beloved one, you are beautiful. The work that you do with others in helping them heal is tremendous. You do not know how far your influence reaches. You do not know how far your love reaches. What you see when you touch others is, as they would say, the tip of the iceberg. It touches them and it radiates out like the ripples on a pond, and I thank you for being willing to share and to help heal others. In that healing is your own healing, as you know. I thank you.

And I thank you, beloved one, for the healing that you extend unto others by being that true Light and that true mouthpiece. I thank you for your courage in being willing to open the mouth and to speak, willing to open the heart and to share with others. You have been walking through many rings of fear yourself. Yes?

Yes.

You have been like beloved Firewalker in walking through the fire, and it has felt good, hasn't it?

A little hot.

You are wearing, as they would say, an asbestos suit. But yes, a little warm at times with the warmth of the love of the Heavenly Father and I thank you for sharing that. There will be more of this, but it will come naturally and it will feel very good to you.

Thank you, great soul and great Heart for the love that you share with others and have been sharing for many, many years now, for your courage in being open and sharing with others a different path and a different way of doing things, for having the courage to say, "This is who I am, and I know this to be a Truth." Thank you for the demonstration that you are and you have been sharing.

Thank you.

This will also continue.

Oh radiant and beautiful one who loves colors, one who has great love for others and is not afraid, now, to show that love.

Thanks to your help.

Yes, and thank you for hearing. You have come through so many rings of fear, rings of fear that seemed unto you, at times, like great walls -- like, they would say, the Great Wall of China: impenetrable. But when you got up to them and you showered the wall with love, where did it go? It dissolved and you walked through it. This will continue, as well -- the walking through -- and the love is continuing to grow.

I heard that encouragement this afternoon and I've been on cloud nine ever since.

A good place to be. A good place to be, yes.

Thank you.

We thank you for the love that you are sharing with others.

And you, beloved soul, thank you for the love that you are and the peace that you share with others, for the strength that you show through all circumstances. Thank you for being willing to do the work that has been known as the rescue work. I would ask you to be doing that again. Collect unto yourself a few friends who will help in this work. Sit again in the meditation.

There are many who have gone on who are confused and lonely, who need the Light that you are, who need what you have practiced not only in this lifetime but others: that communication. Many lifetimes you have spent in meditation and communion with others in the other realms and the other dimensions. This is not new work in this lifetime. That is why you have come unto it so easily. I would ask of you to do this again, to start this again. There is a great need for this.

There will be many leaving this plane, many who will need your help and your guidance and the guidance of others who are the Light beacons. It would be well to start this as soon as you feel comfortable.

Okay.

I thank you for the work that you have done. I thank you for your steadfastness. You are a great Light unto many.

Thank you.

{Jeshua continues to walk around with the microphone cord.} Now one knows how it feels to be the beloved pet with the leash.

Yes, beloved soul, it is a grand adventure, is it not? At times up, at times, down, yes. Truly. You are a beautiful soul who likes adventure. You are one who has come unto this plane with a lot of love in your heart and a lot of the zest for life, who wants to experience, as one would say, the roller coaster. Have you not been experiencing the roller coaster already?

Yes, this is part of the excitement of the dynamic activity of the Love of God, and this will not finish, this will not fizzle out for you. All of your lifetime will be a grand adventure with a lot of excitement in it, and as time goes on, you will be sharing this more and more with others who would be seen as your peers, as your equals. And you will say unto them, "But is it not fun? Is it not joyful?" And you will share with them what you know in your heart. I thank you for that.

You are also one who is a Light unto many. You have come through many trials recently, and these have strengthened you, have they not? You have felt the love within your heart and known it to be true because of what you have come through and what

you have been able to extend unto others, even in circumstances where the world would judge it to be impossible. I thank you for doing that.

Always that is the way of the heart: to rest quietly within the heart and then to extend from that place. This is what you have been doing. You have also been one as on the roller coaster.

Yeah.

Yes, for different reasons. But it is now leveling out a bit for you and you have found your center of peace. It will continue to get even better.

That's wonderful.

It is wonderful. When one comes from that place of peace and that place of the heart, it cannot be anything but wonderful and wondrous.

Tend the flowers, beautiful one. Thank you.

So, how are we all doing?

Fine. Great.

Yes, I know that to be a Truth. More and more you will be feeling this.

How is the foot, beloved one?

It's healing. I sure wish it could be by Tuesday for the plane flight.

Exciting, no?

Yeah.

Yes, there will be healing that you will be experiencing while you are away.

I'm getting this feeling there's something that is going to happen there.

Yes, great things will be happening. There will be healing of the body and there will be healing within the emotions of the heart, as well. It is not by accident that you are making this trip.

I had that feeling.

Yes, it has all been in order, and as you have seen, there have been certain circumstances that have been brought into the order they needed to be so that you could make this trip.

I thought so.

Exactly. There will be many blessings on this trip for you and for others.

Are you saying that I will be healing?

Yes, you will be.

Thank you.

The bare feet. A joy to me as I walked the Earth, the bare feet. Being in touch with nature. Being in touch with what I have called Mother Earth. You are one who enjoys that as well.

I thank you for the work that you have been doing, for the love that you have been extending amongst all circumstances, and for the evenness with which you have met challenges.

You have great strength in your heart, beloved one, and you know that I abide there with you. I have heard your conversations with me and you have heard me with you. Walk in peace. You are loved with an everlasting love and you do share this with others.

Beautiful feet.

Yes, I, too, was a lad at one time like you are and I, too, sat with my mother's arm around my shoulder and felt the love thereof. It is a wondrous place to be. You are Love incarnate. You are Love spontaneous, ever-flowing.

How are you this evening, beloved one?

Kind of tired.

You have been working hard today in your garden?

All of that, but we are having a big party. Some people are having a big party there tomorrow and we want to make everything as precise as possible.

Yes. You are one who has opened your house and your heart to others. You are one who has great love that you share with others and great courage. Thank you for the work that you have done in preserving the beauty for others in the generations to come.

This is something that you have done in many lifetimes. You have been, as it were, a caretaker of the Earth. That is why you feel such great love for Mother Earth and She has great love for you, as you know.

Hello, beautiful one.

Hi.

Hi. There is great love that shines out of your eyes. This is one of the beautiful gifts that you give unto all who come into your presence -- the love that you share with them and the smile that you give to them. These are great gifts that you give. You need do nothing more in this lifetime but to smile, with the mouth and with the eyes, and each one who comes into your presence will feel blessed. Thank you.

You, beloved one, are a great caretaker also. You are one who also loves Mother Earth and who has what they would call "the green thumb" -- although I do not see it being green.

{Laughter.}

It's black.

This is no doubt from digging in the soil. You have great energy, great vibration of love that you give unto the Earth every time that you work with the soil. Mother Earth feels this love and She gives it back to you.

This is why She shares with you the knowledge of the plants and of the herbs that you use then to help others. There is great love between you and Mother Earth. I thank you for the love that you extend unto the Earth and I thank you for the love that you extend unto your brothers and sisters.

You are one who is not passive and sitting back. You are one who is very active in extending the Love of the Heavenly Father. There will be more work coming for you.

How are you, beloved soul?

Better and better.

Ha, you have learned that, no doubt, from our beloved brother.

I've heard it.

You've heard that somewhere. Yes. Beloved teacher of God, have not the communications between us become even more clear?

Yes, they have.

You have heard me ringing you on our cosmic telephone?

Yes.

And I have been very pleased that you have picked up the telephone and that you have had the courage to relay unto others the messages that you and I share.

Thank you for your persistence in ringing and ringing and ringing.

There were times when I wondered if anyone was at home.

{Laughter.}

I've been asleep at the wheel.

I hope not, because I ride with you sometimes.

The love that you share with others grows ten-fold and even more, each time that you share it. It is again, as I said unto this one back there, the ripples go out farther than you can imagine. So think not that such a simple thing as a smile at the work place, a smile at the grocery store has small meaning. It has great meaning. It is the encouragement, sometimes, that one needs and does not even know how to ask for. I thank you for sharing that and for having the courage to follow your heart.

You will be having fun in the next few months to come. There is even much more of this that will be happening. The doors of your mansion are being flung wide open. You will feel the wind and you will go as the wind -- with excitement and love in your heart.

Thank you.

Thank you.

So how goes it with you, beloved one?

Great.

Yes.

Lots of things happening.

Lots of changes.

Yes.

Yes, and you have been willing to go with these changes.

Right, I'll do anything....

Very good. That signifies some willingness there.

Yeah.

Yes, no more holding back and saying, "Well, I will if the circumstances are right." Or, "If it means that I don't have to give up whatever I seem to think is of value at that point." You will do anything.

Right.

You are following the heart. It's going to be a very exciting summer for you. It has been already.

Yeah.

More changes to come.

And you, beloved one, the love that shines from your eyes again is the true love of the Heavenly Father, and the joy upon your face is a joy to behold. Spare not the smile. Everyone that you meet, shower your love and your radiance upon them, for it is truly beautiful.

Do you think the three of us can be together, Jeshua? With others, but especially in all my changes that are coming up, I would love to think that I could be with them.

Where do you think this idea has come from?

Gee, I don't know.

In your heart, beloved one, you do know. Yes, when the heart desires -- and especially if one is willing to do anything -- all things are possible.

It has felt so comfortable to me for about six months to be with them. That was my heart talking to me.

Yes, it is as an old family reunion -- ones that you are now coming to experience again. Yes.

Good.

So be it.

You, joyful one -- you who brings the hummingbird feeder and attracts the hummingbird, the symbol of joy -- you, who is truly joyful in your heart, how are you this evening?

Fine. Thank you for coming unexpectedly, coming through for me last Saturday night when I needed it.

You certainly were calling loudly enough. Even the far reaches of the universe could not help but hear the call. You have great energy, beloved one, when you are asking and when you are calling out. It was heard. But there was also a timing that needed to be accomplished before the answer would be made manifest and revealed to you. There were certain things within your heart that needed to be discerned, because there is great strength that is happening with this discernment. Enough for now.

And the socks upon the feet. Are you ticklish?

A little bit, Jeshua.

Not too much, huh? Life is becoming much more fun for you, isn't it?

Oh, yes, it is. How did you know that?

I could see that. There is nothing hidden. One can feel the joy from you for miles around. Even this one who sits over here and sometimes tries to ignore it, feels it.

This one also, this one also with the bare feet, is one who is feeling the joy in his heart. It is lightening up for you. Is this not true?

Yes.

Yes, you have come through many heavy periods where you felt you were carrying the world upon your shoulders and you felt confused about which way to go and what was the right way to go. Beloved one, follow your heart. You have a very true heart and it speaks loudly unto you. You know this. The only time you get in confusion is when you listen unto the mind. Play with the bare feet. It will do the soul good.

This has been a time of great joy for me, in sharing with you this way. I have desired to do this for a long time. And I have desired to see this one a long time.

Thank you for answering my invitation and for coming.

It's a pleasure.

How is the Sports Car Lover tonight? Did you arrive here in a golden chariot?

It... ah... yes.

Of course. You had to search for that answer but you came up with the right one.

Well, the Light brought me here.

Of course, you ride upon the Light. How go things in your life?

When I choose, they go very well.

Spoken with wisdom.

When I don't, they... many questions, many worries.

How is the heart?

Very settled, very warm.

Very good.

Very loving.

Yes.

And yours?

Excellent, brother. Much love, yes.

Again, whenever you feel the veils of confusion coming down upon you, stop and go to the heart. That is where your true wisdom lies. And then express from the heart. You have great love to share with others, as you know. It is only sometimes the confusion gets in the way and you start to see things as separate. At times like that, come back to the heart. You have great love, and you are loved.

So, how are we doing?

Wonderful.

Shall we take a break, a short break, and then we will come back and have questions? Okay.

So be it.

{Break.}

Well, welcome back. I have to share with you, I had no idea that was going to happen. I, of my human self, thought I was going to sit here and there would be words being spoken and I was going to do it in the tradition that we have experienced before. And there was just so much energy that it would not be contained sitting down. I have a hunch the second half is probably going to be just like that. There seems to be an energy that gets going because of the actual physical movement. I don't know; this is the best way to explain it, I guess.

I also want to share with you that I felt so much love coming through. It was like it couldn't be contained either. He was just so happy to be here, to be able to touch and express and physically touch everyone.

So, we shall go on with the second half and see what happens.

Indeed, as this one has expressed, she was surprised by the energy that was coming through. It is something that I have desired to do for a long time. I wanted to be amongst you, and this is why she felt the directive, as she says, almost two years ago to go and "be amongst the people." Because truly, when I walked the Earth, I was amongst all of you and there was no separation between us. I was very happy to come and speak with all of you, and I'm happy now to be able to touch all of you again.

It is my joy to be able to share this body that she lends me for this time -- and she's not gone anywhere. She's right here. In an instant you can call her back. But she allows me to express my energy through the body this way so that I can greet you and be one with you, and it is my joy and my energy and my pleasure to be here.

It's a joy to receive you.

Thank you.

So, how are we all doing?

Great. Wonderful.

I can feel that. I can feel that the energy in this room has lifted. When we first came together an hour and a half ago according to your time on the wall there, the energy was a certain latent energy. There was a peace. There was sort of a quiet expectancy. One can now feel a much more dynamic aliveness within the room, and I thank you for that. It feels good to come alive, doesn't it, Firewalker?

Oh, yeah. It's a hell of a trip.

Yes. Hurray for the trip. Yes.

Are there any questions that you would like to discuss this evening?

Yes, have the microphone. Beloved Tom will be upset if there is not a microphone.

I've been listening considerably to Ilse about Reiki, and could it be true that the disciples in the time of Christ might have been using the principles of Reiki?

Very definitely, beloved one. Reiki is the process of the exchange of energy when one lays one's hand upon another body. There is a transference of energy that happens. It is the love energy of the Heavenly Father going from, as you would see, one vehicle to another, being transferred and received by another. This was truly what the disciples learned to do -- to allow the energy to channel through them so that many of the healings that were known as the hands-on healings, the laying on of hands, was done with this very energy.

It has been known about since before time began and it has had various names depending on the culture, depending on the time. But yes, this that you know now as Reiki is the channeling of the God energy and it will be accepted within the very cells of the body for the healing thereof. It facilitates a certain acceleration within the vibration of the cells of the body that would, as you would see it, turn on the lights within the cells.

This is why you feel the extra heat at times. It is because of the acceleration of the vibration, the energizing thereof. It is also because of the light coming on and being shared. It is the Love of the Heavenly Father, beloved one. And yes, has been used many, many, many times.

Does there seem to be an increase in the acceptance of Reiki or have people like the fundamentalists and medical doctors, all of whom have something to gain by putting it down... as a net effect, is it increasing?

Yes, it is, beloved one. It is coming into its own acceptance, and you will see this more and more as the years go by, these recent future years, if that is the way to say the term, recent future. Near future. Near future. This will be accepted even more.

The acceptance in your medical community has been one where they have seen this as not having a certain profit money-wise for them. It is not something that they can bottle up and sell, and therefore it has not been so accepted. But what actually is happening -- the healings that are coming through with this -- cannot be denied and yes, you will see much more acceptance in the years to come.

How about AIDS and cancer -- is there any hope that Reiki may make some inroads?

Yes, Reiki will be helpful in this according to the person's belief system, because as the energy is transferred, it has also to be accepted by the cells of the body and that, of course, as you know, is dependent upon the consciousness of the person who is utilizing the body. So that I could lay my hand upon you and if you were not in a belief system of accepting the energy, it would do little good. If you are in a place of accepting it and feeling open to that energy, it will accelerate and heal.

So that this will happen according to their belief system. One who is in a state of having, what you call, the cancer or being in the state of having AIDS, if their belief system is one of being open to healing, the Reiki will help and will accelerate the healing. Yes, it will be beneficial.

Thank you very much.

You are welcome.

Who else would like to ask a question? Yes, in the back here.

Now I have two leashes {referring to two microphone cords.}

Welcome to the physical dimension.

That's what it feels like. Somehow I am attached.

Jeshua, I'm seeing a lot of changes in my body, and last weekend a man, talking about chakras, said my first and second chakras are being blocked. He had me sitting on the end of a chair and then after that there were changes that I wasn't expecting that happened.

Yes.

Is there something going on with my third eye? Because I'm getting the sinus infections and headaches. Is there something I can do to clear that up?

Yes, it is all part of the same process of releasing and opening up, letting the flow of the energy flow through the body unimpeded. This is part of the healing that you feel. For many lifetimes you have been blocked in the very cells themselves. You have carried a great heaviness with you, which you have felt as a blockage. Different lifetimes you have manifested this in different parts of the body. Sometimes it would be in the lower part, sometimes in the head, somewhere else in other lifetimes.

This lifetime you are choosing to release and to feel the flow of the God energy that you are flowing freely throughout all of the cells of the body. And so you are in a process of releasing.

Something about a demonstration?

Yes. Very definitely.

How long is this process? I guess I'm getting impatient.

This depends upon your willingness and your acceptance. And I can say unto you these evening that you are willing.

Uh huh.

Yes, it will not be long, beloved one.

Thank you.

You're welcome.

I have a couple of questions for Willie here. He and Sharon's son, Shane, are such great friends. Could you tell him what's his past life connection with Shane and also, did he know you during your lifetime when you were in the body two thousand years ago?

This one has had many lifetimes with the one known as Shane now in this lifetime. You have been grand adventurers and shared much on the path. You go back many, many eons of lifetimes ago where you were the water sprites together. You were known as the black and white... the Orcas, who swam in the water and played in the water. You were great friends at that time. You have also been the warriors who came upon the land and had great adventures. You have also been the teachers of others.

You have shared many lifetimes and it is no wonder in this lifetime you find it so easy to be together. It is almost as though you do not even need to speak. You know what the other one is thinking and where the other one is going to be going in the next moment. So that you share this communication.

It is fun, isn't it?

Uh huh.

Yes. Enjoy, beloved one. That's what it's all about: to be truly in joy.

Now, did we know each other when I was expressing through my body, as they call it, two thousand years ago?

Yes.

You're right. We did. We shared much in that lifetime. You were in the Essene community in which I grew up and where I learned much. You were also part of that community. You were one who was taught and who had great reverence for Mother Earth and for the things of nature. This is why you so much enjoy being out in nature now and feel so much at home in nature. So much so, that you could just go and pitch your tent anywhere and be at home. This was something that you felt at a very deep level in that lifetime in the Essene community, as I also did. There was a great reverence that was taught to us and transferred to us by the members in that community.

Ask your mother sometime about the angels -- the Essene angels. It will bring back great remembrances for you.

Thank you.

Jeshua, would you talk to us about fear? We have been told by quite a few... well, I'll use the word gurus, for want of a better word... that we should be afraid that our money is going to be collapsed from beneath us. We should turn it into gold or we should turn it into silver or we should turn it into gems. Would you talk about that a little bit for us? If we are admonished not to wrap up in fear, then it sounds like a complete contradiction of the teaching.

Yes, you have discerned wisely, beloved one. Fear is forgetfulness -- forgetting that you are always held within the arms of your Heavenly Father and you are always provided for. All that you need comes out of your consciousness and will be manifest. And when you are abiding in the way of the heart, you will always manifest whatever you need. It will always be there for you.

In the ways of the world, sometimes there are times to be, as you would say, well, not at odds with the world. In other words, to listen to some advice and to follow your own guidance as to what would be prudent. Because, after all, you do express in the world and it is needful that you have and use a body, and there are certain things the body needs in order to express -- there are certain things that the body requires in order to keep on being what it is.

So, therefore, it would be prudent to heed some of the things that are happening within the world. But not from a fear standpoint -- from a point of taking the All-encompassing view and just being, as we've said, prudent.

I like that. I didn't like to be constantly on guard, in fear of my fellow man, or expect my government to do bad things to me. I like that.

Exactly, beloved one. You have discerned within your heart the way of the heart, which is what this evening has been all about.

There is a lot being said nowadays about the rise in AIDS in the teenage community and among women. What is the lesson that we are to learn about that for us on this plane?

Yes, there are many who are being willing to be a demonstration unto their brothers and sisters of what transpires when there is not love of self and love of the physical body as a vehicle to express through. This has come, as you have seen, as a great epidemic in order to bring it into the awareness and the consciousness of humankind at this point that there needs to be more of an awakening of love of self.

This is why you see so much of this happening and it is increasing so much, at this point: it is as the siren going off to get your attention -- to get mankind's attention -- to say, "There is something here that needs to be looked at. You are worthy of expressing through the body and you are worthy of loving the body because it is an extension of who you are." It comes back to the basic question of love of self and the basic premise of worthiness.

When one feels separate from the Love of the Heavenly Father, and goes forward from that place of feeling separate, one feels unworthy then for anything of benefit, of goodness in one's life, and this is what you are seeing now out-picturing because it is time upon this plane for all of mankind and womankind to look upon themselves and to love self and to love the expression in physical form of Self.

Okay, I have another question.

Yes.

I was involved in an accident almost a year ago. What's the bigger perspective in terms of my life and what to learn?

This was, again, to get your attention.

I got it.

To get you to stop and look at what was going on in your life and how you valued or did not value self. For you to stop and to gather around you what you would call a support system of ones who love you and support you. You are worthy, beloved one, of much unlimited love because you are that Love of the Heavenly Father. But many lifetimes you have forgotten this.

You have now in this lifetime structured certain occurrences that will prove to you in the outer that you are loved by others. And you are attracting this love to you as you would see it outside of you to show you your worthiness. The "accident" had many blessings for you at many levels. It was, one, for you to have the attention, to stop and to think, to put your values -- especially as you would look upon the self -- to put them in order and to see how worthy you are.

It was, secondly, to manifest the support around you and to know that it is there for you. And also to know that if you can manifest this in the outer -- which is what you've been showing to yourself amongst the friends and even amongst the professionals who have come to help you -- to see if it can be in the outer, it is within, it is on the inner, because nothing is out-pictured in the outer that has not first been within.

So it is a great blessing -- in disguise, perhaps -- but you are already seeing that as some time has gone by. There will be more revelations of this nature that will come to you out of this experience -- much sharing that you will do with others because of the insights that have come to you along this path.

Will the healing in terms of my brain and my head injury, will that subside?

Yes. This is already well on the way to healing. Yes, you are coming through this. This was part of also needing to take the time to stop and be within, needing to stop and look at what was going on in your life and being manifest in your life. This will be, in your terms, it will be clearing up. There will be a clarity. More and more of that will become clear as you see the blessings in this for you.

Yes.

Thank you.

You are perfect, beloved one.

I have a question about the use of anti-depressants in the treatment of people who are depressed. When I work with people, I try to discourage the use of anti-depressants because I truly believe it all comes from our consciousness. But what happens with people, it seems like they do help people get through a hard time, but then some people continue to take them for a long, long time. Could you talk a little bit about that? And oftentimes, I feel really conflicted whether or not to advise people to go on them, stay on them for as long they need or to stay off of them completely and face what they need to face -- which is what I really believe.

Yes, this is a very good example of the duality that one experiences within the world. There are times when medications such as the anti-depressants can be very beneficial for people in bringing them up to a place where they can then deal with things that are going on in their life. It also gives them a certain reinforcement of where they want to feel themselves to be.

But as you have seen, it also can get in the way of true healing because the chemicals that are then in the body are creating an imbalance, as it were, in suppressing what is going on. So that in order to come through that and get beyond it, it is then an impediment.

It is a question of the balance of the usage thereof, and as you are working with others, you will be helping them see that there is a benefit up to a certain point in using these, but that, as you help in facilitating the healing, as this progresses, they will be able to decrease the medication as they are able to take the responsibility for their own healing. Yes. It is a matter of the balance.

Could you speak to the association that we've had before with Tom and Judi and Kim and I? It feels so right to all be together and be working together.

Yes, you have discerned this within the heart, beloved one. Many there are in this room who have been together in a work such as this. It goes back many, many, many, as you would perceive it, lifetimes. So there is a kinship, a recognition, if you will, that happens. It is a feeling of family. It goes back to before time was.

Many are the times that you have agreed to come and to take on the molecules of a body and to express. Many are the times that you have been together in joy and in gladness. Many are the times that you have come together and you have been discouraged, frustrated. You have questioned. It is all part of the human... as I have called it, the great drama.

But, yes, this is much of the experiences that you have shared together, so it is no wonder that you find yourself again involved in this kind of work. And the Heavenly Father thanks you for the example that you are and for the willingness that you bring to this.

It takes great willingness and great courage to come out of, as you would perceive it, to come out of the evenness of the flow of the Love of the Heavenly Father

and to express through the body on this plane of duality, where there are seen to be challenges, where there is seen to be confusion and pain, rejection, abandonment. So I thank you for the work that you have been willing to come and do again.

Take heart -- and I mean this quite literally because it is the way of the Heart -- take heart: your work will bear much fruit.

Thank you.

In that same note, I have discovered and I'm sure that it seems to be the theme throughout the room so I feel like we are all going through the same situation, to where in learning of enlightenment, in raising the vibrations of the body, in connecting with the higher source of God, in releasing old patterns and belief system of which we are taught, oftentimes it can be the most excruciating, painful experience that seems to stop you dead in your tracks, that you wonder if you truly have the ability to go on, the fear of going on because of the past, the pain enlightenment causes. Enlightenment doesn't necessarily cause the pain, but it's the reality of it. It's the dropping of the old patterns. It's discovering the whys and wherefores. It is so painful that it stops you in your tracks and it seems to take awhile for it to recover, and then you start going forward again in your enlightenment and you run into another old pattern or a belief system that doesn't work, and again you discover the whys and wherefores, which causes even more pain. "Is this pain ever going to stop?" I mean, learning must get easier, doesn't it?

Yes.

Thank God.

Is that the question, beloved one?

Yes, but how do you, or how do we as humans in this body with this veil in front of us, get through this incredibly painful time? I know there is a reason for us to be stronger and I know we never get more than we can handle -- although it's questionable. How much more do we.... I'm sure as we are all going through and have gone through and are going to continue to go through, how much more pain can we bear of this?

It is as the Son decrees. Pain, as you know, comes from resistance. Anytime one feels one has set up the wall in front of one's self and keeps bumping the head into the wall, one experiences pain, no? Yes.

This is what keeps happening until one comes to that place which all of you in this room have come unto many, many times and you say, "Enough, already. Teach me anew." It is time, as I have said, to choose anew. To choose the love instead of the fear. To choose the expansion instead of the constriction. It is a choice in every moment, although, when you are in the middle of bumping the head against the wall, it may not feel that you have much choice.

It is times like that that I ask you to return to the peace of the heart -- even if you can only get a small piece of the peace -- and to go from there, because it will

grow. All of you have been through your challenges, your resistances, your pain many, many lifetimes and you have brought that with you in the very cellular memory of the cells. This is why it comes so, as you would say, naturally to be in that habit pattern.

But, you have also come to the place now where you are saying, "I am willing to release this. There has to be," as you have just said, "a better way." Yes, that has been the Holy Spirit, as you would call it, knocking upon the door and saying, "Choose anew."

There is One Who uses all of the experiences of every lifetime, as it is perceived in lifetimes, to weave all of those threads together into a grand tapestry that will bring the Son/the Daughter of God back home. Nothing is ever wasted. Nothing is ever lost. It is always used to bring the Son home.

Your hastening of this journey comes with your willingness to say, "I am willing to be taught a new way." And this is where all of you are. All of you in this room. And that is why I honor you for this. You have all come unto the threshold of choosing anew. And it comes quickly.

How quickly?

{Laughter.}

As quickly as one will allow it. Really quickly -- said with Truth.

Jeshua, I have a couple of things I'd like to ask you. I was with some brothers and sisters last Sunday, and in our talking together the subject came up of how... how shall I put this? We think it's amazing and disappointing that more people don't come to the Jeshua meetings than do. We think that if the world just knew what they could learn through listening to you, there wouldn't be a building big enough to hold them all. And yet, we all admitted to... well, all of us but one... admitted to being a little bit hesitant about coming on too strong telling other people about you. And the other one wants to go out into the street with a big sign and walk back and forth and shout out to the world. And then some got into a bit of fear about this loved one who might get himself into some sort of problems because I think he would just go drag people off the street and bring them in if he could.

So, I wanted to ask you, is there something that we need to be doing to introduce people who have not heard you? To want to come hear you?

It never hurts, beloved one, to share your truth with others. It is safe in this lifetime to share your truth with others. However, there are many ways of sharing this truth: there are many avenues that will bring the Son/the Daughter of God back home. There are many languages that are being spoken, for there are those who can only hear a certain language but not the others.

So that there are those who are attracted unto this kind of speaking and who will have the ears to hear and the open heart to receive. Those have been issued invitations and in the fullness of their own time and their own acceptance, you will find them here with you.

But this is not the only way that I speak unto others. I speak wherever there is a crack in the door, wherever there is a crack, ever so slightly, in the window of the heart. I speak unto many in all different ways, so it matters not whether you see them actually sitting in the chairs here. However, if you feel a nudge to share with others what you have found so joyous and so uplifting for you, follow that nudge and that guidance and share with others.

One of the things that is occurring here in your, as they seem to be, separate lives is the turning on the lights. You are becoming so radiant that the ones who come in contact with you are going to be questioning. They are going to say, "There's something going on here. She seems to have a smile, a certain surety, a certain peace about her, and I know she's going through a lot of things in her life. How can she feel that way?" And they may come and they may ask you, and at that point, beloved one, it is quite appropriate to share with them what you have heard here, and if it is appropriate for them, then they will come. It is always a choice, and sometimes their pathway may be different.

Thank you. The other thing I wanted to... well, I first wanted to say something and then I'd like to ask you a little bit about it. Some months ago at one of the Jeshua meetings when Marc channeled you, there was some discussion about a community. It's come up a number of times over the last couple of years, but the most recent time one of the things that I talked about was being willing to sell my house, which seemed to be my only tangible asset, and I was going to go home and talk to my children about this for the first time, and I had told you that I knew they would think I was crazy, which they did. They thought I was crazy. And at the time you had said it would be interesting to find out what happens there. Well, this is kind of an update, and, although I know you know it, maybe some of the people who read the transcripts are wondering, "What's happened to the community?"

Well, I went home after that meeting and I started sorting through things in my house and walking through the rooms and just asking myself if this really felt like home anymore? Which it really didn't, and it felt too big. It still feels too big, and the yard is too big for me, and it is just right for somebody else. But I still had... it's taken me, I'm not sure how many months, but a space of time to be willing to let it go because I realize that there was a certain... come to find out there was some fear in releasing this thing that I thought was some security for myself. And my children also put a lot of pressure on me because they want me to be stable financially when it's time to retire and I understand that. And so I had a lot of pullings back and forth and back and forth. I finally got to a pretty good place like a week or so ago and I was ready to put the sign in the dirt, and then I got together with a beloved brother and a beloved sister who were also very interested in community and they were going through some doubts and fears of their own, which I certainly could recognize because I've been going through the same thing.

Anyway, when I went home from there, I realized that if I was going to sell my house, it had to be because I believed in the deepest part of my being that it was the right thing to do and that I needed to move on, and for about two days I

really sort of chewed that over in my mind and heart, and it really wasn't that big a struggle. Not very long ago I would have really been semi-hysterical that my friends had all these doubts. But after a day or two of really thinking it over, I felt very peaceful that it really doesn't matter if there's nobody out there. It's time for me to move on. And I also have this feeling that if I just go ahead and I'm the only one who's selling their property for this instant, others will come along sooner or later, and I feel like this is a jumping off the cliff place.

Yes.

And I think I can do it. It feels right.

Yes. This has been an important process for you, beloved one, in looking at what are called the possessions and what they mean to you, what the attachment has been and the importance thereof, and what it signified to you. This has been an important process that has covered, in your terms, some time, and you are coming through, as you have expressed it, to a place of peace within yourself of knowing that it matters not what others have decided for themselves or where they are in their process of evaluating things.

But it is important only that you be certain within yourself and come from that place of the heart. This is the strength that you are feeling now because you have reached a decision for yourself that rests upon no one else and how they are viewing what is transpiring.

Follow your heart. Follow your guidance and know that everything is in its own timing. You are being guided perfectly. The importance in this process for you has been one of evaluating and then trusting. You see the strength in that?

Uh huh.

Yes. The community of which you speak will be manifest in physical form. It is, right now, a part of a process that is going on within each individual soul who feels attracted to that vision, and this will be manifest in different ways for different people as they evaluate their process of what is important for them and also as they get in tune with the timing for them. This will vary from one individual to another. So that the process of community is very much alive and well. The vision that all of you have been attracted to is very alive and well and it will manifest. At some point in time you will find yourselves all living in a physical community with each other and sharing, as you have seen, from the heart, supporting and recognizing the Christ in each one of your brothers and sisters -- not only the ones who are abiding there in the community with you but those who are attracted thereunto for the healing. So that this will manifest in time. But it has been a process that has been going on -- a very necessary, important process -- for each person, and each person is at a different place on their path with this.

Well, I'm glad there is going to be a community. I just knew there was, and I also have a strong sense that various people are kind of moving back and forth and back and forth. It's like everybody is making a progression in their own way, just as you've explained.

Exactly.

So, I'm really glad to have that confirmed.

Yes. What you have seen and what you have felt is true.

Good.

Hi.

Hi.

There are so many questions that have been coming up for such a long time, I'm not sure where to start. Well, let's just go for it here.

Right, just start somewhere.

In processing this belief system that seems to be really strong with me, more of an addiction I would guess, in terms of pain and suffering, understanding that it is a reflection of what's going on in race mind, I'm having a difficult time separating what I am individually and do not want to express anymore in a painful situation, as to what is going on around me in terms of draining energy. It is interfering with my own channeling. It has been interfering with my own work to the point where I feel that I am in an incorrect location. I have been, for the last two years, in this particular living situation and I find my mood swings just incredible. Just incredible.

I guess the main question is, although I have asked at many levels for that to be released, it appears on a physical level as though that's not happening. Is there something that I can do besides staying in my heart, which I feel I do anyway, to accelerate the process and to release the pain?

Yes. There is never, as you would term it, an incorrect place to be. One is always in the right place at the right time for the blessings thereof. The perception, however, may tell you differently and you may feel with that, pain. It is as you have said, a question of staying in the heart and coming from that place. It would do you well to sit in meditation with the heart and ask the heart, "How would you like to express? What would bring you joy? Where" -- and you can envision for yourself -- "would you like to be?"

Get into great detail with this. Even write it down if you want to on a piece of paper, and envision in great detail where you would like to be, the kind of work you would like to be doing, the people that you would like to be associating with, the values then that would be accompanying that and how this would be expressed. It will give you some insights as to what you have called your belief system and you have termed it correctly. It is... your belief system is, as you see it, holding you where you are, so that you feel that there is no movement or you cannot leave it.

That, of course, is not true. You can always pick up and leave. However, the consciousness and the perceptions are going to go with you as baggage. So it would do you

well to sit quietly with the heart and ask it, "What brings you joy?" -- a very simple question which will have lots of answers.

That would be good for you to do in the next two weeks of your time. Just to play with it. It will bring you many answers. Feel a certain lightness with it as if you would take off all the boundaries, all of the limitations that you know are there, which are not there -- but they certainly feel like they are. Play with it without limitation and just see where it leads you. Many insights will come with this.

You have much guidance, as you know. You have many in what you would term the unseen realms who are with you, who are, as it were, cheering you on. Tune into them as well. They love you with an everlasting love. They are just waiting for you to turn in joy to them -- not in the heaviness and not in the seriousness of, "Oh, how bad things are," because that keeps the door closed, but turn to them in joy. They have much that they will share with you.

I understand, and I'm wondering about a time frame for me to feel physically -- if you can project; I don't know if you are into time frames -- can project an accurate time frame for me to feel well enough to get on with what I would call my work, which we are well aware of?

Yes. This will come as you begin to feel the joy. The secret is the joy. The body will then manifest the joy. The body will manifest the lightness that you will be feeling, so it is all a question of and it all hinges upon the willingness -- which does not seem like a choice to you now, but is -- the willingness to feel the joy and to expand, to practice the joy. All of the rest will naturally, very quickly, follow. It does not have to be a long time. In fact, all of your cheering section is saying, "Yea, get on with it, Rose!"

Jeshua, I have always had the belief that there is something, some plant or something in this Earth to heal every ailment of the body, that whatever ailment we have that the Lord God has provided something to heal it, something to correct it or to assist the body in correcting it, and I've never believed in the ailments of old age. I have accumulated a few along the way but I'm trying to get rid of them and I will get rid of them.

Yes, you are releasing and letting them go.

But, we hear of life being extended to farther years, that the body doesn't need to die. There is a group of people that work on that concept, that the body doesn't need to die.

Exactly.

And that we can go on for many, many years beyond what we traditionally think, but it's our death consciousness, our belief in death, that brings us to that, and so I'm wondering whether we will see a growth in this phenomena of people living longer years. And I just wondered what else could be said about that?

Yes, beloved one, you are very much tuned in to the vision of what you would call the future where ones are so much in joy and in lightness that the very cells of the body know that they do not have to take on the heaviness and the density, as you have called it, the death consciousness, so that the years that one spends upon the Earth plane will be extended as long as one wants to, as long as one is in the joy of expressing and experiencing.

Yes, this is what is transpiring and already, as you have felt it, it is happening with such as yourself: being very young in nature so that this is out-pictured in the very cells of the body, in the very molecules that are gathered unto.

Yes, there are certain, as you know them, herbs and plants of the field which give of their very life essence that will help the body, which nurture and heal the body, as you would see it, and support the cells in this dynamic ongoingness. You are one who has worked many lifetimes with the herbs. You have great knowledge of this so it is no wonder that you feel so certain that this is true.

It is true. This has been manifest other times upon your plane and you were there as one of the ones who was manifesting. You were one of the ones who has lived the three hundred years and whatever that you have read about in your Bible and your Holy Scriptures. Yes, you have, because you know truly that the Life of God is ever ongoing and it need not die as long as there is the joy and the wonder of being alive and expressing. No need to finish it.

Right.

Very true. It is only when one takes on the heaviness that one feels that one wants to be finished with this plane and takes on the posture and the feeling you know all too well. {Jeshua lets the body droop, shoulders heavy.} When one is very much alive and dynamic, one can go on forever. {Standing upright.}

That's been my belief.

Yes, very true.

Thank you. There was one more thing I wanted to comment on. About fifty years ago, now, I went to enter the convent and so lived a monastic life or whatever, and I dedicated my life to you, Jesus Christ. And after I lived that life for thirty years, I decided that I had grown as much as I could there and I wanted to go and bring this demonstration to this outer world.

Well, what is on top of my mind right now is, my classmates are celebrating the fiftieth anniversary tomorrow and so I just wanted to ask you to bless them.

They have my blessing, beloved one, and I thank them for the work that they are doing, for the love that they are sharing in their own way, for being willing to set aside what they would see as a life within the world and to follow the path of the Heart and of the Heavenly Father and to share in what is, for them, the perfect out-picturing of this love. Yes, they have my blessing, as you do also.

This was a very important period in your life. It was a time when you went back and brought into this lifetime in very conscious awareness many lifetimes that you have spent thus, in a convent or as a monk, in quietness and in service. And as you saw, perfectly correctly, there is a place for that and there is a place for coming out into what you would see as your world and sharing it with others.

You have always been one who has very much been in tune with guidance. I will even say here, my guidance, but it is not just my guidance. It is the guidance of all of those who love you.

Thank you.

Yes.

We've all read or heard about ascended masters. Is the idea of ascension something we should be concerned with?

Not as a goal. Not as something you need to strive to make happen. Ascension is a natural process that will occur as you become one with who you truly are, as this awareness -- what I have called the Atonement -- as it is manifest upon this plane with each individual.

The process of ascension is one where the very cells of the body know their lightness: the Light of the Heavenly Father, the energy that they are, that you are in expressing in this physical manner. The cells become so light that they no longer can be held upon this physical plane.

This happens every moment as one chooses love over fear, as one chooses to lay down limiting beliefs and chooses one's own resurrection into the unlimitedness that one truly is. So that the process of ascension happens moment by moment, each time there is that {snapping fingers} light bulb that comes on, that "Ah ha," that insight that happens. It's like the light dawns. Why do you have in what is called your comic strips where the light bulb all of sudden is depicted?

That is a moment ascension, a moment of enlightenment. So that yes, as more and more of this happens within your awareness and within the awareness of all of mankind, there will be actual physical ascension that will take place. There will also be occurrences where ones will become so light that the body itself will just dissolve. It will no longer be necessary. You will not see a physical ascending. It will just be into the energy that it is. It depends on what is needful at that point.

But as you have asked, no, the process of ascension is not a goal to be sought. It is something that will out-picture naturally.

We have time for, I believe, about one more question and then it will be time to finish. This beloved one who is going about with the leash here with me is saying unto me that it might be time to wrap this up soon.

Sometimes I can really feel the Spirit working through me. Then at other times it is really absent. It's like my ego gets in the way, and I'm growing tired of

this circle that I'm going in all the time. What I need is an ego activator. Got any advice for me on how I can get out of this circle?

How does it feel, beloved one, when you are, as you say, in the feeling of the Spirit, when you feel the Spirit working through you and with you and as you?

It feels completely natural and light and joyful. It feels great. That's where I want to be all the time.

Exactly. That is your true nature, and it is no wonder that you desire to be there all the time. So at times when you feel that nothing is happening, re-create for yourself, as it were, that feeling of being in the Love, the dynamic aliveness. Even if you would term it to be in your imagination, re-create that feeling.

I try but it's a dim spark sometimes. Other times it's immediately apparent.

Yes. It is part of, as we have seen, the belief system that is manifested upon this plane. This belief in duality. How often we have heard that expressed this evening -- of the two sides of the coin, as you would say.

So how do we stay on the right side all the time?

Exactly. It is knowing that you are never separate. That coin, even though it may be appear to have two sides, is one coin. So in times like that, choose anew. I know that sounds very simple. It is simplicity itself to choose anew, but it is to go to the heart and to listen to the heart, and to allow yourself to be in that space where you feel that nothing is happening and to not judge it because the judging itself is going to keep you from experiencing what you want to experience.

So at times like that when you feel that nothing is happening and you are not in this dynamic spirit, that's the time to take the arms and wrap them around one's self. Just love the heck out of one's self. Get into that dynamic feeling. You see, all of life -- true Life -- is lived from the feeling nature. It is lived from what I have called the heart, from the emotions. And what are the emotions?

ENERGY IN ACTION. You see, very alive, very dynamic. So at times when you feel that life is blah and there is nothing going on, and you don't feel the dynamic activity, create some.

As I have said to beloved Firewalker over here many times....

Dance.

Dance. Well said, beloved Firewalker. You have remembered. And how did it feel when you danced?

Feels wonderful.

Feels alive, right?

Dance till the joy comes.

Exactly.

That's when you can stop dancing: when the joy comes.

And do you even want to stop when you're in that joy?

No. But dance till the joy comes.

Exactly. Thank you for sharing with your beloved brother. Dance until the joy comes. You have a saying in your world to "dance until the cows come home." Well, dance until the joy comes. Much more fun than the cows, I suppose.

{Laughter.}

Thank you. Thank all of you for coming this evening and setting aside this time frame to share with me, and for allowing me to come and be with you in this way.

I feel very alive being in your presence. I feel very expressive, as you have been able to see. This has been something that I have desired to be able to do. This one you see now before you did not know this was going to happen today. In fact, she was asking me this afternoon could she not please go out the back door and perhaps come back in tomorrow morning when it would be all finished?

{Laughter.}

She said, "Could I just kind of run away and it would all be taken care of, and tomorrow I can show up. Maybe I can get in the car and go somewhere." And I shared with her that was exactly how I felt after the Last Supper when I went unto the Garden of Gethsemane and I prayed unto my Father that this cup be taken from me. I knew this was a demonstration that I could make, just as this one knew that she would come through this, but I also knew that it was not something I wanted to do. I knew that it was necessary to do. I knew there were many benefits that would come from it and I was willing, but I also prayed unto my Father, "If there is another way, please show me."

This one was also praying today, "If there is another way, Jeshua, that I don't have to actually show up this evening, please show me." So I wanted to share that with you because all of you, in your own way, are expressing the Heavenly Father. All of you, in your own way, have your challenges with people that you meet and you talk with. All of you have felt the fear and the constriction and the "what will people think" feeling. And all of you know the joy you have felt when you have come through that ring of fear.

I thank all of you for your love, for your smiles, for your bare feet, for your sharing of your love and your aliveness with me this evening. Go in peace and share that with your brothers and sisters who are so in need of the peace that you can share with them. In that you will find your joy.

Go and live.

So be it.