

All That I Give Is Given To Myself

1993-08-20

Indeed, beloved and holy and only child of our Heavenly Father, child of Light divine, I greet you in joy this evening because that is where I abide eternally and that is where you abide also with me in eternity, if you will receive it. We abide together in that place of Love because we are that Love, and we abide together in the joy and the freedom because we are our Father's only holy child.

So it is with grand joy that I am allowed to walk and be amongst you this evening, and I thank you, beloved Elder, for making it possible for me to walk about without my leash.

You're welcome.

As many of you have seen in the other Friday evenings, I have been like the beloved pet with the leash about the neck or trailing the cord around with me. And, as you saw last week, we had the chairs in a circle, so that for the first time I could walk about freely -- not in between the rows, but this time without the rows, so there was great freedom. But what happened was that the cord itself ended up in a grand circle like a great coil by the end of the evening. So our beloved Elder has come up with this thing that buzzes {wireless microphone} so that I now can walk in a circle without entangling the ankles and the feet, without entangling any of you in the leash as well.

Good evening, beloved one.

Good evening.

How are you since we last spoke?

Happy as can be.

Are you awake?

Yes.

Yes, you are. Grand joy in being awake. I congratulate you.

Thank you. I sure thank you.

Does it not feel great to breathe?

Uh huh, it does.

A grand freedom in breathing -- the inspiration of the holy breath.

Things have a lot of sparkle when you can breathe.

Yes, even with the physical eyes, as you have noticed. As one breathes and takes in the very oxygen into the cells, it brightens up all that is seen even upon the physical plane.

You can't imagine how much unless you are inhibited in the ability to breathe.

Yes, it gives you, as they would say, a grand way of measuring it, right?

Uh huh, it does.

Hello, beloved angel.

Hi.

How are you this evening?

I'm fine.

Yes, you are. In Truth you are. There is a grand sparkle to your eyes this evening. Even though one might say that the body is tired, the Spirit is never tired. Is this not true?

That's right.

Yes. Grand love. You are coming unto a place of grand joy now. Much more freedom. You are, as it would be, putting the toe into that pool of the freedom and being able to test it to see if it feels hot or cold or just right. Perhaps a bit like, you have a story, a children's story, of "Goldilocks and the Three Bears" and testing out the chairs and what does feel right. This one is for you just right.

That's good.

You are embarking upon a beautiful chapter. You are just now, as it would be, perhaps, turning the first page of this new chapter and finding much freedom in this chapter for yourself. You have finished, as it were, all of the necessary things to be done in this lifetime, all of the things that society would have you do in your culture, and you are being freed now to be who you truly are and to share that with others with a grand joy.

Okay.

I am with you on this journey in this chapter and it is bringing me much joy to see that happen. There is even a rosiness about the cheeks that is happening.

Thank you.

Thank you, beloved one, for being the Light that you are and feeling the freedom to express the Light. Many there are in this world who need to see the Light that you are so that they may know the Light that they are. Every time you smile and give that gift unto others, it lights up, as it were, a relatedness, a resonance within themselves of the Light that they are. It is a grand gift that you give them.

Yes.

And you, beloved one, how is the grand mother?

Just fine.

Yes, I can see that again in your smile and in your eyes. Is it not a great blessing to be able to share the love of who are you with so many that you might see in small bodily form but who give great love unto you in return?

Yes.

Yes.

We had a wonderful meeting last night at McNeil, just wonderful.

I know, beloved one. One could feel the radiance from that room and the Light from that room. And do you know that there were many in what you would term the unseen realms who were with you in Spirit, and there were many who were, as you would term it, searching, not quite sure of the Light that they are yet, who saw the grand radiance as you would place it as a pinpoint in that geographical location, who saw that Light and were attracted unto it? It is much as I have said unto this one with the rescue work that this one will be starting and doing, that when they sit in the circle with the Light, there are others who may be wandering about a bit confused in what you would see as the unseen realms who can see that Light and are attracted unto it and feel the love thereof.

This is what you were sharing last evening in the love and the exuberance of that love, the radiance of that love. It was far-reaching.

Thank you.

It did open up the heart, did it not?

Yes, it was just wonderful. I had difficulty sleeping.

It is energizing. It is truly the Love of the Heavenly Father that cannot be contained. It truly does energize the very cells of the body. And, as you know, beloved one, there is not really much need for a long bit of sleep even upon this plane if one spends the time in meditation, in that place of peace, in communion with the Heavenly Father. One need not put the body to sleep, as it were, at all.

When I'm walking around in the morning with the angels...

Grand communion.

Is that meditation or...?

The highest form of meditation, beloved one.

I'm wondering if I should sit quietly and close my eyes or would it be okay to walk around and talk to the angels?

There is a time for both upon this plane and you will know what feels right for you to do. But there is grand communion with the angels, as you have termed them,

grand dynamic energy in this communion, and it does not need to be contained within the body, sitting upon a chair and being very quiet. Even in that place of dynamic energy, of great exuberance that we have just talked about, there is a place, a very deep place within you which is at peace. And you can feel that as well. So it is not necessary to sit in any particular fashion or to be quiet, as it were. One does not need to do that to be in communion with Who one truly is and with all of the other expressions of the One God. Do what feels great for you, beloved one. It cannot be contained.

I need to thank you for saying I'm a great ray of Light.

You are indeed. This is a grand Truth.

Because I'm passing it on now and it's beautiful. I'm beginning to see that I am more than a body.

Yes, and others are seeing this as well. There is a grand radiance even about the physical body that those who have the eyes to see can see. This is why in the paintings of me that you have seen that were done as you would see it years and years ago, I was pictured as having a halo about the head. In the early pictures that were painted of me there was a halo about the whole body, an aura you would term it. A radiance. You remember, beloved one, seeing that in that lifetime.

Yes, I do.

Yes, a grand radiance. And then this was put down upon what you would call your canvases in the paintings so that it would be remembered for years and times to come. There is that same radiance about you this evening, beloved one.

{Hugging.}

And how are you this evening, beloved one?

I'm fine.

Yes, spoken in Truth. You are fine. Always your Father's heavenly child. You can be nothing less than that.

How is the grand seafaring captain? Do you know that many lifetimes you have been upon the sea?

I suspected that, yeah.

Yes, a grand adventurer. Many, many lifetimes upon the sea. And do you know why that is, beloved one?

No. There is a love for the sea just like the land.

Yes, and for you there is a grand freedom in the flowing of the water, in the power of the water that would be seen. There is a grand joining of your soul with the

very energies of the water of our Holy Mother Earth. There is a communion. You know you are at one with that energy. It is a free-flowing, dynamic, powerful energy, which is you -- truly you -- and when you are in the boat, the ship, and you are upon the water, you are one with that water. You are one with the consciousness of that water because it is you.

Yeah, I experience a loss of myself and I figure many seafaring people do experience not knowing where they are or who they are as they merge with the vibrations of the ocean, and so that's been disquieting to me on many occasions.

This has been a grand blessing unto you because it has shown you how unlimited you are. It is only the ego that would speak to you of separation and of trying to save the body and of seeing itself as being separate, needing to be separate. It speaks so loudly that sometimes there is, what you have called, a disorientation that happens. Go with it, beloved one, when that comes up. Go with the feeling of unlimitedness. Let yourself be lost in it so that you know not who you are as a separate individual entity, but know yourself to be that energy, that unlimited, unbounded energy. That is truly who you are.

Thank you, Jesus.

You are welcome. It is my grand pleasure to be with you and to touch and to share the energy, the very energy that courses through the fingertips, with you.

Your name is David.

Uh huh.

A very famous name. Many stories in the Bible of David, your namesake. You are again the grand scholar.

And you, beloved one, the one who is known as Willie in this lifetime, how are you this evening?

Fine.

Yes. You are one who likes grand adventure, grand physical adventure. You like very much being in the body and being able to use the body, to feel the freedom and the power of being in the body and racing about. Is this not true?

Yes.

Yes. You are a grand soul. Much there is in this lifetime that will bring you joy, and you will bring joy unto many. You are a Light.

Good evening, beloved brother.

Good evening.

I am pleased to see you here.

I am pleased to be here.

How is the heart this evening?

Great. Great.

Does it sing for joy?

Oh, yes.

Yes.

It is a joy just to sing.

As it should be.

Stand up. {Hugging.}

Many are the times that we did that when we walked the Earth together. It will bring back many remembrances for you. Remembrances of specific times are not especially important but it will open other doors for you that will open up remembrances of the total Self as you would call it. Grand remembrances, but start first with the remembrances of what we have shared because there will be much joy in that, much freedom. And from that joy and that freedom the heart will be opened even more -- so much so that you will not be able to contain the joy that is in there. It will be overflowing.

Thank you.

You are a grand blessing. Thank you.

And you, beloved traveler, how are you this evening?

I'm so happy to let whatever is in you be in me, too.

Thank you for having the eyes, the spiritual eyes to see that. Many are the lifetimes that you have been the grand teacher of others. You have been the grand scholar and then the grand teacher. In this lifetime you have found yourself again being the teacher, but even more than that, you have been a teacher unto everyone whose path has come alongside of yours and whose path has crossed yours. Much you share with others even upon the bus ride. Is this not true?

That's true, but I had a couple of teachers who showed up to teach me some things. I think both of them were you, but you weren't dressed like that.

I do not always go about in this costume, as it would be seen.

You really surprised me.

Yes, beloved brother. This is very true. There are times when I manifest a body for a short interval of time to interact.

That's what I sensed.

Yes.

And I'm glad I wasn't asleep like Peter, when you came.

{Laughter.}

Yes, this is true. I would remind you that there have been other lifetimes when you have been very much asleep -- but it would not be kind of me to remind you of that, so I will not.

{Laughter.}

Thank you.

We will not speak of that. What did you feel when you were in my presence in this recent time?

My ego was really wrestling with the fact that here was someone I had to help when it was really I who was the one that was needing the help. That's what I felt, but I'm glad I stayed with my inner hearing and followed that, worked that through.

Yes.

Because I got a powerful lesson.

Yes. I come in many forms, many guises. Always in love.

You were. Wait'll these people hear how you behaved and how you were dressed.

I have shared with all of my friends how I enjoy being outrageous.

Uh huh, you were.

There is grand joy and grand freedom in being outrageous.

There is.

And not being conformed to what the world says should be and how it should be. Yes. I know that your brothers and sisters will be looking forward to hearing these stories. You have, as they would say, teased the curiosity.

You, beloved one.

Yes.

Can you stand?

Let's see what we can do. {She stands.} Okay. I get to start walking.

I know this. {Hugging.}

I am so pleased with what you are allowing yourself to do. There is grand healing energy that you are and that is shared.

I feel it.

Breathe, beloved one. Breathe in that healing energy that you are. Feel it to the very tips of the toes.

I do.

I know that you do. Let it flow with freedom. There is much healing that you are doing, and what is being pictured, out-pictured in the physical manifestation is but a symbol of what is happening on the inner for you -- much healing, much love of self that you are now accepting.

Yes.

You are truly beloved of your Father.

I feel a headache.

Yes, there is much energy. Perhaps you should sit.

Thank you.

There will not be many more times that we will need to do this, and you will feel the freedom of the physical body being able to do this on its own.

Oh, that would be beautiful.

That would be beautiful?

Uh huh.

It is beautiful. In the fullness of time you are going to prove this unto yourself.

Okay. I'm going to start swimming soon.

Yes. You and your dolphin friends.

All right.

Right. Do not forget your dolphin friends.

So they will be there?

They will be there with you. Even though you may feel them to be swimming in the air above the water, there is much energy that they will be sending and charging the water with. It does not need to be in physical form for you to feel it and to accept it.

Their sonar?

Yes. They can send what is known as their sonar through the spiritual waves, as it would be. It takes only the acceptance of the receiver.

I'll be open to it.

Exactly. Thank you, beloved one.

Thank you. I love you.

I love you, too, as you know.

Hello, beautiful one.

Hello.

How are you this evening?

Wonderful.

Yes, you truly are. Such beauty.

Thank you.

Yes. Much beauty in the physical form, but even more beauty in the radiance that you are. We have shared much.

Yes.

Yes, and there is much more to be shared. Much more of joy.

I'm open.

Yes, and you will be receiving.

Wonderful.

These are the hands of an artist.

Someone seems to take over when I pick up a paint brush.

Do you know who that someone is, beloved one?

Well, I would say it was you.

It is us together, because we never can be separate. We are always one together. It is you, beloved one, in your creativity -- you and that great stream of creativity, of bringing forth the beauty upon this plane for others to see and to enjoy. Grand creativity. Grand healing for yourself and for others.

It's a wonderful life.

It sounds like that should be a title of, perhaps, one of the things you see at your cinemas.

Yes. There is "It's A Wonderful Life."

Yes, I have seen that through the eyes of this my ancient friend and ancient teacher. Once in a while she will watch what is called your square box and watch some of the movies that are on that square box.

Hello, beloved angel.

Hello.

You are your Father's only child, and such a joyful child you are in the heart. There is much love that you share with others. This is felt, and much love that you share with the creatures, the animals upon this plane, much love that you share with what is known as pets and the small animals of nature. You are a grand companion. I would call you one of my great playmates.

Do you like to dance, beloved one?

Yes.

Yes, there is singing in your soul. Much music. Many lifetimes you have been the grand dancer and you feel that again in this lifetime. It is your soul not wanting to be held down, as it would be seen. It is your soul knowing that it soars unto what would be called the ethers, the other universes, unlimited. You bring beauty to this plane, and it is a great gift that you give unto others.

Be always in joy, beloved one. Dance your way through life -- either physically or, as they would say, in the Spirit. Be in the Spirit of things.

Thank you.

How are you, beloved one?

Great.

Yes, truly. You have had some grand travels in what would be known as your summer. Is this not true?

Yes.

Yes. You have been the wanderer in many lifetimes. You have been the grand adventurer who wanted to see all and has traversed all of the planes, all of the seas, all of the land masses of what is known as our Holy Mother Earth. You have been to the very top of the highest mountains -- yes, in physical form -- and you have also been in the oceans. So it is no wonder that you find yourself again in this lifetime perhaps not upon the actual physical mountains and traveling quite that far, but there is a Spirit within you that cannot be contained and wants always to experience.

It is out-picturing for you the Truth of your own being. As you feel the traveling -- there is a grand yearning to travel and to know more -- but at the same time there is a grand yearning to be home. You have felt this and you know what that is saying to

you at a deeper level: it is time to come home, beloved one. And when I say "it is time to come home," that is only in awareness, for you have never strayed from home. You are always in your Father's Kingdom. You have never gone from that Kingdom. But in your acceptance of the ideas of the world and the beliefs of the world, it has felt that you have strayed and gone a far distance from home. But home, yet, is in the Heart.

You have a saying even within your day and time: Home is where the heart is. Is this not true?

That's right.

Yes. There is grand wisdom in many of your sayings. There is much, what you would call, hidden meanings in some of the sayings that are very commonplace. As you are vigilant and look perhaps a little deeper beyond just the saying which is often said, you will see a deeper meaning.

You are one who has great love within the heart and is always serving others. As you feel the flow of the love in the service that you give unto others, remember that you cannot give what you are not already. Know that you are that Love. And, as it would be seen, be aware that as you give that love, you are also keeping some of that for yourself. That is my gift unto you.

Thank you.

It is not that I can give unto you what you do not already have, because I cannot. But I would remind you to keep a bit of awareness of the love that you give to others and to know that that is you, as well.

Thank you.

It will be a gift that you will give unto yourself then.

Right. Thank you.

And you, beloved one. Where's my hug?

That's right. Bear hug. {Hugging and laughing.}

Grand energy with this one. This one tries to keep it contained. It cannot be contained. It bubbles out and over the surface and is just spilling out unto anyone who is within perhaps what you would call a hundred mile radius. Grand love.

Remember what I have said unto your friend: there is much love that you give unto others, but you also are that Love. And as it flows through you and is extended unto others, it also warms your heart. Be aware of the gift that you give unto yourself as you give the love to others. Such a beautiful smile, beloved one.

You are as a child who awakens on Christmas morning and is so happy that it cannot be contained, so happy that the day has finally come. Do you see, do you feel the energy that bubbles up?

Getting to talk with you is like Christmas.

{Laughter.}

Well, I suppose that is appropriate since we both are the Christ. It is Christmas. Anytime you turn the focus of your attention unto me and we commune in the Christ Light that we are, it is truly Christmas, any moment. One does not have to wait then on what you would see on your calendars as being three hundred and sixty-five days -- which, of course, varies with some calendars. But one does not have to wait. One can always celebrate the Christmas.

I have that Reiki circle that you suggested. That will be starting next month.

I am very pleased that you have heard me and that you have acted upon that already. There will be much healing coming through this for you and for the others. You will see many coming to share in this, sharing not only of the physical energy that will be exchanged, but also of the love energy and of the joy and the fellowship.

I saw, I heard as you were writing the description for what would be called the newsletter that goes out from here, and one of the words that you chose to put into that description was "fellowship." There will be grand fellowship in this. You have seen and discerned. Thank you, beloved one. I will be there with you -- because, after all, you cannot keep me away.

Hi, beloved one.

Hi.

I am glad to see you here in physical form.

It was touch and go for awhile there.

And what were you touching? -- and I'm glad that it was on "go."

I just thought... everybody was saying, "Don't leave home. You are sick. Don't leave home," and I thought about it and thought about it. Took a couple of aspirin and I feel quite good.

Yes.

Especially five minutes after I was in this room.

Yes, there is grand energy in this room. It is not that I have brought the energy to this room. It is because you have brought the energy to this room, all of you together. It is a grand energy of love that is within this room.

It is a real thing. And I see it most of all when I know I am under the weather, so to speak, when I come in here and in five minutes I'm not even aware of it. It's like it never happened.

It is a grand way to prove it unto yourself, is it not?

Well, it's kind of painful.

Exactly. It does not have to be done that way.

Good.

Yes.

You know, I am really puzzled, though, why I should get this disease they call mono back, when it took me so long to get rid of it in the first place. So I've really been racking my brain today and saying, "Why have I brought this into my life?"

And the racking of the brain, does that come up with any answers, beloved one, or does that lead you into more of the effort?

No, I know I have a tendency to effort too much.

Yes.

But I was thinking, I've been going along in school so well.

Yes, you have.

And my big test is on Monday. And then I was going to start working six days in the clinical setting, and although I was a little bit scared about whether I would have the stamina to do all of this lifting and rolling and so on and so forth, you told me I'm getting stronger all the time. And then I come up sick as a dog yesterday and this doctor is telling me four to six weeks before I feel good again.

And who would you believe, beloved one?

You.

Would you believe the message of the heart or would you believe the message of the world?

The heart, of course.

Of course. Now, remember you have said that.

Yes.

Yes, because I say unto you: this is one of the grand ploys of the ego, to prove unto you that you are weak, that you are separate, that you are limited, that you cannot do. It comes out of the very soil of separation, the soil of fear. You have been into a battle, as it were, within yourself: would you be strong enough to do this? And the ego has said unto you, "Of course you are not strong enough. This fear is more than you." And you are now out-picturing that as a very good, as you would see it, excuse, a very good proof that you cannot do what you want to do and know is possible to do.

I say unto you that within forty-eight hours of your timing you are going to be as well as you were forty-eight hours ago.

Well, that's wonderful. Thank you so much.

You are welcome. But it is not I who is doing this. It is you, in walking through this ring of fear.

Well, now that I'm aware of where it's coming from....

Yes, you can deal with it. You can speak unto the ego and tell it that it is very strong and that you have heard its message, but that you are stronger than any message of separation, and you have set your heart and your mind upon accomplishing what you have set out to do. There have been other times in this lifetime and other lifetimes where you have come unto this place and you have stopped, feeling that there were outside circumstances that came upon you to inhibit you. This lifetime you have brought it, as it would be, right up in front of the face, right against the nose, to see it again -- this time to walk through it. Be of good cheer. Be of grand strength, for you are that strength.

See, I knew I had to be here tonight. I knew it. Thank you very much.

You heard my invitation and my call to be here. It was not that we could not speak in any other fashion, because we were speaking, but it is grand to be able to feel the energy.

Yes, it is.

Yes, and to be in each other's presence this way. There is much that you are going to be doing as you walk through this ring of fear, dissolving many lifetimes where you have held yourself back, where you have blamed outer circumstances for the inhibition, for the weakness. This lifetime you are seeing that the ring of fear is nothing more than fear and can be walked through as easily as a choice.

That's right. Thank you.

You see. {Hugging.} As you had the strength tonight to make this choice and to be here, you will again, already, have that strength to make the choice to go through and accomplish the goal that you have set before you -- knowing that you are not alone. You do not do this alone.

Just somehow I had this feeling I was drawing this to me and what was I doing wrong? That's part of my making things difficult for myself.

This is part of what you would see as your habit pattern, and you are not alone in this. There are many of mankind who have the habit of trying to prove unto themselves that whatever comes up, "I must be at fault because I judge it as being negative."

I would say unto you that this experience that you have, yes, drawn unto yourself -- you are manifesting it -- is not of a negative nature.

No, the way you've described it, it sounds like a good thing to happen, right now.

Exactly. It is all in perfect order. The timing is perfect and it is not of a negative nature. It is a grand blessing, and you have manifested this at this time to prove to yourself that you have and are great strength. You had questioned if you would have the physical strength to do the nursing work.

Right.

Yes, beloved one, there is no question about that. You have also, at a deeper level, questioned if you had the spiritual strength to be able to go through this and to accomplish this goal, and I say unto you: yes, you have the spiritual strength and you have already demonstrated that by being here tonight. Be of good cheer.

I will now. Thank you.

Good evening, beloved brother. It is such a joy to behold you and your Light and your radiance. How are you this evening?

Great.

I don't know why I bother to ask that. Everyone says, "Great. Fine. Wonderful."

Terrible.

But I would not buy that. I would not even give you a penny for that, because I would not believe it. Is the heart happy, beloved one?

Yes.

Are you finding more and more joy in your life?

Yes.

Yes, and more and more ways to share this with others.

That's great.

What is your fondest wish?

Oh, boy. Just to be more expressive, more outgoing in things that I believe in.

So be it. And I do not say that because I can grant that wish unto you, but I know that by the very desire and the very voicing of that desire that you have set in motion the wheels, as it were, that will bring that to pass.

Yeah.

Yes. You are already finding the confidence and the courage to express who you truly are and to share this with others. This will be increasing in the days to come. You will find it effortless.

You are a grand joy. You give a great gift unto others just by being in their presence. Do you know that as you sit in this circle there is much energy that is circulating,

as it would be, and that the one sitting opposite you can feel your energy? And you, hers?

Yes. Do you know that each time you smile, you, as it would be, turn up the amplitude of the Light that you are?

It's so wonderful what you were talking with her about. Very powerful. I understand now.

Thank you for having the ears to hear to hear the deeper message.

Yeah. Yeah. That's good. Sometimes along the way we need to break through and understand what's happening there in our lives, and in all the little things, to believe and trust that there's a way on the other side and just walk on through. It all works. It works very well.

This is a grand time of awakening for many of your brothers and sisters, and for you as well. It is a time of walking through the rings of fear that you have held for many lifetimes and to see them for what they are. You are to be congratulated, I believe is the word in your world, for walking through what may feel like a wall and yet is just a veil. This is what this one is doing. This one has come through many of what felt like brick walls, and as she came up and had the courage to go through that wall, she found that it was, what you would call, a pushover.

Sometimes it's hard to see on the other side. You have to believe it's there.

That's right.

That is what is called "having the faith."

You, beloved healer, one who heals in the physical sense, ministers unto others, and one who heals on the spiritual by the giving of your love, by the steadfastness of that love, even though you would see many disappointments and many places where you would think, "Well, that certainly didn't work out the way I thought it would," there is much being accomplished. Thank you, beloved servant of our Heavenly Father. How are you this evening?

I'm doing, I think, real good.

I would have been disappointed if you hadn't said that.

No, I am doing good. Thank you.

You are welcome, of course. It is, as they say, the only way to go, to be happy.

Thank you, Jeshua. It's good to talk with you this way, but I talk with you even when you are not in the physical.

Yes, we have grand conversations and I hear you. I hear you in your joy and I hear you in your great exuberance of the shouts.

Oh, thank you.

Perhaps not the physical ones but the ones that are said quite forcefully, as you would put it, on the mental plane. Yes, your energy reaches me, but how could it not, because we are not separate?

Right.

Yes.

Together.

Yes. Is it going well for you?

Yes, it's going quite well. I think it's getting better all of the time.

Beautiful Truth. I encourage you in that.

Beloved Firewalker. How are the fires in your life?

A little cooler.

Congratulations. Does it feel more at peace for you, then?

Uh huh, it does.

Did you also enjoy the evening last night?

Very much so.

Yes. Much healing is occurring, not only for the ones that you would see as being your brothers, but also for you as you are allowing yourself to share with them and to express with great freedom the Truth that you know. It is not by accident that you were called to do what you would see as this work -- which is not a work. It is not by accident.

We don't pull any punches though if I can help it.

No, this is one of the beautiful Truths. There is no need to, say, pull any of the punches. Everything can be out on the table, as it would be. The ones who are there are asking for everything to be out on the table. It is time. One of the reasons they find themselves in this monastery {prison} is because they have been crying out at a very deep soul level to know who they are and they are done with the games. They are done with the procrastination. They have tried everything in this world and they have found it all to fail. That is why they are in the monastery and they are studying this course of study with you: because they are at a place of readiness to release all of the past beliefs in separation and unworthiness.

They may not have come to that place in what would be known as conscious realization, but at a soul level the soul is saying, "I am tired of waiting." It is a grand awakening, is it not?

It sure is. Good salvation show.

{Laughter.}

Yes, and who is your savior?

Myself; who else?

Exactly, beloved one, exactly.

There is no one else that can do it for me.

That is very true. I am your savior in that you and I are one. You are my savior as you awaken and express the Love and the joy that you are. But I cannot do it for you, as you have said. I can do it with you as you do it and it brings me grand joy. Every moment of awakening brings me grand joy because I know what is on the other side of that threshold. I know the joy each time you put the foot over the threshold and feel a spark of that freedom. I know, beloved one, what awaits you. I stand just on the other side of that threshold with arms outstretched, waiting. But then there is no time, so one does not wait long.

I don't know if I understand all that but I'll let go.

One does not have to understand it with the mind. With the heart it is readily understood. Go in joy always, beloved one, because that is truly who you are. Let nothing get in your way of that joy, because whatever would be in the way of that joy is the illusion. It is the voice of separation. It is the voice of ego. And there are times that ego is going to raise its head and shout very loudly, and out of the habit patterns of belief it is very easy to listen to the ego. But what you have been seeing is that those moments of staying with the ego are getting shorter and shorter.

You can always choose again, right?

Choose again -- and quickly.

Grand smile.

And you, beloved teacher of God, how are you this evening?

Great. Glad to be here.

Yes, and my joy also that you are here. I would receive from you a hug. {Hugging.}

Thank you.

Thank you. A hug has to be a two-way street, as they would say, or else it is not a hug. Thank you. Do you have more joy planned for your life?

Oh, of course. And I just allow it to happen, too.

Yes, you do.

Can't always plan it.

No, but you are one who is ready to say yes to it the moment it springs up.

You're darn right.

With no hesitation. How are the flowers in the garden?

They are blooming.

One will hope... but perhaps this is okay, too... that they are not blooming idiots.

{Laughter.}

No, they are not.

No, they are blooming treasures, each one. To be treasured for their own uniqueness and for what they have to give and to offer, and for what you are sharing with them as well. It is, as I have said unto others here earlier this evening: the love that you give to others is who you truly are, and as that is extended, you feel the love for yourself and it would be that you keep a part of that love for yourself -- not that you keep it as something separate, but you will keep the awareness of it because that is who you truly are. You are the grand adventurer.

Thank you.

Keep on.

Okay. Thank you.

And you, beloved one, how are you this evening?

I'm doing pretty good.

Yes, you are. I am very pleased to see you here this evening.

I'm pleased to be here.

There is much that we have shared in what you would see as other lifetimes -- which are not removed from this lifetime. For as you bring forward into this lifetime remembrances of what would be seen as other lifetimes, they are very much now with you. There is much love that we have shared and that we do share. Much play that we have done and still do. There is much of the joyful heart that I share with you and there is much of that joy that you share with others who are looking unto you as a Light.

You are a grand Light unto them because of the joyousness within your spirit. There is a grand freedom that is opening up within you and will be felt even more in the years to come. For now, it is enough that you share with others the joy that you feel.

In other lifetimes it has been said that one would choose a mission or a service and would see it as a great responsibility, and you have done this in other lifetimes as a mission, as a duty, as a responsibility. This lifetime you have also chosen a life of service unto others -- and unto yourself -- because in serving others you are also served. But in this lifetime you will be seeing it as a labor, as it would be, of love -- one that will not be hard to do, one that you will choose gladly and feel no strings attached, one that you will know is of your own free choice. There is much joy in that.

Very much.

Yes. How long has it been since you skipped?

Skipped?

Skipped, yes.

I don't know.

I would say unto you, tomorrow in your timing, somewhere in the twenty-four hours of tomorrow, go out and if you want no one to be watching, pick a time and a place where no one is watching, and skip.

I came close to it today.

There you go. Funny how these things come out. Much joy in the heart, which is then out-pictured in the skipping. Teach others of your friends to skip -- either in physical form or if they feel a bit constricted and do not want to do that, teach them how to skip with the laughter, with the humor. It could be even with the jokes that you might tell. One can always put together a repertoire of jokes and at any moment when there is an opportunity -- and sometimes you can make an opportunity -- just to recite a joke, something that will bring a smile to the other faces. Many ways to skip, you see.

Many.

Practice being creative with the skipping.

I will.

Be outrageous.

I'll do what I can.

And you, beloved angel, how do you find yourself this evening?

It's been a hard forty-eight hours.

Some rings of fear, some feelings of heaviness. How would you see these being different?

They challenged who I was and what I've felt in my heart.

Yes, but do you know, beloved one, in their challenging they are calling out for you to tell them who they are. It is not done in a way that you would feel welcoming, but it is a very deep cry of sorrow on their part and a very deep cry of saying, "Please have the courage to be who you are so that I may know who I am." It takes great courage to be who you are in the face of others who are calling out in that way. But know you that it is a very strong call for love.

It is very tempting in the ways of the world to either give back what you perceive as being given unto you, to return in kind, as you would say, or to take what you feel is being thrown at you and to heap it upon the shoulders and the head and to feel very downcast with it. But yet, at the same time, you are at a place, beloved one, where you cannot stay in that downcast constriction very long because you know the Love that you are and you know what turns it around is extending the love.

I did that today and it worked.

Surprise.

And it was hard. It was a blessing to everyone involved in the teaching.

Yes. Yes, that is why -- we have shared this before -- that is why you have placed yourself in this situation. It is, first, for you to have the courage to walk through a few rings of fear in being steadfast about the love that you are, but even more important than that, it is as you have just said, a teaching for others -- others who are so sad and so confused about who they are and so crying out that they do not even recognize it within themselves that they are crying out. But they want someone to please throw off the shackles and to have the audacity to say, "I am the child of our Heavenly Father and I am that Love and you are also." You see, by doing that, each time it is done it gives permission unto others to be who they truly are as well.

The love does come back.

Yes, it does, beloved one. And yet, it is not important that the love come back. The importance is that it be extended through you unto others because it puts you in that place of peace. It puts you in the awareness that you and your Father are one, that it cannot be otherwise.

You are manifesting for yourself a grand mirror, a grand opportunity to see who you truly are and to extend this unto others. You have a great heart, beloved one, and you are sharing your love with others no matter how hard it is perceived to be to walk through that ring of fear. This lifetime there will not be the physical stones hurled at you. Yes, you are, as they would say in your world, you are okay.

Thank you.

Thank you.

Good evening, beloved one. You are such a grand soul in what would be seen at this point as a small body. This beloved friend and ancient teacher of mine, who lends

her body to me to share with you this way, has also what would be seen as a small body, but there is much energy in small bodies, is this not true?

Yes, you have a great heart and a grand soul which is much, much larger than what the body would be seen to be. There is a great radiance about you. There is a great physical beauty about you in this lifetime. Many lifetimes you have been beautiful, and again in this lifetime you are. You are a great beauty to behold, but it is not only the physical beauty that is seen. It is the love that you are and the freedom that you are allowing yourself, even more, to express unto others. Much energy in the heart chakra.

You will be speaking in this lifetime unto many. You will be sharing with them who you are and who they are. You will find a grand freedom in that. At first it may feel as a bit of constriction, a tightening that you would feel because of the belief of the world. At times like that take your hands, beloved one, and place them over the heart area and feel the energy that radiates through the chakras. It need only be done for a moment or so, just to get in touch with the energy that you are. It will open up all of the chakras for expression. You are a beautiful flower.

Thank you for being here this evening.

Thank you.

And you, beloved one.

Yes.

How is Sarah this evening?

Terrific.

Terrific. Ah, I love to come and be amongst you and to be, as it would be seen, your cheerleader. All of you have grand cheers that you allow to be released and to be shared with others. Yes, great joy.

Yes. Wasn't that a fabulous weekend we had?

Yes, much joy. Much dancing.

Uh huh.

Yes. There is about you, beloved one, what you would see as a rainbow of colors that is swirling. It is your energy being loosened, being allowed to be free.

Great.

Yes. It is great. Others feel this. They may not see it in the colors but they can feel a freedom that you have and that you are allowing and extending unto them so that they may be free to be who they are. Much dancing.

Yes.

In the chapters to come -- and they are not separate from you -- in the chapters to come there will be much dancing, much sharing, much joy. You are one who has always served the Heavenly Father in whatever way was suggested unto you. Again, you are doing that in this lifetime -- but this lifetime with much more joy and much more awareness of the freedom of being the holy child of God, the only child of God. How does that feel? A grand inheritance.

Wonderful.

An inheritance to be claimed and to be enjoyed.

And to be shared.

And to be shared, because as one such as you allows one's self to feel that freedom, it is contagious. It spreads. It cannot be contained. An exuberance. A radiance.

Yes.

Yes. Much love. {Hugging.}

Thank you.

Thank you.

And I extend unto you, beloved Elder, my thanks for the service that you do so quietly, always being the servant of our Heavenly Father, filling in in the background whatever needs to be done, hearing the nudges of Spirit and being willing to step out where others have not gone. You have a program on your square box, I think, that has a motto something like that. Yes, this is truly what you are doing in this lifetime and have done many other lifetimes. You have been as it would be upon the crest of the wave, right out there in front, daring to be out in front.

There have been times that you have looked back to see if anyone was coming with you. {Group laughter.} And sometimes, at times like that, you have fallen perhaps into the water a bit. This lifetime you have not been concerned with who is coming with you because you are following the guidance of your own Heart. You are expressing the Love that you are in the creativity that you are allowing to come through you in many, many ways.

You have been freed of the organization that you were associated with, as you have seen, so that you could feel this freedom. And sometimes you have discerned that it has been a, perhaps, a prod in the back that you needed to get out and do something in a different way and to become more creative and you have followed the guidance of Spirit and it has brought you joy, is that not true?

That's true.

Yes. I would thank you for what would be seen perhaps tonight as a very small point, but through your creativity in coming up with what you have termed this wireless

microphone, this my ancient friend and teacher will not go home this evening with bruises from the hugs -- and she thanks you.

{Laughter.}

Continue, beloved one, in your joy. There is no need to look backwards -- only to look forward unto the joy. I would suggest unto you that in your quiet times you picture for yourself the garden that you would like to see, the flowers that you would like to see in it, the very terrain of the land, the house upon it -- whatever you want to picture. And picture it in great detail with specificity -- whatever your heart would say unto you -- because you, beloved one, are awakened and you can have whatever you desire.

Right.

What is the desire of your heart, beloved one?

To see a community, to see a Center for Oakbridge.

Yes, and do you not see that already? Do you not see the seeds of that already?

Right.

Yes. This has been a desire of your heart because you have been hearing the nudges of Spirit. You have been, as it would be seen, a bit long-suffering in this, with some patience, because you have received, early on, the vision. It has not only been this lifetime but many lifetimes that you have helped either with the founding of a community or with the development of a community. You have in many lifetimes been involved in what would be seen as a community of the Heart. This is why it comes so naturally to you in this lifetime.

You are, as it would be seen, as one of those satellite dishes. Do you know those satellite dishes that receive?

Right.

Yes, and then it is transmitted unto something that others can see, perhaps the square box within the house. You are as one of those satellite dishes, receiving the messages of Spirit, of our Heavenly Father, and then transmitting it into a way that others can understand and see the picture. It is a grand service that you do for yourself and for others, because through this you are also awakening unto the Love that you are, unto the power that you are.

This is why I have spoken unto you to be very specific about the desires of the heart. You have grand power. Not power in the sense of the world. You have tried that many lifetimes and you have seen where that ended. You have tried that in many lifetimes so that you have known that is not the true power. There have been lifetimes when you have been seen as the grand priest, the Pharaoh. You have had worldly power, but you have come past that and you have seen that true power is of the Spirit, of being, as you would call it, in alignment with the Heavenly Father -- not only being in

alignment, but being the out-picturing and the expression of the Love of the Heavenly Father.

So as you in your service to others in this lifetime extend the love and the vision for others to see, you will be facilitating your own coming into acceptance of who you are. It is my grand joy to tell you this because it is something that you already know, but I am tonight bringing it to the forefront of your consciousness so that you can play with it.

Okay.

Put a bit more actual play into your life -- although I know that the work that you do is not work. It is done by choice and it is a joy for you. You cannot wait to start the work. But there is also a benefit and will be a benefit in a balance of some play -- a change of scenery, perhaps. It will not hurt you.

No.

Things will not fall apart. You are a grand brother, beloved Elder. I thank you for the service that you have done many lifetimes and in the lifetime that we shared together.

Thank you. {Hugging.}

Much energy in this room. Can you feel the actual molecules of this room in their frequency and the way it seems to be warm? This is the energy that you are. You have raised the frequency within this room by your very vibrations of the joy and of the love that we have shared in the physical interchange of energy. There is much healing. Much healing.

I would say unto you now to take what is termed a break. Drink some water. Put some water into the bodies and release some water. Play in Light with each other. Exchange the hugs, as it would be, with each other. And in what you would see as about fifteen minutes of your timing we will convene again and we will talk about any subjects that you want to bring up.

So be it.

{Break.}

Indeed, are we refreshed?

Yes. Uh huh.

Have we broken what is called the break -- although there is never a break in the love that is exchanged. Is everyone truly revitalized? Have the hugs been exchanged?

Uh huh.

Yes. Truly one of the grand joys of the physical expression is the exchange of energy that happens with the hugs. All that I give is given to myself. So, you see, when one gives a hug, what happens? It is given to myself. All that is given is given unto myself. It cannot be otherwise. For as the giver gives, one also receives.

That's very true.

Yes, and as the one receives, the one is also giving because, in allowing the other person to be the giver, you are receiving what they are giving, but you are also giving them the opportunity to be the giver, do you see?

Uh huh.

One can never be out of the flow.

It's perfect.

Yes, the opportunity is extended for the other one to give. I would share with you something, ask you to treasure this. Hold it within the hand for a moment and bless it. {Jeshua hands something to her.} And then pass it to the one on your left, and it will be circulated and blessed throughout the circle in the moments to come. We will see what happens with it.

Are there questions that we can, as you would say, entertain? Are there questions that you would ask?

I have a couple of questions. Was it your idea for me to put the article in "The New Times" about the D.C. trip?

It was our idea, beloved one, for there is never separation. But I thank you for following up on the hunch that you had, the nudge that you received, for it is well to let others know of this idea, of this trip that is being planned, and the reasons for this trip. There will be much healing that will come from this trip.

Yeah.

And there are many who need to know of this. So I thank you for having the ears and then also for taking the activity to put this into the newspaper, yes.

Thank you. Also, as you know, on the weekend there were many sensitive old souls that were struggling to be here, to stay here on the planet, and I think that the work that we are doing is grand to help them, to keep them here, and what I am wondering is if there's anything else I can do in my work with them to help them to be able to stay here?

It is always a choice, beloved one, whether to stay here as you would see it or to lay down the physical molecules of the body, for one does not go anywhere when the physical body is laid down. But it is always a choice whether to express through the physical vehicle or to express in other ways. So that each one in each moment has free choice to choose.

What you are extending unto these is the love that allows them to make this choice in love and not out of fear. This is the important thing to be seen and to be extended, for every choice is made freely. As you extend that love unto them, they know then that they can make that choice with the freedom of either serving in this way or going to what would be seen as another dimension.

There is neither greater value or lesser value in being within this vehicle or being, as you would see it, upon the unseen planes. There is much love and much service that is done in both ways. What you are doing is of great importance in extending the love which allows them to make their choices freely. It not only is a great benefit for them but it is for you as well to see that choices do not need to be made out of fear or out of what seems to be outer circumstances, but is always a free choice.

Uh huh. Okay, thank you.

Thank you.

We have the leash again {microphone and cord}.

Something popped in my head the other day and I was wondering if it was coming from you. I suggested to Bridget that she have her dad build some furniture for her doll house, and then I mentioned it to him. He thinks he couldn't handle it or something. Was that your idea for his healing?

Again, beloved one, there is no separation as you would see it between me and you. It was a shared idea which could be of great benefit. You have done what would be seen as planting seeds within this one. There would be much healing that would come about by the sharing of building the furniture for the doll house, in sharing the joy of creativity. The seeds have been planted.

And does it seem like he's really ready for it?

In the fullness of time this one will come around to it. It is this one's habit pattern to consider, to at first to say no and to hold it at a distance, and then to consider. And as it looks perhaps non-threatening, to be taken a bit closer and perhaps to be entertained. This will happen in the fullness of time.

Okay. My other question is I'm having a really hard time with my son and I'm just wondering -- it's been going on for a long time -- is he ready to go to school or does he need to spend some time learning how to take responsibility before he goes to school? He's really anxious to go to school.

The two of you are as grand teachers for each other.

I guess so.

You are as you would see it, grand actors upon this stage, and as one reads his lines, the other one then responds in kind with the lines. It is a grand interchange that is happening. Yes. Much in the way of expectations. Much in the way of love and of help

that would be extended and is sometimes not seen as help -- not received in that feeling.

To answer your question, yes, to all of the above. This one is ready to go to school. The responsibility of which you speak will come through going to school, through the activities and the experiences, the hard knocks, as it were, that he will manifest for himself, at least as it is seen now.

It is already knocking.

Yes.

Real hard.

Yes. There will be much benefit from this. Your part in this, beloved one, is to be the beholder as much as is possible and to see this other one as the grand actor, reading his lines, and let him read those lines any way that he wants to read them but do not get yourself drawn into the drama.

Yeah, okay. Let go of him.

Exactly, beloved one. Love this one as it would be from a distance -- as much distance as you can put between the two of you, seemingly, since you are not separate one from the other.

Okay.

{Energy is disturbing the microphone.} I need to put some distance here with this microphone as well. We seem to have the buzzing of bees humming. Perhaps if I keep the energy walking, it will help.

I am one who is known as perhaps... what do they call ones that walk in circles?

Deep thinkers.

Must be. Must be deep thinkers, yes. We will keep the energy going.

I'm going to change your batteries.

I'm going to be, as it would be, recharged.

{Laughter.}

This is definitely a first.

We were experimenting.

{Changing batteries & putting the controller in the pocket.} These garments that are worn are full like the robes that I used to wear. We even did have what you would call pockets in those robes as well -- in the more affluent robes, I suppose you would call them. We had the pockets. We also had what were called the hoods that came up and kept the sand out of the face and the hair.

It is a beautiful dress.

I suppose one would say that the flowers of the field are portrayed here.

You mean the lilies of the field.

Yes, although these may not be exactly what you would call the lilies. They are more like the wild flowers.

But, with your son, allow some distance. Love always and support him in your talking with this one, as would be seen, upon the mental level. Speak unto this one silently and with the heart. Not so much with the words because you have seen what happens with the words.

He gets oppositional.

Exactly. There becomes the wall.

Yeah.

Speak unto this one from the heart and allow this one his path, to take the knocks, as many as he may need until he awakens and sees that there can be an easier way to do this.

Okay. Last night we were talking, and he is so impatient about wanting to get his, all these parts for his camera and equipment, and he said, "Ask your friend how can I do this." It's so funny. He's going to learn how to manifest these things and not be so impatient.

Tell this one that he has grand wisdom within himself and he knows how to manifest what he needs. He is already manifesting what he needs. He may be wanting more of the abundance as you would call it, but this one is a grand manifester of things in his life. He has never been without. He will never be without. He may desire other things and see them as afar off and want them to be now. But this one is a grand manifester, and everything that he sees in his life he has manifested for himself whether he would want to take that responsibility or not.

Uh huh.

So speak unto this one that your friend -- and his friend -- says unto him that he is able to manifest whatever he desires.

Thanks so much.

Jeshua, I'd like to share a little thing that happened this week that made me very very happy. I was in a class where we had had two four-hour sessions talking on the subject of AIDS, and we were getting towards the end of the class and the instructor wrote two questions up on the board. One question was: Should it be mandatory that everyone have an AIDS test? The second question was: Should all healthcare workers be required to have an AIDS test? And after she had written that question, she said "Let's take a little break and you think about that, and when we come back, we'll talk about it."

Well, I thought about it and I thought I had a sensible answer and reason, and so when we got back in the classroom, several students gave their opinion and I listened to them, and a few more went by, and I just knew what I had figured out was totally wrong and I immediately knew what I had to say. And so I took a big deep breath and I said, "No," to both questions, because in order for people to be open about being tested for AIDS, they would have to feel safe. They would have to feel like they would not be condemned and they would not lose their jobs and they would not lose their insurance, which means that we would all need to love each other so much that we would feel safe enough to go and get tested, and then those who had it could be treated and we'd get on with our lives. But I made it clear, we've got to learn to love each other and not get into judgment about this disease, because I believe that it is because of a lack of love in the first place.

Yes.

But it's like it came to me, boom. I had my answer all ready, and then when it came time to say it, I changed it totally and that really... it made me very conscious of how close Spirit is to me.

Yes. Thank you for walking through that ring of fear, of taking that deep breath and speaking your Truth, speaking from the place of love and being able to extend unto others a different viewpoint than what they had been seeing.

There is no harm in rendering unto the world that which is of the world when one comes from the place of the heart. In other words, for everyone to have the freedom of choice to go and be tested is coming from the place of the heart. For others to supposedly -- and I say this supposedly because there is no force outside of one's self -- to inflict upon them their choice, their judgment, their decision that that one has to go and be tested would be coming from a place of fear, from the soil of separation again, that there could be something outside of them that would be affecting them and which could then be transmitted unto others and affect others.

There are times when it is wise to render unto the world what needs to be, but to go first unto the heart as you have done and ask of the heart, "Where is the place of Love in this?" And to come from that place of Love, knowing that it is a free choice. So you answered well, beloved one. You discerned what was the bottom-line issue, as it would be seen, in this. Each one, even though they might not perceive it, has the freedom of choice in every moment. Each one is manifesting for himself/herself the circumstances that seem to be right in front of the face.

When one goes unto the heart and discerns that, one knows that what is manifesting in front of them is a choice. This is why I have said unto you so many times -- and I congratulate you that you are now accepting that as your own -- to go first unto the heart, even if it means changing in an instant an opinion that you had formed and had held up to that point, to be flexible, to toss all of that out of the boat and to go with a new idea.

Jeshua, I have to admit, at first I used my head... you know, I had this very well reasoned thing I was going to say, but I got it, I caught it before I said it, so I am getting better. Pretty soon I'll go to the heart first.

Yes, beloved one.

I would like you to talk about the idea that "in my defenselessness lies my safety."

Yes.

I feel that I and Mae are in a potentially -- may I stress the word potentially -- explosive situation where someone might get hurt, and there comes that point... I don't know. I'm going to shut up now and let you talk.

Well, I suppose that's a first for Firewalker. "In my defenselessness is my safety." You are already your Father's holy and only child. There is no defense needed for that. When one comes from the heart and discerns that, there is no need for defenses of any kind. That is where your safety lies because you need no safety. Quite a paradox.

The ego would teach you otherwise. The ego would teach you that you need to see danger and that you do see danger at every corner, and that there need to be defenses. And what happens is, as one throws up the defenses, one "proves" unto oneself more and more that there is danger out there that one needs to be defended against, and so it seemingly reinforces the ego's viewpoint.

In my defenselessness I am saying unto myself that I do not need the defenses. I am saying unto that ego part of me that would shout so loudly that I am separate from my Father and that I am separate from my brothers and that I need to be defended because I am powerless and weak, in my defenselessness is my safety because I know who I am.

Now, in practical terms what that means is when you come from a place of the heart, the place of love, knowing that there is not separation between you and any other, knowing that the other as you behold them is also the Christ -- although they may not know it and be showing it, at least unto themselves -- when you come from that place of being the Love that you are and that they are, being able to see almost with the physical eyes the energy that is interchanging so that there is no separation, one extends so much love that there is nothing that will penetrate that.

You can be upon the battlefield and have a thousand arrows flying by on the right side and a thousand arrows flying by on the left side and a thousand arrows flying above the head. You in your knowledge of who you are and the Love that you are need no defense. It is seen as a great power because you are that Love.

Now, one would speak unto you then of where does the fear arise? The fear that says, "I must defend myself." The fear arises from the soil of separation. The fear arises from what is seen as the molecules of physicality, the bag of dust, screaming unto you that "you must save me; otherwise, we perish."

Right.

You know, beloved one, that the laying down of the body does not mean the cessation of life. You are life eternal.

So if someone's coming to attack you -- and this is an ego question I know; this is saying "What if...." I'm saying what if -- and that's how my mind works and....

Yes, minds do work that way.

And so what if... does that mean you are not supposed to say, "Here I am," not to defend yourself? We are in the trenches now, okay.

Yes, what one does is not to stand there as a mealy-mouthed victim as it would be and say, "Okay, walk all over me and do whatever you would do unto me." One goes forward in the Love that one is and one greets that other one, even physically, and takes the energy that one would be extending unto you -- although they would be extending it in what they would see as a negative way -- you can take that energy and use it in a positive way.

This has been shown to you even in what are termed your martial arts, of using the onrushing energy of the one who would be seen as the attacker, using that energy and sending it on past you. Do you see? This is a very physical out-picturing of what can be done at the heart level as well: speaking unto this one not from a place of being weak, not from a place of saying, "Well, I am the sheep being led to the slaughter." No way. You are much more powerful than that. It is a time to know the power that you are -- again, not the power of the world, but the power of the Son of God that you are -- and to be very much within that power, pulling yourself up, as it would be seen, even within the body. Straightening the shoulders. Being very much into the power of wholeness even in the tone of the voice that you would extend unto the other. It will be seen. It will be felt. It will transform.

We speak of very practical matters here. This is part of the projection of energy that you can use through the very vibrations of the voice as you speak unto the one that would be seen as wanting to do the body harm. It will also be felt in the very cells of the body, the very muscles, how they are out-picturing, how they are being used, so that one will not come up and walk upon you as you would be a doormat. How would they dare?

The interesting thing is to be able in the heat of the encounter to make that choice.

Yes. This is why, beloved brother, it is wise to, as you would see, practice this in every moment. Practice knowing who you truly are and to walk as the very Son of God, always. So that when there would be seen a time that this would arise, a time of what you would see as a crisis, it is already there and does not have to be, oh, searched in the computer to bring it forward, you see. It is already there. Practice. You have saying in your world, "Practice makes perfect." You are already perfect, but it can be brought forward in consciousness.

Okay. I hear you.

In what you are doing here with this, as it would be seen, this one who would be seen as coming upon you in a negative way, offering you a gift which you do not want, what you will be doing for that one is saying who you are so loudly they will have to stop and think about who they are. It gives them a grand opportunity to see that. Something that has not perhaps crossed the consciousness, you see.

Okay, if I get hurt, I'm going to blame you.

{Laughter.}

If you get hurt, beloved one, first and foremost it will be your manifestation of what you are picturing for yourself. But, you may send it to my insurance company if you wish.

{Loud laughter.}

I like that idea of practicing it, though. That feels real good.

Yes, and do you see the grand blessing in this? Because as you practice that, it will not be only just for one incidence. It will be for always.

Right.

Yes, it is a grand blessing that it has come up for you at this time. You are ready, you see.

I made another choice, though, the other day. I made a different choice of not to do that when this happened, but someone would have really gotten hurt if it would have carried on.

Yes.

But it didn't, so I missed and I knew that it was the wrong choice that I made. I knew that and there's a part of me that doesn't like the idea of my defenselessness, my safety is in my defenselessness. There is a part of me that's in me that wants to murder or kill. I am going to admit that. That's the dark side of me.

It is the part in you that would see yourself as separate from another, the part in you that would see that you would have, supposedly, power over another. You do not have, in Truth, power over another. If the other one would be seen as to be murdered as you have said, to be harmed, it would be their choice to accept that. You cannot harm the Son of God except by what they are choosing to manifest. That power you do not have, beloved brother.

It takes away a lot of guilt, doesn't it?

It certainly does. With all of the wars that have been fought upon this plane, all of the outrageous outrages that have been supposedly perpetrated upon societies and cultures and groups of people, there has been what you would call a mass consciousness

of choice even within what you would see as cultures and ethnic groups. Everyone at every moment has free choice and is manifesting from that choice.

You see all of this suffering in the world and then you say "God is Love," and that's an interesting two ideas there. So if God is Love, then there has to be the choice of the individual. Otherwise God could not be Love.

God is always Love, and that is what you and your brothers are -- and sisters. I will not be what you would call "chauvinist" here. Sisters as well.

Many of mankind choose for themselves to out-picture suffering until they come to the point where the soul says, "Enough. I have tried this avenue. I have traveled down this avenue as far as it goes. I have come unto the wall at the end of this avenue and I have banged my head against the wall until my head is fairly splitting, and I know that there has to be another way." And in that moment there is a pause, an instant, if you will, where the still small Voice can be heard -- the still small Voice that says, "Yes, there is a better way. Choose anew."

Do you feel there is more suffering in the world today than in the past or are we just more aware of it?

It is the latter, beloved brother. You are more aware of it. It is coming unto the consciousness of mankind so that it cannot be ignored any longer. The suffering that you see in your world now was present in the very world that I walked, as you would see it, two thousand years ago. There was much suffering in that world. There is much suffering in this world, as well. But it is coming to a place where it cannot be ignored. It is crying out from the very depths of the soul to be seen and to be heard, for a new choice to be made.

One of the benefits of mankind of the technology that you are now manifesting upon this plane is to be able to see, to relate to, to interact with and respond to the suffering, as you have termed it, as across the world, on the other side of the world. It is being brought right within your living room on that square box so that you can see it. It is very much in front of the face so that it cannot be ignored. It is time for a new choice.

Many there are who will choose and are choosing and have chosen a new choice. Many there are who will take, as you would see it, some more time before they will make this choice. That is not of your concern. Only your choice is within your power. But, at the same moment, that is the most important choice that can be made.

Thank you.

Well, Jeshua, I would like to ask you... you know it takes a lot of courage to look at someone in the eye and tell them you love them when they are really saying terrible things to you, you know. So I kind of quit looking in the eye, but as I understand what you are saying is to extend the love that you have, to look this person in the eye and say... tell them you love them.

Yes. When you are coming from the place of the heart, there is grand strength and courage, beloved one. It will be, it may be as we have said unto beloved Firewalker, that this needs to be practiced before it becomes comfortable to accept that courage. But yes, to look one in the eye is to say unto that one, "I am the Christ that you are. You are the Christ that I am. We are not separate." By looking straight into the eye of one, there is a conscious connection that is made -- a fearless, as you would see it, connection.

Well, I can do it on my part, but the person I'm referring to... wow, I mean he doesn't like to be looked at in the eye. He gets very upset, so it's kind of fearful a little bit, you know. I think, "Oh, my gosh. I want to stay away from being verbally harassed and mistreated," you know. But... so I just need to really have a lot of courage and to call upon you and the whole of the universe to give me the courage that I need to do this, so I really am determined to express my love, you know, if it's putting a note under the door of his house. Just tell him I love him, you know. I've thought about that. How would that work if I did that? Write him a note and put it under the door, you know, before he comes home from work.

Speak unto this one from the heart first. Then go with what the heart tells you.

Okay.

There are many, as we have spoken, many languages. Some languages will work with some. Some others need a different language to be able to hear it. In some places and situations it can be very fearful unto one to hear a language that they are not ready to hear, and so you will pick one that is more soft, conveying the same message of the heart.

There is grand wisdom that comes unto you when you go unto the heart first and ask. There will be ideas that will come unto you. They will be termed creative ideas, different ways of approaching this. There is nothing wrong in choosing the softer approach.

Okay. All right. Thank you, Jeshua. By the way, I love you.

By the way, I love you also, beloved one, for that is who we are.

I'd like to ask, I've been having many questions in my mind as I look for a place to live, and very often it came to mind, in the Bible it says that -- I think it was Jesus -- I think it was you who said that you have not a place to lay your own head. And so I'm thinking, well, this is... I've been without a definite place to live for a few months and I've been thinking largely that this is a good thing because, just because it would make me strong. But then I have experienced a lot of separation, and I wonder if you know something of what I am going through and I wonder if you know why places have been offered to me to stay and still I would run away because I feel beholding to the people who have offered these places?

Yes. When it was said that the son of man has nowhere to lay his head, it was meant that there is not a place of safety within the world. There is no place of security, of steadfastness within the world because the world is a place of change.

What you are seeing in your life right now is a grand blessing because it allows you to see your reaction, what you have already spoken as not wanting to be beholden unto another. But do you see at the time that one offers you a place to be, you are giving unto them a grand gift because they are offering that to you. It is part of the flow. If you are not there to receive it, the flow will not be afforded, you see.

Yes.

So you are giving unto them a grand blessing because they are able to open their hearts and their doors to allow you to be with them, and there is much sharing that can be done. You do not need to feel, beloved one, that there are the strings attached, that you must pay back, because you are already by your presence giving unto them the Light that you are. There is never what you would call an imbalance, where you must pay back to them and be beholden. By your very acceptance of the gift that they are offering, you are already equal.

I would say unto you that, as the heart feels you want to be in a certain place, to go not with the constraint that one has to be there for any length of time but to be there until it feels right to move somewhere else. To go as the wind. You are perfectly free. To go and be with this one for what would be seen as a week, two weeks, a month, whatever would feel right for you -- or longer, if it feels right. But to know that there is no referee, as it would be seen, saying that you must stay there in order to pay them back, that you must stay there a certain interval of time and that you must exchange with them because they are so grand in offering this that you must then repay. You are repaying them by being who you are.

You see, it does not need to be quite so complex as mankind tries to make it. There is just the simplicity of going, as I have termed it, going with the wind, being the Love that you are and extending that wherever you are. And then if the nudge comes to move on and extend that somewhere else or someone gives you the offer of being somewhere else, to go in grand freedom, thanking the one that you have been with, blessing that one and saying, "I will return. It is not like I am closing the door and I'll never be back," and going unto another one. There is grand freedom in that.

It is only the world that teaches you that there is the inequality, that there must be the repayment. Every moment is a fulfillment of itself. This interchange that we are having right now is complete within itself. It is itself. When I move on from here, there will not be something that says to me, "I must come back and do something else to make it perfect." It is already perfect, the interchange that is happening. Do you see?

Yes. I would risk going further and ask why in your estimation is it necessary to go anywhere else if you're in a place... I'm just having questions. If you can have any idea what I was trying to ask, let me know.

Yes, beloved one, there is much communication that happens not through the words, and I understand. There is not a need to go on anywhere else if one is feeling at home in the place where one is. One can stay there as long as one feels at home. It is only, I was saying unto you, there is the freedom to go as the wind.

Yes, thank you.

You do not need to move on. If you find a place that is perfect within the heart, where there is much sharing, where you feel that you can be extending the Love that you are, there is no need to move on. Stay until and if there is guidance to move.

There is a grand simplicity to all of this. This is what I have been attempting to share with all of you in these evenings: that the Love that you are is grand simplicity itself, that there need be no complexity in sharing that. It is as easy as the smile.

Mankind for so long has felt because of the belief in separation, of the belief in the grand adventure, has felt that there must be so much complexity, there must be so much more, that one keeps searching for the "more" -- not knowing that you already are everything. You have and are everything that your Father created you to be. Grand simplicity. And when one awakens -- which is what I have talked about so often -- when one awakens to the realization that you are perfect in this moment, there is grand rejoicing -- and grand skipping.

For many years I have been holding back who I was because of my relationship with my husband, and I realize now that has been a choice and I'm ready to make a new choice. He has been gone for several weeks and this has been a really nice time, I think, for both of us to do our own thought-sorting and processing. I feel like change is coming and I know it will be positive. I know it is for me, and I know that I've been given the guidance to find the courage to be who I am, and I cannot live in my home and not be myself. When you were talking about feeling comfortable in a home, I haven't felt comfortable to be who I am.

There has been a constriction, a feeling of being within a box.

Yes. And he wants so desperately for me to wait and go with him when he's ready, he says. But I feel I cannot wait. I feel like I have waited, and from this point I just... I'm not sure what I'm asking from you except that maybe that I'm on the right track, that it is not time to put it on the shelf anymore, that I can stand up for what I need to do.

Yes. You have discerned this very clearly, beloved one. It is time to no longer keep the light under the bushel. It cannot be contained under the bushel. In fact, it will be a grand blessing unto the one known as the husband as you let this Light shine. The two of you will be sharing much love in the days to come, a much freer love of true friends, where you can then join the hands and go along the path sharing as equals -- not one being constricted and held back because of what one would see the other one to be judging or to be saying, that you should be proscribed in a certain way.

This one is going to take much pride, as you would see it, in worldly terms in your Light, in your extension of the Light that you are. It will be hard for him to see, in the beginning, to see the benefits, the blessings of this but it will not take long and there will be much sharing on an equal footing with this one. It will be a true friendship.

You have been doing two things with this issue, beloved one. You have walked through a huge ring of fear -- one that you have given into in many lifetimes because of what society has taught you that a woman should be in many cultures, many cultures that were much more restricting than this one. It has been something that you have been manifesting for yourself in this lifetime to know that you have the freedom in this time, in this country as you would see it, to be who you truly are and to state that and to see your own worth. As you have taken that sense of worth as your standard -- the standard that you are holding up as a standard bearer -- you have walked through that ring of fear for yourself and you have also shown to others that they could have the courage to do that as well. And you have also shown unto the one known as your husband that there is grand blessing in equality, in your having the courage to say who you are and to live who you are. There is much joy in this.

I honor you for the courage that it has taken to walk through this ring of fear. It was no small ring as you saw it. {Hugging.}

I have a question. How can I contact my angels?

Your angels, beloved one, are around you at all times. The reason you are having this desire to contact them is because they are very much knocking upon the door of your heart, as it would be seen. They are saying unto you to expand your awareness of the fact that you are not ever separate from what you would see as your angels and as your guides and as others that you would perceive to be in the unseen world.

Speak unto these ones whatever you would like to share with them and then listen. It may be at first you would hear a grand silence and you will say, "Well, I guess the message wasn't received." That is not true. The message has been received. But there will come a time -- and it will not be long -- that you will get a word, an idea that will come to you in that silence, a feeling that the message has been received. It may just be a tingling, a feeling of joy. It may be the idea to go out and hug a tree and to look up unto the sky. It is not a grand thundering voice that commands your attention. It is the still small Voice that comes in the silence when one is willing to hear and to trust what one hears.

So often mankind will receive a message, a feeling that the circuit has been completed, so to speak, and then will begin to doubt and say, "Oh, no. Well, that isn't what I've been taught and the world doesn't say that and I'm sure my friends wouldn't believe it. And gosh, I don't know." And the doubt is there. Throw the doubt out the window, beloved one. Your angels are very much with you. They are very much dancing upon the shoulder even now, very happy that you have voiced this question because it shows your desire to be in communication and in communion with them.

They also desire to skip with you. They are very light-hearted. You are truly an angel yourself, beloved one -- an angel incarnate. You have chosen in this lifetime to take upon yourself the molecules of physicality so that you may express in this way the Light that you are.

You have chosen freely -- we have talked much this evening about having choices, free choices -- and you have chosen freely to come and share with these your brothers and sisters, ones that you have known in many lifetimes as well, and to dance upon the Earth plane as the Light that you are. You are never alone, beloved one, and you know this. Just speak unto the ones that you would commune with -- and then listen. There will be much coming to you in this.

I used your words from about a week ago when I was at the service here, and you remember that you repeated three times, "As forgiveness allows love to return to awareness," we will look out on a world filled with peace and joy and safety.

Yes.

So I used that for lessons this week, and so I want to... I believe that this is true and I want to check with you that I have this correct. I've been telling people that when we do our own internal work and we come to a balance within, we come from our heart, that will then manifest in our world and there will be balance and peace and joy and safety in our world because of what we do within.

Yes. The mind that truly desires only love will see only love -- which is another way of saying what you have just said. When one comes from the heart and desires only to see love in one's world, this is what you will see.

So is that the way in which this world of duality will change to a world of unity?

Exactly, beloved one.

Great.

That is what I have meant when I said that Heaven and Earth shall pass away. In other words, there will be no longer the separation between Heaven and Earth, but it will be Heaven upon Earth. Yes. Through the simple choice to be the Love that you are, you accept the realization for yourself in the power that I have talked about, the grand power of the simplicity of being the joy in every moment, of the freedom to go as the wind -- or stay as the wind -- the grand simplicity in each moment of knowing that you are whole in every aspect of your being. Accept ye who you are.

There is such beauty and such radiance in this room, it is a joy to behold.

Do you know that in many lifetimes you had a beard that went down to here?

No.

Yes.

A bit like Abraham, maybe?

Yes.

That would be my picture.

Very much like that.

So I was a good- looking guy or what?

How could it be otherwise?

Right. Right.

How could it be otherwise. The Son of God is always in perfection and is always beautiful.

Has the gift gone completely around the circle? Has it been blessed by everyone?

This that you would call metal has accepted the vibrations of love from all of you and is very, very warm. I would have you feel this.

It is warm.

Yes. This is one of your golden coins. It is a symbol of the energy that you are. It is what is in physical terms to be exchanged. You use this as a method of exchanging the energy that you are with someone else. You see it as being outside of yourself, but it is not.

"All that I give is given to myself." It cannot be otherwise. You are the energy of the golden coin; you have manifested it as your servant. You, as the energy of the golden coin, have circulated yourself throughout the circle, blessing yourself as you passed from hand to hand, seemingly separate, yet one as the inseparable Love that you are.

{Jeshua flips it into the air and it lands on the floor.}

It has been a grand joy for me to be amongst you this evening and to share your Light and the radiance thereof, and to know the love of your smiles. Do you know that when you smile, the energy is felt unto the farthest universes?

My blessings I would shower upon you as we draw this evening to a close. And yet, I can give unto you nothing that you do not already have. You are already everything that our Father created us to be.

{Group forms a circle and holds hands.}

As you see this circle of energy, as you feel the love energy coursing around this circle, know that you are never separate from the Love that you are and the Love of

the Heavenly Father. The circle is the symbol of eternity, without beginning and without end, forever ongoing. Go you in the Love that you are and extend that Love unto others.

So be it.