

## Discussion Group

1993-09-10

Indeed, beloved and holy and only child of our Heavenly Father, child of Light divine, it is with great joy that I come to abide with you this evening, for that is eternally what we are and where we abide always. I am that joy of the Heavenly Father, as you are also. I am the child of the one God, as you are also.

Mankind has called me the Christ, which I am, and you are also. For you are the only child of our Heavenly Father as well. You are a great ray of Light. You are inseparable. You are unlimited, boundless, eternal. You are the flower blossoming with the radiance that far outshines ten thousand suns.

I thank you for answering my invitation, for all of you here this evening have been invited to come and be here so that we may converse together, so that we may entertain questions that you may have. We will search with the mind unto the heart, to come to an understanding, not only with the mind but with the heart, of who we truly are. For when it is fully realized who the Son of God is, all other questions are answered.

You are the child of our Heavenly Father. You are that innocent child, created as you were in the beginning, seemingly eons ago. You have never changed. You are what our Heavenly Father created you to be in the beginning, and you have never sinned. You have never strayed from the Kingdom of our Heavenly Father, although you have chosen to turn your focus of attention away from the Kingdom from time to time and have become embroiled in your own drama. But as you have chosen moment by moment to be within that drama, the choice is freely given unto you to choose anew and to choose the peace that you are. You are Love incarnate. This is your only, as you would see it, mission upon this Earth: to be the Love that you are and by extending it unto others, to know the fullness of it for yourself. It is simplicity itself. I come not this evening with complex rituals and techniques for finding the Kingdom, for the Kingdom is within. It is you. It is the peace and the Love you are. It awaits only your simple choice to come to that still small Voice and to listen to that Voice of peace.

In each moment as you choose to breathe and to come to that place of stillness within, you are again returned unto the Kingdom that you feel that you have strayed from. And yet, I say unto you: you have gone nowhere. You are as our Heavenly Father created you to be. You are perfect. You have never sinned and you have never strayed. The world would teach you otherwise. The world would teach you complexity upon complexity and would teach you great ritual for cleansing one's soul, for purifying one's self in order to be found worthy to enter into the Kingdom. But I say unto you: you have never sinned and you have never gone from the Kingdom. You are your Heavenly Father's child, and all that He has and is, is you.

This one whose body is lent unto me so that I may come and be amongst you is one who loves to wear the shoes, but I prefer the bare feet as in olden times, as you would see it, when we walked the Earth together. So many of you in your summertime enjoy kicking off the shoes and going barefoot. Indeed, beloved one, barefoot. It is a

grand freedom, and it symbolizes the freedom of understanding when you kick off the shoes and you go with what is termed bare feet. There is a grand freedom of expression. It is no wonder that as children as soon as the weather would be warm enough, you would plead with the mother to "Please let me go outside without the shoes and let me run barefoot through the grass." For truly as you run barefoot through the grass, you are feeling the healing energy of the Earth. If there is what you would know as a disease within the body, go and stand barefoot upon the grass, upon the Earth. Feel the vitalizing power of our Holy Mother. When you do that, you are consciously one with our Holy Mother and you are feeling the energies of the Earth and of yourself. And I say unto you: there is no separation in those energies. You are one.

This is why there is such a grand joy in feeling the energies of what you would term nature. For you are one with nature. You are one with the plants that you see. One with the flowers. One with the birds that sing in your trees. Do you know that they are there just for you? They are being their process just for you.

Holy child of God, you are blessed and you are a blessing. And as you awaken unto your divine inheritance, there is such a joy that breaks forth that it cannot be contained. When you awaken in your morning and you feel yourself to be totally free of the world's cares and know yourself to be the child of the Heavenly Father, you know what happens? There is such a grand laughter that begins. It begins in what is termed the belly. It bubbles up and cannot be contained, and it spills over. And do you know what happens then? It is contagious and it spreads unto others, and they know that there is a very joy in living, that there is a very joy in expressing through the physical molecules of the body, this vehicle that you have chosen to express through in what you would see as this lifetime.

You are Love incarnate. You are joy incarnate, and you need be nothing else -- for that is all. The world would teach you otherwise. The world would teach you that you must go to school, that you must make what they call the good grades. You must further your education. You must learn a vocation. You must, you must, you must. And yet, I say unto you: you are already perfect. All you need do in any moment is to share with others the Love that you are.

You are finding in this day and time that there are ways of serving the Heavenly Father that bring you joy. This is truly as it should be, for you are that joy and you are that Love, and it comes easily to be the outpouring of what you are. You will find many coming unto you who will be seeking for what you have found and you will share with them easily, effortlessly, the Truth of your being -- which is the Truth of their being. No matter what age they be, always they are the child of the Heavenly Father, the same as you are and the same as I am, though they know it not.

This one with whom I blend explained to you earlier her process of coming unto a place where she allowed this to happen, and I say unto you that it is not a special process that happens to just a few. It is open to all. It is what has been termed conscious blending, in that she does not go away anywhere. She is not asleep. She is not what you would call in a trance somewhere and then has to come back from far away. She is very much present. And as she allows me to activate this body, this mind, as you

would see it -- although one does not and is not contained within the body or within the mind -- I am able to converse with you in a manner which is easily understood.

The veil, the veil that hides the realization of the Sonship is very, very thin and is becoming thinner each day. All of you, when you have called unto me and have prayed unto me, I have heard you. I have been instantly with you, because I cannot be anywhere else. I am always with you. Does it not say in your Holy Scriptures, "Lo, I am with you always"?

So, you see, beloved brother, whenever you call upon me, instantly I am there by your own recognition and your own allowance, and we go together into whatever awaits you. You are never alone.

There is such radiance and such beauty in your eyes. Truly you are a flower. Yes, breathe, beloved one. The breath itself is your link with what you would see as your Spirit. It is the inspiration of the Spirit that you are. With each breath you take in, you are activating the very cells of the body, vitalizing them, nurturing them with the Love that you are. Breathe in the Love that you are. Take a deep breath. Feel the expansion that you are.

When I was a young lad and I was at Mount Carmel, at what you would call a monastery, I was taught to breathe, to breathe very deeply and to be present with every breath, with every molecule of air that was taken within the body. Hours I spent just breathing. There is much peace that comes unto one in sitting and breathing, and I would say unto all of you: if ever the mind and heart feel in a turmoil, stop, and breathe.

Beloved brother, can you stand? I would hug.

{Sobbing.}

You have just released ten thousand lifetimes of feeling in constraint and in constriction. Ten thousand lifetimes of carrying upon the shoulders and the back a guilt that you perceived. And yet, I say unto you: it was only in perception, for you have never sinned.

I wish to speak with you more about what I have termed the conscious blending because it is not just with this one that you see in front of you that it can happen. It is with anyone of you who chooses to allow this to happen. I come and I blend with this one because there is a willingness, although she knew it not, and there is an alignment -- as there is with all of you in this room -- and because she has been willing to set aside what she felt consciousness should mean. She has asked of me many times, "What is it that we do? How does this work?" And I have said unto her many times, "There is no separation. That is why it is so easy to do." And I say unto you: each time that you pray unto me and you think on me, I am with you. You can hear me when you would ask of me, "Jesus, what shall I do? Give me answers, give me guidance." Know that I am with you and know that the next idea is our idea. For we share the one Mind of God. We cannot be separate.

Hello, beautiful one. Truly the joy bubbles up, does it not? This is what your Heavenly Father created you to be: simple joy. Nothing complex about it and yet, it is all. Remember that when next you are faced with what would seem to be a challenge, what would seem to be a complexity, a constriction, a circumstance in which you might say, "Well, what will they think? If I tell them that I can speak with Jesus as easily as I speak with them, what will they think?"

And yet, I say unto you: many of your brothers and sisters are awaiting your courage to say that very thing. Then they will know that what they have heard is true. Many there are who are crying out unto me and many there are that I answer, but they do not trust the answer. They think that I have to be afar off somewhere upon a mountaintop, a cloud, at the right hand of our Father. And I say unto you: I am at the right hand of our Father -- and the left hand, and the above and the below, as are you. For I am the child of our Heavenly Father, as you are also.

Beloved hummingbird, thank you for being the servant of the Heavenly Father and serving in any way that occurs unto you. You are truly a delight.

{Jeshua stops in front of one who takes Jeshua's hands and kisses them, then holds them to his forehead.}

Thank you, beloved brother. There is much love that we share. There are many times that you have done that very same thing for others, the opening of the third eye.

Good evening.

Good evening.

It is such a grand delight to be amongst you, to remember our joy and have that rekindled within your hearts as well. If you came this evening with thoughts that were perplexing, with feelings that had not been resolved yet, know you that the choice is yours, that by the time you leave this evening those questions will be resolved. What you may have brought in that felt as a heavy burden can be left here. There is plenty of room in the middle of the floor. You can leave it there. They have janitorial service. They will sweep it up.

{Laughter.}

Truly it is a delight to say, "Welcome." Welcome home again, for in each moment as you come to that still place within the heart, that place of peace that you are, you are truly home again. There you abide with me and with all others who have found that place of peace. And there is grand rejoicing. It is not that it is too crowded; there is always room for one more -- and yet, the one is all. The one is you and you are all.

You have had your name {Mary} many times.

Much has been spoken about the child of God. Do you know why it is that you carry within the heart a longing to come home? Seemingly there is always something more to search for, a feeling of yearning, a feeling that there must be something more. "There is a little piece somewhere to the jigsaw puzzle that I haven't found yet." Know

you that feeling? Yes. Many lifetimes of searching and yet, it is with you, all is with you at this moment.

Beloved ones, remember your holiness in each moment. Remember your wholeness. You lack nothing. There is no peace to be searched for to make you whole because you are already what your Heavenly Father created you to be and you lack nothing. You have never sinned. Many lifetimes your world would say unto you that you are unworthy, that you have sinned and gone astray, that surely the one known as Jeshua ben Joseph is a savior unto you and is far above you and far away and must be prayed unto with grand supplication.

But I say unto you: I have gone nowhere and I am not far from you. I am right here speaking unto you. I am right within your heart. I am within your mind. That is why it has been said, "I am closer than your breath." If you will receive it, I am you. All that I experienced in that lifetime that is so famous, so written about and so proclaimed, is what you have been experiencing as well. You have experienced your own crucifixion, your own torment, your own doubts, your own moments of resurrection.

My story is your story. For what has been celebrated as my lifetime is your lifetime as well. Perhaps you would see the circumstances and the players upon the stage as being a bit different, and yet the issues of the heart are the same, are they not? Many times of coming unto what seemed impossible tasks, where you would pray unto your Father, "Please, if it be Thy will, let this cup pass from me." Many times you have cried out and said, "Help me," as I did also. And many times you have come up over feelings of limitation, sorrow, confusion, in your own resurrection and you have conquered the fears and you have walked through what I have termed the ring of fear and come to the other side of it. And you have seen it for what it is: a ring of fear. You have done well, beloved one.

You are the Light that lights this world. As you let your Light shine and no longer hide it under the bushel, as it would be, you are the Light that your brothers and sisters see. You are the Light that ignites the spark within them and lets them know that they are also the Light. It is not by accident that you are hearing now about the children of Light. For truly all are the children of Light though there may be many of your brothers and sisters who know it not, who because of teachings of the world, past histories as you would see it, believe themselves to be unworthy, believing that only the ones, perhaps, in the religious establishments or the ones who have purified themselves by lifetimes in monasteries could be pure enough and holy enough to be known as the Light of the world. And yet, I say unto you this evening that is who and what you are. You are the Light of the world. You are the great ray of Light that your Father created you to be in the beginning -- which suggests that there must have been something before the beginning and I say again unto you: it is all now.

But as you let your Light shine -- and by that I mean being the happiness and the joy that you are, the holiness that you are -- by letting that be seen by your brothers and sisters, you light up the world. This is truly what happens. It can be measured. Your scientists and your technologies now are coming to the place where they can measure the energy of the body. They can measure what is termed the aura around

the body. Your radiance, the Light that you are, extends to the farthest universes and is felt at the farthest distance that you can imagine. Do you see how grand you are? You thought you were only this body and this personality in this time -- and that is where your focus is. There is a focus of attention that says that "I am Elaine in this lifetime, and I have a certain history and a body that I use and a body that I must take care of." And the body calls out unto you, "Take care of me, lest we perish."

But I say unto you that you are the consciousness that is attracting in each moment the molecules of physicality, the very cells of the body, and keep them within the structure that they are. If you were to say to the body, "Be dissolved," and if you truly knew the power that you have, the body would instantly be dissolved, for it is you, in your consciousness, that keeps it together. This is why it is always within your power to manifest health and ease rather than manifesting disease.

When you return to that place of peace within the heart, you allow the body to express the wholeness that it is and to express it with harmony, to be as it is designed to be. It goes about its business as a joyful child because you are going about your business being the joyful child. Remember always to breathe. There is much healing in the breath.

There is much healing in the energy of the body. That is why many of you have known what is called the laying on of hands healing, the Reiki, the sharing of the energy which is balancing. It is sharing of the energy that you are with others, and if they are choosing to allow, this will balance their energies as well. It is always a choice whether this will be received or not, but the energy that you are can be extended unto others and can be used for healing by the simple touch.

If you will receive it, as I have walked around this circle this evening, there has been much healing that has taken place within the bodies, within the minds, and has been registered within your soul.

It is good to see you again.

**It's good to be here.**

Such gentle hands. There is much love that you express unto others, and I would say unto you: be aware of the love that you share with others, because as you do that, you must know that you are that Love itself, otherwise it could not be expressed. As it flows through you, be aware that it is you. Give yourself the gift of awareness of the Love that you are. Each time you feel within the heart a reaching out unto others, a wanting to help, a wanting to support, a feeling of expansion in the heart as you would feel with a child, with a puppy, with a kitten, know that you are the Love that is being expressed -- for how, otherwise, could it be? How, otherwise, could it exist? It is because it is you, beloved one. You are dearly beloved of our Heavenly Father. He only calls upon you to know that for yourself.

It is, as we would say, His gift to you and yet, He cannot give unto you what you are not already. You are that Love incarnate. Each morning of your time when you awaken, say unto yourself, "I am the beloved child of our Heavenly Father." Call upon

me and I will be instantly with you. There is much that we share and much more that we will share in the days to come.

You are the beloved servant of the Heavenly Father. Many lifetimes you have given, as you would see, yourself in service in the ways that were at that time accepted by society, and yet you served beyond the bounds of what society would teach you because you came from the heart and shared with others. This you are doing again. There is much that you have garnered unto yourself in this lifetime, many experiences that you have garnered, much wealth, so that you are able to, as they say, relate to others, able to see a spark of understanding where perhaps others would go rushing by and not see. There is much support that you have asked for, for yourself, and much support that you are able to give unto others. And as you share this with others, know that you have and are a grand strength. This will be manifesting for you in more visibility in the days to come. There is a grand strength within you. I love you dearly.

{Hugging and sobbing.}

There is a grand radiance that the two of you share.

{Laughter.}

You have been in many lifetimes sisters unto each other. You have also shared the relationship of being brothers unto each other. You see, there is a grand balance in all. But there is such a bond between the two of you, an out-picturing of the Love that you are, the unity that you are, the non-separation, the Light that you are that cannot be separated. Is it not a joy to be expressing through the body, to be expressing the Love that you are when you allow it? Yes. And this is coming easier each day. You will find it easier and easier to be in joy.

The burdens that you have perceived to have been there through the teachings of many lifetimes are being released. They needn't be carried no longer. They were never worth it in the first place. You are coming unto a place of realization, of place of realizing the Truth of your being, and when that is seen and felt and truly registered at a conscious level, one sees that there has never been the guilt, the burden, the "shoulds" that the world would place upon you. One looks, as it would be, from a bigger vantage point, a vantage point where you would see many, many lifetimes, and you would evaluate what is going on now against the backdrop of many lifetimes. And you will say, "What this one person has said unto me and their image of me matters not, because many, many people have judged me throughout all of the lifetimes and yet, they have not known me."

This was true of me. Many judged me from their own fears, from their own place of what they felt they needed -- and they knew me not. And yet, in knowing me not, they knew themselves not. Because if they had known me, they would have known themselves. We are the child of the Heavenly Father. You are the child of the Heavenly Father.

No one in this world can judge you. They can only judge from their vantage point of where they are coming from. And when they judge, it means nothing to you. It means only where they are. So whenever one would say unto you whatever their opinion

would be, just smile at them and walk on. For if you refuse to receive that gift that they want to give you -- that gift of the judgment, the opinion, the advice -- if you refuse that, where does it go? They are left with it. This is why you smile and allow them their path, but you go on yours and you go with joy. Truly the sun shines on you every day.

Thank you.

Thank you.

Have you felt the energy in this room being lifted?

Yes.

Have you felt the release of energies that came with you, the release of burdens and perceptions that were held throughout many lifetimes?

Yes.

Yes, I know that you have, beloved brother.

{Sobbing.}

Truly you are the innocent child. Come always from that place of the heart. Whenever you would speak unto one, whenever you would have a decision to make, whenever you would wonder what to do in a situation, go first unto the heart -- and by that I mean that still, small Voice within the heart -- and listen. If it takes a moment for an answer to come, that is good. If it takes a day, that is okay. If it takes a month of sitting in quietness, that is okay, also, for who is the maker of time? You. No one else.

Time is your creation. Time is your servant, not the other way around -- although your employers would maybe say otherwise.

{Laughter.}

So if it need be a month of sitting under a tree to come to that place of stillness, that place of clarity within the heart, use that month as opposed to ten thousand more lifetimes. Yes. You see it in perspective.

{Laughter.}

Whenever there would be things troubling you -- and I know that in the world there are always occasions for things to come up in front of the face, as it would be, very much right in front of the nose to be looked at -- whenever that happens, beloved ones, breathe. This is the only, what you could term, ritual that I will give unto you: it is the exercise of breathing. And yet, it does not have to be done a certain way.

One does not have to breathe in through the nostrils and out through the mouth, or vice versa. One does not have to worry about using one nostril or the other. These are grand techniques that some have found peace in, but I say unto you: it matters not. It matters only to take within the body the inspiration of the Spirit that you are and to come unto that place of peace.

Have you noticed how one deep breath will restore unto you the peace that you are? This is why you have that saying or that exercise within your world that if you are angry, stop and count unto ten. It means to stop and to breathe. Hopefully, while you are counting to ten, you'll take at least one breath -- although I've known some to race through the counting, to reach ten and still be holding the same emotion. Remember to breathe.

If you take nothing more with you this evening -- and I know that you will take more with you -- take with you: the idea, the tool as it would be, of the breath to bring you back again unto your center, the center of peace. Teach this unto others. There will be many occasions that you will see others in turmoil. They will be worrying. They will be despairing. They will be sharing with you their confusion. And the grandest of blessings that you can share with them is to put your hand upon the shoulder and say unto them, "Breathe." And they will look at you with such a surprise because it is such a simple thing and yet, it restoreth the soul. It restoreth the soul -- the peace that you are. You are your Father's child, your Heavenly Father's. Our Heavenly Father's child.

That is my good news. That is my gospel to share with you this evening. You are the child of my Father. What does that make us, beloved brother? Brothers.

**Sisters.**

Exactly. All of the same family and yet, there is not even the separation of seeing individualities. You have all chosen to bring together, by your consciousness, a vehicle of expression. That is what the body is. It is a vehicle to be used to express what you are. And yet, what you are cannot be contained within the body. Even the very energies that we have spoken of earlier that your scientists can measure, even those energies are not contained within the body, because they extend beyond what you see as the body. They can be felt by those who are, as you have termed them, sensitive to energies. You are much more than the body and much more than the personality that you identify with in this day and time. Tell this unto others.

You are truly the servant of the Heavenly Father, and it brings you great joy to do this, does it not?

**Yes.**

Yes, you are one who is very much in the flow of feeling the joy, of feeling the Love that you are, and this is going to be opening up more and more for you, beloved one. It is, as you would see, you are within a stream and it is flowing rapidly, and you are very much one with it. It is going to get better and better.

**Great.**

You are ready for this?

**Yes.**

I thought you would say, "Yes."

{Laughter.}

This is what I found true in my lifetime. There were many studies that I was blessed to be given in my upbringing, when I was raised within what you would know as the monastery, with the Essenes and with the heritage of their training. There was much of peace and of being at one with all creation and with others. I was taught to be very present with whoever was in front of me. I was taught to breathe with whoever was in front of me.

Do you know that when we did what were known as healings, we would lay the hands upon the body, yes, but in order to bring our energies into atonement with each other, we would breathe with the other one until there was a very rhythm of energy that was at one. Then the energies that were needed in various parts of the body could go there without hindrance. And this was not only true of the very cells of the body, but it was true of the mind. The body is the perfect servant of the mind, and if the mind is not at ease, the body will tell you. The body will register this somewhere for you. And if you do not listen unto the whispers of the body, it will be such a servant for you that it will scream at you.

Have any of you in this circle experienced any of the screams? Exactly. Breathe in the golden white light that you are. That is what restoreth the soul: to breathe always with grand awareness, to be very much present with whatever you are doing and with whomever is in front of you, being very much present, to the point where you blend your energies with the one in front of you until there is a coming together and a realization of oneness.

There is much that you have to share with others. You have, if you will receive it, before you took upon yourself this vehicle of expression and were born of woman, you have agreed that there are certain things that you would come through in this lifetime so that you could say unto your brothers and sisters, "I know whereof you speak. I have been there." And then you will be able to show them the door that leads to freedom.

Never despair of whatever the circumstances have been in your life or the circumstances in which you find yourself. Never despair that they are worth nothing. They are worth a treasure, beloved one -- not only unto you, but unto others. For all that you are gaining, as you would see it, in your experiences, are as treasures, pearls, to be shared with others.

It is a grand commission -- one that you will accept with joy and will accept lightly. It is not one that needs to be done with heaviness, for in that way it would curtail the very effects that you are wanting to find, but it will be done with joy and with effortlessness. It will be easy, beloved brother.

There is a clarity within your soul that speaks of music. There is a singing, whether you feel it or not consciously. There is a singing that you are and that surrounds the body. Each morning when you awaken, greet the day with joy. Say, "Hello," to me and then sing. I will join you. You will see what a difference it will make unto

that day and to all who cross your path that day. They will see you chuckling and they will be wondering, "What has happened?" They will feel a shift.

Thank you.

Thank you. It is a grand gift that you give unto yourself, and in giving it unto yourself, you share it also with me and in sharing it with me, you share it with the least and the most of our brothers and sisters.

Can you feel the warmth in this room? This is not a warmth that was here before you came into this room. You have manifested it by your very energies. Here is one who has experienced the warmth before and has come prepared this time to shed the raiment, as it would be, to be more comfortable. It is not I who have caused the heat in this room. It is the energy of healing, the energy of what you would call the exuberance, the exhilaration of the freedom of the soul that you have felt, the allowance of the very vibrations that you are, the allowance of freedom of expression, the allowance of the laughter, {microphone buzzes} the allowance of the buzzing of the bees.

{Laughter.}

Modern technology is wonderful, but it also has its, as you would call them, bugs.

There is much in your day and time that you are manifesting that shows your grand creativity. The technology that you have is being so rapidly advanced that what you have in this day and time is much different than what you would see even five years ago. You have seen this with what is called your boxes of artificial intelligences -- interesting terminology -- the computers. You have seen how by the time one comes out on the market, others are in process of being developed, and by the time one has come out, it is already obsolescent, I believe is the word. You would see technology outside of yourself and yet, I say unto you: there is nothing outside of your consciousness, for all that you are aware of in your consciousness is you. It cannot be anywhere else.

It is a mirror of yourself.

So, for all of the great inventions that you would see, all of the technology that you would see, pat yourself, as it would be, on the back for you have had a hand in its development. It is part of the Mind of God in Its ongoing expression, Its own creativity.

You see this also in what is happening with what is called your freedom of expression, in what has been known as women's liberation, of society coming unto a place of examining values. Much there is that has happened in what you would see as the last quarter of a century, of people examining, "What are the priorities? What are the values?" Even unto your relationship with Mother Earth, your Holy Mother.

There has been developing much awareness of how mankind is living upon the Earth's surface and how you are not separate from the Earth. You are very much in tune with the Earth. You have felt this with its rhythms, the rhythms that are reflected and resonate within your own bodies. The ones that you have known as the native Americans, I believe you call them, are very much ones who are in tune with these energies. And you have seen that culture coming much more into prominence with their

teachings, as well. There is much awareness that is happening upon this plane. It is what I have called the awakening, the atonement. I am Jeshua ben Joseph. I am the Archangel Michael energy. I am the one in charge of what has been called the Atonement -- which means simply, the atonement, the coming home again of the Son of God. You stand upon the threshold, beloved one, of coming home. You are that close. It takes only your simple choice of saying, "Yes, I will cross over and be in the Kingdom of my Heavenly Father. I will be happy."

No one can give this unto you. Others can come and offer it in front of you, but it is, as you would see, a platter of food, and if one places this in front of you, it still is your responsibility to reach out and take and to eat. I cannot do this for any of you. This is why, although it has been said that I am your savior, I can save no one. I can be, as you would see, the elder brother, and I can come and be amongst you and be your cheerleader. I delight in being your cheerleader.

I love to come and be amongst you and to say, "Yes, you are energy. The Light that you are is truly vibrant." This is what you have been feeling in this room tonight. You have been feeling the vibration of energy, the very registering of the heat. It is your own vibration, your own vibrancy.

So, am I your savior? Yes, in a way, because you are your own savior and there is no separation between us. I am you and you are me. This is a hard concept within the world to accept and yet, I say unto you: at the place of the heart there is understanding.

So yes, I am your savior and yes, you are my savior, and I say unto all of you: welcome home.

There is a commission that I would give unto all of you in this room this evening: first of all, to be the Light that you are, to know it for yourself, because there is a grand joy in that -- and then, to share it with your brothers and sisters who so desperately are crying out for the knowledge and the realization of who they are. There is much that you have seen in your world on this square box that you have in your living rooms that brings you the world right up in front of you each evening so that you may see what is termed far away -- and yet, I say unto you: how far away can it be if it is within your consciousness? It brings you the conflicts that are happening, as you would see it, across the world. It brings you knowledge of the suffering of others, and yet these others are not separate from you. They are going through the same torment, the same doubts that you have held. They may be out-picturing them in different ways. Their script and their drama may appear to be different than yours, and yet the emotions that they feel, the lessons, as you would term them, that they are coming through are the same as what you are experiencing and have experienced.

So the commission that I would give unto you this evening is to be the Light that you are, to be the Light unto the world and unto your brothers and sisters, and to say unto them in humble simplicity, "I am the Light of the world. I am my Father's holy child." And then say unto them, "And so are you." Spread my message.

This is my gospel. You are already perfect. You are the Light of the world. You need do nothing to be worthy of it. It awaits only your simple choice to accept what is always yours.

There is much that has registered here this evening. There is much that has been released. There is much that has been restored. Is this not true? We have restored in this brief period of time, as you would see it, many of the years that the locusts have destroyed -- a figure of speech -- many of the years and lifetimes that you have gone through with guilt upon the shoulders, with confusion, with feelings of separation. And yet, I say unto you: I am not separate from you and you are not separate from any of your brothers.

Do you know why it is that you are able to sometimes know what a person is going to say before they say it? Or you will know that someone is going call you and your little box that rings will ring and you will pick up part of that box and speak into it, feeling that this connects you with that other person who must be afar off. This is why you are able to do what your scientists have termed the extrasensory perception: because all minds are joined. There is no separation.

When you come to that place of peace, that quiet place, and you throw open the shutters of the Heart, and you expand your awareness, you are in touch with infinity. You are in touch with all that is. And you can speak unto anyone whether they be across town, across the state, across what you call your ocean, and you can speak unto them from the heart and it will be received.

You can also speak unto those that you have seen as having laid down the body and having gone on somewhere, those who were perhaps dear to you who have seemingly left and passed on, as it is said, and yet, they have passed on and gone nowhere from you. As soon as you would call upon them, they are instantly with you, the same as with me.

So if there are those that you wish you could communicate with, that you have a message for, know that you can give them that message. For as we have said earlier, who is the maker of time? You are. Who is the maker of the limitation of thinking that you cannot communicate? You are. So you may throw off those limitations and speak unto the ones that you would want to communicate with. Send your love unto them. They will hear you. And then it will be a grand gift that you give unto yourself if you will sit for one moment and listen, because they may be wishing to converse with you. And the idea that you had to perhaps think of them -- where do you think that idea was coming from?

Yes, often I stand at the door and knock. And if you will stop for a moment and let me in, I will come and sup with you. It is the same with others that you feel have laid down the body and gone on. They have gone nowhere. They are right with you.

Yes.

Yes. I know, beloved one, that you know this. This is something to be shared with your brothers and sisters, who sometimes feel very separated and feel very lost and confused, feel abandoned. Let them know that the loved ones have not left them, that

the love that has been shared has not ended, that it still is ongoing, because it is who they are and it is who the others -- if they perceive them to be separate and individual -- it is who they are as well, and the communication is still there.

The thing that seems to be lacking with mankind is the trust, the trust to listen and then to know that whatever has been received as a message, as it would be, to trust that as being true. The world has for so long taught you that only what you can see and touch and hear and feel is real. Such a limited way of looking at things. It is very necessary in this day and time to let the others push off the blinders, push them back so that they may see more.

You, who have experienced this and know the broader picture to be true, can share this very tangibly with others. It is a grand thing that you do. Many there are who are sorrowful of heart, thinking they have been abandoned, that the ones who loved them are gone, and yet they are always there. You cannot lose anything because you are everything. And yet, the world has taught ones to be circumscribed by the body, by the years that they would see the body to be living.

This is a grand age that you are living in. It is an age of expanding awareness. It is an age of coming home. It is truly a blessing.

All of you, if you will receive it, have chosen to be alive in this time because you are the great adventurers, because you have said, "Yes, I want to be there on the crest of the wave as this is happening. I want to be part of the awakening. I want to be part of the energy that is coming home."

Much you have come through in order to be able to share with others the joy that you are. It is a grand blessing.

There would be those who would look at my lifetime and feel that there was much that I came through, much suffering that they would say I endured, and yet it has been such a blessing. First, I want you to know that I did not suffer. When I was a young lad, there were times of confusion. I was not born a saint.

{Laughter.}

There were the lessons to be learned of relationships, the lessons to be learned of who I was and who others were. There were the lessons of learning to be consciously one with my Heavenly Father.

Though there times of emotional upset, I would not call it suffering. There were times when I pushed some of the buttons, as you would call it, of my parents and of my elders. There were times that I needed the discipline, a little bit of telling how to look at things and perhaps to breathe. But as I studied and as I traveled and I came into contact, as you would see, with many masters upon this plane who had also gone through their own learning, their own awakening, and were able to share with me what you would term the secrets -- and yet they are never secret; they are never hidden from anyone who will return unto the heart -- they were able to share with me things that I had not in consciousness yet taken to be my own. And as this came to be part of me, I knew my oneness with our Heavenly Father and I knew myself not to be the vic-

tim of others. I knew that there was the One that I have called the Grand Weaver, the One Who weaves all of the threads of the tapestry together, the One that has been called the Holy Spirit. I knew that there was that One -- and yet it is not one apart from you -- Who was, as you would see, the grand Orchestrator of all of this, Who was weaving the threads together in a picture that was bigger than what I could see.

And when I came unto that experience of the trials and the crucifixion, and when I hung upon the cross -- there has been much made of that, of my suffering and how because of my suffering I have saved mankind -- I say unto you that I did not suffer. I had learned in my travels and in my studies that I am not the body. I have learned that the body is the vehicle of expression, that it has been brought together by my desire. And I knew also how to rise above the body and to watch it, as it would be, so that I did not suffer the cruelest death of all, because I knew I was one with our Heavenly Father. I knew that I was eternal and ongoing forever, and I knew how to be above the physical body.

I knew that my energy could be taken, my consciousness, above the body. And I watched the body and I watched the drama, and the only pain and suffering that there might be was my longing for my brothers and sisters to know the Love that they are so that they would not need to come from fear to get rid of what they saw as a threat to them and to their way of life and to their belief systems. This would be all that I would term, perhaps, a pain unto me. And yet, it was not a pain. It was a grand love, for I knew that by that very path they were being brought home again unto our Heavenly Father.

For, you see, it is inevitable that all will return to the Heavenly Father. It is only a question of time, and yet I say unto you: what is time? An eternity? It is but the twinkling of an eye. It is mankind's dream that he immerses himself in and thinks that it goes on in a linear fashion, and yet, it does not. It is that fast.

So it is inevitable. This is where you can feel the grand joy, because you will know that even if it would be true -- and I assure you that it is not -- that you have been cast out of your Father's Kingdom, you would know that there would be a time that you would be coming back into the Kingdom. And yet, I say unto you: you have never left it. It is within you. It is that place of peace that you reach through the breath. And when you have reached that place of peace, all else is added unto you: all of the realization of who you are, of the Love that you are and the joy that you are and the power that you are, because you are all power -- not in worldly terms of power, in having power over others. That is not the power of which I speak. But it is the power of your own expression of the Light and the Love that you are. And there is much power in that, I assure you.

Now, when one comes unto a place of awakening and is what is termed awake, will there be a grand fanfare? Will the Heavens open and the choirs of angels descend and sing? Will they publish in the headlines of your newspapers that, "Sharon has awakened"? No, beloved ones, this will not happen. But there will be such a grand joy that you will feel within yourself that it will be as if the choirs of angels are singing because your soul and your heart will be singing. There will be a freedom that is felt.

There will be such a joy that it cannot be contained. There will be such an exuberance, an exhilaration, that you will feel it cannot be contained. You will spring from your bed each morning so happy to be alive and to be sharing with others the Love and the Light that you are.

Truly you are free. Truly you are free. And yet, I say unto you: the awakening is not something afar off. It is not a large event that must come in a certain way. But the awakening happens in each moment when you come to that place of peace, when you smile. And as you string these moments, as you would see them strung along a cord extended, you will feel yourself to be in the Kingdom all the time.

So, you see, it is not a complex affair. It is a moment by moment choice, and yet such a simple choice. This is why your world knows it not: because it is simplicity itself. The world has taught you that you must search under every rock. You must search the mountaintop. You must search all of the grand books and you must study. You must prepare yourself. You must do rituals of purification. You must live a thousand lifetimes as a monk in the monastery before you would be worthy.

I say unto you: none of that is necessary. It takes only your choice in this moment to say, "I and my Father are one. I would not exist if I were not one with my Father." Think upon that.

You are worthy, beloved ones. You are worthy of the happiness. You are the child of our Heavenly Father. You have never sinned. You have never, if you will receive it, even made a mistake. For all of the choices that you have made have been used to bring you home again. None of them have been mistakes. None of them have been mistakes.

**Wow!**

Very powerful and very true. You are all grand actors upon the stage. You have all agreed to play certain parts, and you are all playing them very well.

{Laughter.}

**Crazy.**

In other lifetimes, as you would see them, you have played other parts. You have been the king. You have been the servant. You have been the child. You have been the father. You have been the grand adventurer upon the seas. You have been the captain of the Starship. You have been the lowliest and the highest. You have been in poverty and you have been in wealth. You have experienced it all.

You have taken within each lifetime, as you would see it, the script for that lifetime and you have played it to its utmost. And when that script has been finished, you have laid down the body and then you have picked up another script, so that all of you, if you will receive it, have been every thing, every relationship that you can imagine, every person, every place, every experience that you can imagine. For I say unto you: how could you imagine it if it were not already in your consciousness?

Everything you can imagine you have been and have experienced. Even the things that you would see as your future -- and you see this upon your square box and at

what you call your cinemas -- of travel into the future, how can you understand that and relate to it if there is not a part of you that is not already experiencing it? Do you see how powerful you are? Yes, you are much more than the body that sits upon the chair and much more than the personality with which you identify in this time and space.

This was a Truth that I came to realize in that lifetime that is so famous, and I share that with you this evening because it is not only a Truth of my being, it is the Truth of your being. Never anymore need you feel small, circumspect, a victim of circumstances, a victim of other people's opinions, a victim of the world that would say unto you that you must do X, Y, and Z in order to be approved or in order to be fulfilled, or in order to be worthy. You are already worthy. You are worthy by the very fact that you exist -- and do you exist? Yes, you would not be here experiencing this if you did not exist. And if you exist -- and I assure you that you do -- you are all in this moment that your Father created you to be and your Father does not create anything that is not perfection. I know, because I have spoken to Him about this.

{Laughter.}

It would be wise now if you were to take what is called a break, to put some water into the body and, perhaps, to release some of the water, to cool off a bit, and then we will reconvene and we will entertain -- I do like that word -- any questions that you may have within the mind. Go in peace for a few moments of your time. Exchange the hugs with each other, and then we will meet again.

So be it.

{Break.}

{Group comes back together and is talking animatedly with each other.}

Well, you woke up the kids. Now what are you going to do?

Indeed, beloved ones, we shall see what we are going to do.

Are you all refreshed from your break?

Yes.

And yet, I say unto you: what can be broken that is already whole? Can you ever take a break from being the Christ that you are?

Were the hugs exchanged?

Yes.

Did you feel the energy?

Yes.

Beloved child of our Heavenly Father, you are a grand delight {talking to a fellow lying on the floor}. All of you are the outrageous child of our Heavenly Father, pictured

as this one upon the floor. Allow yourselves in each day to do one thing that you would feel to be outrageous.

**One?**

No, not just one. But you may start with one and then add unto it. And if it be only to talk unto one that you feel is a stranger -- and yet I say unto you: you never see a stranger. You see only yourself. Do you know why this is true? Because what you would perceive in another is what you already hold within your consciousness, so that you never see a stranger. This is why you have the grand freedom of going up unto any-one that you meet upon your street or your place of employment and greeting them as you would greet yourself, for this is truly what you do, though you know it not.

You do not need to hold yourself in constriction or in constraint, thinking that you should be a certain way because society teaches you you should be a certain way. Do you see the grand joy in allowing one's self to be the child? Nurturing that inner child, that innocent child of the Heavenly Father. That child that calls out unto you and wishes to be expressed is your soul. It is the soul that you truly are, wishing to be free in expression, knowing that it is the Love of the Heavenly Father and desiring to be freely expressed. Nurture always the child that is within you. Give it the allowance to play.

Know always, in every moment, that you are free because you are the child of the Heavenly Father and there is nothing that is denied unto you. There is a grand power in that, a grand freedom of expression. It is what you are worthy of: of tuning into that innocent child that is within you and listening unto that child because it is the soul speaking unto you, the soul that wants to be heard, the soul that wishes to play.

{Kneeling by the one on the floor} Do you see by the very example of this one allowing himself the freedom to express, what permission he has given unto the rest of us to express? This is what your brothers and sisters are crying out for. They are saying unto you, "Please, be the freedom of the Heavenly Father. Please be the Love that you are and give me the permission to be who I truly am, as well." For do you see that if each one in the world goes within the box and walks only as would be proscribed by society, do you see what one becomes? {Walking very rigidly.} The toy soldier. But when one allows one's self the freedom to be the energy that one is, to go as it would be with the wind and to express with freedom, it gives unto others permission to allow their child to come out and express as well.

Truly, this is why you are here. No grand mission that you have been sent here from some starship or from some far galaxy to be here in heaviness, to do such and such. But only to express who you are and to allow others, by your example, to express who they are. Nothing too difficult in that, perhaps?

**What if you are here to be heavy?**

Why would one choose to be here and be heavy?

{Loud laughter.}

**I'm just asking.**

This is permissible, beloved brother, for as long as one would choose. But it is a bit like banging the head against the wall. After awhile one comes to the point of saying, "There must be another way to do this."

{Laughter.}

Go with the lightness that you are, for truly you are the Light of the world. There has been much laughter in this room and much joy, much expression of the Light that you are, in this evening.

So, as we have said earlier, we will entertain questions if there be questions. We will search with the mind until we come unto the place of the Heart to discern the Truth. Are there questions that you would ask?

{Picking up a microphone.}

I have been instructed to give you the leash.

**I have a question about the way you are speaking, about "our Father" and "mankind" and "unto." It sounds like the King James version of the Bible, and I have a real problem with that.**

It is, beloved one. It is what people have come to expect of me. I would say to you that I could sit and converse with you very easily in what would be termed modern day language except that many expect to identify me by the language. But, if you wish, we can leave that all behind.

This is one of the questions that this, my beloved friend and ancient teacher, has asked of me, because she does not find my words coming through her in such a poetic fashion as your Holy Scriptures and as some of the other channelers portray me. And she has questioned and she has said, "But you do not speak with the language that I expected you to speak with. Are you really who you say you are?"

She has asked of me to show her separation, to show that there would be an individuality known as Jeshua ben Joseph, and an individuality known as Judith. And what I have said to her, what she has discerned, has been that there is no separation. There is, as you have seen, a mode of speaking which is recognizable, but it is not that far apart from what you can understand. True?

If you want to, we may speak directly. I am always with you. I am within your mind. When you speak with me, you need not go to the phrases of the Bible. If this does not feel comfortable for you, throw it out the window and know that the words that you hear that would be spoken to you as a friend speaks to you are true, for I am your friend and we may speak directly.

This is something that is very important and I am glad that it has been raised because often you will judge by appearances what you think to be reality, and yet the Truth comes in many guises and many ways. When you talk with me and you hear an answer that seems very commonplace and you tend to put it down because it isn't with the holy angels and it isn't with a grand fanfare and it may not be phrased as the Bible would put it, stop and think again because there is no separation.

Those of you who have asked to hear me and have bemoaned the fact that you do not hear me, know that I speak unto you always in a language that is acceptable unto you. It may not come with the trappings that you think it should come with, but I am speaking to you always. I am talking to you as a friend. Trust what you hear, because I am within your mind and within your heart. I cannot be otherwise. I am not separate from you. I am not above you. I am not afar off. I am very much present with you all of the time.

So, if it does not feel comfortable to hear language that you would feel is of an ancient time -- the King James Bible -- know that it is not necessary for us to talk that way. In fact, I speak with you in very everyday language.

Uh huh.

Yes, but there are others of your brothers and sisters who expect a certain mode of language, and so I come and I fulfill that. But it is not necessary, as you know. Also for those of you who may not feel that you hear actual words coming to you, know that my presence can be felt. It does not have to come in words. There may be a reassurance that you feel, a nudge, perhaps a feeling of energy, a rush of energy. Sometimes you have said, "Oh, that gives me goosebumps" -- a rush of energy. So it does not need to come in words. There are various modes of communication, as you know.

One of the most simple methods of communication is with the eyes. Much is conveyed through the eyes. No words needed. It is from soul to soul through the eyes. Does that answer your question?

Some.

We could speak Aramaic, as we have done, or we could speak the language of the heart. That is where we dwell.

Are there other questions?

Yeah. If say, I was up with God and I was like this being, this Light being and all of that, why do I choose to come down here and why does everybody here choose to come down here? And I've heard it's about learning but I don't understand where it's applicable with God.

You are always, as you have termed it, up with God. You are always with God. You have chosen to turn your focus, the focus of attention unto this time and place, unto the personality that you identify with, but this is not all of you. In fact, this is only a small percentage of you that is in this point of focus. You will know this to be true as you sit in quietness and you expand the mind, as you expand the imagination as it would be, and you can go unto a far realm. You can travel. You can be one with others that you would have in your imagination. There is an expansion in that, and it will show you that you are not just this point of focus, but you have chosen to experience this time and this place as what I have termed the Grand Adventure.

The Son of God chose to experience what it would be like to create unlike God. The Son of God has said, "What would it feel like to create unlike God?" There is no judgment in choosing that. It has been part of the choice to know the parameters of what the Son/Daughter of God is. We will not deal with "Father" and "mankind;" we will deal with "Mother" and "womankind."

**Right.**

The Daughter of God chose to explore the parameters, asking, "What can I experience in the Mind of God, which is infinite?" The Daughter of God wished to explore the farthest boundaries, and in this exploration all manner of worlds have arisen and have passed away. It is part of what I have called the grand drama, because you are all actors upon the stage. You are all testing parameters. "How far out?" And you have even said, "How far out can I go and still be my Father's child?"

All of you have experienced this questioning in one form or another. You are the child of God, and it is as you would lie in a beautiful meadow in your Father's kingdom in the sunshine, feeling very much at peace, and you have fallen asleep. And in this sleep the child of God has dreamt many dreams, and yet the child has never strayed from the meadow and the Father/Mother sits by the child, awaiting his/her awakening, waiting patiently for the child to have the dream. And yet, the child has never gone from the meadow.

It is not for the purpose of lessons. It is not for the purpose of balancing karma. It is not for the purpose of anything except expressing the Mind of God, the child of God that you are, to experience all. Do you see, in your grand creativity, it has been your desire to experience? The only, as you would see, problem that one may get caught into is believing that this is all there is, when there is so much more. And yet, as we have said, when you sit in quietness and throw open the shutters of the heart, you know you are not limited by this experience. Anything you can imagine is you. Does that answer your question?

**Just started to.**

It is not for the purpose of having to go through trials in order to be worthy. It is not for the purpose of learning lessons. It is only for the purpose of extending the Love that you are, for coming into the fullness of the realization of the Love and the Light that you are. I have said that you are Light, and that you are. This is what would be measured in physical vibration. You are Light, truly Light, and you are experienced as Love.

Know you the feeling of expansion when you are in love?

**Uh huh.**

Yes. The feeling of expansion when you look upon a puppy, a kitten, a flower, something that your heart opens to. This is when the shutters of the heart have been thrown wide open and you have allowed to be expressed the Love that you are. And yet, I say to you -- not "unto" you -- but I say to you that this is just the tip of the exhilaration of the Love and the joy that you are.

This is why when I was upon this plane and I fully realized my oneness with the Light that I am and that you are, the very cells of the body could not contain the lightness that was being manifest through them. This is why the ascension occurred. There was such a realization -- bringing reality into this plane -- that the very cells of the body could no longer be beheld upon this plane.

It is not that you are put here for punishment either. It is not to work out things that you may have done in what you would see as other lifetimes. You have never made a mistake. It has all been part of the grand drama of experiencing the Mind of God, and the Mind of God is ever ongoing. It is not static. It is not finished. It is not something that can be contained within a box and one would say, "This is the Mind of God." The Mind of God is you, beloved one, forever experiencing. And yet, the Mind of God is already at one with the peace and the Love that It is, so that, in that, all is completed. It is a paradox.

The finite mind cannot comprehend the infiniteness of the Mind of God. Only the Heart can ascertain the expansion. So it is not that you are put here to suffer. It is not that you are put here by anything but your own free choice to experience. I chose to experience the lifetime that is so famous. I was given inspiration, ideas, ways that would be, as I saw it, helpful to my brothers and sisters, a script, as it would be, to live out that would be seen to be inspirational and helpful. And I chose to live that out upon this plane.

I did not have to, but I chose to. And I chose to show the freedom that one has -- that one is not limited to the body. I chose to show it in a fashion that would be dramatic enough to be remembered. And yet, many there are who have realized their oneness with our Heavenly Father, with the Creative Principle, and have laid down their bodies quietly and have vanished and you have not heard of them. So there are many choices and it is all your choice.

This is why I say unto you to approach each day in joy, because you are the grand playwright. You are the one who is writing the script. There is no one else outside of you who is writing your script. You are the playwright of this lifetime and all of the other lifetimes that you imagine as well. So be the playwright -- and play with it. It does not need to be heavy.

**So it's all to get love?**

No, beloved one.

{Laughter.}

What? What's so funny?

It is to be the Love that you are, and in the being and the extension of the Love that you are unto others, do you know what happens, beloved one? It is seen that you get love. It is just to be the Love that you are, to go in grand simplicity of joy. Nothing else is asked of you, and yet the world would say that that is too simple. But I say to you: you've tried everything else. Why not try the simplicity of being the Love that you are? That is all that it is about. You have done everything. You have been everything.

And if it brings you joy to experience other parameters, then go with grand freedom and experience other parameters, but go in the wakefulness of knowing that you are the playwright, that there is no one up there somewhere pulling the strings. You are not someone's puppet. You are not put here for a reason that someone else sees fit. You are here of your own choice.

And yes, you are here to get love, because that is what you are. But in the giving is the getting. Not too difficult. Does that answer your question?

Yeah.

It will give you what is called a train of thought. You can have fun with it.

Yeah. Religion twisted my mind.

Religion has done that for many, many lifetimes, yes. Not for the purpose of teaching you who you are but for the purpose of keeping you in line -- keeping you, as it would be, under the thumb that society has, teaching you the "shoulds," the very structure. And yet, do the flowers of the field need the structure? They grow to the sunshine in grand freedom. This is who you are. You are the flower of the field.

I'm a hot flower right now.

{Loud laughter.}

About to wilt.

Yes, this is a hothouse and you are all blooming.

Whew.

Will you tell me more about the twelve women apostles and how I fit into that?

Beloved one, there were more than twelve. These have not been recorded in your Holy Scriptures, as you know. It was a time very similar to this time as it has been up until the last quarter of the century, where it was very male oriented, and so what was recorded within your Holy Scriptures were the men disciples. But there were many women who traveled with me, many women who heard my message and who took it unto their heart and understood the message of love, who were not constrained by what society would teach them and who were able to have the freedom of understanding my message. So that there were more than twelve women disciples.

You were one of them, as you have discerned, and there were many more -- ones who were so realized in the Love that they are that there was no task that was too menial to be done. They saw that service unto their fellowman and woman was service unto the Father, and they realized that they were here for extending the Love that they were and to experience the love. They were what I would term awakened, because they knew themselves to be children of the one God, of the one Creative Principle. They knew how to be very much in the heart and then to come from the heart in any way that was of service to others, whether it would be the gentle touch, the healing touch,

the cooking of the food, the cleaning of the raiment, anything that was of service. And you were one of those.

You taught groups, because often it was that I would speak to the multitudes, and as you would know with a large group, there would be questions that would come up and they could not always be asked because of the great number of people, so that there would be, after that, smaller groups, such as you find yourself in this evening, where the questions could be asked, and those who had been traveling with me and who had heard my message and who had taken it deep within their heart met with the smaller groups and were able to share with them what they knew from their heart and to answer the questions, such as we have been doing in this evening. There was much that was shared in this fashion not recorded in the Holy Scriptures. Only the larger meetings and the more dramatic events were the ones that were remembered and recorded later.

There was a great comradeship among the women, not unlike what you feel in this day and time. This is why it is so familiar to you. It is where you have been many lifetimes, and it became very much part of you in that lifetime. It is not that it was not experienced in other lifetimes, as you would see it, but it was one of the mountaintop experiences, one of those which you took very deeply within yourself and it registered at the soul level. And so it is not by accident that you feel this again in this lifetime.

Thank you for again being one of my disciples in this lifetime and for serving wherever Spirit would send you.

Very welcome.

I studied the Scriptures for awhile, and as I read the passages of Judas and I read the things that happened, I felt very connected with those passages.

Yes.

And that it was prophesied for many years what he was going to do.

Yes.

And he fulfilled a great need.

Yes.

But in doing so, he took his own life out of shame and guilt.

Yes.

I feel very connected with that and I'd like to know... am I?

Yes.

As you have seen, beloved brother, it was part of the plan woven by the Grand Weaver. It was part that needed to be played and if you had not played it, someone

else would have come along and played it, but you chose to take up that script and to be the servant of the Heavenly Father in that grand drama.

{Sobbing.}

Your sorrow has been in the limitation of how you viewed what you had done, not being able to see the larger picture, not being able to see at that time how it was all a part of the grand tapestry. And yet, the laying down of the body, beloved one, was not the cessation of your life, because you have come back many times to serve as you served in that lifetime.

There has been no guilt. There has been nothing to atone for except to know your atonement with the Heavenly Father and your place in all of this grand drama. I loved you then and I love you now.

{Hugging and sobbing.}

This is why I said unto you earlier, the burden of a thousand lifetimes has been lifted. You have carried that guilt with you in many lifetimes. Not as a conscious remembrance until this lifetime, but as something that would be upon the back. It is gone now. Does it explain for you many things that you have felt?

Yeah.

Yes.

**When will this be gone?**

You will come unto a place of perfect peace, beloved brother. You have been the servant of the Heavenly Father. You have been the servant in allowing the Love that you are to be a manifestation for others for part of what I chose to be the drama as an example for others. It was very necessary, and as you have seen, it has had great, far reaching ripples, waves as you would see it, throughout history. Do not blame yourself. It was very necessary to be done. And as I have said, if you did not do it, there would have been someone else to play that script.

{Sobbing continues.}

But you played it very well.

**I have two questions. The first pertains to my own journey: that I believe that I have served your message for many, many lifetimes and done so well and believe that I am now coming into a mastery of my own Christ Self.**

Yes, you are, beloved brother.

**I have been given the name of Saint Germain as one to learn from. Can you enlighten me of any... of who he is and what he speaks? Because I am told in what I read..., not that the essence of the written word misses a Truth....**

Yes, it does and you are one that can discern that at the heart level because you have been with this one when he has been upon this plane. You have studied with this one, as you know. You have been as the student and you have also been as the equal with this one, and you have come again unto this plane to share what you know within the soul and within the heart with others. You have spoken truly that you are coming unto the realization of your mastery, of your Christ Self, in order to share that with others, to let them know also that they are the Christ, though they know it not.

There are many languages that need be spoken upon this plane, for ones who can hear one language may not be able to hear the others. And so there are various ways of teaching and of speaking -- and I do not mean just with the words. There will be many -- and have been already -- that you have shared your love with, that you have opened windows and doors for them so that they could see the splendor beyond. This is your path, as you have correctly named it. It is service that is of joy to you. Is this not true?

Very true.

Thank you, beloved brother.

Thank you, brother.

As you would be in communion with the one known as Saint Germain, you will find this very easy to do. There will be messages in great clarity that will come unto you, messages of the heart, of the love. Share these with others.

Oh. Thank you. My second question is about following on what Jeff had asked about, because I deal so much with people in fear or of pain in their heart. What I understand you to say is that those who create what we call violence, pain, abuse, negativity, evil in the world are somehow in service to the Grand Weaver?

Everything is used by the Grand Weaver as steppingstones to bring the child of God back home, yes.

So then, the message is for those who receive negativity, pain, suffering and evil to pass through the pain to enlightenment or....

{Tape being turned over.}

...when I was upon the cross, to be able to look at what is transpiring and to love each one even though they may be driving the nails through the hands, to be able to love them, to know that they are playing their script, to be knowing that there is never a mistake that is being made. There is never what is known as sin except the temporary forgetting of who one is when one turns one's face away from the Light that one is. There are never what you would term victims because each one is choosing to play his or her part in this drama. At any moment one can remove one's self from that drama -- either physically, by going somewhere else or by, within the mind, a shift in perception.

So the pathway then is that they must go through the fear of their own heart?

This is true.

**Before they can....**

And how this is done, beloved one, is not so much going through the fear and seeing that as a great wall, but by knowing the Love that one is. This will take you through what is perceived to be the ring of fear or the wall. Coming into that realization of the Love that we all are, that transcends everything upon this Grand Adventure.

**Thank you, brother.**

Thank you, brother. Blessings upon you and your work. There is much Light that you are sharing with others.

**Thank you.**

**I don't believe that there are accidents or coincidences, and you mentioned my name earlier. There was a Truth I felt I was to know about that?**

Yes.

**Will you tell me?**

This will be for you a revelation. It will be bringing back remembrances for you that will bring you into a place of total aliveness, coming into the integration of many lifetimes when you bore that name of Mary. You were known as Mary in the lifetime that we shared upon this plane. In your quiet times you will be thinking about this, and know you that there were many Marys who attended me in that lifetime, many Marys who came from the heart and shared of themselves. You were one of them.

As you sit in your quiet times, play with these remembrances. And know that you need not have been one of the ones recorded in your Holy Scriptures in order to have been of value and of importance to me in that time. For I say unto you truly, you were a grand friend and still are. Also, play with the name of Mary and know that that is only part of the name that is your nature. There are sounds that come before "Ma" and sounds that come after "ry" that are part of your total vibrational being. Something to think about. There are, as you would see, syllables before "Ma" and after "ry", but Mary contains the essence of it.

**I'm a mom and a grandma, and I'm embarrassed to say this but....**

There is nothing, beloved one, to be embarrassed about.

**Can you hold my hand?**

All of your friends in this room have experienced everything -- as you have also -- and it would only be the world that would tell you what is to be embarrassed about.

Okay. I have a boy grandchild that's not going to be born and I'm... I would like you to be with that baby. {Sobbing.}

I am already.

I know. I wanted to ask just because....

Yes, for confirmation, for knowing for sure. I am with this one. It has been a soul choice not to come in to utilizing that vehicle at this time. This is not to say that that soul will not utilize the vehicle of a body at a later time, but the timing was not right. There are never any lost souls. This one is very much with me and I with him.

Thank you. Yes. Know also that this one is very much held within what you would see as the arms of the Heavenly Father. This one is the Love that you are, as well. This one is an old soul -- as you are also. This one will utilize a body in time and yes, you will meet this one.

Good.

And there will be a familiarity that you will feel, but it has been that the timing is not right. Be of good cheer.

Yeah, okay. Thank you.

I have two questions and one of them is to help me understand you better, and that is, when you were here in this life, did you know when you were living this, all the problems and pain and sorrow that dogma would cause from people misunderstanding you?

I knew the world at the time that I walked it and I could see the constriction of the minds of mankind. I very much could see the structure of what you would term organized religion in that time and how narrow the minds were and how the belief systems were so rigidly guarded. I knew that mankind would live out that probability.

But I need to share with you, beloved one, that that probability has not been lived out on what you would see as other dimensions and other realms, other points of focus. There were other points of focus that took my teachings and lived in what you would see as a more heavenly existence. It does boggle the mind -- but then, the mind is here to be boggled.

Yeah, I guess so. The second question was, you taught in parables and you did that a lot. Was that because... you said earlier that everything's expanding. Is that so? Are those two connected? Teaching in parables and the expansion?

Yes, beloved one, they are connected. I taught in parables because Truth can be discerned upon many levels. It is as I have said earlier about the languages that are spoken. So I taught in parables and stories that ones could hear and understand at their own level of understanding, so that they could gain a grain of Truth from wherever they were in their understanding, wherever they were in their experience of this grand drama. And yes, it was part of the expansion, because even now, as one reads

the parables, you will be reading into that parable meaning that people in my day and time did not. And yet I say unto you, there are those who lived in my day and time who have read the Truth in ways that are not being read now, as well.

So yes, it is part of the expansion. It is part of the experience of the Mind of God. I taught in parables because it was a way that all men and women could understand. They could gain some understanding at the level where they were and then this could increase and grow for them as a grain of mustard seed would grow. There was something they could relate to on all levels. Those who had eyes to see could see a deeper meaning. Those who were of what you would call a more simple nature took the story to have a certain meaning and it was what they needed at that point to help them upon their path.

Thank you.

I would do with you a simple meditation in closing of this evening. I would have you become comfortable wherever you are -- resting comfortably either upon the chair or upon the floor, whatever feels comfortable for the body so that you are not in attention to the body.

Breathe with me. Breathe in the golden white Light that you are. Breathe in very deeply, into the very cells of the body, taking into the very cells the Light that you are. Breathe in the golden white Light that you are. Feel this Light energizing every cell of the throat, of the head, of the very scalp, of the hairs upon the head. Feel this Light going down throughout the body, through the shoulders, the heart area, down through what you call the solar plexus, the legs and unto the feet. Feel it energizing every cell of the body.

Breathe in the golden white Light that you are. Breathe deeply.

And as you breathe in deeply the Light that you are, feel it coursing throughout the whole body. Feel it expanding beyond the very cells of the skin itself. Feel it expanding throughout the room, throughout this building.

Breathe in the golden white Light that you are, and as you exhale, exhale the Love that you are, sending it unto all of your brothers and sisters, ones who may be within this room, ones who may be within this city, ones who may be within this state and country, ones who are upon the face of the Earth, and then outward to the far universes, for truly the energy that you are is felt as far as the far universes that you can imagine.

Breathe in the golden white Light that you are. Exhale the Love that you are.

If there has been someone within your experience with whom you have had a constricting relationship, take this one into your mind at this time and hold this one lovingly within your mind. Breathe in the golden white Light that you are. Exhale the Love that you are. See this one in your mind as breathing in the Light that they are. See this one exhaling the Light and the Love that they are.

Breathe in the golden white Light that you are. Feel it in its expansion expanding outward to the farthest universes. Take this one that you hold within your mind and speak unto this one that they are also the child of our Heavenly Father. Speak unto this one that you forgive them for the feelings that you have held, knowing that they are as you are: the actor upon the stage of life. Know that they are playing their part as you are playing your part. See this one bathed in the Light that they are. See yourself bathed in the Light that you are. See yourself lacking for nothing, for you are the holiness, you are the wholeness of our Father.

Speak unto this one within your mind what you would like to say unto this one: feelings that you have had, feelings that have been deep within you and have been harbored. Speak of these feelings unto that one. Share of your heart and of your feelings with this one. Tell them what you know to be true in your heart.

Breathe in the golden white Light that you are. Exhale the Love that you are.

Be very present with this one that you hold within your mind and ask this one if there is something they would share with you -- and listen.

The language of the heart speaks louder than any words. Give unto this one your forgiveness -- which does not mean that you see them in judgment; it means that you are giving your love for them. And in return, see them giving their love unto you for what has been a misunderstanding, a miscommunication, a lack of communication. One can always communicate with the language of the heart. There are no restrictions. All hearts are joined. You may speak freely.

Breathe in the golden white Light that you are. Exhale the Love that you are.

Speak unto the child of yourself the love that you would give unto this child. Speak unto the child of your heart the Truth that you know to be and let this child of your heart speak freely to you. Say unto this child that they are the innocent child of our Heavenly Mother and that it is safe to express what is within the heart of this child. Say unto this child that you would take them by the hand and you will guide them with the wisdom that you know from experience. Say unto this child that they are loved and that you will always be with them and that you will always guide them.

Breathe in the golden white Light that you are. Exhale the Love that you are.

Speak unto this child freely what you would share with the child and then, listen, for the child would speak unto you. Ask of the child what you can do for them -- and listen.

Breathe in the golden white Light that you are. Exhale the Love that you are.

Know yourself to be unlimited, unbounded, forever expanding Love. Know yourself to be all powerful, all wise, all joy. Share this with the child of your heart and the child of your heart will share with you treasures that you have not imagined.

Breathe in the golden white Light that you are. Exhale the Love that you are.

Say unto the child that you will always be with them, that it cannot be otherwise, and that it is safe to express. Say unto the one that you hold within your mind that you will always be with them and that it is safe to be the Love that they are. Say unto the one that you hold within your mind that you will always be in communication with them, for truly there has been more that needed to be expressed, that needed to be understood. Know your brother/sister to be as yourself, expressing upon this plane.

Breathe in the golden white Light that you are. Extend this unto the farthest reaches of the universes. Give unto yourself the awareness of the Love that you are. Know that you are always guided and that you are always loved, for you are very Love Itself.

You are never alone. You are never abandoned. You are always one with me, with other masters and guides as you would see it, with other ones that have been of loved ones. You are the One expressing as the many. Know that as you see your brothers and sisters and see them as to be individuals that they are part of you, of the one great ray of Light that we are. Know that you can be the beholder of their actions and to step back from the actions and to see them as all part of the play and to bless them upon their path. And in the blessing of others upon their path, know that you are also blessed, for you cannot give of what you are not and do not have.

Breathe in the golden white Light that you are.

Truly, this has been a remarkable evening in your time. Know that you are loved with an everlasting love because you are that Love. Know that I am with you always for it cannot be otherwise. I am as you are and I am you.

Whenever you would call upon me, know that I am instantly there with you. I love you with the Love that we are.

When it feels comfortable for you, return your point of focus to this space and to this room. Take your time -- for, after all, you are the maker of time. Know that I abide with you always in the Love that we are. It has been my honor and my joy to share with you this evening. I go with you always.

So be it.