

## The Way Home

1994-03-18

Indeed, beloved and holy and only Child of our Heavenly Father, Child of Light divine, it is in great joy that I come to abide with you this evening, as you have chosen to come and abide with me in this fashion. For truly, you could be somewhere else, doing something else, but you chose to set aside what you would see as a time interval to abide with me in this manner and I thank you for that.

Always we are together in communion. Always we are together in conversation, for there is no separation. As the Child of the Heavenly Father, we are one together in the Love that we are and we can never be apart, except...

**Except myself. {Crying}**

{Jeshua gives her a hug.}

**Thank you. That's what I wanted to know.**

Strange how we knew that.

**Thank you.**

Except as you would turn the focus of your attention to the world and its activities for a moment or so. But instantly, as you pause and you breathe and you abide again in the heart, there we are as one.

I have desired to speak with you this evening about the way home. All of you are on the march. All of you have asked and have decided at a very deep level to come Home, to come Home in this lifetime, to know in its fullness what Home is and Who Home is.

For Home is not a place afar off. Home is where you abide eternally. Home is the Love that you are. Home is the unconditional acceptance of the Love of the Heavenly Father and it is where you abide always, eternally.

What does Home feel like? It feels like the smile. It feels like the Love that comes forth from the heart. It feels as the compassion that you would extend unto another. It feels as the peace that abides with a deep breath, as one pauses for a moment and breathes in deeply of the Spirit that you are. Home is where the heart is.

You have heard that said.

**I just wrote it down.**

There is much wisdom in some of the sayings of your world. In fact, all of the sayings of your world, if you will take them and abide with them in silence and take them to their root source, have a grand Truth to share with you. Home is where the heart is. It is the Heart. It is the place of Love, the place where

you connect again with the eternal being that you are: the holy Child - be it daughter or son - the holy Child of our Heavenly Father, with Whom you are one and have always been and will always be, as you would see it. For you were created before time was, and after the purpose of time has been fulfilled, you will still be. Always.

You are the Heart of the Heavenly Father. You are the Light, the energy that we have spoken of many times, the very energy that gives you life and that attracts the molecules of physicality in this design pattern to itself so that you may express upon this plane. You are that very energy of Light. It can be measured even by your scientists in this day and time. There are many advances, as you would call it, in your scientific fields that are becoming so exact at measuring that they are discovering what they call the reason for life, the basic life molecule, although it is smaller than a molecule and much more powerful.

You are living in an exciting time. And it is not others that are putting this on the platter before you. It is that you, yourself, are calling this forth because of your willingness to come Home, because you have asked at a very deep level to know Who you are. You have said and you have asked, "Who am I?" You have asked that throughout all of what you would see as lifetimes in varying degrees, and you have intended in this year 1994, as we have called this Year of Intention, you have made the decision and the commitment to know Who you are.

Know that you are the holy Child, and that all of your brothers and sisters are the holy Child as well. All of you are Love incarnate, walking about, as you would see, upon this plane, upon the face of our Holy Mother, the Earth, collecting unto yourself the molecules of physicality from the dust of our Holy Mother for what you would see as a time interval.

To do what? What purpose? To extend the Love that you are. To extend it in many fashions. As you reach out and you take another's hand and you share with another the gentleness of the Love that they are, as you smile, as you say unto one a word of support, as you share a shoulder with one who needs a shoulder for a moment or so to lean upon, as you open your heart to another and allow them to see that you know that it is safe to share who you are, you allow them to share who they are with you.

You are the Love of the Heavenly Father in what you would see as this grand journey upon this time and this place, this plane. You are the song of the Heavenly Father. You are His song. All of you, all of you sing your song. Sometimes with joy. Sometimes with questions. Always with the beauty that you are.

**Thank you.**

Thank you.

The way Home: is it afar off? Is it a place that you must lay down the body first before you find Home? No. Truly, it is not. Home is where you are in every moment when you choose to be the Love that you are, when you choose to have the courage to throw open the shutters of the heart and to extend your

very beingness unto another. That is where Home is. Home is where you are when you lift another in spirit or in bodily form to share the Love that you are with them.

Home is where the heart is, and if you would know Home, pause and breathe in the golden white Light that you are. Take it deeply into the very cells of the body and feel the peace that abides in the heart. That peace is Home and it is instantly yours. You do not have to go through what you would see as many lifetimes of learning and of study and of rituals, of purifying yourself in a cave or a monastery somewhere, or even getting what would be known in your time as the college degrees or the graduate degrees - for I will share with you: you have already graduated. You already have all of the wisdom, for nothing is hidden from you.

When you sit in your quiet times in the morning and you commune with me and with the Heavenly Father, ask whatever you would ask and it will be revealed unto you. There is nothing hidden from the desire of the heart. It will always be revealed for you. It cannot be held from you except by your belief that you would hold it at arm's distance somewhere, and yet, if it is at arm's distance, what can you do but bring it right up in front of you?

You are the delight of the Father, in whom He is well pleased. That is what Home feels like. Many of your brothers and sisters are calling out to know, "Where is Home? What does Home feel like?" Have you ever felt homesick? Homesick for a home that you have known, a physical home upon this plane? Have you ever traveled a journey and felt homesick and wanted to come home again? Yes.

And have you ever felt homesick for a home that you could not quite identify, and yet in the depth of your heart you felt so homesick because you knew there is a Home where your Heavenly Father awaits you? And I would share with you, you have never left Home. You are loved with an everlasting Love, because you are that Love. You are Loved with an everlasting Love that is your Home.

Whenever you would come Home, pause in the midst of whatever you would see going on. Even if it be on one of your busy street corners, you can come Home. Pause and breathe. One deep breath, the simplicity of one deep breath affords you the opportunity of knowing you are Home.

Then you have the choice of going out again or forgetting - and you have done that many times. But you also know where to find Home. You know the address. You can pause in the midst of anything that is transpiring and remember the Love that you are. That is Home.

Share that experience with your brothers and sisters who so desire to know, "Is there a Home? Where is Home? What does it feel like?" And they will ask you to "Take me home. Take me with you." And it is not that you will pick them up and transport them somewhere, but you will allow them to connect with the Home that they are.

Know you that many of the homeless, that you are seeing more and more in your consciousness, are symbolizing the search of mankind for Home? They are out-picturing for you the very search that the holy Child is upon to come Home again.

And I will share with you, if you will receive it, that some of the homeless are more at Home than the ones who have a roof over their head, for they have truly learned that "I and the Father are one," and that it does not matter what material possessions there are, that one can go in a freedom of the Love that you are and express with that freedom, a grand freedom, without having all of the trappings of the material possessions. Home is where the heart is, and if the physical home be a cardboard box and the one living in the cardboard box knows himself/herself to be the Daughter/Son of God, that one will be Home.

You are Home, beloved one. You have all been - and I have been in some of my incarnations - the Prodigal Son, who went on a far journey, seemingly, and thought myself to be far from the Kingdom of our Heavenly Father, far from Home. For I had experienced, as you have, many journeys, many adventures, many lifetimes, many memories, and, "If I have experienced so much and I have gone so far, I must be far from the Kingdom. I must have traveled far from my Heavenly Father." This has been the thought of the holy Child who desired to experience his/her infinite creativity, and, in the experiencing, found himself/herself to be mesmerized by the creations of this infinite creativity and thought himself/herself to be far away. And yet, you cannot be far from the Kingdom. And why is that, Teacher of God?

**Because the Kingdom is within you.**

Exactly. Because the Kingdom is within you. You carry it with you, as you, always. That is the grand secret which is not hidden. The grand secret is that you, in the peace and the Love and the joy and the compassion that you would extend unto another, you are the Kingdom. The Kingdom is not some geographical place that would be on star 97 in constellation XYZ, somewhere. It is not afar off. The Kingdom happens every moment when you smile, as you just did. Simplicity itself.

There are many who will come and share with you grand techniques for finding your way Home, for finding the Kingdom. And these are all well and good, for they speak a language that ones want to hear, a language that often you have asked to hear, either in this lifetime or other lifetimes. And all of these techniques, workshops, methods have value in being a catalyst for remembrance, for there is no wisdom outside of you. It is not that you would go and take down a book from a shelf and it will instantly transform you, but it will be as a catalyst that will open the heart to the wisdom that you are, and you come Home because you have never been away from Home except in your belief that you must be far from Home.

So the way Home is a journey without distance, for you are already there. It takes only your choice, your willingness to choose to be the peace and the Love that you are. It is that simple, although many would teach you that it is difficult and that you must do many things to find it.

You are already the Love of the Heavenly Father. You are already the sunshine, the great ray of Light. That is Who you are. Each and every seeming one of

you is a great ray of Light. You are much more than the body that sits upon the chair and the personality with which you identify. You have heard that said before.

Take it deep within. Ponder, meditate, abide with it, for there is but a percentage of you that is focused upon this time and this place, and much more of you is experiencing and expressing upon other planes and other realms, ones with which you have communication. Even as we are speaking, your Spirit is soaring in other realms, very much in conversation with others that you would see as your brothers and sisters, others that you would see in other forms. It is truly exciting. And as you catch a glimpse, you feel yourself transported far beyond what is happening just here in this room, what is happening just here in this lifetime, as it would be. And if you will pause and return again unto the place of the heart and behold your unlimited Self, the events that go on in your day to day life, the relationships, the place of employment, even the traffic on your highways, will not seem to be such a big deal as they feel sometimes.

The way Home is through the heart, abiding in stillness and in peace in the heart. The way Home is in extending the Love that you are, allowing the very shutters of the heart that have been so tightly closed for what you would see as lifetimes, allowing those shutters to be thrown wide open and to share with whoever stands in front of you the Love that you are, the joy that you are, the insights that you have gained, the insights that come from the inner wisdom.

The way Home is through relationships, for relationships will bring up right in front of you in grand clarity whatever issues need to be looked at and to be healed. Not that they need a magic wand from without to do something to heal them and make them whole, but to be able to look upon them with new eyes and to see them as already whole, to see the one who stands in front of you as the holy Child of our Heavenly Father, the Christ, the same as you, and to know that that one stands in front of you, in whatever behavior they are giving you, as a messenger, as a messenger for whatever you need to look at and to see anew. That is all they are there for. They are your servant. Believe it or not. Even if you would want to banish them and say, "Get out of my life, forever," they are your servant and you have called them forth. You have asked them to be in your life to bring up in front of you something you wish to heal, something you wish to know in its wholeness - even if they be pushing the biggest buttons you can imagine.

You have asked them to be there so that you can look anew and see them and the situation in the wholeness that it is and to be at peace with it: to be at peace with it because you will see that it is all a grand drama - each one on his journey Home, each one being the servant of another. The way Home is through relationship.

That is why you manifest for yourself the seeming individualities of the expression of the Heavenly Father: to know the great joy of being in relationship, of being able to share the smile, the words, the touch, the playfulness of the child. And yes, once in a while to have issues that would come up to look at and to look beyond.

All of you in what you would see as this lifetime have had ones that would come and stand before you and would say something that just really, according to your world, ticked you off. Instantly you would have a feeling.

### **A big feeling.**

A big feeling. Probably disproportionate to what actually was occurring. And you would ask yourself, when you came down from wherever you had gone - another planet somewhere - you would ask yourself, "Why am I feeling such emotion?" - such energy in motion, for truly that energy sent you off to the stars somewhere. "Why am I feeling such energy about this? What does it bring up in me?" And as you abide with that question, you will see perhaps what would look like a movie that will come before you, what will be as previous experiences, either in this lifetimes or others. You will see how you have been hurt before. How you have feared before. How you have looked upon the very same circumstance other times and you have felt at such a loss. And yet this time you will look with new eyes, for you will see that you are no longer in the space that you were in what would be seen as a previous time or previous lifetimes. You are at a place where you can look upon what is happening and behold it anew.

You are your Father's holy child. You are beautiful, and you have manifested for yourself all of the experiences that you see for the very purpose of coming Home again. That is what transpiring upon this plane. That is all - and it is no mere thing - that is transpiring upon this plane. All of you, as seeming individuals, all of you as the One expressing as the many, are coming Home again.

You are on the march, very much on the march. You have felt this in the last few months of your timing. You have felt such an acceleration. You have felt like if you wanted to stand still, the very energies of whatever was going on around you would take you as a wave takes the pebble and carries it along in its motion. You are on the march, and it is not because some wave outside of you, some grand master, some angel, some other entity or intelligence is doing it to you. It is because you have chosen to come Home and you have said, "Enough already with the delay. I am ready. Let whatever stands in front of me come up so I may look at it and I may see through it, for it is nothing but a veil." Everything that comes before you is as your messenger and is as thin as a veil, and you can see right through it.

Sometimes it has felt like the woolen blanket or even a lead curtain, perhaps. This lifetime it is a veil that parts easily. You are coming Home. Not that it is a journey to a far off place, but you are coming Home in consciousness, coming Home in claiming Who you are, having the courage of the heart to say unto your brothers and sisters, "I am the holy Child, and so are you." You are having the courage to share the wisdom, the Love with others.

What you are seeing in your world, what you are out-picturing for yourself in grand clarity, is much of polarity, much of violence. You see on your square box that brings the world right into your living room much of violence, much calling out for help. You are witnessing all kinds of behavior that are no longer at the

whispering stage but are very much at the shout, the shout of, "Who am I?" All action is either an extension of Love or a call for Love, and you are seeing much of the call for Love.

The way Home is through relationship, and all of you are grand manifesters of relationship. You manifest them in your life so that you can know your own wholeness. You manifest them so that you can know your oneness when a relationship is seemingly finished. A relationship is never finished for there is never a separation or a severing of a relationship. The Love that you are goes on forever, and what you have shared with another can never be taken away. The Love that you are is eternal.

The way Home - you are already Home - the way Home is through the heart, through the heart that you are allowing to open, allowing to be as the master. The mind is the servant of the heart. It is not the other way around, although your world would teach you that the mind comes first and must rule the heart. You have heard that said many times: "Do not be foolish. Do not let your heart lead you. Use the mind to control the heart." It is the other way around.

The Truth of your reality, the Truth of your being, is that you are Love and that you can never be hurt except in your belief. For you cannot have anything taken from you, for you are All. You are whole. You are holy, created by your Father before time was. And He creates only perfection. He does not create the Swiss cheese that has holes in it. You are holy because you are whole, complete.

As you desire to know, in conscious awareness, Home, pause and breathe. Abiding in that peace, come then from that peace in the extension of the Love that you are to whoever stands before you, whatever situation you would see yourself in, for you will have guidance as to how to extend the Love that you are, very clear guidance - becoming more clear every day, is this not so?

**This is so.**

Yes. And share with others the joy that you are. It is no accident that you have chosen your name {Joy}. It is to bring in grand clarity for yourself the being that you are, the grand quality, eternal quality, that you are. You are beautiful.

Many of you would desire to know, in conscious awareness, Home. For Home is more than just peace. Home is a dynamic quality of expression, a dynamic quality of being. Return quickly unto the place of the heart and connect with the peace that you are, connect with the wisdom that you are. There all guidance will be shared with you and it is not a guidance that comes from without. It is your own inner wisdom.

You may manifest what is seemingly, in your belief system, what is seemingly other avenues of having information, guidance, come to you. For you will see it as coming from masters or guides, angels, friends - friends either here upon this plane or in what you would call the unseen realm. But it is your own inner wisdom that comes. For you are all wisdom, and always have been. Always.

In desiring to know the dynamic quality of Home, yes, it is expressed in Love, in joy. You can connect - believe it or not - with Home through the very active energy of breathing: with one deep breath that allows you the opportunity to connect with the heart, you can energize what is seen as the body in a very dynamic quality, taking the very Life breath of Spirit into the cells of the body, breathing deeply of the angel of air. You can connect with the very dynamic quality of Home by what you would see as physical activity: by the jogging, by the swimming, walking, bouncing on what you would see as the springs. Know you bouncing - when you were a child - on the bed? Yes.

**Right.**

Did that not give to you a very alive feeling, a very dynamic feeling of being alive?

**Very much.**

Very much. You are still that child.

Many of you find yourselves sitting before the machines, the computers I believe they are called, and other machines during your daytime, spending many hours in front of mechanical means, doing very little with the body, and the body is your gift to yourself to express. Your body will serve you well. And as you desire to know the dynamic quality of Home, you may want to do some physical activity of getting out and running with the bare feet in the meadow. How long has it been since you ran in the meadow with bare feet?

**It's been awhile.**

It's been awhile. Or with the bare feet upon the sand?

**More recently.**

Yes. Very good. Very good.

Being right in connection with the Holy Mother, our Earth, with the energy of the Holy Mother. She is you. She is a Light being the same as you. Very much alive, pulsating with energy. You are part - that does not even describe it - you are the energy of the Holy Mother. Very much in connection. The body itself is an extension of the Holy Mother, our Earth.

So if you would feel the dynamic quality of Home, take yourself out of doors. Take off the shoes and these crazy things of stockings, I think they are called.

{Laughter.}

Allow yourself to be unconstricted, and feel the energy of the Holy Mother. Run with the wind. Run with my brother, the Ram, the Wind, that you are as well. He does not have a corner on that market; you are there as well.

Run in grand freedom and shout. Shout to the Heavens your very being, as one of your sisters has done - very famous - at the beach where she would

shout, "I am God." And you are. You are God expressing upon this plane in very dynamic quality. That is Who you are. That is how to connect with Home. That is how to ring it up on the telephone and to connect and to know that you are Home, very much in conversation, in communion with Home.

For as you allow the body the activity that it is designed for, you allow the mind to still itself. The mind often is caught up in the activity of the world, the chatter of the world, the chatter of other beings who would tell you, "This must be done. You ought to. What! You haven't done that yet? You should." You have heard all of that - that conversation from others and the conversation from within that you do for yourself. As you allow the body to be very active, the mind quiets and you return again Home.

Returning Home does not have to be done in what you would see as sitting in a certain posture {Jeshua sits on the floor in a semi-lotus position} for a certain length of time, becoming very spiritual.

{Laughter.}

{He gets up.} For you are already spiritual. It is Who you are from before time began. Allow yourself to express. Excuse me, but I love to express {running hands through a brother's hair.}

{Laughter.}

Do you know why I come and I touch? I mess up the hair, yes.

**I like that.**

It is to be in communion with the energy that you are. The very hair itself is Love in tangible form, the same as the arm, the same as the shoulder. I come and I touch to allow the vibrations to be shared, to say there is no separation. That is why you enjoy the hugs with each other. There is much that goes on with the hug. It says unto another person, "Yes, I welcome you into my heart," for that is where you take one in a hug. You take them to your heart. You say, "Yes, I have the courage to be open and vulnerable with you. I will take you in and I will share with you Who I am. I will share with you the very energy that you are and that I am in very physical form." Yes.

{Hugging.}

**Thank you.**

My pleasure. That is why I come and I desire to be among you and to touch you: to share the very energy that we all have chosen to express, to express in all of the different forms as the angel that you are. Whenever you want to connect with Home, reach out and touch each other in a hug, hold a hand, caress a loved one's face. That is what Home feels like. The smile. The beautiful smile. The smile of two friends who are one. Do you feel the energy?

**Uh huh.**

Yes. Very much alive and well. And as you allow yourself to express, you allow the body to be the balance that it is designed to be. As you allow yourself the freedom of coming Home in each moment and feeling that at a very dynamic level, you allow the very cells of the body to do what they are designed to do: to express the Light that you are. And as you allow the cells of the body to be and to radiate the Light, do you know what happens? Even more radiance, more of the energy that you are is allowed to course through the molecules of physicality until... until what, beloved one?

Until there is the actual physical ascension where the cells of the body are so light, radiating so much Light, that they cannot be held upon this plane and you will see yourself ascending. All of you who desire to ascend the body will experience that in this lifetime. Some of you have already experienced that in your times of meditation, your times of joy, where you felt yourself to be lifting up. Now, it does not mean that you have ascended the body to the Heavens and you do not come back again, but you have felt yourself to be so light, you have felt a change, a change that actually could be and was registered in the body. You have felt yourself ascending.

For as you ascend in consciousness, in the awareness of the Light that you are, of the joy that you are, you allow the very cells of the body to become lighter. It is your belief system, it is your belief so tightly held onto through what you would see as many lifetimes, that has said unto you that you are heavy physical dense matter that must be held upon this plane by a certain attraction called gravity.

This can be changed - not only can be but will be - for you are ascending in consciousness. You are allowing the shifts in perception as it would be of the onion skin, the little peels of onion that come off and are shed one by one. You are allowing yourself to lighten in your own self image. And you know what happens: you feel yourself to be lighter. You feel yourself to be not quite so bogged down as you felt some other days when you felt so heavy with the world upon the shoulders.

You have days. You have days of what you would call "up". See how your language speaks to you. You have your days of feeling up and you have your days of feeling down. And I would share with you, if you will receive it, that in the days to come you will have more days of being up than down. You deserve it. All of you.

You are allowing yourselves to become lighter. That is why you have called forth what is called the Age of Enlightenment. You are lightening up, and this will be reflected in the very cells of the body themselves. It will seem as a miracle.

**Pretty complex.**

Oh, simplicity! You may make it complex if you wish, and truly you have done that lifetime after lifetime. And you have studied with the great masters because you thought this would make you more whole - holy - and look where

you are. You are right here now. You are as holy now as you ever will be. For you are holy and always have been and always will be.

The way Home is one of holiness, one of accepting your holiness. Do you know, beloved one, you have been called that in many of your lifetimes? Ones have come unto you and have said, "Your Holiness," and then have given the message. "Your Holiness." Where do you think that term comes from? It comes from the wholeness that you are, the holy Child that you are. There is so much Truth in your language, because you call it forth to remind you of Who you are.

Listen well to the words that are spoken to you by ones that would be your friends and acquaintances, co-workers. Listen to what they say. Listen to the very words that they choose, for it is not that they are choosing. It is that you are calling them forth, and you are calling forth those very words to be as a neon sign that would say, "Pay attention. Pay attention." There is much in the words to be as a catalyst to remind you of Who you are.

Nothing ever happens by accident. You always call it forth. And when you become at peace with that, you will see such a grand gift that you give to yourself in every moment. For there is nothing to be judged as negative except as you would judge it to be negative. In other words, everything that transpires happens as neutrality. It is you who gives it value. It is you who labels it whether it would be negative or positive, good or bad, friendly or unfriendly.

And if one is standing before you and giving you what would be termed a hard time, you do not have to accept it. You may smile and look upon that one as the great actor that that one is.

{Laughter.}

**He really is, isn't he?**

Truly, and he has practiced. And you may applaud. Surprise the heck out of him and say, "Well done. You have done that very well. Now we will get on with it." And you will just leave.

You do not have to get caught up into his drama unless you choose to be in his drama.

**Okay. I've just made a decision. I am going to take the total situation and live my own life.**

Truly, and that is the only life you can live as your own. When you come unto the realization that there is but one life you can live - yes, you can share it with others; it is more fun that way - but there is one life that you can live and it is the Life that you are, then you come unto a place of grand freedom for you can allow the others that you see in your life to live their life the way they see fit.

Just to allow them their journey, as it is called. For truly, you can only live one life. It is the Life of the Heavenly Father. It is Who you are. It is the life of Home. You can take what you would see as turnings, where you turn the focus of

your attention to drama, and you may become embroiled in drama. And there is nothing wrong with that, for it proves unto you, the holy Child, that you are very much alive. "I must be alive for I am feeling these things deeply." {Pounding on the chest.} Know you that feeling?

**Occasionally.**

Occasionally. All of you - including myself - all of us have known the feeling of being so caught up in the drama, that "I must be very much alive for I certainly feel all of this energy." And there is nothing wrong in feeling all of that energy and you may abide in that space for as long as you wish.

But if you want to change it, you can do that also. And how do you do that, beloved one?

**You choose.**

You choose, and you choose by taking a deep breath.

**Oh, I have to tell you. I've been becoming so conscious of my breath and how I've been semi-holding my breath for probably many, many years.**

{Laughter.}

Yes.

**And to just start breathing deeply is so good.**

It is, indeed.

**It's like a new life.**

It is a new life. Well said. Many of you and your brothers and sisters go through life holding your breath, waiting for the other shoe to drop, as they say, waiting to see what is going to happen as if there would be something outside of you. And yet, you are the manifester who is calling it forth. There is no other shoe to drop. You've already dropped all of your sandals.

{Laughter.}

So you may breathe in freedom and in peace and with great dynamic quality. For as you breathe and as you allow the voice to express Who you are, there is a dynamic quality of the very soul that is allowed to come forth and you connect with Home.

Many of you, when you have heard what is termed music, be it upon an instrument or be it through the voice of a friend, your own voice, have felt yourself transported somewhere. And this is very true. You have been transported somewhere. You have been taken out of the very narrow focus of what you have seen your world to be at that point and you have allowed yourself to open the shutters, the blinders that would be upon the eyes, and to see with a more expanded vision, to feel with a more expanded feeling within the heart more of your Self. As you allow your Self to express, you bring forth the power of Who

you are. And it is okay in this lifetime, beloved one. No one will cut it {the head} off. It is yours to express freely. It is safe.

Many of you have manifested for yourself lifetimes when it was not safe to express, when it was not safe to speak, to sing, to share your Truth, and you have come with a memory that is deeply embedded within what you would see even as the cells of the body that it is not safe to talk. It is not safe to express. And many of you have reinforced that even with your own upbringing, as what you would see as the children who were not allowed to express. It was okay to be seen but not heard. Have you ever heard that saying?

**Many times.**

Many times, yes.

I am saying to you now that you are the holy Child of the Heavenly Father and it is safe - not only safe but it is fun - to express Who you are, to shout it to the very Heavens, and to shout it in joy, for that is what Home feels like. Home feels like joy. Home feels like wholeness. Home feels like acceptance. Home feels like Love. Home feels like peace. Home feels like the smile. Home feels like the arm of a friend around another friend. Home feels like the word that is offered in support. Home feels like the home that is opened, the physical home that is opened, to one who needs a home for that night, a bed for that night, a meal, warm clothing. Home feels like Love itself.

The way Home, you are doing it every moment as you allow the shutters of the heart to be flung wide open to extend Who you are in whatever way feels expansive. And all of you have your talents. All of you have chosen in this lifetime qualities, abilities, talents we will call them, to express unto others, to share with others. All of you have what would be seen as individual unique qualities that you share with others.

Each of you as you sit here can go deep within yourself, within the heart, and you can connect with a quality that you can extend unto another: something that you may have practiced, something that you may have always known, something that you feel at home with. You all have beautiful gifts to share with others. And in this lifetime you have chosen various ones to hone, to work with. In other lifetimes, you have chosen other qualities to work with, to experience.

That is why you need never envy anyone what you would see as their ability to do something, for you in another lifetime have honed that very quality yourself - otherwise, you would not admire what they are doing. You would have no peg of relatedness to hang it upon. You would not know what they were doing. You would not know how to value it if you had not already experienced it yourself.

So when you hear a beautiful singer, when you watch someone who is playing the violin, an instrument, when you watch the beautiful dancer, the ballerina, when you watch the ice skater and you admire the talents that they have, know you that you have experienced that; otherwise, it would mean nothing to you.

But you can sit and watch someone, and you can feel yourself for a moment to be that one. You can feel yourself to be in their shoes, their sandals, their ice skates, their ballet slippers. You can feel yourself to be one with them. And it is a grand Truth, for you are one with them. In that moment you are experiencing what you perceive them to be doing - and why can you do that? Because you have already, as you would see it, within the Grand Drama, the Adventure, you have already experienced that.

So you need never sit in envy of anyone for what you would see as their qualities and talents and abilities. You have already done it, and you are working on qualities that probably someone else envies you for. It is the way of the world.

The way Home: you are very much on the march, very much in process, as you would see it, for this plane believes in process. You are very much in process of coming Home - coming Home in awareness, because you have never left Home.

In my Father's house are many mansions. Many that you will experience. Many that you have experienced. In my Father's house many, many experiences, many planes of expression. And you are already expressing on other planes. This is why ones of you would ask, "Have I been...?" And there will be a name as a grand master or one that is known in history or an enlightened person, as it is seen. "If I have been this person in what I would see as an ancient time, a previous lifetime, why am I here now with amnesia?"

{Laughter.}

**Good question.**

It has been asked many times and I asked it myself: because it is a process of remembrance, because it is a process of a focus of attention of qualities that you have chosen in this lifetime to experience and to express. You have and are all wisdom. There is nothing hidden from you. And if you would call up for yourself the lifetimes that you have had as the grand master, guess what? You can do it.

Imagine the life of one known as Elijah, the one known as Moses, the one known as Jeshua ben Joseph. Imagine what it would feel like to be enlightened. Imagine what it would feel like to feel such an unlimitedness, to know that you are one with the Heavenly Father, that you are very Life itself - for you are. Imagine what it would feel like to ascend the body, to let it become so light that it ascends. Imagine what it feels like to be able to look upon a scene and to behold it with Love, knowing that you are Love and that the Heavenly Father is one with you as you are one with the Heavenly Father and that He sees everything in Love. He sees His divine creation as the Light that you are. So that you can look upon whatever is transpiring - the crucifixion, if it be - and you can behold your brothers and sisters in their acts and you can love them with a grand love.

Imagine what that Love feels like. Imagine what it feels like to soar as the wind. Imagine what it feels like to know an expanded consciousness that goes beyond this time and this space. Imagine a consciousness in what you would see

as a future time, in what is called science fiction, upon the spaceships, where they can "Beam me up, Scotty."

And if you can imagine any of these things, it is because you have already experienced as the space traveller, the ascended master, as the enlightened one, and you are here now integrating all of that wisdom through the experiences that you are manifesting now, in order to come Home.

You are Home. You have always been Home. As the enlightened master, there were qualities that you yet wanted to experience. You wanted to experience how it felt to be a mother. How it felt to be in relationship with ones that you would nurture. How it felt to be driving one of your great semi-trucks.

{Laughter.}

Thank you.

And how else would you know what it felt like except to come and to do it? You are all the holy Child, Who has desired to experience infinite creativity. And what does that mean? Infinite? Anything you can imagine and more. Creativity? Everything you are manifesting here upon this plane in this point of focus, and other dimensions as well. That is how unlimited you are.

Wow!

It is a wow. That is Who you are and that is what Home is.

You connect with Home through the heart, through the peace of the heart, the Love of the heart. You connect with the dynamic quality of Home in the expression of that love, in the experience of the infinite creativity of the holy Child. And always you are Home.

Home is not a far off place that would be defined as Heaven, that you have to lay down the body to go unto, and if you've been good enough, Saint Peter might let you in. Home is where you are each time you pause and you breathe and you say, "Thank you, Father. I am home." It is simplicity itself. It is Love and it is dynamic.

Let no one tell you that Home has to be a place where you just sit and twiddle the thumbs or wings on the back, and you play your harp. Not everybody, I suppose, likes harp music. They like to express and experience different kinds.

Home is very alive - lots of brothers and sisters, as you would see it - and yet, it is the one expressing as the many. It is what you have desired to know. And you are always Home. If you would know Home, breathe. Come unto the place of the heart and abide in the heart. Call on me, for I am always Home.

And now it would be a good time to take a break, to refresh the bodies, to extend the hugs, to welcome ones home to your home - the heart - and in what you will see as twelve minutes of your timing - I am extending this break; twelve minutes of your timing, for I have noticed that you do not come back in ten anyway -

{Laughter.}

we will reconvene, and we will entertain the questions.

So be it.

{Break.}

Indeed, is this the energy of Home?

Yes.

It is. It is the dynamic energy of Home: the laughter, the Love that is shared, the friendship that is shared, the compassion. This is Home.

Home is not some stuffy place with cobwebs. Home is very much alive, as you are, and it feels good, does it not?

Beloved one, how are you this evening?

Good.

Would you have a question that would be entertaining?

Yeah. I do. I wanted to ask you again about the process I am going through with my teeth, the healing process, I guess. What I want to know is, when I meditate, when I'm in my heart, I feel the healing and everything going on and everything is fine, but at the same time there is that little bit on my mind that wants to say, "No, get help and run around." I guess I want to know, make sure that I'm not just blissing out, and just because I feel so good in meditation that I don't care about the teeth and stuff, or is that kind of what I need to do in order for them to heal?

Beloved one, you have all wisdom within the heart. There is nothing wrong in seeking out your brothers or sisters who would be, as they are known, as experts in fields that will help you. It is not that you need to sit and to do everything on your own in order to prove to yourself that you are whole, for truly, you are already whole. You are holy.

If, as you sit and the guidance comes to seek out ones who can help you in what you would see as a physical manifestation of what you wish, there is nothing wrong in seeking them out, for this is truly why you have manifested them in your world for yourself. You are calling forth whatever helpers you see in your world. So it is not that you would need to barricade yourself within your own box and to refuse the help that you are already calling forth. It is okay to seek the help of other ones, as well.

This is not to say that you could not do it on your own for in other lifetimes you have, but it is also for you to see that there is nothing wrong in extending yourself unto others in what you would see as the co-operative effort to do what is known as the healing. That is why they are here.

Oftentimes you will manifest experiences in order to be in relationship with others, and what you will see as the symptom is not the cause, not the root cause, of why you are going through the experience. It will be as the tip of the iceberg or as the messenger that prods you to do thus and so. And, in doing thus and so, there are many blessings that come from that journey.

So do not sit and think that you have to deny yourself help that you are already manifesting in the world in this time and this space. Either choice is okay. Go with the guidance that is in your heart. If you have been sitting with it for some time, as you have, and if you still have the guidance, which you do, to go and to seek out others, know that it is for a reason and that there will be many blessings along this path - not only of the healing of the teeth, as you would see it, but the sharing that will go on at other levels as well.

For you are always in relationship with ones that you see in front of you for more than what would just be seen as a surface reason. Go with the joy in the heart, beloved one. Take advantage, as they say, of what is before you. It is as if you would go to a beautiful smorgasbord with all of the food out on the table and you would say, "No, I can only eat the asparagus" - or whatever - and you would miss all of the rest.

No, it is all there for your experiencing. Do not hold yourself back. Go with the guidance in the heart, beloved one. There are no wrong choices.

**That's what I'm afraid of: making a wrong choice and all my teeth are going to fall out or something like that.**

Ah. They will not, beloved one. And even if they did, know you that you could manifest them again in an instant? How did you do it in the first place? Do you know - of course you know - that you had a set of teeth first and they all fell out? And you manifested some more. Why did you do that? It was a belief, a very strong, as you would see, collective belief that there are the second teeth that come in - the "permanent" ones, quote and unquote - permanent until they come out, of course.

So you can manifest whatever needs to be. You have already manifested a full set of teeth and it could be done again, but there is nothing wrong in going and being in front of one who is as the healer, who will help facilitate what you want to do. There will be many blessings with this, but you cannot make a wrong decision. Does that answer your question?

**I think so, yeah.**

You can sit with it, beloved one.

Thank you.

Thank you.

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

Fine, thank you.

Have you seen the Light?

Yes.

Yes, you have. Truly, you have. And it is a wonder and a beauty to behold, is it not?

Yes, it is. Very bright.

What would you ask this evening?

I am being encouraged by many people to speak publicly on spiritual matters. I'm very reluctant. I don't want to be a center-stage person. Yet, I seem to get the same message in meditation. Would you comment on that?

It is not by accident that this is coming unto you at this time. Listen unto the voices of your friend and to the voice of yourSelf in meditation. It is time to speak the Truth that you know, and it need not be as you would see, upon the soapbox, upon the busy corner or upon center-stage even, as you would call it, but with a small group of friends who are of like mind, ones who are hungry for what you have to share with them.

There is much that you have to share with them and it is time, beloved one.

That's what I keep hearing.

It is time.

And you, beloved Joy, do you feel as joy? Do you experience joy?

I have.

Yes. Very good. What would you ask this evening?

I don't have a specific question. I have a lot of insecurities I lean on.

And it is beautiful, beloved one, that these are coming up in grand clarity before you. For there have been many lifetimes when you have refused to even acknowledge that there are insecurities, as you would call them, fears, the voice of the ego, the voice of separation that would say that you are the holy Child but that you are gone far from the Heavenly Father. It is truly a gift that you are giving unto yourself in this lifetime, as you would see it, that you can look upon these insecurities and yet to flip them over and to see the other side of

the coin. For the other side of the coin shows you your holiness. It shows you your grand strength, not your fears, your failures, your lack, your limitation. It shows you the strength that you are, for you have come through many of what you would see as the fears - not only this lifetime, but many other lifetimes as well - and you are still alive.

You are the holy Child of the Heavenly Father. You are very Life itself, and you will always express. You are the Light that is in this world, and as the light of a single candle cannot be put out by the darkness, by any of the fears that you would entertain, you cannot be extinguished by any of the insecurities. You are that Light always and eternally.

So entertain the fears, insecurities, as they would come. Have them right in front of you as you would have a friend and say, "Let's do lunch. Let's sit and talk. Can we talk?" And talk with the fears. Ask them where do they come from? What are they telling you? Sit with them. You will find a grand strength.

**Thank you.**

You are welcome.

And you, beloved angel, how are you?

**My Spirit soars. My body has a headache and cramps.**

And you would like the body to be where the Spirit is?

**Yes. I keep calling forth the Light, and this part of me that knows that I can call it forth and be healed in an instant wonders why it won't.**

Again, it is the very deep-seated belief, held by many of your brothers and sisters upon this plane, that it must be a process. But you, beloved one, are coming unto a place - and it comes quickly - when you will know instantaneous process. You will still see it as a process but it will happen very quickly.

You are already experiencing this in other aspects of your life where you will think a thought and someone will call. You will think a thought and instantly there it is before you. It will happen with the healing as well. Remember to breathe, beloved one. The breath restores the balance and allows the body to be in its own balance in what is termed relaxation. Even the headache that would feel constricted, the muscles that would feel constricted: as you breathe, they become relaxed. They become the energy that they are in balance. You are gentleness itself. Go as the gentleness that you are. I love you.

**I love you. Thank you.**

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

**I'm great.**

Truly, you are. What would you ask this evening?

**My middle daughter, Erin, has been traveling in Southeast Asia, and I would kind of like a progress report. She sends the little postcards but I'm just kind of wondering how she is doing.**

This one is on a grand journey: not only the journey that you would see in geographical locations, but on a grand journey of coming Home, of coming into the fullness of conscious awareness of all of her power - not the power as the world would define it, but the power of her beingness, the power of the holy Child - and she is doing very well.

She will be manifesting for herself the occurrences that will be exciting, that will be as, for a father, perhaps the kind that would take your breath away, and you will have to breathe and bless her. But she is doing very well. She is manifesting for herself exactly what she needs as the catalyst for remembrance, and this one is a great master.

You need not fear for her safety: not for her safety as the holy Child that she is, nor for her safety even in physical form. She is doing very well.

It is a grand journey of opening that she is upon and she will come home changed, as you will see. She will come home knowing that the wings of the butterfly are quite strong. She is testing those wings. She is having a grand time doing it, and she will come home, as you will see, a new person, greatly strengthened.

Thank you, beloved one, for having the courage of the heart to allow her this freedom and to go with her in Spirit, for truly there is no separation. You are with her in Spirit as you would see a guardian angel to be. You are upon her shoulder at all times, for the Love in the heart is never severed. And when you have your quiet times of meditation, speak unto this one as you would upon the telephone and this one will hear you. It will be received. This one is doing very well.

**Thank you.**

Thank you.

And you, beloved sunshine, how are you?

**I am well, thank you.**

Have you experienced any rain in your life?

**Something that I would call rain.**

Showers, perhaps.

**Showers. Yes. Brief, but intense.**

Yes. That is how showers are.

I am doing some deep healing. I am doing... I'm experiencing some specially masculine energies and healing energies that I separated myself from a long time ago, and these I am pulling back.

Very good.

Is there anything more that I need to do to facilitate this process?

You are doing very well, beloved one. I would share with you if you will receive it, just to go with an ease through all of what you will see as this process, for it is unfolding in the order that you have decreed, the order that the holy Child has decreed - not you as the small self, but you as the Child, with a capital "C", have decreed.

There will be times when you will feel deep healing and there will be the showers. But these are decreasing, the times that you will feel that. For you have come through the major, what you would see, trauma to be. It is for you just to accept the balance that you are.

Thank you.

Thank you, beloved one. It is a grand courage that you have, to look upon issues that have been deeply held within the soul, within the very cells of the body, and reinforced over and over not only in this lifetime, as you would see it, but other lifetimes as well, and it is a grand courage that you have to bring these forth at this time and then to shine the Light of your sunshine upon them and to say, "It is all the drama that I have created," and to look upon it as the great playwright that you are and to play with it. That is all that needs to be done.

You are a grand actor. Always have been. Always will be. You are the holy Child. Play with it and know that I play with you.

Yes.

I know. Thank you.

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

Okay. Actually, good.

Actually, yes, you are. What would you ask this evening?

I have a couple of decisions in front of me, and although I'm feeling more of my power than I ever have, I am still having trouble with two of these decisions, and I guess I'd like some enlightenment on those, with those decisions.

It is as we have said to one previous: there are no wrong decisions. Each decision that you make will be a choice from the heart. Sit with what you would see as alternatives and see which feels like Home to you. See which one has more Light around it, even if it would just be a subtlety of Light. Feel which one is

more in alignment with the heart, and even if it be a choice the world, the mind, the head would maybe say, "This does not make as much sense," go with the heart, beloved one.

There are no wrong choices, for even if you make a choice and then later on down that avenue you wish to change it, guess what? You are always free to change it, and you have gained all that you have experienced along that path. But if you will abide in the heart, in quietness and in silence and just meditate upon the alternatives, one of them will step forward for you ever so slightly and you will feel that it is more Home than the others. And then trust that and go with it, knowing that the other alternatives have already been experienced in another lifetime, as it would be, but it is not that you are losing something by choosing one and denying the others. You have already experienced.

Be at peace with it, beloved one, for there is much guidance that you have, as you would see, from other masters, from the guardian angel. And yet these are not ones outside of you. It is very much your Self - with a capital "S." There are no wrong decisions. Play with it.

Okay. Thank you.

You are welcome.

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

Oh, I'm much better than I was when I came. Thank you.

It is beautiful that you are allowing yourself to abide in that manner. Yes, you are. You are the holy Child. Anytime that you want to claim your divine birthright, it is there for you. You are wholeness itself. Would you have a question this evening?

Oh, I was going to ask you or tell you that I for the last week or so have really been struggling with trying to get out of a... I've kind of described it as a mucous; I feel like I'm sort of stuck in it and not able to go forward or backward, and I'm really uncomfortable with where it has put me. But I felt so much peace just from talking to you, I no longer have the need to ask the question.

I would share with you, beloved one, that you are free. You are free of what you would feel to be holding you back. You can go with a grand freedom from this day forward with a peace that is in the heart. You can experience what you want to experience. If it would mean packing your bags and going on a journey, you can do that. If it would mean setting up a new household for yourself, you can do that. If it would mean planting a new garden, a physical garden of flowers or a new garden of friends, you can do that. Whatever your heart desires from this day forward is yours.

Thank you.

You are welcome.

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

Feeling good.

Great. I'm glad to hear that.

Like I'm taking more control of my life.

Very good. What would you ask this evening or have we already answered it?

I wonder. I guess I would like to know what my son is trying to tell me by his actions?

You two are as grand actors upon the stage. You each have your scripts and you have learned them well, and you play your parts with feeling. This one is asking to know the holy Child that he is and he is asking to know the holy Child that you are, and in your world there is what is known as "tough love." Know you that term?

Yes.

Yes, it is for you to say, "I am the holy Child of the Heavenly Father and this is what I desire to have in my life. I desire the harmony, the peace, the Love. I desire to have this expressed around me." It is the same as you would choose whatever music you would play in your house. It is for you to say, "I love you, and I love you so much that I set you free."

That's what's happening.

And to stand firm with that. For there is such a thing as loving one in a weak way that will keep that one crippled. That one will come back and always feel that they can call upon your strength and they will not know their own. It is a disservice to not allow this one to know his own strength and to be firm in your own strength - not because it is a confrontative thing to do, but because you are the wholeness of Love itself. Come from that place. It is, what you would see, as one of the lessons that you have contracted to help him learn. You have contracted to be there as the nurturing parent throughout the years that have been previous. There have been ways that you have nurtured and supported this one, but there is now a way to nurture and support this one in a way that he may not want consciously, but wants very much at a deep level to know.

Right. I understand that.

Yes.

It's part of my process to heal, the miracle. I need that harmony in my life.

Indeed, you do. You deserve harmony in your life for you are harmony itself, and you desire to see this out-pictured. This one has his own journey. This

one will manifest whatever rocks and boulders need to be upon the path. That is not your responsibility. It is your responsibility to love this one as the Love that you are and to behold the Christ that this one is, which is why you will allow him his journey and his rocks - whatever he needs it to be. But you will stand steadfast as the holy Child that you are and know the holy Child that he is. For this one is not weak, as you are not weak.

**He's just playing the game, huh?**

He knows the game very well, does he not? This is not the first lifetime that you have spent in relationship with this one, for you have played the same game. But it is time for a new script.

**That's for sure. That's what I'm doing. Thank you.**

You are welcome, beloved one.

And you, beloved one who is growing the hairs upon the face in grand beauty, will you let it grow long?

**Not very long.**

Not very long. You will keep it neatly trimmed, I suppose?

**I suppose.**

We will watch the progress of this.

**We shall see. When you said, "Home is where the heart is," and, of course, that's been my saying the last few months.**

Strange how that happens, yes.

**And also the drama that I am out-picturing, would you like to comment on that?**

It is as the Son decrees. There will be the drama as long as the Son desires to see the drama. But it is possible and it is necessary to see through the veil of drama to the holiness that is in the situation and that is you, the being that you are and the being that the others, as you would see them, the actors in this, the holiness that they are, as well. And for you, as we have said unto this one, to allow them their journey. It need not be your journey, for you are always in a place of choosing. You can either abide in that physical place with the drama or you can take yourself unto another place. Even if it would mean leaving what would be seen as the material possessions, what mean they to you? You can manifest them again as easily as you have done in many lifetimes or to take what you would need with you.

There is always a choice. And you can abide in this as long as it has value for you. Abide with that sentence. You can abide with it as long as it has value for

you. Sit and ask yourself, "What value does it have for me?" And look through the veil to see the Truth that is just beyond what is seemingly going on on the stage.

It is there as your messenger. It is there to show you that you are the master, that you can leave what you would see a situation to be and go in peace and harmony. You can shake the dust of your sandals and walk on or you can abide. Thank you.

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

Hello. I am fine.

Of course you are.

Yes.

What would you ask this evening?

Well, I can't remember exactly when it was, but you had mentioned something about a window. I was talking to Ilse on the phone and I went, "Whoa, what's with this window?" Because here I am. I am in this very peaceful state, feeling very peaceful but creating around me such incredible schedules that... I mean, I'm going so fast in one direction, I'm meeting myself coming the other way. But it's very, like it's a confusion peace. Like, I'm so happy but I'm creating all these incredible schedules at work that are flip-flopped, and so I'm asking Ilse, what's with this window? Isn't there supposed to be peaceful peace with the window that's wide open? And what is the window?

You are, as you have discerned, in the middle of one of the windows of Light. This is at the peak of the energy that you have called forth. It is not that masters nor ones outside of you would come and pour forth extra energy upon this plane at this time, but it is that you have called forth energy that you are in order to bring up just exactly what has been happening in your experience - the issues - with clarity, in acceleration, the flip-flop as you have called it, to see it speeded up.

You have asked, and all of your brothers and sisters who are experiencing this window at this time, have asked to be on fast forward.

Ah. It's a happy fast forward if that makes any difference.

It makes a lot of difference to you, does it not?

Yes. It does, but I don't know. It's so confusing, I mean, you know. It's going to be....

It is as the Son decrees. The energy that comes, that you have called forth, will accentuate wherever you are abiding in every moment. If you are abiding in joy and in peace, it will accentuate that. You will feel it with more

clarity than you ever have before. If you are abiding in too much activity, too much confusion, too much of whatever, you will feel it as too much, for it is accentuating wherever you are abiding. And as you have seen, this changes moment by moment - again the flip-flop, moment by moment.

At times when you have called forth the extra energy that you are in order to clarify, to accentuate, what is going on, remember to pause and to breathe. Come unto the place of the heart and abide as the peace that you are and know that whatever is going on around you is in its own order - it is okay - and to abide as the holy Child that you are.

It will see you through what could be major issues if you would stand in constriction with them. It will allow you to go with the flow of energy and to be happy - as the deeper level of you knows already. You are doing very well, beloved one. It is as you would be the surfboard rider. You are on top of the surfboard and you are going very quickly.

Thank you.

You are welcome.

And you, beloved one with the voice that expresses who you are, how are you this evening?

Fantastic.

Truly.

I'm looking for clarity in a very wonderful working relationship that is working generally very well with the exception of a few hidden cosmic four by fours that...

Ah, these do happen, yes, from time to time.

All these earn my respect. And I haven't worked past even the first one yet, let alone the rest. I'm looking for clarity in... it is a good relationship, but I feel I should be clear about why it is that these things kind of hit me now and then.

They are as your grand messengers. It is as we have spoken earlier: that relationship is your way Home. Relationship in each moment, as you stand before one and another stands before you, it is as a messenger that is bringing up before you something that would say, "How do you view this now? How do you see this now? Can you look through this to see the Truth of what is really going on?"

Each time a two by four, cosmic or otherwise, hits you upon the head, take the deep breath and pause and look through the veil of appearances. Ask yourself, "What is really going on here?" See what the other one is expressing. It is either an extension of Love or a call for Love.

Oftentimes the one standing before you will not know the holy Child that they are and they will be calling out for either you or circumstances to fill the holes that they feel are in their Swiss cheese. And they will be calling, demanding in different fashions, different ways, and it is for you to stand as the holy Child, as the Love that you are, and to shower them with silent Love, yes, and also with the words that would be nurturing, that would go to the heart of the matter, to say to them, "I understand where you are coming from" - for you will see this in grand clarity - and you will say, "I know Who you are."

**Bless you.**

Bless you, beloved one. The two by fours that you call forth for yourself as the grand messengers allow you to be the teacher for ones who are in relationship with you. And as you allow yourself to be the grand teacher for them, guess what? You are a grand teacher unto yourself. It is not a rocky road. It is one that you may travel with ease and with joy.

**Thank you.**

You are welcome.

And you, beloved Love who extends the Love of your heart unto the small ones, how are you this evening?

**Very good.**

You are, indeed. Is there joy in your heart?

**Yes, there is. Yes.**

What would you ask this evening?

**I have several questions, but I'm recognizing that I'm Spirit expressing in a body and I'm wondering why I am expressing in a woman's body?**

Ah, this is for you to tell me, beloved one.

**I have an idea. I think that Spirit has no sex.**

Exactly.

**But here we are men and women, on Earth.**

Yes.

**And so I'm wondering... the story goes that Adam went to sleep and at that time out of his rib came Eve, and it never says that he woke up.**

{Laughter.}

**So what is the illusion?**

Do you see the grand Truth in this story? It is the story of the sleeping Child, sleeping in the meadow of our Father's kingdom, for this story did not say that Adam woke up.

No.

But, the time is fast approaching when Adam and all of his brothers and sisters will awake, will find themselves to be consciously awake, expressing with the molecules of physicality as the body, if they so choose, and expressing in the design pattern that they choose.

You, beloved one, have chosen in this lifetime to express as the woman, to express the very qualities that are associated with woman: the nurturing, the Love, the compassion, the establishing of the home, which is as symbolic for others who are looking for Home - Home, with a capital "H". It is that you have desired to know the Love that you are and to pour it forth in a way that is associated with the feminine body upon this plane. There is no deep, hidden reason.

You have chosen many times to be as the man and to walk with the male body, to express the qualities that are associated with the man and have been associated with that design pattern in that culture. For, as you know, the qualities associated with a particular design pattern - either male or female - changes from culture to culture. You have been as the woman in the culture known as Amazon, where you have been the strength and the dominance. You have been all sides of the polarity that is believed in in this plane, but in this time that you are focusing upon now you are desirous to express the qualities that are associated with woman. And it is a grand place to be, for it allows you to open the shutters of the heart in a very tangible, dynamic fashion and to come Home via that avenue.

Thank you, beloved one.

Thank you.

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

You know, I couldn't find words to make it better.

That is grand.

It's just wriggling and tickling me.

And just bubbling up from the heart.

Yes, and a lot of other places. All over.

All over. You are energy itself.

It's coming in and coming out all over the place.

Good. What would you ask this evening?

I would ask for help for those who have refused my help, and there are several of them who have turned away, not only from my help but other persons' help and other kinds of help. And that brings, at times, a note of sadness into my life when I think of those people, but I still send them love and healing and...

Exactly, beloved one.

...that's a tough row to hoe, as the saying goes.

It is as the Son decrees. If you decree it a tough row to hoe, then so be it, but you have discerned well to send Love unto these ones, to see them as the Love that they are. Do you think that the One that I have called the Grand Weaver, the Holy Spirit, the One Who takes all of the strands of the tapestry and weaves them together into a beautiful picture, do you think that the One known as the Holy Spirit judges these ones for what you would see as a detour along their path?

No. No, because it's another learning experience.

Very true. And do you see how you can allow them their path, as well? For they are learning whatever they are decreeing is their desire to learn.

Well, it's very fortunate that I learned that a long time ago, to let go.

Very good. Yes.

Just to let go.

To let go and let them be Who they are. That is why you have the saying in your world to let go and let God. To let go and let them be the God that they are, for there is an inner wisdom that steers their ship as well, and it may be upon the rocks and the shoals, as you would see, or it may be in the shallow waters that hold them back, as you would judge it to be. And yet, there is coming Home that happens for each of your brothers and sisters in their own fashion.

Each one that would come unto your mind, see them as the holy Child that they are, and in doing that, behold your own radiance, for you are that holy Child as well.

The lack of acceptance is probably the most difficult thing I have to deal with - the lack of acceptance of people that have help available to them.

Do you think that I did not feel this in my lifetime?

I wouldn't doubt it.

Yes. It is a feeling that I understand, for there were many that I would share my Truth with, the vision, the knowledge, the insight, the inner wisdom that I had come unto. And there were many that I saw suffering and I wished to share with them the grander vision, and yet, it was their choice to stay in the place of what I could have seen and did see in the earlier years as a limited

place. And yet, as I talked with my Heavenly Father about this, it became clear that those were my teachers as well: that they were on their journey Home, that they had already experienced in what I would see as another lifetime the enlightenment that I so much wished to give them and that they were experiencing what I would have judged as limitation for the very experience of being in that space - for it was seemingly to them a necessary thing to experience - and I knew that all come Home in time.

So I blessed each one as I am asking you to do, and to allow them their non-acceptance, for they have been as the grand masters. They are right now the grand masters.

**Yes, that came through many years ago.**

Very good, yes.

**Thank you.**

Thank you, beloved one.

And you, beloved beautiful one who shines with a radiance more and more as you go with an ease in your life, how are you this evening?

**Great.**

Truly, you are great. What would you ask this evening?

**Now, Jeshua, have you ever known me not to have a question for you?**

Hmm, so far, no, beloved one. But I will share with you, there will come a time.

**And it's right now.**

Ah, this is the time?

**This is the time, because I know that you can see into my heart and you know what I'm going through or what I need and what I need.**

And you know as well, beloved one, for that is what the inner wisdom is all about. It is not so important that I see into your heart, for truly, I do. But it is for you to know that you are that heart and that all wisdom abides as you. It is not hidden, and you know that.

**Although I know that's true, I would love for you to say to me what you think I need to hear, what you think I need to hear.**

What I think you need to hear, beloved one, is what you will say unto yourself. You are Home already. The beloved Child has come Home.

**I was really feeling that earlier this evening.**

Such a coincidence and yet, it is not.

So, no matter what happens from here on out, it's okay.

It is okay.

**Because I'm Home.**

Truly. Everything that transpires is in order and you are Home.

Thank you.

And you, beloved one who converses with energies that would be termed by your brothers as unseen, how are you this evening?

I'm doing well, thank you.

Yes, you are. What would you ask?

**I have a question about the beings that are in this picture around me. Would you give me some more information on who they are?**

Ah, {looking at a picture of Light beings around the brother} the ones that you have captured upon the paper, as it would be, what is called the photograph, are friends that are with you always. They are even now around you, very much to be seen.

**I see them.**

Yes. This room, if all of you will receive it, is very full of the Light beings such as the ones that have been "captured," quote and unquote, upon the photograph. These are energy beings, Light beings you would term them, some of them being your brothers in expression upon another plane, another dimension. These are the ones who are with you always. As you allow the shutters of the heart to open in the expansion of Love that you are, there is a connection that is felt and seen, as you have seen them.

These are ones that would be termed the life-energies around the plants that you love so well, around the animals that you take into your heart and home. They are also the brothers that you would see as being in expression in another dimension, ones that your brothers and sisters would call as beyond the Earth plane - extra-terrestrial. There are those, as well.

They have names. The names will be revealed to you in times when you sit in quiet meditation with them. You have already heard some of the names. You have already spoken, as it would be, with some of these beings. You have allowed them to speak with you and through you. They are loving beings that have much to share with you and with your brothers and sisters in allowing others to see the expansion of the total Self, the experience of the total Self, allowing others to see that there is more than just what is being focused upon right here.

And as you allow yourself to be the channel, as it is called, to bring forth this wisdom, it will be as a gift for many of your brothers and sisters to see that

it is possible - not only possible but necessary - that the communication be established and that the Love that you are can be blended, exchanged, felt between and among dimensions.

Thank you for the courage that you are finding within your heart to do this: to allow it to come through you, as it would be.

**Thank you. It's fun, too. It's a lot of fun.**

It is indeed fun. That is what it is meant to be. It is play. It is Child's play - with a capital "C". You will play with it.

There is one very close to you with the name of Andreas. Meditate upon that name for there is great strength and great Love in that name.

**Thank you.**

You are welcome.

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

**Tired, because you kept me up last night with my having you wake me up around three-thirty, four o'clock.**

It is a favorite time of mine.

**Where you caused my mind to chatter.**

I do not cause your mind to chatter.

**It chatters because it chatters. Okay.**

Exactly. We are in communion with each other at the heart level. If the mind chatters, hmm, so be it.

Well, it creates a million questions and then when it comes time my heart just beats like a trip-hammer and what am I going to say? What am I going to ask? The conclusion I've come to in the last few weeks because of all the different energies and the sense of chaos around me is that my relationship with you is the only true relationship. It's the only one I want, and I would like it to deepen, and somehow the one I call Emmanuel, that seemed to open the door between us even more than it ever was, I would like to understand a little bit of that connection and then I have other questions.

Ah, you have an abundance.

**Just one more.**

Yes. It is very important, as you have discerned, to deepen the connection with me and with the one known as Emmanuel, for we are not separate. We are one and the same. And as you deepen your connection, as you would see it, with me, you are deepening your connection with your Self, with a capital "S". You are

coming to know your total unlimited Self. For all of the qualities that are ascribed unto me and to the one known as Emmanuel are qualities, aspects, strengths that you are.

Take that deep within the mind that chatters so much and abide with it in the heart. Know yourself not to be separate from any one, whether it be as a master or whether it be as a friend expressing through and with the body. You are not separate from anyone. For truly, you are all the grand messengers, servants of each other, as I am your servant. I come forth whenever you call me. I am your servant.

**I appreciate that.**

We are one and the same, and we are together, beloved one. As you deepen, as you have said, your connection with me, you will know that there is no separation.

**Then I have to ask this question.**

You have to?

**Yes. What is the spiritual work that the Beloved would have me do? Because I want to do my Father's business.**

You are very much doing your Father's business. Your Father's business is to come Home. You are very much, as you would see it, in process of coming Home, of awakening, of coming unto that place even in time of saying, "I am the beloved of the Father. I am not separate from the one known as Jeshua ben Joseph, the one known as Moses, the one known as Adam, the one known as Melchizedek, the one known as Elijah, the one known as Emmanuel. I am the holy Child of the Heavenly Father, expressing as Love upon this plane, and all wisdom abides within me. I can call upon these that I see as individual entities, individual expressions, and they are instantly with me, for they are me." And you will go with a grand freedom, beloved one.

Your mission, should you choose to accept - and you have already chosen - is to come Home.

**That's it?**

That's it.

**We complicate so much.**

Exactly. It is the way of the world that would speak unto you of separation, of complexities, of miles and miles of journey to be covered before you can come Home. And yet it is a journey without distance, for instantly you are Home. It is simplicity itself. It is remembering Who you are. You are in process of putting in front of yourself the very experiences that are as the catalyst for you to remember, "I am Home. I have never gone. I have dreamed that I have gone

on many journeys, and I have experienced much. But I have never left my Father's Kingdom."

**Thank you.**

Thank you, beloved one.

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

**Blessed.**

You are truly blessed, for you have had the courage to come this evening to walk upon water, as it would be, to do what your brothers and sisters would see as a miracle, to come and to have the courage to allow yourself to be in an experience that opens the heart.

What would you ask this evening?

**To know if my precious "Bubba" {recently deceased husband} has talked to his father? It is very important that I know that.**

He has indeed, beloved one. For as this one laid down the body, the first one to come and meet him was the one known as his father.

**Yes.**

They have been always in communion. The one known as his father has watched over him in what he would see as this lifetime.

{To a sister sitting beside her}: "I told you."

{Laughter.}

Do you see the inner wisdom that you already have claimed and you have tapped for yourself? You are that wisdom and yes, the one known as the mate has been received into the arms of the one known as his father.

**Oh, thank you so much.**

And not only the arms of what he would know as the earthly father, but also the arms of the Heavenly Father. This one is Home and he desires only that you rest in peace with that and that you come Home as well, in the peace of the heart - not that you lay down the body to come Home, but that you allow yourself to be Home here as you are expressing: to know yourself to be Home already.

**I would like to be with him.**

He is very much with you, beloved one. The Love that you share is very much alive and cannot be taken from you. That is what matters.

**You know what's in my heart?**

I do indeed. There is much Love, and this one shares this Love with you and it has not ceased with the laying down of the body. This one is very much interested in your journey, in your happiness, in what you see as your experiences. This one journeys with you. Not in the bodily form, which was finished and laid down.

Yes.

This one is very free now to be with you as the Light energy that he is. And even if you would wish to be without this one, he is always with you.

Oh, thank you.

And he loves you very much.

And I love him.

He knows that. In times when you would want to experience that, take your physical arms and put them, as it would be, as a hug around yourself and say, "Thank you," unto the mate, for he is hugging you. You are loved, beloved one.

Thank you.

You are welcome.

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

Okay, this evening.

That is very good to hear. I would have been disappointed if you had said otherwise. And I would have joked with you, for you know the Truth of your being. What would you ask this evening?

No questions.

You are at peace in the heart and you know that you can always return unto the wellspring of inner wisdom that you are. What you would desire you will manifest for yourself, and what you would desire now is joy and freedom in your life. And you are manifesting all of the experiences that set you free to go as you would want to go, to express as you want to express. Know that there are many in what you would term the unseen realm who are cheering for you, for you have severed a lot of the cords that you felt were binding, and yet they did not bind. It was in your belief. You are setting yourself free upon a new path and many go with you, cheering all the way and being there with their energy to, as you would see it, augment your energy. It is not that they are separate from you. It is that you are those ones and that is why it augments, for your awareness is expanding.

It is truly a blessed place to be.

It is.

Go in peace, beloved brother, and enjoy, live in joy. This is a grand time upon the plane.

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

Good.

You are, truly. There is a beauty and a radiance about you, a simplicity of the heart. What would you ask this evening?

I've come to ask about a beloved friend of mine who has been very ill and is choosing to heal. And I believe that she will, and yet there are times when she questions her faith - if it's strong enough - and I would like to know if she will heal and be on this plane.

This one is, as you have discerned, already whole. This one is manifesting for herself an experience which brings up before her issues of doubts, of questions which will bring her Home. Not with the laying down of the body; that is not necessary; that is not what we mean here, but will bring her Home in consciousness. And she is also serving, as you have seen, as the grand teacher for many who are around her, to look upon this situation and to see through it to the wholeness that she is and that you are.

This one is a Child of the Heavenly Father. This one is very much loved. This one has been, as you would see, in other lifetimes the healer who has healed others, and she has within herself the knowledge and inner wisdom to heal the physical body in this expression.

She is choosing - she is in a process of choosing - to see if it is of value to keep on expressing in this form or whether it can be laid down and to go on in grand freedom, for, as you know, the very Life that you are does not cease with the laying down of the body. It is, as you would see, taking off the raiment and then, as easily, you can pick up another set of raiment and go on and express again.

This one is connecting by this experience with the Light that she is, and she is asking herself, "Is it of value to keep on expressing with the molecules of physicality or should I go and express as the Light being that I am?" to know her own unlimitedness. And truly, this one has not yet chosen. She is still in process of weighing.

But know you that if it is chosen to lay down the body, this one will always be with you for you are truly two Light beings as the angels that you are. You have shared much in other lifetimes, as you would see lifetimes to be, and it is not by accident that you feel such a bonding in this lifetime. You are as sisters. You have been in family units as sisters. You have been as the mother and daughter in relationship. So you have what you would see as a very close affinity for each other.

How can I best serve her?

By seeing her as the holy Child that she is, by allowing her her journey, and to laugh with her, to say that it does not matter - either in words or in the silence of the heart - that it does not matter what her choice is, that you will always love her, for truly you will, and that whatever her journey is, the bond of Love can never be severed, for you journey together. See this one in Light. Recognize this one as the Light that you see her in, for she is a very powerful being - as you are.

And you, beloved Lover who loves life, how are you?

Great.

You are truly great. What would you ask this evening?

I have a couple of questions.

Ah ha, an abundance.

Could you tell me more about my life when I was with Saint Francis? I just finished reading a book about his life and I can't seem to discern anything about my life when I was with him.

This will come for you in the days to come in more clarity. But you were with this one in simplicity, in the simple life of knowing that you were one with the energy of the Holy Mother, in the simplicity of knowing that "I and the Father" - "I and the Mother" - "are one." The very energy that gives the plants, the animals, form and life is the energy that you are. And you were as a disciple with this one, for you studied - not in formal fashion, but you studied - with this one for you knew at a very deep level that this one was Home already, and there was a knowing in your heart that this one held some secrets that you wished to know. It was a bond of Love that you had with this one.

Could you at least tell me whether I was a male or a female in that lifetime? It might help me, you know.

You were as a male in that lifetime.

Okay.

Play with it, beloved one.

And my other one is, I think Penne could use a message from you. You know what she's been through and came through the last few weeks. Now she's got a constriction. She can't hear you because she's embarrassed. You know what I'm talking about.

This one, indeed, has come through what she would see as a grand upheaval, even to allowing the anger to be expressed in stomping about: grand energy that was expressed and needed to be released.

This one does not need to feel ashamed for the releasing of energy. It was necessary.

**I tried to tell her that, but it doesn't do any good.**

This one will come unto a place where she will again desire to be in communion in a more direct fashion with me. We are always in communion for we cannot be separate and I love this one with an everlasting love which she has yet to accept in its fullness.

But this one, in time, will come unto a place of wanting to have the direct communication of hearing me, as she has termed it.

**She says she wants to but she doesn't let herself because of her embarrassment.**

It has been discerned: she does not let herself. But it will happen and it is not afar off. As she has made the shift in perception to come through the grand upheaval of the earthquake of emotions, she will also allow herself the peace and the joy of being in communion again. She deserves it. She will come to accepting it, and it matters not whether it be today or if it be several weeks down the road - that is, it matters not to me; it matters to her, abiding in the belief in time. She will make her choice.

Let this one know that I am always with her, that I do not judge her, and whenever she wants to let her judgment of herself go, she can let it go. But if she wants to hold on to it, I do not judge her for that either.

This one is a grand one with energy, as she has seen. She is very sensitive to the Love energy and very much in the Love energy of the angel that she is, at times, and this one is very much the energy of the earthquake when she wants to be, very much in upheaval. It is okay. I stand back.

{Laughter.}

Tell this one that I love her - as I love you.

**Thank you.**

You are welcome.

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

**Just fine. Just fine.**

Truly, you are. What would you ask?

**I don't really have any questions.**

That is very good. I applaud the peace in the heart and the inner wisdom that you know you have, as you sit in your quiet times in the morning. You know

that you are open to all wisdom and all guidance and that you have many - not only myself, as you would see me to be - but many others who are in communion with you. And yet, we are not separate from you. The world would teach you, because the senses say unto you that there are many bodies, the world would say unto you that there are separate energies that are labeled with individual names. And yet you are one with these energies because you are Who I am.

**Thank you.**

Thank you.

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

**I'm very good.**

You are truly very good. What would you ask this evening?

**I don't have any specific question.**

That is great, beloved one, for you are coming unto a place of knowing your own inner wisdom, your own beauty, and allowing that to shine forth. You do not mind if I touch the Love that you are, do you, in touching your beautiful hair?

Do you know the miracle of the hair? It is the Love that you are, extended even from the body in physical form in such a thing as a fine strand of hair. Even in the very color it is out-picturing, there is such a tangible extension of the Love that you are. This is why it feels so good to be in communion, in communication, very tangible communication of touching. It is to feel the energy that you are and that I am in a circuit that is unbroken. There is no separation.

Go your way in joy, beloved one. Know that whenever a question would come up for you, that instantly the answer is within the heart. Nothing is ever hidden from you. Sit with it; abide with it. It will answer.

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

**I'm good, thank you.**

You are truly beautiful. What would you ask this evening?

**I'm sitting on the same panel. I don't have any questions.**

A very good place to be.

**It's wonderful to be in your presence again.**

And it is truly, again. There is much that we have shared and much that we will share, for you have chosen in this lifetime to allow your brothers and sisters to know the Truth that you know. You are as the teacher for many. Thank you, beloved one.

Thank you.

And you, beloved Child of the Heavenly Father, how are you this evening?

I'm great.

Is there a dynamic quality to your life now?

Yes.

Yes, many changes. Much energy. What would you ask this evening?

Well, I've been having the feeling or an urge that I need to go and visit this lady I've never met. I've talked to her many times on the phone. Her husband died and she is having a real hard time adjusting. Have you got any messages that I should take to her? I think, "Why am I going over there?"

You are going over there, beloved one, because you are responding to a desire of the heart to allow this one to know that she is not alone. She may be feeling a loss, a physical loss, but the one she loves is not lost to her. The guidance, the words that you will be sharing with her will come at the time when it is needed.

As I have instructed you many, many lifetimes ago, as you would see it, when we walked together, I said not to worry about what would be said for our Heavenly Father provides the words that need to be said. Come from the heart and share with this one the Love that you are and that she is, and allow this one to know that life is ever ongoing. She has not lost.

In fact, it is an opportunity for gain. For without the physical body it is much easier to know the presence of the Love of the loved one. Suggest that she sit, meditate, feel the presence of the loved one. For they are never gone from you. The sense of the eyes, the sense of touch, would say that they are gone but this is not true. For heart to heart the bond can never be severed. It is important for you to share this with her and I thank you for responding unto the words of the heart.

**I have already shared, to a degree, that she can go into meditation and feel.**

Yes, and it would be wise for you to sit in meditation with her, bodies together in the same room, and allow her to experience that, and I will be with you. For when two or more are gathered together in my name, there am I in the midst of you. I will be there, as you know.

One other question. It's just a puzzle. I used to feel the energy of Jeshua right here {at the side, on the shoulder}. Now it's not like he's gone away, but he's not there. It is not as decided.

Do you know why that is, beloved one? For I have come and I abide in your heart.

**So that it is closer.**

It is closer. There was a time in your process of belief that you would feel my energy to be at the shoulder, at the side - with some sense of separation, a very close separation. Now you are allowing yourself to know that we abide as one in the heart, that I go as you go. That is why. Again, it is not a loss. It is very much related to the first question that was asked.

**Thank you.**

You are welcome.

And you, beloved Child of the Heavenly Father, how are you this evening?

**I'm just fine.**

Would you have a question this evening?

**I'm so rich with all of the questions that were answered yesterday that that will... nope, I can't think of any more right now.**

Wow! A miracle of miracles.

**Oh, it probably won't last.**

And truly, I'm sure it will not. But we did have joy together, did we not, conversing?

**Yes, indeed.**

You have been, as you have seen, the grand scholar and the grand master, one who has chewed, as a dog would upon a bone, upon many ideas, many concepts, many questions in what you would see as many lifetimes.

**It feels so familiar.**

Yes, it is a familiar place to be. You've been there so many times. You are in this lifetime bringing it all together, as you would see a whole ball of yarn coming together, bringing all those strands and winding them into a whole. You are Home, beloved one.

**Thank you so much.**

I have to thank you, for I did not want to be Home all by myself. Home alone.

{Laughter.}

I did not want to be Home alone. And truly, I could never be Home alone for we are all there as the One that we are.

I am in joy each evening as you allow me to come forth in this manner and to share with you, to reach out and to touch in physical form, to touch, to blend the energy, the energy that I am and that you are, expressing as the molecules of physicality.

I am in joy as we entertain the questions of the mind and as we take them to the place of the heart where there is the Light that shines and all answers are given. It is not difficult to do.

I am in joy as you allow me to share the Love that you are with you in such a fashion, such a free flowing fashion. I thank you for allowing me to come forth to be as your mirror. For I come and I show you the Love that you are. As you behold the Love that I am, know that you are that Love as well, for you could not acknowledge the Love that I am if you were not that already yourself.

The way Home is not difficult. The way Home is a journey without distance. It is a journey of waking up in one moment and saying, "I am the holy Child of the Heavenly Father, by gum. I'm Home already." And claiming that unlimited Love and peace for yourself in every moment. Extend that Love unto others; allow them to know what Home feels like, for all of your brothers and sisters are Homesick and are crying out to know what Home is, what it feels like, where it is. And it is not afar off. Home is where the heart is, and you can instantly be Home as you take a deep breath and return again unto the place of the heart, the place of peace, the place of inner strength that sees you through all of the ups and downs of the world.

You are the Light of the world. You have chosen to express with the molecules of physicality upon this plane at this time for the very purpose of coming Home in conscious awareness - not only for what you would see as yourself, but also for your brothers and sisters. It is a grand work that we do together. And yet, it is not a work with effort. It is a work that is easy and comes easier every day, is this not true?

**That's true.**

It is true, and much, much joy there is in it. If you would connect with the peace in the heart, it takes only your simple choice to breathe. Take a deep breath. Breathe in with me right now, breathe in the golden white Light that you are. For this is truly Who you are. You are a golden white ray of Light, the energy of Light. Breathe in the golden white Light that you are and take it deep within the cells of the body. Feel it energizing every cell in the body.

Breathe again, and connect with Home. It is that simple. You are Home, beloved ones.

Welcome home.

So be it.