

The Last Supper

1994-03-31

{At the front of the room is a large four foot by six foot painting of the "Lord's Supper" by the French painter, Philippe de Champaigne (1602-1674). The group sat in a triple semicircle facing the painting. There were about 50 people in the room.}

Indeed, beloved and holy and only Child of our Heavenly Father, Child of Light divine, I am the one known as Jeshua ben Joseph, and I come in great joy this evening to abide with you, as you have chosen to come to abide with me in this manner.

I desire to celebrate, again, what has become known as the "Last Supper". I desire to celebrate it again with you as we have done in days of old - days as you would see it being of old, and yet, where are those days if you are right now bringing them forth in your memory? They are right here and present, as you are present.

Many of you were with me on the evening that is depicted within this painting. Many of you have felt what would be termed a resonance, a resonance in the heart as you look upon the painting of the "Last Supper" - the different renditions - and there have been some paintings that would resonate more with you than others, for there have been interpretations, as you would see, with the different depictions of this event. This one has for many of you a remembrance, a remembrance that speaks to the heart, does it not?

That is why you manifest for yourself what are called the pictures, the paintings. It is to be as a catalyst for remembrance, for bringing that memory right here in front of you, right here in the conscious awareness of something that you would call as being a past event and yet, it is very much right now.

All of the depictions that you have seen have been variations on the event and they have come through each one who would be the artist, through their consciousness, portrayed as a catalyst for remembrance.

It is as some of the records of my lifetime. Some of the records, some of the stories, resonate more and feel more true. You will say, "Well, that feels true." And then you may pick up another book that will talk of my life and you will say, "Well, that does not feel quite true." It is the author's remembrance. It is the artist's portrayal of what they see, what they feel to be true, and it is a truth.

And for you it is as a catalyst for the remembrance of the Truth of Who you are. So it matters not whether you would sit and you would look upon a painting and you would say, "Well, that is not true." For you it may not resonate. For others it will speak a language that will bring the sleeping child awake. For you it may bring you to a point of asking, "What is Truth, to me?" This is what matters. It is the catalyst for remembrance.

That evening, I would share with you, was one of joviality, of sharing, of talking, a party, if you will. It was a celebration. Much as you were doing when you first came into the room, when I first came into the room in this manner, for truly, I am always here. I am always with you.

But as you found yourself in conversation with the one next to you, and you were sharing from the heart, you were sharing of the Love, of the joy, the joy that you are, the simple joy that you are. The evening of the Last Supper was one of those evenings. It was an evening where all of our friends, you and I, together, celebrated the Feast of Passover, and we celebrated the three years that we had been together and all of the events that had happened in those three years: where we had traveled, what we had done, all of the humorous things that had happened, the healings that were attempted and did not quite seem to work, and the lessons that were learned from those experiences, and the healings that did work, the healings that were accomplished.

There were many humorous stories of "Do you remember when...?" Have you ever played that game with a friend? "Do you remember when...?" Yes, of course. And it was an evening of sharing. It was also an evening of some seriousness but not as much as would be portrayed in this painting.

For I would have you know that there was much laughter and there were songs that were sung. And it was not just a celebration with the twelve. But the whole room, as you would see it, was full with others. Yes, it was not just the twelve. The twelve are the ones depicted in many of the paintings that you would see, but I would share with you that you were there in the part of the room that is right here, right now, in the forefront.

There was the table that was set, and I did sit in the middle and the twelve did sit at the same table, on either side. It was not, in my remembrance, a round, curved table. It was a straight table. But you will note that I say, "In my remembrance," for there is not a Truth about this except the Truth of your being, but there are many truths of remembrance.

In this depiction... I would share with you that I always pictured myself as a bit more robust than what this one looks like. I was used to being out of doors. I was strong. The body that I had collected unto myself in that lifetime was one that you would see as being over six foot tall. {Motioning way over Judi's head. She is just over five feet tall.} What can I say? {Surveying Judi's body.}

{Laughter.}

And very strong. I was used to working out of doors. I helped with the carpentry. I helped with construction. I helped with the fishing. I walked. I enjoyed being with the angels of our Holy Mother, the Earth, being out of doors as you would call it. So my image of myself was a bit more robust than that, but that portrays the gentler side of my nature and this is what the artist wished to portray.

For truly, all of you are coming into an acceptance of the balance of what you would call your male and female natures: the balance of the robustness of what you would see as the male and the gentle love of the heart, a balance. For truly, you are all. You are the whole.

On the day in which that evening we were to celebrate the Feast of Passover, the disciples came and asked me where we would be celebrating the Feast. And so I sent Phillip and John into the city and instructed them that "When you come within the entrance gates of the city, you will come upon a man carrying a water vessel, an urn of water. Speak unto that man that the master desires you to go with him unto his master's house, and he will take you there. There you will make ready for the Feast."

So Phillip and John set out, and they walked to the city and sure enough, as they entered the gate, there was a man with a water jug upon his shoulder. And they said unto the man, "Take us unto your master, for the Rabbi would spend the Passover feast with him." And the servant led Phillip and John to his master's home.

And when they came unto the estate of this grand master, they recognized it as being the home of Zebedee and there was grand laughter - for it was your father's home {speaking to one in the room}.

And Phillip and John said, "Well, why didn't Jeshua just say to go to Zebedee's house? Why did he send us on this trek to the city to come all the way back? Why did he not just say, 'We will spend the Passover Feast at Zebedee's house?'"

It was a grand test of faith. It was a grand test to see the discipline of the disciples to follow an instruction, to follow the instruction of the heart and to go where it would lead - and it led right back to Zebedee's house.

Zebedee had a grand laugh also as he saw his son and Phillip come, and they delivered the message unto Zebedee that "The Rabbi desires to spend the Passover Feast with you. Have you a guest room where the Rabbi may celebrate this Feast?" And Zebedee had a great laugh for we had already discussed this two days prior. And yes, he did have the upper room prepared and ready for the Feast.

On the evening of the Last Supper we gathered in the upper room of Zebedee's beautiful, spacious home. It was not a small home. Zebedee was a fisherman, a very wealthy, as you would know it to be, fisherman, and he had a beautiful home which he threw open for our use and for others' use. He was a generous man, a very robust man from fishing, very much in love with life. And his son was like him.

And when it came evening, we gathered in the upper room, and the atmosphere was of a party nature. It was a feast. It was the Feast of Passover. There was the lamb that had been roasted. There were fish. There was a soup, as you would call it, of cream and leeks. There were many dishes, well seasoned and well

served. There was more than just the bread and the wine. It was truly a feast, a celebration, and the room - which was larger than this room - was full of people.

Many of the Essenes had traveled to Jerusalem, to Bethany, to celebrate the Passover, and they knew that they were welcome at Zebedee's house for his house was always open to ones who would travel, the ones of the brotherhood. And so there was a grand gathering that evening. The room was full, full of people who were celebrating. There was noisy chatter. There was the clink and the clatter of the dishes, and much laughter and song, and wine, as well.

We had couches at the table. There were couches to recline upon but they were not of the style - in my remembrance - that is portrayed in this picture. For if you will look upon the way the design of the couches... well, it is one couch that goes in a circular fashion. And as you would lie upon the couch, as I would be the way it is portrayed, I would be lying upon the stomach. That is not exactly a comfortable way to eat.

{Laughter.}

Unless you are on one of those diets.

{More laughter.}

But there were couches. There were separate couches of a large size that could be shared by more than just one, and this is why it has been said that the Beloved disciple was lying upon my breast. Well, he wasn't exactly lying upon my breast, but close. {Looking at a brother.} For if you had gotten in the way of my eating, I would have pushed you aside.

{Laughter.}

But there was a closeness. And the couches were ones that one could recline upon. There were pillows that you could either prop yourself up into a sitting position or in more of a reclining position, depending on how much you had had to eat and drink and what was feeling comfortable.

Meals were taken in leisure - not as you so often in this day and time eat a meal on the run or a meal standing at your counter, as this one sometimes does. {Pointing to Judi.} But the meals were a time of conscious awareness of taking in the substance from our Holy Mother, the Earth, and being nourished by the energy and the Light thereof, a time of appreciating every morsel that was taken within the body, a time of seeing the very Light that was ingested and seeing it go throughout the body, recharging every cell.

It was a time that was spent in joy. It was not a time when you would buy your fast food and gulp it down. We had the couches and we would spend two or three hours at the evening meal enjoying the various courses of the meal and the conversation, enjoying the ones who were gathered there, not just in haste, of "Oh, yes. I see you and now I am off because I have an appointment somewhere. Or I must be at this meeting or I must be somewhere." But it was a

true gathering of Love. We came together in appreciation of what was being ingested and of what was being shared in friendship and the love of the ones gathered there. And as the evening wore on, the couches became more and more comfortable.

The room, in my remembrance, was a larger room and lighter. There were the curtains that were drawn. There was a coziness about it, but in my remembrance the columns, the pillars, as you would call them, were not there. But that is okay. That is for each and every one of you to look upon and to say, "How do I remember it?" For truly, you were there. Does this surprise you? It does not surprise you at a very deep level, for all of you who have come this evening have accepted my invitation to come and to remember, to be together once again as we were upon that evening.

You have, within you, a remembrance of that evening and it is not just the stories that have been told by your religious leaders, your religious organizations, by the books that you have read. There is a very deep, what you would call, resonance, a memory of that evening, for you, if you will receive it, are my heart family, the family of what was known in that time as the Essenes. A very extended family. It is not by accident that you have found yourself interested in what you see as this lifetime in the Essenes and what they found to be of value, for you are they and you are remembering for yourself. You are bringing together, as it would be, the blocks and putting them together, building your foundation of remembrance, a very firm foundation that will bring you Home - and quickly.

If you will receive it, this week in your timing, this week that is known as Holy Week, is a time of great acceleration in remembrance. It is a week, a time that you are calling forth for yourself, a time of remembrance. You have chosen to be here this evening because you desire to remember and to come Home.

There were many other places you could have been this evening and yet, you are here. Many of you traveled what you would see as a good distance to be here. Most of you did not walk. You have manifested for yourself in this day and time the technology that you would see that brings you a bit faster than just the feet. And yet, if you were called upon to walk from here unto where your home, your abode, is, you could do it. You would all be somewhere out in the suburbs, I suppose. It would be like walking to Bethany again - or maybe further.

But all of you have chosen... Yes, you would have a trek... all of you have chosen to be here this evening because you have chosen to remember and to come Home again.

These years, as you see them, that are of the closing of this decade, which is the closing of this century, which is a closing of, a finishing, a completion, of an age, is a time of great acceleration and it is not I or other masters who are dictating all of this to you and saying that this will be a time of great acceleration and you will come Home very quickly. But you are calling this forth for yourself. You are calling this forth because it is time. Because you desire to know Who you are in its fullness, to know not just the

tip of the iceberg - which is great - but to know all - all of Who you are - and to experience all and to bring all Home, as you are Home.

This is why you are manifesting so many experiences moment by moment, day by day - experiences that would take you unto a new geographical location, experiences that call upon old abilities and talents that are coming forth as remembrances seemingly from other times and yet, they are very much with you right now.

It is a time of great healing. It is time of integrating what you would see as past experiences with what you now know from the heart, and letting the past be buried - dead and buried - and going forth in newness.

For all of you have had your parts to play. All of you have made your demonstrations and are still making demonstrations. It was not just I who had a demonstration in that day and time to make, but all of you made your demonstrations when you were called upon. You came from the Truth of your being and you did what you were led to do.

Many of you as Essenes perished in the years after my crucifixion. Many of you stood up for the Truth that you knew, and you wrote it and it came down through the ages to what you would see as this time. Many of you did what you were called upon to do for motives that may have seemed different and yet, it was all part of the plan for bringing the sleeping child back Home again. And you are even now in this day and time making your demonstrations.

All of you are called upon to bear witness to the Truth that you know, and it is not a heavy responsibility. It is not one where you are going to be called before the court of the Sanhedrin to testify and yet, in a way, it will be, because it will be with your brothers and sisters. All of you, moment by moment, by your very actions, reactions to what is going on, make your choices and make your demonstration as to the Truth of your being. All of you. And it is not a heavy responsibility.

No one in this day and time is going to be crucified. Not upon the cross. Crucified sometimes it seems like in the way of the world, and yet, even that you can look upon with new eyes. For truly in every moment of your time you are making such shifts in perception to see things in a new way.

If you would look upon what you would see as the last twelve months in your timing and think of the perceptions that have changed for you, you have come a grand journey. All of you. There have been many changes in what you would see as just the last year of your timing. And if you will receive it, that is going to accelerate.

Oh. Good.

Hold on to your seats. No, better yet, fly. Fly. Go with it.

{To a brother.} You are beloved of the Father and of me. You played your part very well. You were strong of heart, strong of the conviction that you had, and you carried out your convictions with a jaw very much like the jaw that you exhibit now. A strong jaw. Strong of heart. Strong of conviction. You were sure that this would mean that I would take my kingdom and establish it here upon the world, in the world. You were sure that this would accelerate events - and it did. And it did. And you, beloved brother, have come Home with me. If you will receive it, you have already come Home with me and what you are doing now, as you would see it, is tying up the loose ends - even as Elijah came back as John the Baptist and had to experience one last thing: of losing his head.

For, you see, no experience is to be judged - although the world would tell you to judge it - no experience is to be judged as negative. It is just part of the play, part of the experience of the creative holy Child, for the fun of it and to see how much you can get into that part and how well you can play it. And you did, and I did and we played it very well. And you, also. And you. And you. All of you.

The ones known as the Twelve Disciples are the ones that there has been much history written about, but if you will receive it, all of you have written your own histories. All of you in your own way played a very important part and are still playing an important part. You were there and you are here, which is much more important. Where are you? Here. Alive? Expressing? Being the Love that you are? One more time, as you would see it. One more time. And yet, it is not separated into boxes. It is an ongoing expression of Who you are.

This lifetime you have decreed is a lifetime of coming Home, a lifetime of integrating all of the experiences that you have manifested for yourself in what you would see as other lifetimes, all of the experiences even within this lifetime. And you are saying, "Well, that's enough." And it is, because the experiences that you manifest for yourself in this lifetime are symbolic of all of the other lifetimes that you have lived.

Each one, if you will sit with it, will give you a grand gift. Each experience has a gift for you, and you are putting all of these gifts together, steppingstone by steppingstone on your path to coming Home. And this week in your timing, if you will use it, there is the opportunity for much acceleration. It is not by accident that this is your Holy Week. It is not by accident that we celebrate together the Last Supper this evening. It is not by accident that you will think upon Good Friday tomorrow and what that means, and it is not by accident that you will think on Sunday of what the resurrection means.

This year it will be your resurrection. Not of the body. That is not important for you have laid down the body more times than you can count and you have raised up another body, as have your loved ones. It is an ongoing expression.

But this Easter is your opportunity for resurrection, of resurrecting the joy that you are. It is as simple as that. It is not something that need be studied in the great books, not something that you must go off to a

monastery or a great cave or somewhere to the highest mountains of Tibet. It is something that you do right here.

It is to awaken in the morning and say, "I am the holy Child of my Heavenly Father. I have always been the holy Child of my Heavenly Father, and dog-gone it, I'm going to have fun."

{Laughter.}

You may put it in your own words.

That is your resurrection. That is what brings the holy Child back Home. It is the momentum of joy that brings you Home: the momentum of joy that expresses the Love that you are. When you are in the momentum of joy, it will lift you to new heights that you can only imagine - and beyond. It is as you are so caught up in the music that you sing, the music that you hear, you feel transported somewhere - and you are, truly. You are transported out of the focus of attention that would have you with the blinders on, right here, to a more expanded awareness of Who you are. It is the momentum of joy that brings you Home.

That is why I come on these evenings and I joke with you. That is why I come in these evenings with joy, why I say, "I come in great joy," for I do. That is the Truth of my nature. It is the Truth of your nature.

You are the holy Child of the Heavenly Father: always have been, always will be. Nothing that you have ever done, nothing that you will ever think about yourself will change Who you are. You are perfect. You are joy itself.

So on the evening of the Last Supper, it was a time of joy - although there was one who saw it as a more serious time and had a job to do, a job that has brought us to right here where we are, where we can now celebrate it because we see it in a different light.

{To a brother} I thank you for the part that you played, for the courage that you had: the courage of your convictions. Never think that it was a wrong act. Never feel guilty. It was all part of the drama. If you had not done it, someone else would have. They would have had to. And it came to you, it came to your mind as an idea, a way to accelerate the process, and it did. Not, perhaps, in the way that you saw it at first. But it accelerated the process.

I would address here an issue that has been a question for many. For there are two very much aligned personalities in this room, ones who are aligned with the personalities known as John the Beloved, and Judas Iscariot. And there are many of you, all of you if it be known, who would ask, "But there have been others who have felt that they were Judas or that they were John, that they were expressing again upon this plane. How can that be?"

It is mankind's way to look upon everything that comes to the mind and to see it very discretely, separately, as it would be, in a box, to believe that there could only be one who would come down, as you would see it, through history

who would be aligned with the energy known as John or the energy known as Judas. And then there are the ones who come along and say, "I know that I have been Judas. I feel that. I feel a resonance with that. How can this be?"

If you will receive it, there is no separation. I have said this over and over and over until, hopefully, one day it will sink in past the mind to the heart. I and the Father are one. You and the Father are one. You would not be here if you were not. You and the one seemingly sitting next to you are one: one as the expression of the Heavenly Father. There is no separation even in the energy that you would see yourself to be. It is not contained within the skin of the body. It does not stop there. This, even now, can be measured by your scientists and photographed as the Light that is around the body, and that is only part of the energy that you are. The energy that you are intermingles with the energy of this one and this one and the one in back and this one in front and the one that is over here and the one that would be in Seattle and the one that you would see to be in Vancouver, B.C., and the one that you would see to be in Alaska.

In other words, you are unlimited. You are not separate, although the eyes of the ego would see yourself to be just this body, just a personality with which you identify in this day and time. But there is no separation and you have experienced what it feels like to be Judas, what it feels like to be John. You have a very clear memory within the heart. You see.

All of you as you sit and you abide with what would it feel like to be Judas, feel a relatedness. It is not a vacuum. There is a relatedness. What would it feel like to be John the Beloved, who loved Jeshua so much? Who looked after Jeshua's mother after the crucifixion? How would it feel to be John? To be Love? And there is a relatedness that you can feel.

Some of you call forth various aspects in more relatedness in this lifetime than other aspects, and it is because they are the aspects that are being called forth to be healed. To be taken in. To be understood. Integrated. To bring you to a new place of understanding Who you are. All of you have had your moments where you felt that you had betrayed someone, some cause. All of you have had your moments of sublime Love for you felt transported beyond the world, moments where you caught a glimpse of what Love is and you felt so overwhelmed with the Love that you are.

This is why you will meet others who will say, "But I thought I had been Judas. I feel so guilty. I feel that I have carried the weight of the world upon my shoulders forever and I know that I have sinned." It is because they are calling that forth in their experience right here, as you would see it, in this lifetime, to heal it, and it matters not whether you would see it as a linear experience that would come down through lifetimes. That is not important. For the lifetimes themselves are the creative manifestation of the holy Child.

How can you prove that you have lived another lifetime?

You can't.

How can you prove you didn't?

You can't.

You can't. But there is a certain resonance. For you in this room there is a resonance, an understanding, that you have lived other lifetimes. You have expressed infinitely - and you have. Whether you would see it as you, as the individual or with a collective sharing of the experience of the holy Child, you have lived the life of every being. You have lived the experience of each of the twelve disciples. This is why I have said unto you earlier that all of you were present in that room, for you were. You have the knowingness, the memory, of what it feels like to have been there, and you were.

The importance is to take that knowingness in this day and time and to integrate it upon your path and to know by integrating it that you are much more than the body that sits upon the chair and the personality with which you identify in this time and space. You have heard me say that many, many times. That is the importance of the concept of reincarnation. It is to acknowledge for yourself that you are much more than this point of focus, that you are the unlimited holy Child of the Heavenly Father. Creative. Eternally creative.

When you lay down the body in what you would see as this lifetime, you will go on expressing in another form, another way, going as the holy Child that you are, the great ray of Light that you are, as the Light being, as the angel - whatever term you want to use. You will always be expressing Who you are.

So that in times when you get so caught into a focus of what is going on right here and you feel very much like the blinders are on, pause for a moment and know that this, this too, shall pass - and does. Be the joy that you are.

The importance of a depiction, the importance of a story that you read, the importance of a workshop that you go to, the importance of an interchange that you have with another one in front of you, the importance is to bring you back Home. It is the catalyst for remembrance, and that is what this evening is all about.

We will celebrate again, together, what has been known as the Last Supper. We will celebrate it, truly celebrate, because it is a happy time. All of you symbolically are at the place of celebrating the Last Supper.

Beloved ones, could we have a song, please?

{David King plays the guitar, and David and Lisa Umberger sing, "Let us Break Bread Together On Our Knees."}

Thank you. We no longer find it necessary to fall on our knees, but it was done as a way of showing humility, to be upon the knees, to allow another one to be, as you would see, above you. The priests. So it is no longer necessary that we break bread together on our knees. But we will break bread together and we will look upon the Son, the rising Son. And the rising Son is all of you - us - the

rising Son of the resurrection. As you are coming up in your awareness of Who you are, you are the rising Son - or Daughter.

In that evening, to begin the feast, I stood and I gave thanks to our Heavenly Father for the Life that we are, and I gave thanks to our Holy Mother, the Earth, for the fruits that we were about to partake of, the energy in a very tangible form, Her energy, that we would be taking within ourselves.

And then, I took the cup and I drank from it, and I passed the cup and I said, "Divide this among all of you." Take one {passing the tray of wine/grape juice} and pass it along. Take one {miniature cup} and hold it in your hand. {Plates of grape juice are being passed along.}

And as you hold the elixir of the grape within your hand, feel yourself to be one with the energy of the Holy Mother, the energy that has brought this forth as the grape, as the tiny vine, the seedling that grew and became the vine and gave rise to the fruit of the grape. And think upon the angels of the Holy Mother, our Earth: of the sun that gave of its warmth to nurture the grape, of the angel of water, the gentle rain that nourished the grape.

Feel yourself to be one with the energy, the vibration that you can feel, of the elixir of the grape. For truly, you are not separate from any of your creations.

Pause for a moment and give thanks to our Holy Mother, the Earth, that has given up Her substance to allow this to be in your hand. Thank the ones of the brothers and sisters who have been in the process of bringing this to you. Know yourself to be one with the brothers and sisters who have brought this to you, for you have called it forth and they have been part of your process. And thank yourself for bringing this forth in this evening as an experience of remembrance for yourself. For this evening would not be happening without you.

And I said unto my disciples - and you are all my disciples - "Drink ye all of it."

{Drinking the grape juice.}

We are doing this evening the order in which that last evening was done. Many times you have seen that it is the bread that is passed first and then the grape. But I started with the cup that evening, as I had given thanks. And I held the cup and I drank from the cup and passed it unto all of you. And it was re-filled many times as it went around the room and all of you had part of that cup.

Then I took the bread and I blessed it.

How do you bless something? What does it mean to bless? Have you ever asked yourself, "What does it mean to bless something?" It means to give the Love of your consciousness unto something, to know yourself to be one with it. You see yourself in your creation. You know yourself to be one. When you go up to one and you say, "Bless you," what you are doing is giving of your consciousness of Love unto this one and saying, "I know myself to be one with you and I bless you as myself. I share the oneness that we are." That is what blessing is. It

is to turn your conscious awareness unto whatever you are blessing and know yourself to be one with it. And as you know yourself to be one with it, you give of yourself, of your Love.

You would never harm one that you have blessed for you know yourself to be one with that one. You know yourself to have given the gift of love in that blessing.

So I took the bread and I blessed it. I blessed it with a consciousness of the Love that I am. And I know that this bread blends with me, with the energy that I am, that it is. There is again no separation. You would look upon a piece of bread and you would see it as an individual piece. And yet, if you would see this measured in the Light frequency that it is, you would see the hand upon which the bread rests, and the bread, you would see it all to be a vibration of Light.

And I blessed the bread and I gave thanks. Take a piece, brother, and bless it and pass it on. {Passing out the bread.}

As you hold the piece of bread in your hand, again feel the vibration of the energy of the bread, for you are not separate from it. The energy that you are that activates the molecules of physicality in what you call the body is not separate from the energy of the bread.

Feel yourself, know yourself, to be one with the bread. Feel how powerful that energy is. And as you feel yourself to be one with the energy of the bread, thank our Holy Mother, the Earth, and Her angels: the angel of sun, the angel of the water - the rain, the gentle rain - the angel of air that has caressed the growing wheat, has made it flow as it would be a river, the angels that have brought forth the wheat in its season. And thank your brothers and sisters who again have had part in the process of bringing it into your hand.

And thank your Self for the consciousness that has brought it forth in this evening. You are not separate from any of your creations. Do you know that that bread would not be there if it were not for your consciousness that acknowledges it? That is how powerful you are.

And I said unto my disciples, "This is my body. Eat ye all of it in remembrance of me." {Eating the bread.}

In remembrance of me. Yes, I said that on the human level because I wished to be remembered by my disciples and by my friends. But I said it even more because I knew that as you remembered me, you would remember what we had shared, and in remembering what we had shared, you would remember Who you are. Do this in remembrance of me: in remembrance of the Christ that you are.

If you will receive it, every meal that you partake of can be a celebration, a celebration of remembrance, a celebration of remembrance of Who you are. Not a celebration of who I was, but a celebration of Who you are. If you will approach every meal and every morsel that you eat as we have just done in this circle, I will guarantee that you will have no weight problem. None of you have a

weight problem for you are the design pattern, the size, that you have chosen to be and there is nothing wrong with it except as the judgement of the world might say.

But I will guarantee that if you approach every meal and eat every bite knowing that you are one with that energy and giving thanks unto all who have been part of that process in bringing it to that point, you will never have what you would see as a weight problem. You might have what you would term a time problem. {Laughter.}

But even that is within your own manifestation.

That evening as we shared the cup and as we shared the bread, we shared the rest of the feast for there were many dishes beautifully prepared, for it was a banquet. And there was much laughter, much sharing, much joy, much remembrance.

And I shared with my disciples that I would be going from them for a little while, and you did not understand what I meant. I knew that you wouldn't, but I knew that it had to be done. So there was an overtone, an undertone, whatever you will call it, of some seriousness to the evening. And I knew that there would be one who had a job to do, and I allowed him to go and to do it. Not only allowed him to do it, I wished him well.

And towards the close of the evening I again took the cup and shared it with my disciples. We were fond of sharing the cup. It was not just once.

{Laughter.}

And I shared with my disciples that this was my blood. It was a symbol of my blood. It was the blood of a new covenant. The old covenant, with which you were very familiar, was the covenant that was made with our Heavenly Father after the flood, that there would be no more floods of such a nature that would seemingly devastate all of the face of our Holy Mother, the Earth. This was a covenant that was made with a God that was seen to be out there somewhere, a God that if you were good enough, if you knew the right telephone number, you could call Him up and your message would get through. It was a covenant with a God out there.

The new covenant was the covenant that "I and my Father are one." There is no separation. God is not out there somewhere. God is very much right here. Right here, expressing. That is the blood of the new covenant: I and my Father are one. Say that to yourself. Yes. That is the blood of the new covenant.

Beloved Elder and my ancient friend and teacher {Tom & Judi} prepared what they thought would be enough of the cups. I desire to share with you the cup one more time so we will pass these. As you can see, in the experience upon this plane, there will seem to be not quite enough, and yet, those of you who do not receive a tangible cup, take one in your hand, in your visualization, take a cup. {Jeshua passes another plate with grape juice around.}

And know that the power of what you hold in your hand is as powerful as what would be in the tangible form. As you hold your cup, either tangibly or in visualization, know yourself again to be one with the energy that is within that cup. Know that that is the new covenant, and say unto yourself, "I and the Father are one." Take this very deep within the consciousness.

{Jeshua picks up a tray with some bread left on it and passes it out.} Necessity is the mother of invention. You now have a cup.

This is the energy of the new covenant, and I desire to share that again this evening with you. For if you will receive it, that is the most powerful key to remembering Who you are: "I and the Father are one. I am the holy Child of the Heavenly Father, created before time was. And after the purpose of time has been completed, I will still remain. I am coming Home. I am Home."

Drink ye, eat ye, all of it.

Beloved ones, could we have another song?

{Music "He Never Said A Mumbling Word," sung by David King.}

Thank you, beloved brother. This is very true that I never said a mumbling word, for if it be worth saying, it should be shouted from the rooftops. All of you in the days to come will be called upon to speak your Truth. But it is not just in the days to come, for this is something that you have already been doing. It is not something new and it is not something heavy. But you will not say it as a mumbling word, for it need not be mumbled.

I am proud of Who I am and I am proud of Who you are. I am proud of Who we are and it can be spoken outright. With joy, with healing, with laughter.

That evening, after the feast, I withdrew to the Garden of Gethsemane to pray, to be in communion, as we have just been, with my Heavenly Father. For I knew what the days ahead, especially the very next day, would bring forth. I knew that it could be done. I knew that it would be done. But there was part of me, as all of us in the human consciousness experience before we have crossed over that bridge of experience into knowing, demonstrating fully, there was part of me that questioned. There was part of me that wanted my Heavenly Father's blessing, to know the strength of my Heavenly Father and to know my own strength through Him. And I knew that by the evening of the next day my experience upon this plane would be greatly changed.

Beloved one. {To the soloist.}

{Solo: "Were You There When They Crucified My Lord?" Lisa Umberger.}

Thank you, beloved one. And yes, you were there. All of you. All of you. Allow that emotion to be felt. Take it deep within the consciousness. You were there.

This year in your experience of what is known as Easter celebrate your own resurrection, your own coming Home. It is the Love that you are.

{Many are sobbing.}

It has been a long time and well awaited for. You are the holy Child - each and every one of you. Allow yourself to feel it. Throw open the shutters of the heart. Allow yourself to be the very vibration and expression of Love. Allow yourself the momentum of joy in the next four days of your timing. Allow yourself the momentum of joy. Allow yourself the momentum of the emotions. Allow yourself to connect with the sorrow. Any sorrow. It need not matter whether you can label what lifetime it comes from, what instance it comes from. Allow yourself to connect with the emotion: the emotion of the tears of gladness, the tears of relief that are being released. There is much power in tears - and much power in the smile.

There is much power in the reaching out and hugging of a brother or sister and saying unto them, "You are loved. Our Heavenly Father loves us."

Yes.

I and the Father and you are one. It is the blood of the new covenant, the new covenant of coming Home. Use every moment in the next four days of your timing to come Home. Allow every emotion to be felt. Go through the crucifixion of any limiting belief, any limiting self image that you have held of yourself, any judgment that you hold of yourself or of your brothers or sisters, any limiting beliefs that say that "I cannot, I will not." Allow the limitation to be crucified, dead and buried, and resurrect the joy of the Heavenly Father. It is your divine birthright to be truly happy. The only one who will keep it from you is yourself - and even that only momentarily, for in time every one will come Home. And a grand Homecoming it is.

It has been my great joy to celebrate with you again this evening the feast of what has become known as the Last Supper. And in that evening, before we departed, we closed with a hymn, with a song, and it would be fitting that we close this evening with a song as well.

{David King and Lisa Umberger sing and invite the group to join in: "The Father And I Are One."}

Thank you, one and all. Peace be with you. Go in peace.

So be it.