

Born Again

1994-04-29

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 it is in great joy that I come to abide with you this evening in your timing, as you have chosen to set aside this time to abide with me.

{Jeshua sees a pair of sandals and slips his foot into one of them.} Thank you, beloved one.

There he goes.

My favorite footwear.

Do you want the other one? It matches your garment. {The sandals are of blue suede; Judi was wearing a blue dress.}

It was kind of you to choose the coordinating color. I am walking in another's sandal. We shall see how it feels. Indeed. Most comfortable.

How are you, beloved one, this evening?

Fine.

Indeed, you are, and everyone is in a light mood. Before I was allowed the privilege to come through and speak with you in this manner, I was feeling your vibrations of joy, the vibrations of reunion, coming together as the family that you are. For truly, what you experience here is a coming together of your Heart family. This is not all of your Heart family, for indeed there are members, as you would see, extended all over the face of the globe, our Holy Mother, the Earth.

But this is your Heart family, for all of you have been drawn here, as it would be, by the stirring of the Heart, to experience again the joy of Who you are, to allow that to bubble up and to be shared with others in the hugs, in the smile, in the twinkle of the eye, allowing Who you are to be seen in grand radiance. And I thank you for allowing your radiance to be visible upon this plane. For many of your brothers and sisters are calling out to know the very thing that you are rediscovering and allowing to be visible. Many of your brothers and sisters, as you have seen upon your what are called the television sets, are calling out to know Who they are and to have what they would call hope, to know that there can be something in this world that is worth living for. That is how they would term it.

And you have discovered that there is, for you are the Life of our Heavenly Father upon this plane, expressing as the holy Child and coming unto a place of remembrance, moment by moment. As you reach out and you touch another and allow them to experience the wholeness that they are - wholeness of body, yes, but also wholeness of emotions - as you reach out and you facilitate another coming unto that place of ease, you are allowing

them to connect with Who they are and allowing them the hope, the remembrance in the heart of much more than what is just going on in this time and space.

You, beloved brother, are on the threshold of a new experience. We will talk more of that. All of you are on the threshold of a new experience, and it is called being born again. It is not by accident that you and our Holy Mother, the Earth call forth what are known as the seasons. You have the season that you have just come through of a quiet time, dormancy as it has been called, where much of the plants and the trees allow themselves to be at peace, to rest, to contemplate, to go within.

Do your brothers the slugs do that?

Yes, they told me that.

Indeed they do.

They said not to say anything, but they do.

Their secret is out. They do; they go through a period of slowing down, their own vibrations coming unto a quieter place of going within, as all of you experience from time to time. You have all gone through what you have called the winter of experience, the time when there has been a slowing down, when there has been a contemplation, a going within.

Some of you have even said that it feels like being at a plateau where nothing much is happening, and yet, there is much that is occurring within. And then when you come to the next season, as it would be, even in your own life experience, what happens? There seems to be much growth, much of the seeds that have been below the surface that start to sprout and to come up, much as what you see as the beautiful spring flowers that are now coming again in this geographical location.

It is the same for you. You and our Holy Mother, the Earth, conspire - you breathe together: conspire - to bring forth the seasons in order to remind you of the changes, the activity of within. For truly, what you see without is picturing for you the activity within, and you are now in a season of much growth. Newness. You have felt the stirring within. There have been the questions, the impatience of wanting to get on with it. Have you said that?

Yes.

Oh, yes. I know that you have said that. All of you have experienced the feeling of knowing that there is something just beyond arm's reach and impatient to reach it, knowing that it is as Christmas morning, and "I can almost but not quite grasp it." It is the stirring within. It is the spring of your experience, and it is not by accident that you are feeling this even in a time when your trees are bursting forth in green leaf and your flowers are coming up and blooming in such grand abundance in the colors and the beauty that you see.

There is much newness of life even amongst the animals. This is a time of new animals, little ones, being born. It is not by accident. It is all part of the plan that you are calling forth in your remembrance. It is as you have set something without you to be as a remembrance, to knock upon your door, the door of the mind and the door of the heart, to say, "Remember Who you are. You know what is going on?"

Feel the joy of new life, as you, beloved one, have this last weekend in your timing, of allowing yourself to be three thousand feet up in the air flying as the kite. And you, as the consciousness that you are, were up in that kite and it was a grand place to be.

All of you soar in your experience from time to time. When you sit in your quietness in the morning and you allow yourself to expand, to see the day, to visualize the day and then to feel from the heart the feelings that you would experience in that day and you allow yourself the freedom of knowing that you are going to find the very right thing that day, you soar as the kite. All of you do from time to time. As the Child that you are, you allow yourself the feelings of exhilaration, of exuberance, from time to time.

Yes, the world will speak to you of the activities that the employer would want to have done, the schedules, having to be at a certain place at a certain time or appointments that would be kept. But there is a part of you that is becoming more and more real to you, the part of you that is the Child that you are allowing to be reborn. It is new and it is old, and it comes quickly now, being birthed, being experienced, being allowed.

When the one known as Nicodemus came to me, in the lifetime that is so famous as Jeshua ben Joseph, and asked to know of the Kingdom of God, I spoke unto him that unless a man be reborn he would in no way experience the Kingdom of Heaven. And what was meant by this was that there must be a new way of looking at whatever would be occurring in one's life - in relationship, in employment, in the activities - to be able to look upon one who would stand before you or call you on the telephone that you hold to your ear and to be able to listen unto the message and to see it anew, to hear it anew, to look beyond just the words that are being said to see the pain of the other one who is expressing the words that they are using, to be able to see beyond and to see anew.

For as you allow yourselves to be as the newborn, everything will appear in newness for you. Everything that has been as the day before a certain way, you will look upon with the eyes of Christ, the eyes of our Heavenly Father, the eyes of wholeness, the eyes that say, "How else can I see this? There must be another way to see this."

Know you the infants, the little ones, the new ones, newborn children? When they are first born, what do they do most of the time? They sleep. They rest. They lie there and they contemplate the new experience. There is much time of rest. Much time of being within. It is not a question for them of going within,

but the life is within and what they are adjusting to is the life that you take so much for granted now, for you have practiced many years the life that is without.

And as the infants lie there and look about, taking in whatever would be of the surroundings, understanding for themselves what is going on and seeing with a newness, this is how you are as being reborn. For whenever anything comes up in your experience, be as the newborn. Take the time to pause and to just abide with it, physically sitting, physically lying down, if it need be - even in your place of employment if that's what it takes. Say, "Excuse me. I must lie down for a moment. I need to abide with this." It will cause others to have an opportunity to look at something anew themselves.

{Laughter.}

Yes. It would be something different. Be as the newborn and abide with it, contemplate, see it with new eyes. Take in all of the aspects, not just what is immediately right there in front, but abide with it long enough to see the whole of it. Be as the newborn with it.

Come from the place of the heart. This is what the newborn does, for it does not know with the mind. The mind is something that it is starting to experience. The mind is something that it is starting to play with, to see how it will function, what it will do. This comes in what you would see as the years of "training".

But the newborn looks upon everything with the eyes of Spirit, for they are the eyes that the newborn is accustomed to using, with the eyes of Love, the eyes of the heart, the eyes that question to know what is going on but do not judge.

You will be - and are - in process of being reborn. You are very much in process of allowing yourself to be that newborn. That is what is transpiring upon this plane. It has been called by various names: awakening, coming Home, the atonement, the atonement. It is being reborn as the Spirit that you are, bringing that Spirit into matter totally, knowing that you are Spirit expressing through the vehicle of matter, and allowing yourself even upon this plane that believes so strongly in time, in the process of time, allowing yourself time to abide with whatever is going on until you come to that place of being reborn, being new in your outlook. Be as the flower that comes up in its own process and unfolds in its own process - not according to the world's schedule. The beautiful tulips there {indicating a vase of pink tulips on the table} did not consult anyone to say, "Is it the schedule that I must come up on a Tuesday - Tuesday, April 4th - and that by noontime on that day I must open to a certain degree?" No, but there was and is an order: the order of unfoldment for the process of that tulip in its own timing.

It is not a random occurrence, for it has followed a process, as you have seen: the bulb that would be below the surface of the ground, allowing the shoot to come up and grow stronger in each day, until the flower comes to fruition and unfolds into the beauty that you behold in this evening.

Allow yourself to unfold, as you are, beloved ones - as the flowers that you are - and appreciate your own beauty, for each one of you is a unique ex-

pression of the beauty, of the Life of our Heavenly Father upon this plane, and it does not go by the judgment of the world that would judge by appearances and see limitation. It goes by your own process and your own order of unfoldment as the beauty that you are. And you are beautiful at each point in that process.

It is not that you need wait until you feel like you are the finished product. You are beautiful at each point of your unfoldment. You are the radiance of the Light that you are at each moment. So it is not that you need judge yourself and say, "Well, I should be at a certain place of unfoldment upon this day." It would be the same as the flower saying that it should be at a certain point of unfoldment. There is no "should." That is the world, the voice of the world, speaking. But you are in your own timing and your own order of unfoldment, your own order of being reborn.

There is a saying in the East that when one has had a change in the way that they see things, a change of philosophy, a shift in perception, that they are newly born and they go from that place, that shift in perception, as a new man/woman. They go from a place of cursing others and finding fault with everything to the place where they see that they are Love and they love everyone for they know their oneness with everyone.

It would be called a miracle, and miracles happen every moment. When that occurred in the East, in my time, it was known as being reborn, being born again. This is what I meant when I spoke unto Nicodemus that a man must be born again. And he took it quite literally and asked me, did that mean to enter into his mother's womb again, and to be born again? For truly he saw that as not being possible. Or did it mean that one must lay down the body and be born again in another, what you would see as, incarnation? And this truly was not what I was speaking. It was the rebirth of the Love, the awareness of the Love that you are, being able to look, as we have spoken many evenings, being able to look upon anyone who stands before you and to see the Christ Light that they are. Even though the behavior might be speaking otherwise, to be able to look upon that one and to smile, as a grandmother, grandfather would smile upon a child who did not know their unlimitedness, did not know how loving, lovely, lovable they are.

And the grandmother would look upon that child, that child who might be throwing the tantrum in the middle of the floor, and just smile at that child, allowing them to do what they need to do until they are finished, knowing that that child will grow in wisdom and in stature and will leave that behavior as they grow in wisdom.

That is what it means to be reborn. It does not mean that you need to lay down the body and start all over again, for truly you have done that in what you would see as countless lifetimes.

There has been what you would see as evolution in the lifetimes, a drawing to yourself of the inner wisdom that has always been there, drawing to your own awareness the quality of Love that you are. For you have gone about in many

lifetimes manifesting circumstances in the outer that would be as the cosmic two-by-fours, that you allow to hit yourself on the head long enough until finally it gets your attention and you say, "Enough, already. There must be another way." You have all experienced that, even in this lifetime.

{Laughter.}

You have all been in relationship with others until you came unto a place of saying, "Enough, already. There must be something better than this. There must be another way to allow the Love that I am to be poured out in wholeness." And you have made a change. All of you have. That is the process of rebirth.

The ones who would go about in your world and call themselves "born again," are truly desiring to be born again. It is a desire of the heart to know Who they are, and they are upon their own path of discovery, rediscovery, of the holy Child that they are - although along this path there are what you would see as some closed doors that have yet to be opened. And yet, it is a sincere, true desire of the heart to be born again, to leave behind the old life that was of sorrow and confusion and limitation - that was, as they would call it, of guilt and sin - and to be born anew as the holy Child that they are, and it is a process that they are embarking upon. It is a sincere desire to be born again. That is why they have chosen those very words to describe themselves. And yet, as you have discerned, it takes more than choosing the labels and the words. It takes more than that in order to be born anew. It takes the shift in perception to be able to come from the heart and to allow others their journey as well, and to see the Christ, the holy Child, that each one is.

But they are truly one of the threads in the tapestry that the Grand Weaver is using - there are many threads - to weave together the grand tapestry that brings the holy Child to the place of remembrance.

For if you will receive it, the very ones who desire so much to be born again and would have you acknowledge that they are born again are the ones who are most actively seeking to know Who they are. They are seeking to have the outer validation of having you say, "Yes, I recognize you as the holy Child having been born again." Although you would perhaps see the language and the method that they ask for this validation as being rather confrontative at times, what they are truly asking is, "Please acknowledge me as the holy Child I hope myself to be, as the holy Child I desire to know myself to be." That is why they have chosen such a path of calling themselves "born again," for they desire to be born again, to be born anew and to see with the eyes of Christ, of Jesus, of myself, but it is the Christ. This is what they are desiring.

So when one will come and stand before you and will call themselves "born again," and will ask of you if you are born again, what will you say?

I feel that from the inside.

Yes, that truly you are born again - as you are every day. You need not say that unless you want to.

{Laughter.} You are born again every time you allow a shift in perception to occur, a shift in perception that brings you to the place of being able to see the one who stands in front of you as the holy Child that you are, and, to see yourself as the holy Child as you behold that one, for they are a mirror for you.

Then you are truly born again. And as you allow those shifts in perception, as you allow the holy Child that you are to come forth, you will see a newness even of the physical body. There will be a radiance about the body, a youthfulness, health of the body, a flowing of the very energy that you are without impediment, and you will be even in physical form reborn. For as we have spoken many times, you are the energy that collects the molecules of physicality unto you in the pattern that you have chosen. And it is not with judgment. It is with purpose.

You are the very energy of consciousness that attracts the dust of the Earth to you, matter in form, to express with in the very design pattern that you are choosing right now to use as the vehicle of expression.

For you have chosen in other lifetimes other design patterns. You have been in other lifetimes the samurai warrior. You have been the giant. You have experienced being larger - as I have experienced being larger. {Referring to Judi's stature.}

{Laughter.}

And you have experienced being smaller, more delicate, more fluid as the Light being that you are. You have played at experiencing all life forms for the sheer fun of it. And many of the times it was fun. Other times it was a bit harrowing, and you had to run very fast to save the physical body from one of your other creations that would come after you and desire to eat the flesh. You have experienced all for the sheer joy of the creativity that you are. In each moment you are born anew.

So when ones would speak unto you that they are born again, rejoice with them and say, "I also. I have seen the Light." This may or may not confound them.

It will.

Indeed. And if they ask you if you are saved, say, "Indeed, I am saved. I am saved by the Light that I am, the Christ that I am. I am saved for I know my wholeness and I know yours. And truly, we are the children of the One God, the Heavenly Father, which is the Truth of your being." Even though many would choose different labels and different boxes to put themselves in, depending on the lifetime and the philosophy that they adhere to, this, as you know, changes from lifetime to lifetime.

So the one who would stand before you and be very vociferous about what they believe in this lifetime, know that they have been as the priest or priestess in another lifetime. They have also been the ones who were the savage barbarians who believed in nothing, according to your philosophy in that lifetime.

They have been all, as you have been all. So you may rejoice with them and say, "I'm glad to hear that you are born again. Me, too." For truly in every moment you are born again.

Allow yourself the joy of being born again. Allow the past to be dead and buried, for truly, every moment that you would see as being past is gone except as you would bring it forth in your memory. And if there is something that has happened in what you would see as your past that you have sorrow about or guilt about, and you carry it with you as a heavy burden, you can allow it to be dead and buried.

You can look upon it with the eyes of the newborn and ask to see the wholeness of it, and come unto the place of realizing that whatever happened was for the sheer joy of experiencing it, for the sheer joy of being the actress, the actor, upon the stage and playing your parts very well. And there has been no guilt, except as how you would bring it forward into this moment.

Your Heavenly Father does not judge you. Your Heavenly Father is always with you, always loving you as the Love that you are, and allowing you your experience, your dream, your adventure. So if there would be something in your past that you would have healed, bring it forward in your memory and abide with it and see it in wholeness. That is what it means to be healed. See it in wholeness. See all of the actors involved in whatever went on, and see that they were experiencing their parts as the playwrights that they are and as you are, and you may even applaud how well they acted their parts for they had you believing it. Yes, and you also made them believe what you were acting, for you are a grand actor as well.

Allow the past to be dead and buried except for the joy that has been experienced in it, except for the Truth that has been known in it. For that truly comes with you, as you. If there has been relationship and there has been love in relationship, see the love that is in that relationship and bring that with you - the friendship, the times of appreciating the unique experience of being with that one. As you would appreciate a flower or a plant, appreciate the beauty of their Light, and bring that with you. For that is the Truth - the Truth of their being and the Truth of yours - and allow the rest that has been as the act upon the stage to be dead and buried. For it has only been there as a messenger for you, as a messenger to allow you to look upon the message and to say, "How will I see this? How do I feel about this? How will I react to this?" Each time it will come around and it will come in front of the face, one more time, and it will say, "How do you feel about this, now?" That is all it is: a messenger with a message.

Allow yourself to heal the perception. In other words, to see it as whole and to take the good, to take the joy and the Love from everything you have experienced and to bring that forward with you, because it is you. It is the Truth of your being and it is the Truth of relationship.

No matter if you would go from this location as what you would see as three thousand, ten thousand miles from here and set up your abode, what you

will take with you is the joy of that relationship, the appreciation of the uniqueness for, that is what relationship is about: to show you the unique expression that each one offers in relationship as the holy Child.

For truly, as you interact with ones you will see that each one has their unique way of expressing Who they are - some of it being in what you would say as more clarity of the Love that they are; some, perhaps, going with a heavier veil, clouding a bit the radiance that they are. And yet, you, with the eyes that are not the eyes of the physical, but are the eyes of the heart, see right through that veil and know them to be the Christ, even though they know it not. You can look beyond the persona that they are putting out there for you - the personality - and you will see beyond that to Who they truly are.

And you will have a grand laugh. Sometimes it need be just to yourself for they will not understand if you burst out laughing in their face, but you will have a grand laugh because you will know that what is transpiring upon this plane is the process of rebirth, the process of coming Home, and it is a joyous one. It is as the flowers themselves who come forth in their perfection. That is Who you are: perfection, coming forth to bloom.

You are allowing yourselves a process of rebirth, and it is exciting. There is much in store for all of you. Not because masters upon another plane are decreeing that it is time for all of this to happen, but because you, as the masters that you are, are calling this forth and you are saying, "It is time to be born anew, born again." You are saying, "I desire to be born again." And as you decree, so it is.

That is why I come in joy and in what you would term grand anticipation and exhilaration, excitement, for I know what is transpiring upon this plane and it is exciting. For now you are allowing the heavy baggage of other lifetimes to be released from the back, that heavy knapsack that you have carried for lifetimes until you came to a place of feeling that you had to go about in each lifetime so weighted down.

You are allowing the rocks, the guilt, the misperceptions, the judgments that you have carried in other lifetimes about yourself and about your brothers and sisters and about what the purpose of the world is, you are allowing those rocks to be tossed to the side, and you are going enlightened - enlightened, because you have let that burden go.

Each time you have an opportunity in relationship to see the Love of another one, each time that you allow the judgments to go - and it is happening for you more quickly - each time you allow the judgments and misperceptions to go, you are lightening the knapsack, the figurative knapsack upon the back.

This is what enlightenment is all about. It is allowing the heaviness that you have felt was necessary for the life experience, it is allowing that heaviness to be seen as unnecessary baggage, to be seen as the dust that it is and allowed to be released.

That is why it is in grand joy that I come to abide with you, for truly, I abide in joy always. It is our Home. It is where you live, truly, except when you have turned the focus of your attention unto the activity of the world that says, "Be very present with me and worry about this."

But as you commune with your brothers, the slugs, and they share with you the wisdom of the ages, the wisdom of patience, you come again unto the place of the heart and you see with new eyes - as this one has experienced, looking through the eyes of our brothers, the slugs. Grand teachers. As you allow yourself to be one with the one that you would see as a slug, there is much wisdom that comes forth - a slowing down of process, if nothing else, a slowing down where you can appreciate what is right in front of you. This is what the slug does. It is right down there where it cannot miss whatever is in front of it. And it allows itself to be one with whatever is right there in front of it. A grand wisdom.

This is the springtime of your rebirth. Allow yourselves in every day of your timing to know that you are being reborn. Experience how it feels to be the newborn. You are allowing yourself grand opportunity for that, all of you. You are allowing yourselves opportunity to know what it feels like to be reborn, a newborn, to go with the eyes of the newborn.

That is why you think so often of the babies.

Yes, I do.

Indeed, you do. You are bringing up for yourself the remembrance of the holy Child that you are and the newness of a new way to look at what is going on. It is a grand gift that you give yourself.

I have expressed all that I desire to express about being born again. There is much food for thought in what we have just shared. If you will take any of the concepts and ideas, take them from the mind unto the place of the heart and abide with each one, it will reveal other levels of understanding.

We will now take what is known as a break and we will reconvene in... what would you like? Would you like ten minutes? Fifteen? Eighteen? Seventeen and one half minutes of your timing. And then we will entertain the questions - and perhaps find them to be entertaining, as well.

So be it.

{Break.}

Indeed, have you been reborn?

Yes.

During your break did you take the time, the opportunity, to look into the eyes of another one and to look with a newborn eyes, to be reborn? To experience the newness? Try that with your brothers and sisters. Go right up unto the eyes. Behold the Light that they are. It is, as this one has said, oftentimes the brothers and sisters do not even look at one another, do not even behold what is in the countenance, to look at the beauty that is there, to behold radiance in the eyes, for all of the eyes sparkle. They reflect the light from the outer, yes, and they reflect the Light from the inner. Such a beauty it is. Do not allow any opportunity to pass without seeing, truly seeing with the newborn eyes, your brothers and sisters, right up, right up in the face, as they call it. Be in their face. I like that.

Like the slugs to the dirt.

Indeed. Grand wisdom. They do not miss anything that they go across.

True. I have it on a good account. When I told you my slug story, I didn't intend to hear that again. It has been months now and it keeps coming up, and there are people who have never heard the slug story so maybe I should....

We need to hear this again.

Oh, Bill. Thanks. I've never heard it.

Indeed.

One day I was walking in the wetlands - which is the best place to walk if you are going to look for slugs.

Exactly.

And I was walking down the path and had enjoyed the whole thing and I was on my way out, and off about a foot or two off the path was a really big slug - I mean, like five or six inches by about a good inch around, a big slug.

So I walked off the path and I stood by the slug, and I was just really kind of watching it and I don't know if thirty seconds or a minute went by or five minutes went by, but there was a communication. All of sudden I sensed that the slug was saying, "Don't feel bad for me," or "Don't think ill of me." And I kept looking, and the slug raises its little head and he said, "I'm really very happy. All I have to do is reach out in any direction and I have all the food I want. I love the climate. I'm not too cold or I'm not too hot. No one tells me what to do or what not to do. I can go in any direction that I want. I like being a slug." So I just listened a minute and then I started walking away, and as I walked away, he said, "I'm certainly glad I'm not a human being." So that was my slug communication.

Indeed, beloved brother. Thank you for sharing that again.

Certainly. It may be the last time.

{Laughter.}

Is this a request?

No.

You will find that often this will come up for they are such grand teachers.

Yes, it was quite an experience. I will admit.

Yes.

And it was a definite communication, and it came rather unexpectedly, as most spiritual things do.

Indeed.

You don't plan and say, "I'm going to go off the path now and I'm going to have a spiritual experience."

Especially with a slug.

Yeah.

Most unexpected, the greatest teachers.

So anyway, when I talked to it - and you say "it" with a slug; you don't say "he" or "she."

Indeed.

So when I talked to it, it was quite an experience, yes.

And as we have remarked earlier, they have such a way of ease about them, even in the reproductive aspect. They do not have to search for another mate, as you would see.

That's why you call it an "it." Yeah.

They are both.

Yes, they do not have to go through relationship just to see if they are compatible.

{Laughter.}

The difficult part, though, is, if you don't like yourself, you are really in a lot of trouble.

{Laughter.}

And again, such grand wisdom.

Yes. Right.

Very highly evolved.

Highly evolved, indeed.

So that's it. That's the story.

And a grand story it is, indeed.

And it could be but a fleeting moment.

Perhaps in your experience, yes. For the slug, it does not fleet so fast.

I see.

You, beloved brother, how are you in this evening?

Excellent. You are indeed. You are joy to behold. Would you have a question this evening?

Yes, I have a question. We honor our mothers in this planet, or in this country anyway, in the next week or two, and I was thinking on my way over here tonight that I would like to ask you a question about the honoring of mothers, motherhood.

Indeed.

Because I have a grand mother.

You do, indeed. And if you will receive it, you have been in what you would see as other lifetimes the mother who bore the children, gave of yourself in creativity, nurtured the children and shared with them all of their growth, their challenges, as you would see it - and as they saw it. It is not a role that is unfamiliar to the heart. For truly, you are the mother even in this lifetime that you would see with the male body, you are still the nurturer. You are still the creative one. You are still creating, even the children as you would see - perhaps not the physical ones, but the children who are as your offspring of thought. All of the circumstances, events, that you see in your life, they are as your children. And some of them you nurture and others you would abandon.

Honoring the mother is to acknowledge your Self - the Self with a capital "S" - to know your total Self. For truly, you are all. You are the balance of the male and the female. You are the creative principle expressing upon this plane. You are the one who is the nurturer, the one who gives birth to all of the manifestations that you see in your life. You are the one who will take all of the relationships, the events, the situations as you would call them, and either take them under your wing and nurture them, allow them to grow, or you will turn your back on them and they will call out loudly to be seen and acknowledged. For you have discerned this in the years, as you would call it, of this lifetime.

In fact, the very ones that you would turn your back on are the ones that call out so loudly for you to acknowledge them. They are your children.

What you are seeing upon this plane is a reawakening of the Mother, of the awareness and the honoring of the Mother. This is seen in the awareness that has come about in the last twenty years or so in your timing, of honoring our Holy Mother, the Earth, the environment, the ecology, the interest in ecology and the preservation of what would be the endangered species, the other life forms that are sharing this planet with you, the other experiences of Life upon this plane.

This is a reemergence of awareness of the Mother that all of us are as the creative principle that brings forth new expression, and it is well that once a year ones pause and thank the mother, either in the bodily form or otherwise, and acknowledge what she has given of herself in, at the least, in the period of gestation, of allowing a new life to be born through her, and at most, honoring that one as your Self as another expression of the One that we are, of the creative Life that we are.

You do indeed have a grand mother. This is one who shares a love of life and has been able to make that contagious for others to feel and to understand.

Beloved brother, you are the one who has called that forth in your experience, so, in honoring the mother, you may honor your Self. Thank you.

And you, beloved one with the Jesus sandals, as they are called, how are you this evening?

Pretty good. Indeed. What would you ask?

I just... I'm going through a whole lot of stuff right now and I just feel... I don't know, I feel like things are falling apart.

Very good, yes.

They are.

They are falling apart, yes.

It's like I cry all the time.

You are releasing much. It is as the knapsack that we have talked about being upon the back, and the old baggage. And it is not even necessary that you consciously acknowledge what is being released. Just allow the feelings to come up and to be released even in what you would see as the flowing of the tears. For as each tear is shed, know that there has been a lifetime of guilt, of limitation, of limiting self image that has been carried about yourself and your brothers and sisters, about what the world was for. You are allowing that to be released, and it is, as you have discerned, that much of it is falling apart. But it is the armoring, the encasement that you have held around yourself for what you would see as many lifetimes that is breaking down and being allowed to be discarded, for you no longer need it.

You will find as you are coming through this that you will feel a grand freedom. There is much that is falling apart and being released because you do not need it. You are acknowledging the strength of Who you truly are, the strength that you would see as flexibility, yes, to come through all of this, the flexibility of the reed that blows in the wind and does not break. You are allowing yourself to experience your own strength throughout all of this and coming to that place of knowing priorities, knowing Who you are, knowing that what is being released no longer needs to be carried with you. It is a time of rejoicing.

So as you allow the waterworks to go, rejoice. You will not find yourself with the waterworks forever.

Oh, good.

There is much occurring upon this plane at this time. There is much of what you would see as energy that is here to be used for the cleansing, for the releasing, and it is not that others called space brothers or masters or other entities that you would see outside of yourself are bringing this energy and pouring it forth upon the plane, but it is you, as the creative holy Child, calling it forth in order to aid the process, in order to get through it, quickly.

So you will see much coming up from day to day and you will say, "Well, I thought I already did that yesterday." Yes, you dealt with something else that was old the day before and now you have asked for something more to come up and to be released. It is part of being reborn.

It is not by accident that this evening's topic was about being born again, for that is truly what is happening in your experience.

Yeah.

Allow yourself to be nurturing of yourself, as the Child that you are. When there are times of sorrow, allow the waterworks to flow freely and do not judge them. Just invest in stock in the tissue company.

{Laughter.}

And know that you are as the newborn. There is coming for you - and you have discerned it already - a newness of life, a new way of looking at things that you have not allowed yourself in other lifetimes, and it is good.

Okay. Thank you.

Thank you.

And, beloved brother, how are you?

I'm wonderful.

You are, indeed. What would you ask this evening?

I really don't have a question this evening. I'm very thankful for the abundance in my life right now and recognizing that the balance of the universe might change at any given point, but as of right now, I am very happy.

You will always find that you have an abundance of whatever you need, for you are knowing yourself to be the flow of that abundance. You are the energy that calls it forth, so therefore, you will not know a lack. It will always be there with you, as you. And you will call forth whatever you need.

One of the joys last week was seeing the first batch of goslings at the Weyerhauser Lake.

Indeed.

Yeah, the Canada Geese.

The newness of life coming forth again.

They were so new they were still stumbling all over the place.

Indeed, as if they were drunk of Spirit, yes?

Drunk of Spirit, yes. That's what, as a matter of fact, I even said that they look like they are drunk of Spirit.

Such a coincidence. If you will receive it, beloved brother, as you are beginning to discern, you are a teacher of God. Whether or not you have sat down consciously and asked for this assignment, this is Who you truly are and this what you are fulfilling, as it would be. As you discover joy in each moment, you are sharing the joy with your brothers and sisters and allowing them a crack in the heavy door that they have kept so tightly closed over their heart for what they would see as lifetimes. You are allowing that to open a crack for them and showing them there is Light on the other side.

Thank you, beloved one.

And you, beloved one who disembarking upon a newness of life, how are you this evening?

Well, you know, before our break, I kept feeling myself getting warmer and warmer and feeling tears well up in my eyes, and then we had our little break and I don't feel so tearful now, but I think what I want from you - and forgive me if this is too greedy - but I never feel like there is enough time. Like I have to hurry. I don't know where that comes from, but I hate that feeling, and I think I could be much more calm about all the things that are going on if you would promise me something.

Anything, beloved one.

Would you promise me that I will get through this and get where I'm going in this lifetime?

So be it.

You know I haven't been feeling very good and sometimes I think, "God, I don't even know if I have enough time."

Beloved one, this belief has been born of many, many lifetimes. It is a very commonly held belief upon this plane that believes so strongly in the process of time. And yet, the reason why you feel such frustration with it is because you remember that you live and move and have your being in a space, we will call it, where there is no time, in a space where the thought is instantly manifest. That is why you feel sometimes the impatience: because you know at a very deep level that thought can and is instantly manifest, as the creative Child that you are.

And yet, you are expressing upon this plane that believes in process for the purpose of allowing yourself time to be as the slug, time to not instantly manifest what you would see as fearful and fearsome events. Yes, you may spend days anticipating something that you worry about, but you have at every moment the opportunity to make a shift in perception and change that. In what you would see as other dimensions, what you fear is instantly manifest and you are right in the middle of it. What you are giving unto yourself is a grand gift in the belief in process so that you have the opportunity to choose anew.

So whenever you feel frustration with time, stop, breathe and thank yourself for giving yourself the process of time - for you are the creator of time - and see the blessing that is in it, for every moment you have the opportunity to choose anew, to see it differently with the eyes of the newborn. The newborn does not worry about what time it is or when they should be somewhere or when something is going to happen. The newborn just looks and takes all of it in, as does our brother, the slug.

When you would feel the lack of time, know that you are the creator of what you experience and you, beloved one, if you will receive it, can expand time. You are the one who is feeling pressurized by the lack of it. You are the one who can take the deep breath and say, "I have all of eternity to do whatever needs to be done." And you will accomplish all that needs to be done within what you would see as this next month of your timing, and within this lifetime you are coming Home.

Oh, thank God.

You are welcome, beloved one.

{Laughter.}

Yeah, I can feel... during the first part of the program, I could feel, it's like my ego is making this last ditch stand - or some part of me is - even so far as to say... something in me says, "Why would God create mankind or create the souls that we are...." And we create our lives; we create our bodies. We pull all of these molecules together. We do all of these things and

yet, when we are born on this Earth, we forget Who we are instantly, it would seem. Not instantly, beloved one.

You mean when we are infants, as you have described, we know Who we are?

Indeed.

And we go through a process of forgetting.

A process of putting the focus of attention upon other things, worldly things, things that are seen to be of value. And yet, there is always the still small Voice that abides in the heart that is calling unto you and saying - even through the emotion of frustration - is saying to you, "This is not true. Choose anew."

So God never arranged things this way?

You, beloved one, as the holy Child that you are, are God upon this plane. You are expressing the Life of God, our Heavenly Father, upon this plane, and you are the one who is creating all that you see. That is why, in the beginning, as all of the creations were created, God looked upon it - you looked upon it - and called it good.

Look upon everything that you are creating and call it good, for it is truly whole. It is truly holy. When it is seen with a limited view, it is seen to be lacking or seen to be less than whole. But as you abide in the heart and look with the eyes of the newborn that allows yourself to see the whole of it, you will see that it is good.

And one last thing: when we... you have taught us that we have done all things and been all things which... it's really lovely for me to accept the part that is about loving things and kind things and creative things and so on, but why would I create situations where I cause pain for another deliberately?

What you have done, beloved one, is to afford another an experience that they are calling forth. There are no victims. Each one expressing upon this plane is a grand master, the same as you are. Each one expressing upon this plane is the holy Child, the whole Child, as you are, and you have never inflicted pain upon another except as they have chosen to believe in it and they have called it forth for the experience to know how it feels to play that part - as you have done, for the experience of it. For the creative holy Child desired to experience all, desired to experience his creations, the creation of matter, the creation of the universes, the creation even as you would see it, of the emotions, desired to know the experience of what had been created.

You have been, and all of your brothers and sisters have been, the actors and the actresses upon the stage and you have never taken the life from anyone. They have chosen in lifetimes, because of what they have perceived, they have chosen to lay down the body, but you, beloved one, have never made that choice for another. You can only make it for yourself.

This transpires even in this day and age - even in what you would see as ones being murdered. It is their choice to lay down the body. It is their choice to participate in that drama in order to allow the other one how it feels to experience what they are choosing to experience and also for the one that you would see as the victim to experience coming through that very experience and still be alive. There is much to be seen in the wholeness of it.

So do not judge yourself for what you would see as being negative behavior, negative lifetimes, for that is not seeing the wholeness of it. There is much that transpires in every relationship, every encounter, for one is always offering the other the gift of the opportunity to choose whether they will be coming from Love or from fear, the opportunity to choose how they see the situation.

For truly, if you will receive it, in many instances which are not reported in your newspapers or on you square box, the one who has come with a thought of lashing out at another, taking another's "life" in murdering another one, or inflicting bodily harm, has at the last moment seen that they could not do that. They have chosen anew, for there has been an instant recognition that the one who stood before them was as them and they could not do what they had done in previous lifetimes. This happens more often than you would know.

I'm sure. Okay, thank you very much. I see all these last minute things are coming up for me.

Indeed. And it as we have spoken with this other one: there is much that is coming up to be released. You are allowing the buttons to be pushed as even you would play upon your musical instrument and the different keys are sounding different notes. You are allowing these keys to be pressed and to allow yourself to see what this note sounds like, and then you allow the note to go into the ethers itself.

You are doing very well, beloved one.

Oh, thank you. That's reassuring. Thank you.

Thank you, beloved one.

Beloved brother, how are you this evening?

I'm doing well.

Indeed you are. You are embarking upon a new adventure. How do you feel about that?

Oh, excited.

Very good. That is the way an adventurer feels starting out, making your preparations - perhaps not in tangible form, but making your preparations in the mind and in the heart, for truly, it comes from the heart first and then from the mind to set out upon all of the options that you would

think about. What would you ask this evening? I don't have a question. Just something that you would like to share, that would help. More clarity of what's coming or maybe from Andraeus. I will hear it.

Andraeus. That is how he likes it pronounced. Andraeus. Roll the "r." Andraeus.

I'll have to work on that.

Indeed. He is very much with you and it is part of his excitement in this adventure as well, for you are bringing together a vision, what you would see as an old time vision, a remembrance of ancient times that will be re-manifest upon this plane in much beauty. The time rapidly approaches when you will be one of the pillars in this work - which will not be a work at all. It will be a joy.

You will be thinking in the days to come of geographical location where the Light is already shining. It is already being seen around the plants, the flowers, the trees, and where it is being very much manifest in the flowing water, a place of peace that allows the very heart to open to remembrance, a place where you, yourself, as the angelic being that you are, come alive again. It is not by accident that you have experienced relationships in this lifetime, for it is as I have said unto you earlier, you will bring the wealth of those relationships and the appreciation of the uniqueness of all of those expressions into this new venture, which is an adventure. It is truly exciting. And you are not alone in this. There are ones who are expressing with the molecules of physicality who will be with you in it, adding their input as it is called, and there are many of the angelic realm, the Light beings, who very much rejoice in this work.

It is time. Have fun with it. It is not a heavy. It is a Light.

Do you see my being any part of this with him? Beloved one, what say you to this question?

It feels right.

Indeed. Simplicity itself. There is a grand inner wisdom.

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

I feel a lot of relief after what I went through the last couple of days.

Indeed, there is an enlightenment. Again this evening you have allowed some of the baggage to be tossed aside for you do not need it any longer.

No, just let them take care of it.

Indeed, they have asked for it. Let them have it.

I noticed after the rescue group yesterday, I was doing some exercise with the lady that helps me and she said that my legs felt stronger.

Indeed.

Does this have something with my mother arriving there? Is she learning some healing technique?

Your mother is one who is always with you as a companion and as a guide that will be comforting you, yes, strengthening you. But it is not so much as you will see on the physical level that this is being done. It is you, yourself, beloved one, who are allowing the molecules of physicality to come unto a balance where you will experience strength.

So how is this... how can I balance this healing and trying to balance the time? Maybe I need to go back to the pool for healing... and I am trying to find time to earn abundance.

Ah, the question of time again.

Yes, I really want to make a priority that healing just feels right.

Yes, you will find a balance in the use of time that will allow you to do the nurturing of the body itself. But what you are doing even in the enlightening that you have allowed to happen in the last day is aiding in the process of healing in what you would see as the physical body as well.

My brother's anger relates to that?

He has been as a grand messenger for you. He has been as one who came and afforded you the opportunity to choose whether you would stay in that space with him or whether you will shake that off the back and say, "I no longer need that and I will go in the freedom and joy that I am."

That's what I decided.

That's what you decided, yes. It is what you have decided and it is a grand choice.

What is he trying... what's his message? Not his message but what's going on with him?

This one is still coming from a place of much pain and unworthiness. But that is not your concern. He will come through it, but again that is not your responsibility - and thank God for that.

Yeah, and let it go.

Indeed. As you allow yourself to come into the wholeness, in the awareness of the wholeness that you are, you will see manifest for yourself even in the body the wholeness of body. You will find a balance, for indeed you will want to be of service to your brothers and sisters, service that will bring to you the golden coins as well.

I'm... yeah, I'm kind of playing with what I want to do.

Indeed you will be, for you are wanting to extend the Love that you are in service to others and to have that recognized in the way of payment of the

golden coins. And it will be. But it will also be in a way that will afford you the time to balance what you feel and find to be nurturing for the body.

So that will be coming to me? I won't need to go out and look for it?

You will have ideas that will come to you and you will follow up on the ideas. You will ask yourself, "Where would I like to be in service?" And it may occur to you that it would be in a place that you haven't even thought of before. Indeed, something new. There is much that we are speaking of this evening that has to do with newness - newness of life and newness of the way of looking at things. And you will find yourself in a place that is healing for others and healing for you - even of the physical body.

Hm, you've got me really curious.

Very good. It is as it should be.

Thank you.

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

Very well.

You really are. What would you ask this evening?

For myself nothing, because whatever you choose to tell me is what I'm to hear, but since there have been questions about our friend Judy, how are we to help her? Or how is she? What's going on?

You are to be - as you have been - the Love and the support for this one as she will accept it. This one is now very much encased in her own suffering, as you have seen it, her own sense of lack, of loss of the one that she has seen as a love in her life. She will come unto a place where she will be finished with the suffering and the sorrow, and there is nothing that you can do to force her into that place, into that choice, for she will arrive at it as the flower does in its own unfoldment.

But be there as you have been, as the friend, as the one who would comfort, who would share the Love that you are in whatever way the guidance comes unto you at that moment.

For this one is very strong. She has a grand strength about her. She is testing out what you would see as her wings, and she feels perhaps that these wings are very fragile and that they will not support her, and yet, they will. They are very strong wings. But they are again very new wings. She has not had to use these wings in a long time, and she is a bit fearful as to whether they will be there to transport her, to take her where she needs and wants to go. They will.

So allow this one her choices and her journey, for it is all unfolding in its own process.

Thank you.

You, beloved one, are unfolding beautifully in your own process. You are allowing yourself to be nurturing of the Child that you are. As you go about your day, you are choosing ways of honoring the Child that you are, and in doing such, you are allowing your brothers and sisters to see that they can also do that. A new revolutionary idea for some of them.

You are being as the Light for them, if they have the eyes to see. Some will choose to see; others will delay. That is not your responsibility. But choose in each moment to be the newborn. Go with the joy of the newborn and just be at peace with yourself, for everything is unfolding in its own time beautifully.

Thank you very much.

Thank you, beloved one. You are the one who is doing it.

And you, beloved kite flyer, how are you?

Happy.

Very happy. What would you ask this evening?

I have no questions.

Truly a remarkable evening.

Yes.

You are a delight, beloved one. Fly the kite often - both in physical form and with allowing the soul to soar. You also are as we have shared with this one: a grand Light for your brothers and sisters, for as you allow the Child that you are to come forth and to be nurtured, to be seen in the joy that it is, others take heart from that. They see hope, and whether they choose to do it now or later is their choice. But at least they know there is a choice. Enjoy.

I will. Thank you.

Thank you.

You, beloved one, how are you?

Great.

You are great. You are such a delight, as well. What would you ask this evening?

I really don't have any questions.

Very good. You are abiding in the heart as the Light that you are, enjoying each moment for what it is. That is all that is necessary. The questions come at

the mind level, yes, but they symbolize questions of the heart, as you have seen. We entertain the questions of the mind, and we take them unto the place of the heart where they are seen in wholeness. When it is not necessary to have a question, you abide in the peace that you are. You are a delight, beloved one.

And you, beloved brother, how does this evening find you?

It finds me well.

Very good. Would you have a question for this evening?

No. Tonight I haven't.

You have been sitting here and drinking in the Love that you are. You have been as a sponge that has been soaking up the healing balm of Who you are - not of me as a grand master outside of you, but of the Love that you are - and taking it deeply into the heart. It will go always with you. Play as the Child that you are. That is all you need do - even if it be outrageous to some of your brothers and sisters.

And you, beloved Town Crier, how are you this evening?

Fine. It's good to be here.

Indeed, it is good to be conversing in this manner. What would you ask this evening?

I want a bit of confirmation. When Saint Francis was here, the first eleven or twelve monks that joined his order when he first started his order, they were really close to him, kind of like your twelve disciples. And the first one to join his order was a Brother Bernard, and is that who I was?

What is your knowingness about this, beloved one?

When I first read about it, I didn't feel anything because I didn't think I'd be that person - you know, one of those twelve - then me and Penne were talking on the phone the other night and you know, she said... well, we kind of came up with that.

Indeed, this has come up for a grand purpose. It is for you to abide with it and to come unto your place of knowing. It is not for you to deny it and to say, "No, I could not be such a grand personage," for indeed, you have been all. You have experienced being the ones that you would revere in this lifetime, as you have been the ones that you would perhaps desire to be. You have been all and experienced all.

So this question does not come by accident for you, for it has many gifts in it for you: to sit and abide with it and to see your worthiness, for you can claim this. It is not for one outside of you to come and to verify it. You do not need;

you have come past the place of needing verification, for you can discern at the heart what is true for you. Do not deny your worthiness.

I kind of feel like I am, but I just want confirmation.

Ah, it is the way of the mind to always be asking the questions, and yet, the heart knows.

Not unless I was one of the other monks, you know. There were probably several by the same name.

Indeed. You will abide with it. You will see what it reveals for you. We do not answer this question outright for you because it has many gifts in it for you in the strengthening of your own trust of your inner wisdom that will come through this. But we will say that it is a very good question to ponder.

Isn't it great that Penne came through her constriction?

It is indeed. Share with this one - as I have shared with her - that I am very happy and in joy that she is back into joy again. For this one was throwing what you would see as many chaotic dust balls around and one needed to step aside from time to time. I joke with her. It is not that the dust balls would interfere with the Light that I am, but I am very happy that she is feeling happier.

So am I.

Indeed. It makes it much more pleasurable, as she is now allowing herself to be in communion with me as we used to be. Indeed.

Thank you.

And you, beloved brother who sits in the morning in peace, how are you?

Just fine.

Indeed. What would you ask this evening?

I've got one question. Actually, I was kind of challenged here by my little buddy. He knows I've got a paralyzing fear of heights.

Indeed.

It's been getting better the last few years but, you know, for many years it was just really a paralyzing fear. I felt like jumping and that's strange to me. But I'm just kind of curious what happened in past life or why?

Indeed, beloved brother, you carry with you a very strong memory, which you have reinforced in many lifetimes. You have relived it over and over, of being either cast off the top of a large cliff or in jumping from the cliff. It was seen as a sacrifice to the gods. You were seen to be in a holy order, and you were as a

young lad and you were chosen because of your purity to be as a sacrifice by the ones that were in your community or in your tribe, as you would call it, for you have experienced this in many lifetimes in different forms.

You were chosen to be one of the ones that would be sacrificed because of your purity, because of your holiness, and you were taken to a large cliff and either, in some lifetimes, pushed or in other lifetimes you jumped of your own choice for you believed very much in what you were doing. You knew at a very deep level that the body itself is not Who you are and you gave willingly of the bodily expression to be as a sacrifice, to be as a tribute to the gods, which was your belief in that lifetime.

What you have carried with you as a memory, a very strong memory, is the body fear of being done away with, we will call it, by jumping from a great height. You have experienced that in many lifetimes, for you came back to re-experience it in order to come to the place of knowing the wholeness about it. That is why in this lifetime you are coming to a place of more peace about it, for it is coming up slowly for you as the bubbles in a pot that would be upon the back burner as they start to simmer and the bubbles come up to the top and are allowed to be released.

This is what is happening for you with this fear that has been so deeply carried even within the cellular memory, as you would see it, of the body. It is the body that would cry out, for it is the body that registers the fear, is it not?

Yeah.

Yes. It is not you as the holy Child that you are that is in fear. For that wholeness of you knows that you are eternal, that you are Life expressing, ever ongoing, but the body itself would call out very strongly to "Save me. Do not jump off this cliff."

It will get easier and easier for you in the days to come, for you have already discerned and experienced that you are the one in charge, that you are the one who is making the decisions and the choices even as you go along. Although the body may be screaming at you to make other choices, you have already said, "I am the one in charge here," and you have done what is necessary to stay in charge. It will get easier and easier.

Yes, thank you.

And you, beloved one, how are you?

Just fine.

You are indeed. You have come through much in the last month of your timing, much enlightening, again. What would you ask this evening?

So many things.

So many questions, so little time. Are we going to have that?

I'm just wondering about the miracle of the pyramids. And I'm kind of excited because I know that there must be a way of moving molecules because I feel my body sometimes moving.

Indeed. You are one of the ones who helped in the establishment of the pyramids. You are one of the ones who had the knowledge of how to move matter, for you knew yourself to be the creator of matter. As you are now the one who attracts these molecules unto yourself in this pattern, you were one who knew how to direct the energy that you are in order to move matter - no matter what size the matter.

It is an exciting time that you are feeling even within yourself, for there will be a rediscovery of how to use your power. This is what is coming upon this plane in the total remembrance of the holy Child.

I'm excited about that.

Indeed. You will have remembrances of how it feels to direct the energy by pointing the hand and knowing that you are the energy that goes forth from that hand. And you will lift the very chair even with one sitting upon the chair. You will lift the chair unto a grand height and bring it down slowly again so that the one does not fall off of it, and the same with the grand blocks that are put together in what you know as the pyramids.

You were very much present when that was done, and it is not by accident that it is now in your experience in this lifetime. If you will receive it, there are ones living upon our Holy Mother, the Earth at this time, as you would see it, who do not know anything of the pyramids. It does not exist for them. It is not within their consciousness. They were not, as you would see, involved in the establishment of the pyramids. But you, beloved one, you were, and in your awareness, your conscious awareness, you know pyramids. You also know at a very deep level - the small Voice inside - that it is very possible to use your energy in order to move matter much larger than you. You will see this happening again in this lifetime. Thank you.

And, beloved Songbird, how does this evening find you?

Pretty good.

Oh, just pretty good?

Yeah.

Well, I suppose that is said with truth, yes. What would you ask this evening?

Well, this past week has been real challenging. I've had many challenges, one right after the other, and I come through one, and I'm just going through this stuff of fear like I'm in a box with no way out. And I've come

through it and ah, and then the next one will be right there, right in my face. And right now I'm up against another big challenge and I can see through it, and when I trust my heart, I can feel the way out. I can feel that it, too, will just pass away. And that's why I want some confirmation that I am feeling, that I am hearing correctly.

You are indeed hearing correctly. You are manifesting for yourself in great rapidity all of the events to allow yourself to see what you truly believe about yourself, and you have been testing the strength of this belief in order to say, "Yes, this is truly what I believe. You can bring it up again and again for me and I will know Who I am." For you have decreed at a very deep level that you will know in conscious awareness, as it is called, Who you are as the unlimited holy Child Who creates everything that is in your experience.

Yes, you will come through this. The still small Voice that you hear within you, the Voice that whispers unto you that "This, too, shall pass," that "I am the peace that I feel at a very deep level," you can trust that Voice.

You are not alone throughout all of this. You have much support, as you would see it. You have a grand cheering section, who are there supporting you through it and saying, "Yes, Pat, go for it." And you are going for it.

Thank you.

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

Nodding out. But I'm listening.

Oh, good. Indeed, for even though the body would want to rest, you are taking in at the heart Who you are. The message that is of the heart is more important than the message that goes from mind to mind. So even though you would be nodding off and the body would say, "Oh, let us abide in stillness..." - actually, there is much Truth in that. "Let us abide in stillness."

Would you have a question this evening?

Nothing that's real important. I talk to you all the time anyway.

Indeed, we have much communion together, and I would say unto you to trust always what you feel and to share it with others. It is time that you allow this to be more widely known.

Do I have to?

Indeed.

We talked last night on the phone and you sort of repeated some of it earlier. That was a validation.

Yes.

Wasn't it? See, I have to check.

Ah, it is good that you have your sidekick, as it would be, with you, yes.

They are everywhere.

Indeed. You have the eyes to see that. This one is as a grand companion for you. You have been together in many lifetimes as sisters, as mates, as the adventurers together. You have shared much and will share much.

How are you this evening, beloved one?

Fine.

You are indeed. Would you have a question?

I've been told that I'm going to go through a major shift, and I wondered if you could share some... maybe give me some insight into that?

Ah, beloved one, you are well into the process of what you would call a major shift. There is much occurring for you on the inner that you are allowing to happen: the shifts in perception. It is not so important what you see happening on the outer - and these will also go through their changes - but what is of importance are the shifts that you are allowing in the inner: to see yourself as being born anew.

It is not by accident that you find yourself here this very evening when we have talked about newness, for you are in the process of being born again. You have much courage about you. Follow the heart. It will never let you down.

You will see changes in your physical surroundings and in relationships as you allow the changes on the inner, but you will also feel an excitement of the adventure in these changes. You will not look upon them as being fearsome, as perhaps has been a habit in other lifetimes. But this lifetime you are desiring change. You are desiring to experience new things even though there will be the voice of the ego that will come up from time to time and will question and will say, "Wait a second. Do we really want to do this?" But the Self that you truly are does desire to do this, to come through all of this and to come Home, and it will not be difficult. Enjoy.

Thank you.

And you, beloved one... well, we are going about on the knees this evening.

That sounds like a good plan.

Indeed. It allows me to be face to face in relationship. How are you, beloved one?

Well, I'm fine.

You are indeed. You are a delight. What would you ask this evening?

I really don't have a question. I know that I'm really into being reborn. And a great deal of information about it comes through dreams, and I've had some of the weirdest dreams.

{Laughter.}

Very good. Yes.

And I will wake up and, "Well, I can't feel that way about that." As an example, I dreamt I was watching a little puppy, a very playful, darling little puppy, and it ran under an escalator and somebody said, "Oh, it will be hurt." And I said, "Oh, no. It can't be hurt." And just then it was totally squashed. It was just a piece of paper on the rug, and I was awake and I realized that I gave permission to that to happen.

You did.

Because I knew that puppy was just fine. And I really mean that is being born again. That's thinking different than I ever thought before.

Indeed, you are being born anew.

And there's a lot of that happening to me.

Yes. It is allowing yourself to see with the eyes of the newborn, past the appearances. For one would look upon that dream and see the violence and the destruction of the physical matter and to say, "Oh, how horrible. What suffering."

That was the way I would have done it.

Indeed, that is the way of mankind in the habitual way of looking at it, but you have seen beyond.

I didn't know whether to be scared of myself or happy about it.

It is to embrace the inner wisdom that you are now allowing to be out-pictured in what you see as the nighttime movies.

I have a lot of them.

You are a grand movie maker.

Thank you.

Thank you, beloved one.

The puppy's name was "Spot," right?

{Laughter.}

He was just like a piece of paper.

There is much that you see upon your square box that speaks of Truth, much that comes through in what you would see as entertainment that speaks of the wholeness that you are. Even the programs that you would see that would be of violence do not need to be seen just as that. For it is allowing you to see beyond what is happening on the surface and to see the wholeness even in a program that seems to be full of violence and inhumanity to man, I think it has been called.

You can look beyond the inhumanity to see it is all drama, affording opportunities for choice, and to see that that is what is occurring even in relationship with the ones who stand in front of you or the ones who call you on the telephone. It is grand drama.

That is why you manifest for yourself the square box that shows you the movies, as they are called. They are symbolizing for you, seemingly at a distance, what is really going on very close to you. It is all drama, and it is to be seen not in fear or not in judgment but to be seen in wholeness as the creative holy Child that you are, bringing it forth.

That is why you are manifesting so many of what you would see as movies at your cinema. It allows you to go and sit for a time interval and to experience a lifetime that someone upon the screen is enacting. It allows you to get in touch with the very emotions that it brings up and to look upon those emotions without having to go through what you would see as a lifetime to experience them.

You can go unto what you call one of your video stores and you can take out lifetime after lifetime and carry home a whole stack of lifetimes and view them in what would be a short period of time and allow yourself to experience and to come to the place of choosing in each one how you would view what is going on there. It is another example of how you are speeding up time. You do not have to spend lifetimes experiencing it. You can do it in what would be known as one and a half to two hours. Grand manifesters.

All of you here and many of your brothers and sisters are being born again. That is what is transpiring upon this plane, and it is a time of great excitement, a time of great joy, and you are doing it in acceleration, as well. That is why you feel such a compression of time. It affords you the opportunity to choose priorities. You do not have the time to spend in doubt, worry, confusion. You can if you choose, but you also feel, "Well, maybe I can come through this faster," and you do. Even as one who would have to go out and rectify what has seemingly happened in what is known as the clothes dryer {speaking to one who overcooked curtains in the dryer}. You are doing it much faster than what used to be.

{Laughter.}

All of you are being born again. Choose to look with the eyes of the newborn upon every situation and have what you have just had - a grand laugh - for

that is truly why you manifest all experience: to see the wholeness of it and to have a grand laugh.

Speaking of grand laughs, and videos, I'd like to recommend to everyone that they rent a video of Goldie Hawn, called, "Protocol."

Indeed. Yes.

And was that a great hour and a half.

Yes. And as you find yourself laughing, do you know what you afford the very cells of the body? You afford them the chance of radiating the Light that they are, for momentarily, you remove the constriction. You allow them to expand.

Laugh a lot. It is very healing.

Healing of the emotions, yes, and healing of the very body itself. It has been said, and it is a grand Truth, that laughter is the best medicine.

Then there is "Mrs. Doubtfire."

Indeed, another good one. You have many, many good videos, as you would call them.

What does the drumming do?

The drumming, beloved one, allows you to be in touch with the very vibration that you are, to know the oneness of that vibration and to allow the cells, again, to expand into the vibration that they are.

They sure do that.

As you sit and you drum, you allow yourself to become one with the vibration. It takes off the constriction of whatever might have been going on in the mind and allows you to experience Who you are as the vibration that you are. Then the cells are able to be what they truly are: transmitters of Light.

It's hard to go to sleep after that.

Because you feel such a heightened activity of the cells themselves. It is as you are lifted up with the very vibrations. And it is not necessary for mankind to sleep as much as it is believed.

If you will receive it, you need only an hour of sleep in the nighttime - and not even that, if you will spend the time in meditation, in a very restful, peaceful place. It is not necessary to even allow the body the escape of sleep. It has been thought and has been valued that you need eight hours of sleep, one third of each day in sleep, and yet, this is not true. For as you become one with the vibration of energy that you are, as you allow yourself to be heightened into that energy, you do not even need the sleep.

The body, yes, needs the peace of rest, which you can and do allow it to have in meditation. But it does not need the absence of consciousness totally.

Jeshua.

Yes.

I'd like to ask you one more thing because it has to do with sleep. Remember a couple of months ago I told you that I was going to be tested for sleep apnea and you seemed to think that would be kind of interesting and you would come along and watch.

Indeed.

And I did that, and then I had... they told me that I did indeed have this sleep apnea and that this machine would... if I learned how to use this little machine, I will learn how to, I will be able to breathe more easily, and therefore I wouldn't wake up so many times during the night and I would feel rested when I got up.

Yes.

Now, what do you think of that? Should I go ahead with that?

Indeed, beloved one, experience it for the fun of it. Be as the researcher and see how this works out.

But you are telling us that we only need one hour and they tell me that I'm getting about four and a half.

Yes.

Maybe you are getting too much.

{Laughter.}

Getting too much sleep?

Yes, right.

But then I don't quiet my mind as well during the day as would be good for me if I wasn't going to sleep.

Indeed. And you have the option, beloved one, instead of using the little machine that will allow you to breathe more easily of spending that time in meditation, where you will not be unconscious but you will be leaving the pilot light on, as it is, in meditation, and monitor the breathing through the meditation. It is one of the techniques useful in meditation. Monitor the breathing. This will allow you what the little mechanical device also does. You have options with this.

But, as you are the one who is calling forth these inventions, as they are called, these aids, experience them as well, for you are the one who is calling it forth in your technological world. You might as well experience it and see how it works. It is not to be judged as one being more valuable than the other. They are just options. Try one. Try the other.

One requires more golden coins than the other.

{Laughter.}

Could be a deciding factor. It also brings up for you the feelings about the golden coins. Do you see what grand teachers you all are for yourselves? You manifest the very occurrences that allow you to see how you feel about whatever is going on, that allow you to see options that you are creating for yourself, and there are many treasures of options in the world that you call forth - all of them to be experienced just for the fun of it. Whatever you choose. There is no referee that says one way is better than another. For you are the creative holy Child who is calling forth all of these inventions, all of the technological advancements, as they are called. Actually, they are not so much advancements as they are remembrances.

You are bringing into this time what you have experienced in other times. You are a treasure house.

Thank you.

It has been my grand joy to abide with you this evening in this manner and to be able to converse with you very actively, tangibly. It is my joy to be in touch, to reach out and touch and to laugh with you. For truly, as we share the laughter of the Child, there is much healing that is occurring, much wholeness of emotions, the body, and the image that you hold of yourself.

I thank you for your time and for your attention, and, most of all, for being willing to share your Love with me in this manner.

So be it.