

Mastering Reality

7/14/95

Beloved and holy and only Child of our Heavenly Father, Child of the one Source, Child of Light divine, I am the one known as Jeshua ben Joseph -- Jesus, you have called me -- and it is in great joy that I come to abide with you this evening in your timing as you have chosen to come and abide with me. To abide, yes, in the consciousness bringing the physical bodies and placing them in the chairs, but more than that, to abide with me in the oneness that we are, in the energy of the heart, the energy that activates all of form.

And it is a joyous energy which is why I come and I say in my greeting that it is in grand joy, great joy that I come to abide with you. For indeed there is always a choice to either abide in joy or to abide with the voice of the world and worries thereof, and you have tried that often enough. So we will abide in the joy and the laughter.

We will speak this evening of energy, the energy of joy. We will speak this evening of mastering reality.

Sounds good.

Yes.

A timely topic.

It is for you and for many of the brothers and sisters, for all, if you will receive it. For everyone is at a choice point. Every one of your brothers and sisters is at a place of choice whether they are consciously aware of it or not. They will bring it if they are not yet, they will bring it to their conscious awareness in the days to come and rapidly. For this is a time of choice. A time of priorities as you have already experienced. A time of many options of where to go. Whether to spend the evening with a friend, whether to spend the evening at what is known as your moving pictures, the images, cinema or to spend it at home with a good book, or to spend it in the heart.

Many, many options. Options, "Where will I extend my service?" Many choices seemingly in the outer and yet you are the very one who is bringing forth all of the options that are as a smorgasbord in front of you so that you can gain clarity about the priorities, to gain clarity about who you are. For you have made many choices always in what you would see as your lifetimes, your histories, you have made choices as to how you would express, how you would experience and if you will receive it, you have experienced everything that you can imagine and more.

Lifetimes you have forgotten and yet, they are within your memory. The computer as you would call it. There is a program, a disk, perhaps one of your computer disks that would be floppy, but now I understand they are going to another format. You have what is called the compact disk.

Hard drive.

The hard drive yes, CD's, the round one that contains more information and even now you have your scientists that are improving upon that and bringing forth more technology that will allow you to access more of your own remembrance. Because you have said, "In this lifetime I will remember who I am. I will remember lifetimes, I will remember images of other lifetimes, images of myself in other lifetimes and I will integrate all of those remembrances to come Home. To remember the energy that I am." For indeed you are a great ray of Light. That is your true essence.

You are the energy of Light that activates form and your scientists even now are proving it to you by their measurements of measuring what is termed the aura. Being able to measure one's energy to be used for healing. To allow ones to know if there is an area of the body that is a bit shut down in Light and to be able to reactivate that energy.

There are new technological advances that are coming about that will measure the energy that you are. That will allow ones to call the objective energy, the measurement of it, to extend it. As you have spoken in the last evening the measurement would be at a certain distance, but even now beloved one, there are the refinements of measurements that can pick up the energy of one not only at the fifty feet or the one hundred feet, but can measure it even to the other side of what you would see as your town. Even further than that.

So what you have termed objective is very much in fluidity, flexibility, is changing moment by moment. So as you would speak of a certain terminology of objective measurement, allow yourself to know that that is in its own state of expansion and changes as you allow it to be within your consciousness of the expanded image of who you are.

Even now you are playing with the concepts of unlimited energy knowing yourself to be Light that activates form, knowing that you can place the form upon another one and you can feel that one's energy. You can feel that one's energy this close of course, you can feel that one's energy much farther. As you allow your belief known as sensitivity to expand, to develop, you will feel one's energy at quite a distance.

You will be able even now as you have done to feel one's energy in various parts of the body, to know which areas of the body are in constriction. For all of you, -- I will revise that, not all -- but most of the brothers and sisters go about with some constriction in the body carrying baggage from other lifetimes which has been reinforced, manifested again seemingly through relationships in this lifetime. But it goes back to a habitual image that one has held of one's self. So that there is baggage that is carried and it is stored within the form.

All of you have favorite places of carrying constriction, of carrying burdens. Many will choose the back of the neck. Have you ever a pain in the neck? Have you ever been a pain in the neck? Yes, my beloved friend and teacher has been also.

You all have a favorite part of the body that seems to be as your weakness where if something is going to come to you and you have said this to friends, "If something is going to manifest itself in the body I get whatever," and you have named a certain part of the body that would be your initial messenger, that there is something going on within your own belief system that is knocking upon the door of your mind and wanting to be allowed into your conscious awareness so that you can choose anew. So that you can revise the image.

So you are able to approach one and to feel the energy of that one. You may feel the energy of the personality first, that is much more out there. You feel if one is in a happy mood, a bubbly mood, an energetic mood, vibrant -- vibrant? Yes, very much alive -- that comes across in the manner and you can easily read that energy in one.

But you can also read the energy of one's form as they come to you. You can read where the area of constriction is and you can allow through various methods that you are now remembering, you can allow a balancing of the energy. You can offer it and because there is no separation the energy is transferred, as it would be, through your acknowledgement of the oneness.

What you do is most powerful in that your belief is most contagious to another one. You have seen this very dramatically in what you would call your sales. If you have one who comes unto you and says, "This is a very good product. I have used this product a lot and you know, it has done miracles for me. There is energy in this that allows healing within me and every time I drink of this product, I am healed, I am energized, I feel more joyous, I feel more healthy. Perhaps you'd like to try some of this?" And then there is the allowance of the exchange of the golden coin and you have made a sale.

What has happened there is a transference of energy of belief. Very contagious, for as you allow yourself to be in an uplifted state of belief, you believe in this product. You believe in the energy of this product. As you are caught up in that energy, you allow another one to claim that energy for themselves.

Everyone desires to know the energy that they are, the unlimited energy. Not just the energy that is acceptable in the society, but the unlimited energy that activates form, keeps it balanced, radiant, whole, healthy, and as you come in a place of uplifted energy, enthusiasm, you allow them to reach and claim for themselves that level of energy. You have seen this many, many times in your sales.

You have seen it in healings, for as you sit with one who has constriction in the body and you listen to their story. First of all, allowing that to be put out there, to get that energy out and then you sit with that one and you say, your own uplifting energy, your own uplifting story, your own belief that, "The method I am going to use with you now will allow you a restoration of the energy that you are. Free flowing energy within the body that will heal the body."

You are allowing them the upliftment known as hope. Hope is very uplifting. You are allowing them to raise their vibrations through belief, through hope to a place that is more in alignment with the totality of the energy that they are.

Some will find it more easy to accept that. Others will feel because of a past self-image, that perhaps they are not worthy of it yet, and they must suffer for a bit longer before they can claim it. Others will be at a place where they will say, "I have felt enough of this pain. I want to be rid of it."

Many of the ones who come unto you have already been through some of the traditional "channels", have tried other methodologies that have not brought them to a place of wholeness. So they are at a place where they are ready, almost, to claim their wholeness. That is why they are seeking you as you are seeking them.

Right.

That is why the venture that you are upon right now will not, cannot fail. For as you extend the invitation, as you are seeking ones who want to avail themselves of what you have to offer they are seeking you. Nothing is ever in isolation. Therefore, it cannot fail but come together, because there is....

No separation.

No separation. Where would we be without this one? Yes.

Mastering reality, first of all we must define reality. Now, beloved Elder, would this be reality with a capital "R" or with the small "r"?

Mastering reality would be with a small "r" because you can't master Reality with a capital "R".

Indeed, the Reality with a capital "R" is who you are and that does not need mastering or changing. It does not ever change, but the reality -- with the small "r" -- that you see yourself experiencing, many of you have asked to know, "How do I master it rather than it seemingly directing me?"

Therefore, whenever you ask of one's self, of yourself, "How do I master what I see in front of me?" Know that you are the one who has brought it forth. You are the one who is manifesting exactly what you are experiencing. Now this is not in judgment. The voice of the world, the voice of the ego would habitually speak to you that if you are not happy in what you are experiencing, it is your fault and something is wrong. And the question is, "Why have you done this to yourself?" Implying that it is something wrong, that you have somehow failed.

You have not failed, ever. You have always brought forth exactly what you desire to experience and not to judge it as failure, but to know that you have brought it because of your grand strength. Because of your grand creativity you are the playwright of your script. All of the actors that are on your stage, you have invited them to be there. You have written a script, you have said, "Here, play this with me." And you are the playwright. What has been forgotten is the play part, the joy.

And why is it that so much, there seems to be ponderous of scripts that are full of struggle?

Because when the holy Child thought to create, being the Child of the one Creator, you are in absolute Truth -- with a capital "T" -- you are creative energy. That is what you are. Expressing as Light and experienced as Love. You are creative energy and you thought to create. You desired to know, "What can I create?" and with that thought you brought forth all worlds, all adventures, all experiences of lifetimes as you know lifetimes to be.

As you brought forth creations, you desired to know what it would feel like to be the activating force of the creation? What would it feel like to experience a time interval as a giant sequoia tree? And you have experience as the grandest tree that you can imagine. What would it feel like to be the most beautiful lily of the field? And you experienced that. What would it feel like to be a day lily that comes forth for one day in grand radiance? What would it feel like to be a tiny gnat that lives a small time interval? What would it feel like to be the giant eagle that soars in the heavens and is mas-

ter of all that he sees? What would it feel like to be a form of Light coalescence known as human or huwoman, upon this plane?

You have played with and experienced all lifeforms in this plane and others, as many as you can imagine and more. That is why you are excited, enamored of what is known now as your science fiction that takes you beyond what is thought to be possible right in this point of focus.

Indeed, you have traveled unto other galaxies, other universes. Of course you have, you are the one that brought forth those galaxies and universes. You are not limited. But in your experiencing of form, of creation, there has been by design, a momentary forgetting of the energy that activates the form. There has been identification with the form where you have thought yourself to be the form of the body. It has been not a sin. It has been by design for you desired to know intimately, "How does it feel to be form? To be God in form?" You are now coming to the place of wanting to know, "How does it feel to be God with form?" Remembering that you are the activity, you are the energy that activates the form.

Out of the close identification with form has come fear. All fear is associated with form for it is the form that can be changed, that can be threatened, that can be laid down, that can be harmed in some way. It is form that can be altered. The energy that you are, the Spirit that you are does not change. It is changeless and eternal and unbounded and the Spirit that you are does not fear for it is eternal. It knows itself to be the energy such as you experience with your electricity.

Electricity does not fear. It just is energy, but the form cries out to be saved, to preserve me, to protect me from imagined harm. Sometimes very close harm as a sword. You have experienced that many times for the form has very quickly been altered, and you have had to come and recycle, re-manifest another form to express with, forgetting that you are the consciousness of the energy that brings together all of the molecules of form in the first place. But it is the form that cries out in fear.

From the identification with form has come the belief in duality that has been so deeply accepted upon this plane. The belief that there is good and evil. That there is something that would be of love and something that would be of fear. Something that is perfect and something that would be imperfect. Something that is better than, which would imply that there is something that is less than, and you have constructed a very intricate belief system upon that concept of duality.

You are now coming very rapidly to the place of acknowledging your oneness, not the duality, but the oneness of the power of Love which is you. It is not a power outside of you. It is not something that you have to sit and pray for and that hopefully if you are good enough you might get a bit of it. This has been a traditional way of looking at love. That perhaps if I am good enough, if I pleased the parents enough, perhaps if I pleased the mate enough, perhaps if I pleased my brothers and sisters enough, if I am wise enough, beautiful enough, vivacious enough, witty enough, et cetera, someone will see value in me and they will love me.

This has been the historical perspective for a long time and you have based relationships upon the belief that there is duality, that there could be love out there that you need to gather in to yourself, forgetting that you are the source of the Love that you would experience.

You are coming rapidly now, to the place where you acknowledge your oneness in the Love that you are. Not just in the concept of, "It is great to love others. I will do it because it is something good. My priest, my rabbi, my teacher has said to me that I must be good, that I must love." But you are coming to a place where you see it as a choice that is made because it feels so good to be alive in that energy of Love. Where it will alter even what you see as your method of employment, of the exchange of the golden coins.

Within what you see as twelve to twenty years, we have spoken of this time frame before, and even before that you will see the forerunners of it. You will no longer need the golden coins. You will not need the plastic, you will not need the paper. It will be acknowledged that you are energy and you are exchanging energy. At all times you are doing this.

You will exchange with one who desires a certain healing that you know how to do, a service. You will exchange energy of love with that one and they will exchange their energy with you and you will do it not because you feel a need within yourself to be recharged by their energy or to be paid, as it now in order to go and pay someone else. You will do it because it feels so good to know the energy of who you are that you will not be able to wait until you go up to one and you smile at that one and you say, "I am so happy to see you. I've missed you. I love you."

Those words will no longer have to be closeted, "I love you." It will no longer be in a place where, "Do I dare say this? What will they think? Will he misinterpret this? Perhaps I've overdone it." All of that will go out the window.

Good. The separation is gone.

Exactly.

It's what?

Separation. The belief in separation, the belief in duality will be gone for you know the energy that you are and you know the energy of the one who stands in front of you and you exchange energy because it is your natural state of being. It is the state of wholeness, the state of health, of healing if one is feeling that there is still a part of the process that needs to be completed. They will see that as healing. But it is your state of wholeness, the extension of energy known as Love.

Even now as you sit with the bodies next to each other, there is an energy that is exchanged at all times. You are very much in this one's energy and this one is very much in your energy and you feel a kinship, you have felt this one's, that there is a certain kinship of energy with ones. They may or may not be within what you call the biological family, but there is a kinship of energy that you feel.

Always your energy is being extended. It cannot be otherwise. The nature of energy is to be ongoing. It is very much as what you have put without yourself as the concept of electricity. You see that as being somewhat separate from yourself at this moment, and yet in a few year's timing and even less than that, you will acknowledge that the energy that is harnessed in your concept of electricity is you. That is how powerful you are.

There will come the feeling of Love that is so empowering, so healing, so wholing that ones will come together in a meeting upon a street corner perhaps, wherever one beholds and is in that state of Love. It will go beyond what is now known as sexual ecstasy. For the Love that is exchanged, the powerful energy of Love will transcend and go beyond what is known now as the height of sexual energy.

Why you have brought about through many lifetimes the practice of joining bodies -- well bodies do not join they are close.

They rub.

Yes, there is a juxtaposition of bodies but they do not exactly join. Why you have brought that into your experience.... You look like it is getting warm in here.

{Laughter}

That's all right.

Indeed it is. What you are doing right now is allowing the vibration of your energy to rise.

Exactly.

Exactly, and that is good. That is not to be judged. That is what you are allowing yourself to tap into more of your energy through joy. Yes.

But why you have brought that about, the what is called the sexual union -- and again it is not union. But why you have experienced that is to remind yourself of the energy that you are. To tap into it. It is a bit more pleasant than perhaps putting the finger into the electrical outlet. You get a zap from that and you get a bit of a zap from the sexual experience as well.

But you will come to standing in front of one on a street corner and the heart will be so wide open with the energy of Love that all that you have known now, up to this point, will be overshadowed, transformed. You will go beyond that in the feeling of Love. There will be a feeling of oneness where you no longer behold a brother or sister as separate, but you behold your Self.

Now, to come back to your question, ones have desired to know form, to know intimately, to experience all there could be with the identification with form. And because of the belief in duality, there has been much that has been judged to be of sorrow and of tragedy that has come from the foundation, the soil of the belief in duality.

All of the experiences that have been judged to be sorrowful and of tragedy can be viewed differently. There are many who would look upon the crucifixion of one Jeshua ben Joseph and call it a horrendous tragedy that God Himself came and walked upon this plane, which He did and still does as you walk about this plane. And that mankind was so caught up in sin that they killed the Son of God in a horrible manner. A most unloving manner.

That has been a view held by many down through the centuries. Not held by all for you have had your other religions that did not even acknowledge that a Jeshua ben Joseph ever lived. That is okay.

However, that is not all there is to the story. The form as I have spoken earlier, can be altered. You can do things to the form momentarily. The large spikes were nailed through the flesh of my hand and my feet. The sword, the spear went through the side and fluid known as blood gushed forth, yes. That is form. That is energy that has coalesced into form. But was that a tragedy? No. That was an experience. It was an experience that I desired to know and in my knowing and in my demonstration I allowed others to see that form comes and it goes and it is activated by the Spirit, the energy that you are.

Did I know pain? A small bit. I allowed myself to know a small bit for I wanted to know if it was real. Did I feel the lashes of the whip? The cat-o-nine-tails? Yes. Did I feel pain? Momentarily. Again I desired to know within my experience, is this real? -- small "r". It is the same as it was for you, beloved Elder when you walked upon the fire. There was a moment that you asked of yourself, "Is this real?" And you felt the heat for that moment. It was the same for me. I wanted to know if there could be pain and I felt pain.

But I also knew how to be beyond the form. I had studied with masters in other lands. I had gone through initiations as they were called, that allowed me to experience for myself how it felt to be very conscious as the master of the form, to know that I am activating the form and that I can feel the pain or I can feel the peace. Yes, through the techniques of yoga, different kinds, yes.

You were an advanced Yogi?

Indeed. To come up above the identification of form. It is the identification of form that brings pain, that brings you to the belief that you are feeling pain. If you did not identify with this form, if this was not what you would call your body you would not feel pain of any sort. You would be as the beholder that looked upon another body.

Now in the belief that you have when I touch this one, you do not feel a certain amount of pain as I am poking this one.

{Ow. Ow.

This one feels a bit of pain as I poke this one, but do you feel it? No. That is the secret. You allow yourself to be the beholder not the identification, close identification with this as my body. But you allow yourself to be the beholder of what is happening. A dis-identification with form which allows you to behold what is going on. To be a participant yes, you are not off taking a vacation somewhere in the clouds. I was not off in the clouds. I was very much a participant but I was at a place, a state of knowing dis-identification with form and as I have said, I allowed myself identification with form for a moment or so.

You were there and not there at the same time?

You are very much there, but you are not identified in the closeness, the intensity with the form. You still very much see what is happening. You are still activating the body as it is moving, as it is breathing. You are very much activating it, but there is a dis-identification that allows you to be somewhat removed from it as a beholder would be. As this one was beholding the action with the one next to her.

You did not feel that this is your body. You didn't feel that your nerve receptors extended that far, that you had to feel the pain of being poked. Dis-identification, that is the secret of it.

It would almost seem as though a lot of us, need lessons in how to step outside of the body and be the observer because most of the people I know, I can't say that. Some people I know are not afraid to die. To be what we call dead.

To lay down the body.

To lay down the body. I am not afraid to lay down the body, but I would like, I feel foolish but it's true. I would like to orchestrate the manner of my laying down the body.

Indeed, you do.

I choose not to lay down the body with a lot of pain and trauma.

Indeed.

As you disassociate from that and you won't have any....

This is true. As you disassociate from it, yes.

{Sister to another.}

Don't tell me what to do.

Ha, no one beloved one, will tell you what to do. You are already orchestrating how you will lay down the body and when you will lay down the body. Everyone of you decides that in each of the lifetimes. No one takes from you the body. They cannot. They cannot come up and say, "I will take this from you." They may offer you a bit of motivation known as fear, known as the visible sword that perhaps would do something to the form, but they cannot take from you the body. You have to release it.

You have seen your news accounts. You have seen in the conflicts between brothers and sisters known as war, where there would be one who was so wounded, so shattered by the physical force of weapons that there was not much of the body that was left as it had been moments before. And yet that one survives. That one keeps on expressing with the form. Another one somewhat near him or down the line is not touched by the physical movement. Is not touched by the minefield we will call it, and does not have that happen to his form, but that one lays down the body in an instant out of fear. The body itself has not been destroyed. Not altered as much as the one we spoke of first, but the second one has laid down the body because he felt the motivation was so strong.

So basically each experience, we choose to experience whether it is laying down the body or being in pain or being in joy?

Yes.

To either experience, we either choose to experience it or like Cathleen, observe the experience?

Yes, very much so. You have never been a victim of someone taking from you your life. First of all, they cannot take from you your life. You are life. They can request of you the form and as I have said, they can give you very strong motivation in your belief system that you should lay down the form. And you have all experienced this in many lifetimes, many different ways. But always you choose when you will release the body. You choose how you will release it. It is not someone else, and what you choose, the manner in which you choose to lay down the body again is not to be seen in judgment. It is to be seen as a creative way of experiencing for that is what it is.

There has been much judgment in your day and time of one who would commit suicide, who would take their own life as it is called. Either by putting the metal to the head and pulling the trigger or by slashing the form and allowing the blood to come forth, or by an overdose of whatever, and there has been judgment. Ones have said that that is a sin to commit suicide. But if you will receive it, all of you commit suicide sooner or later in that you lay down the body in one form or another.

The one who suffers the slow agonizing releasement of the body known as dis-easement, known as cancer is committing suicide the same as one who has chosen to take the metal of the gun and put it against the head and pull the trigger.

Do you choose this before you express yourself as form and is this like a plan? A plan saying when you are born? Or can you choose again or how do you know? What if I have chosen to die next year and I don't want to die next year? And I chose that when I decided to descend on this plane as form. How do you know that? And can you choose again?

Indeed, in every moment you can choose again. There is a certain propensity of what you would know as original script when you come into a certain expression, because you have said, "I will experience different ingredients," and you call them forth. And you will say, "I want to know completion. I want to know fullness of these aspects of expression and of experience. Therefore, I will pull together certain aspects, certain ingredients to know them." That is why you choose certain parents, certain biological family unit in order to grow up with for a time interval.

You also have a certain propensity that you will choose an avenue of service, a career in a certain way. However, this is open to choice all along the way. In other words, it is not predestined at all. You are very much in motion. You are very much in fluidity even of choice.

You are upon the stage enacting a certain drama and it is very much open to improv. And you do this as the creative part of you comes forth, and it does. An idea will occur to you and you will think, "Well in the past when someone has said to be that I looked a bit tired today. I have thought oh, my goodness, it shows and the rest of my day has been ruined." And you have gone somewhere and someone has said to you, "Well you look a bit tired." And for an instant you have thought, "Oh no. Not again." And then you have thought, "I can choose anew. I'll say, yes I am a bit tired. You know I was up late last night. I was reading this really good book and I got all these insights, and yes, I am a bit tired today, but that's okay. Tomorrow I won't be." And you have allowed the rest of the day to be in joy. You have not allowed that to come as a black cloud all over that day and to ruin it.

So you have said, "Well I have to go to be and sleep this one off." But you have said, "Ah, so what. That's their perception. It doesn't matter."

...you can also say, "No, I'm not tired at all."

Indeed, that is true. For it comes to a judgment as to whether you would think being tired is something negative or not. What does it matter?

You may speak your truth. You may say, "Well, perhaps the body is tired. I am not tired, but that is okay." And you will go on. You have done in that moment of new choice and you do this all of the time, you have done a moment of improv which allows the one who extended to you a certain message, it allows them then, to look at that script and say, "Okay, you know. Where is that in my script? What page are you on?"

{Laughter}

And then they have to improvise and everything shifts. So it is not set in concrete. There is a certain propensity, certain probability of the original script, of the original agreement and within certain areas of what you desire to know completion with, you will work it out but there is a range of choices within that. So it is not written somewhere in a huge book that at age such and such in this time focus you will lay down the body in a certain way. You are writing moment by moment your own script.

May I ask a question? Well you know, something I've been wondering a lot about is, your demonstration of non-identification with form. Did it have to be so dramatic? So tragic? So heartbreaking? Couldn't it have been something like you know you kind of disappeared in waves of light or something like that, and everybody went into a whole rapture or something like that?

Indeed.

I'm really struggling with that because in a way I feel like that event has reverberated throughout civilization in many different kinds of ways and I know inside myself I look for a resolution of that where we can show that we don't identify with form and there is no separation and death is not real, but we can demonstrate that in some easy way, some very natural kind of way. I don't know, a graceful kind of way. Do you know what I'm trying to say?

Yes.

I was wondering if you can speak to that?

That is why you are here this evening.

Okay.

You have chosen to know ascension. You have chosen to know the Light that you are, the energy that activates form. For I did not remain upon the cross. I did not remain in the tomb. I reactivated the body in a slightly altered fashion for I knew myself to be much more energy than what I had focused within the certain time interval known as Jeshua.

So the body that walked out of the tomb was re-energized, reactivated at another level of energy. But I did not stop with that for you know the story of the ascension and I did allow the Light that I am to be so infused with the cells of the body

that the very body itself was taken up, as you have called, into heaven, in rapture, joy. Rapture, it is joy. The essence of true Love energy. Rapture.

So yes, I ascended unto the heavens of the joy that I am. I also reactivated the body and came back and walked amongst you again from time to time as I do even now. There are times that I bring together coalescence of form, of Light in form and I walk amongst you. I look like you.

I do not dress in flowing white robe and look like the halo around the head so that anyone seeing would say, "That is Jesus. He has come back for me." Yes, I have come back for you because I have never gone away from you. But I come and I walk your malls, your great shopping malls. I walk in your woods as you allow yourself to be there in peace and you find a brother who is also camping out that weekend, and I manifest some camping gear so that it will look believable.

You look like me because you are me.

Yes, that is the Truth. This one has got it. I look like you because I am you. I come and I walk amongst you as you for there is no difference between me and you. We are the great ray of Light, the Light energy of the Father, the one Creative Source.

So when you said you would come across your brother or sister at the street corner and you need experiences, pray love that is what you are talking about, the ascension. That is the transcendence of separation. That is it right there?

Yes, that is it right there.

That is the non-identification with form that you point up?

Of blending with that one, melding not even a blending for that would suggest two that have to come together and blend. It is a melding into the awareness of one, yes.

Jeshua, wasn't some of the stuff on the cross like an enactment of the Hebrew Scriptures?

Yes, it was to fulfill the prophecies, and that is not the only story of how my life has been lived upon this plane. For there are many truths -- with a small "t" -- many stories of a savior. Many stories of a Jeshua that you have brought forth in order to remind yourself of who you are. To relate to that story, to feel very deeply within what it feels like to be rejected, to be judged by the authorities. Rejected by the friends, by the ones who just a week before that, nay, not even a week, days before that would sing the grand hosannas because they looked to me as a savior. To be rejected by them. To be abandoned by the friends. To know physical pain.

All of you as you hear the Easter story, you can relate to all of that. You feel it deeply within. It is not a disidentification in that it happened to someone else. I will not poke you again.

I'm not identifying with it.

Very good. Very good.

But you have the relatedness of that story. You know how that feels whether or not you have in what you would call a reality of yours, been crucified on a cross and you have, for you have desired to know how that feels and so you have done that. But whether or not you had actually experience being crucified you have felt yourself crucified many times even in this lifetime. You have felt yourself rejected and abandoned and punished, sorely tried and unjustly judged and you have felt crucified. You have gone through those experiences even in what you know as this lifetime.

Why? To come to the other side of it. To know your own ascension beyond it, as you have just asked, to come to the realization that you are the one who has enacted all of that. You have desired to play that part as the actress, as the actor that you are. You are all upon a stage. Every lifetime, every day you are upon a stage and you act a certain role, a certain part as you see your image of yourself. As you say, "I want to know one more time, choice. I want to look upon whatever is being enacted and to be able to see it in oneness." Not to judge self or others and to say, "Oh, there they go again. How can they be so dumb? Why would she say that to me?" Or to sit in judgment of self and say, "Well I didn't do that very well this time. Maybe next time I'll do it better." Not to sit in judgment of self but to look upon what has happened, what is being enacted and to see the oneness, to see the perfection of it and to allow the boundaries, the seeming boundaries to be dissolved in Love.

You are calling forth now the energy known as fifth dimension energy which is Light. The physical properties of the energy of Light experienced as Love, unconditional, unlimited Love even within the expression upon this plane. Where you will know as one approaches you, you will feel the love of that one as they approach. You will feel yourself to be in a sea of Love for indeed you are. You are most beautiful.

You are the Child, the Child of joy. The Child of creativity. You are Love walking on this plane, bringing your Light to this plane. The one thing that you have agreed to do is to bring your Light and anchor it within this point of focus known as this dimension in this time. That is what you have agreed to do, and in doing that, you have agreed that you will remember who you are and that you will come Home.

Not in laying down the body as you have done many times, because your religious belief, your priests have said to you that you cannot attain nirvana, you cannot attain heaven without denying the body, without laying down the body so that you cannot ascend to heaven while you are still activating the body. That is an untruth. That is a very limited belief that has been given to you that you have called forth in many lifetimes.

So you have said, "Okay, I will deny the body. I will go about in sackcloth and ashes. I will live in a cave somewhere. I will certainly not have any relationship with another one for it will take away my very focus of who I am. This very spiritual person." You are always spiritual. You are the Spirit. You cannot be not spiritual. You are and you will never be more spiritual than you are right now, for you are Spirit.

Consciously?

Yes, you can come into an awareness, totality of the Spirit that you are, yes. Conscious awareness, very much.

So you have gone through lifetimes of beating the body, harming the body and saying, "I do not feel pain and if I do feel it it's for my own good." You have gone through periods of starvation and fasting because it would make you more worthy in

the sight of your God to be accepted into whatever realm you would go into after you finally took care of the body.

I'm glad I'm beyond that.

I take great joy in that as well.

Thank you.

{Other comments}

You are going through what is known as the "die-et."

Good one. Not to live it but to die-et.

Yes, the die-et, to go through the eye of the needle in a very slim fashion.

Right.

You've tried that and it didn't work.

I think I got stuck.

You said, "The heck with it." You said, "I like my form and I'm going to enjoy it."

Right.

Yes. That is why you bring forth form. In the very beginning you desired to know experience with form. That is why you brought it forth in all its infinite variety of form. Somewhere along the way because of the belief in duality you said, "Form is wrong. Bad. It is a distraction." But you bring forth form in order to express the energy that you are. To live in joy with the form, and you are now decreeing that you will know your own ascension out of the identification with form. You will know your own ascension as the Light and the Love that you are even while activating form.

You will consciously, tangibly, palpably feel the energy of Love, the energy of wholeness, of holiness, yes, but of wholeness where there is nothing of judgment. It is all of IS because I AM. Period. Full stop. End. That is it. I desire to express and I express, I AM.

Now, how would you master reality? Whatever reality you see yourself in? By knowing your oneness with it. As we have just spoken of knowing your oneness with a brother or sister, feeling the energy of that one. Know that what you experience as a reality -- with a small "r" -- is your creation. It is not separate from you.

Know your oneness with it. See it, you may do this in the beginning as a process of clarity, see it as your creation. Know it to be your creation. Sit down in this beginning process that will bring the clarity. Sit down with a piece of your paper and write all of the elements of what you see your reality now to be. Not in judgment. Just as you would make a list of all the elements of what you feel your reality now to be.

Then allow yourself to sit with each element and to know your oneness with it. Not in judgment. Not to say, "Well these are good elements of what is in my reality, and

these are the ones I'd like to change because they are not good." But just make a list, a non-judgmental list, and then as you go through each one allow yourself first, you will have a reaction. A feeling that you have of judgment, that you have attached to certain elements. You will feel that, "Oh, when I am with this one I feel very expansive. I feel great. When I'm with another one, well there is a bit of I'm not for sure." Allow yourself to acknowledge that feeling. Do not deny it. Embrace it. Say, "Yes, I acknowledge that that is how I feel."

Ask yourself, "Why? Why do I feel that about this element or this person? Or about the circumstances that are seeming together right now. Something I have to made a decision about. Why do I feel that way? What is it telling me about my image of me? The image that I hold of me?"

For whenever you feel a certain constriction about an element in your reality it is because you are feeling not quite powerful enough to deal with it. There is a bit of perhaps, a possibility that there could be a bit of threat with it.

Could it be like you are seeing in that person something of yourself that you don't like about you?

Yes, for indeed if you will behold something in another one that you do not feel to be comfortable with, it is because you recognize it. It does not mean that you are acting from that place, but you recognize it and it has been within your script. And it comes up again so that you can look at it and understand it, to embrace it, yes. To say, "I know where that one is coming from for I have been there. But I also know that that is not the whole truth of their being and I can love the whole Truth of their being for I know, I have been there. I know what that feels like."

So allow yourself to sit with all of the elements in your reality as you see your reality now to be, and to ask of each element if it does not give you right away the understanding of how to embrace it, how to see it in wholeness, dialogue with it. Say to that element, that person, those circumstances, "Why do I feel this way about you? What is the treasure that you hold for me? Why have I invited you to be on my stage, my reality right now?" And sit with it in a place of Love. As you sit and you dialogue with any of the elements in your reality allow yourself first of all to breathe.

To take in deeply in awareness with the breath, the golden white Light that you are and to return to that place of the heart, that place of centeredness, that place that is not threatened, that place that knows the Love of the Father, of the one Source, and feel yourself to be in Love.

Allow yourself to feel that you are standing under one of your lights, perhaps and you are being showered by the Light of the Father's Love, the Creator's Love. For that is the Truth of your being. Immerse yourself in that feeling of Love.

As you play with that feeling, hear your name. Hear yourself being called by the Father Who Loves you best, or the Mother, or the One Source that knows you beyond all lifetimes and will call unto you most lovingly the name that you identify yourself with in this lifetime. Say it to yourself softly in the place of the heart with Love. Gently, and know yourself to be loved because you are that Love.

Then abiding in the heart of that Love, dialogue with any of the elements that you have listed and say to them, "Share with me the treasure. Allow me to know my

ownership. Allow me to know my oneness with everything that I call forth in this reality." And not to judge self or others or even the element itself. To look upon every element within the reality that you experience with unconditional Love. For indeed, that is how it was birthed. It was birthed in unconditional Love by you, its creator.

Immediately thereafter, there has been the opportunity of the voice of the world to judge it very very quickly as you birthed this beautiful creation. There was the opportunity to judge it and because of the deeply held belief in duality, there has been a habit to judge it.

But, you are desiring to transform that, to know oneness. That is why you are here this evening. You have answered the call of the heart, to be here this evening and to call forth the very words that you hear that spark the opening of the heart. That is how powerful you are. You know your own ascension. There is a remembrance.

You have said within yourself, "I know that it is possible." It is possible because there is the remembrance that you already have ascended. For indeed you are not caught in this dissension into matter. You have chosen to come and identify with matter, with form, for the sheer fun of it.

{Laughter}

Not always judged that way, but that is why you have said, "I will bring forth form so that I can play with it." Allow yourself to find the playmates. The playmates are the elements of your reality. Play with them. Make them your friend. Know your oneness with all of your creations, everything that you call forth. Everything as you have discerned, beloved one, is the adventure. That is the true spirit of manifesting upon this plane. Adventure, joy, play. Everyone of the elements in your reality is there as your plaything. Why do you think you like to play so much?

Beloved Elder, why do you like to play with the playmate?

It's fun!

It's fun. It raises the energy, allows you to connect in conscious awareness of more of the totality of your own energy expressed as Love, expressed as the vibrance of laughter, of insights, of humor, revelations. All of a sudden you have a revelation. You can't wait to share it with someone. "Ah ha." You have gone through many of these in the short time interval.

Is that why we talk rather than do telepathy?

Yes. It is fun to feel the vibration of your energy, yes. There is power. Much of energy that is extended in the voice, the vibrations. As you have discerned, you can do the same thing with this one with the mental suggestions, conversation because....

There is no separation.

There is no separation.

But doesn't that, doesn't not, doesn't using words just cast us back into duality?

It has evolved into that, yes.

But it's going to go back?

Yes, you are in a process of transforming that, turning it around so that you see even by the words that are expressed, you feel the vibration of the sound. You can feel this with some of what is known as your music, your drumming, where you feel the percussion against the form. You feel that with ones as they speak, as they sing, have one who will sing.

Like teenagers will do the boom-box?

That is why, they immerse themselves in their own vibration not knowing that that is their vibration, exactly. But they are calling that forth in order to again feel the oneness of energy, of vibration.

Even what you know as your four legged expressions, the animals, call unto each other with certain vibration. There is the howl. There is the barking. The meow, all the different sounds that allow that one to express in that form the energy of vibration.

But they do telepathy don't they?

Much more so, yes. For they have not come to the place of seeing that this speaking in tone is necessary for communication as the brothers and sisters have held it to be so necessary in your historical perspective. But that is being changed. Even in what you would see as your last fifty years in your timing and less, there have been many studies of telepathy. What is called your paranormal communication which just means that you are allowing yourself to expand into the one Mind that you are and to of course, be in communication with another one without the usage of the tones.

You have all experienced this where you would be with one and you would be thinking a certain thought and all of a sudden the other one starts talking about the very same thing and you said, "Well, how did you know that? I was just thinking that." Of course.

How do we sharpen that?

You are desiring to sharpen that even now and you are playing with it. You can allow yourself the exercise as you would call it, where you will agree, two of you will agree that you will at a certain time think of whatever, and you will write down whatever it is and you will project as it is known, to the other one an image. You will talk to one in the words as you hear them within the form and also the visual and you can play with it. Again, it is your creation. It is for you to play with.

I have a friend that will go into a large crowd and call each other and find each other instantly.

Yes. Very much so. This can be done with parents, mothers are very good at doing this with their small ones. Where if you would go into one of your large shopping malls with the small ones and somehow you get perhaps interested in different things and you are separated a bit in the distance, and you call unto that one mentally. That little one will come. They will know. They will feel. You will say to them mentally, you do not have to stand with the big megaphone and call to the one. You just say mentally, "It is

time to go now." And you will stand and you will call that one, the little one and they because they are not so caught into the intensity....

I do that with my dogs.

Yes, of separation. It will come. Yes, with your beloved pets, of course.

You can't even think the word "vet" because they run away.

Indeed, or they thought of the laundry, the bath then off they go and you cannot find them. They know. They pick up. They can see even before you perhaps are consciously aware of what you are doing. They know. They are very much what you would call tuned in. Of course they are tuned in, because again they are life expressing, energy expressing on this plane and they do not know the identification with form to the specific point that says, "I am separate, in a box, from all of the rest of life expression."

So how do you master reality? You know that you are the master of your reality. That you have brought forth every element of it and you have brought it forth not because you are imperfect, that you have needed punishment, you have needed to learn a lesson. That is a commonly held belief in this day and time that you brought forth this experience because you needed to learn something from it.

It does not feel good does it?

No.

And that is not why you brought it forth. You can choose to see it in wholeness, yes, and in joy. To see it, that you have brought it forth because of the grand creator that you are and to have an adventure with it. So that you can be at one with every element of your reality.

And if you are not, as we spoke earlier, allow yourself to return unto the place of the heart through the simplicity of the breath, to feel yourself in a place of non-judgment, a place of Love, remembering how loved you are by your own Creative Source, by immersing yourself in Love and then dialoguing with that element.

Not as an adversary which does the separation, but as the co-experiencers and expressers, as the one that you are. So if there is anything that is within your reality that gives you question, that you would want to know more of the wholeness of, allow yourself the dialogue.

You have questions about the expression known as Oakbridge. Dialogue with it. The expression known as Oakbridge is an energy that you have brought forth. You and many others who are partners in this. It is an energy that you can dialogue with. It is an energy that has intelligence so that you may ask of it, "Where are we now and where are we going? How may I understand this energy better?" And it will not be hidden from you, for you have brought it forth. You have birthed it and it is a grand creation.

You are feeling a bit of separation from it, you are feeling a bit of frustration and questions. This is a good time to sit in oneness with it and say, "Hey, what are we doing

together here?" It will reveal much unto you. Much of joy. More than what you have ever yet to this point imagined.

Now would be a good time to take a break, to stretch the bodies, to refresh the bodies then we will reconvene, come together again and we will play with the questions if there be questions.

Jeshua, may I say one thing before we break?

Beloved one, who would deny you?

When you were talking about, the two of you were talking about what you see in someone else is what's coming up for you.

It is a relatedness that you understand, yes.

I think when you were talking about that I have this flashback to a time in many of your talks with us you were encouraging us strongly to be vigilant. Remember that?

Of course.

Of course you do, you remember everything. Okay. So the vigilance I can see that in our society that we are currently living in. So much is geared towards judgment that we have to constantly, I have to be constantly alert to my own judgment of things and others.

Yes.

Otherwise it's so easy to slip into it again, that even in I think we humans even with our best intentions we judge others like this thing about, well if you see something in somebody else that irritates you, it's because you have that thing in you. That's a judgment.

Yes, because you have been there yourself otherwise it would not compute.

Did you see how that statement would bring about guilt? If somebody's irritating me and I say, "Well that's because I have that quality in myself," then that makes me feel bad.

It allows you opportunity say, "I understand that quality for I have been there." But it does not mean that you have to own it as your present state of expression.

Well I just wanted you to know that I loved hearing you say that out loud, because a lot of spiritual people would say, "Well the only reason you see that in another is because it's in you." Which doesn't heal anything.

It does not heal if you are still abiding with the self-judgment.

Right, if you say, "Oh, well that person's just irritates the hell out of me. Well that must be a part of me." Anyway, I'm very glad to hear that and it does remind me that you know, if I see other people making judgments all the time, we kind of do it on automatic pilot.

Yes.

And so if we are conscious....

And vigilant.

And vigilant as much as we can, we can eliminate more and more of judgment whether it be judgment of others or self-judgment.

Exactly, yes. It is what has been called being proactive instead of reactive. Habitually, there is the reaction that is very easy to do. It comes up immediately. Now you are learning to be, because of the vigilance, proactive where you know that you have a choice and that extends unto self as well. For you can say, "There I have gone," in other words, "I understand that. I know where they are coming from. I understand it but it is not who I am now." You do not have to take the guilt upon yourself even if others are most happy to give it to you and there are ones in most sincere fashion who would heap the guilt upon you and say, "Here. Here, have it." And you say, "No, I have experienced that enough. I understand it. I have embraced it, but I do not need to abide in it any longer." Then you are free. You are the master of your reality.

But while I am learning to be vigilant, it's a bit like learning how to drive a car. You think about it all the time.

Indeed, and that is because it becomes easier and easier. You are doing very well with it, beloved one. Continue.

Thank you.

Now, refresh. Rejoice, so be it.

{Break}

Beloved ones, such a joy.

You were listening.

I am picking up tidbits, yes of where to go. The best places to frequent.

You've been listening to me all night.

Of course, because....

There is no separation. Of course not, there is one Mind. But I do listen to your conversations so that I can pick up tidbits of recommended places to appear.

It's very good up there.

I have been there.

Ohhh. You have?

Yes.

Oh.

I have been there in what you would see in your time frame with what you understand the surroundings to be now, and I have been there in a time that you would call ancient.

Really?

Yes. In a time that you were also there.

Funny you should pick that area.

Many of the areas that you feel drawn to in this lifetime, that you feel an alignment with you feel the heart to open are areas where you have lived an expressed many times in joy. And you are going back again to remember to recollect the joy of those lifetimes, the energy if you will receive it, that you have left there. Not that it has been lost to you for indeed there cannot be anything lost to you, but there are certain areas that you have agreed in your belief of what this lifetime is all about, that you have agreed will reawaken within you, joy. A feeling of Home. A feeling of expansiveness, a feeling of wholeness, and so you go and you frequent those places again to tickle the memory, to remind you of joy that in your realities -- with a small "r" -- that you have manifested in other times, those have been times of joy. Times of integration and times of remembrance of holiness, of wholeness. We will not speak so much of holiness as we will of wholeness for holiness takes on some of the religious attributes that would be of levels, that would speak of levels. We will be even and equal and we will speak of wholeness.

But yes, there are certain places you feel drawn to. There are areas of places upon our Holy Mother, the Earth that you desire to go and visit and you do not know exactly why, but there has always been a certain fascination with a place or several places, far distant lands perhaps, that you have read about, you have studied about in your schooling and you have said, "I would love to go there. I don't know exactly why, but I would love to go and see what it looks like." Again. Now you do not put the again in there in your conscious awareness, but it is again.

You are drawn to a certain expression of energy upon our Holy Mother, the Earth. Some of you feel energized when you go to the higher places known as the mountains. You feel an expansiveness of your very own energy as you go to the mountains. You feel that you can breathe again. You have said that. Others of you feel energized when you go to your beaches and you feel the wave of the water, the energy of the surf.

There's a full moon out.

Ah, and especially when the energy of the full moon, and you allow yourself to know your oneness with the moon. Yes, and to call forth its energy, her energy, yes. And to know in that moment the melding of oneness.

That is why you have often in lifetimes, you have worshipped the moon, the sun, the points of light known as the stars. It was your way of tickling the memory, to remember the Light and the energy that you are.

So allow yourself the freedom of making trek unto various places, to reconnect with the energy of the heart. To reawaken memories of saying, "Yes, I have placed form

upon this area in other times." If you feel drawn to a certain land that may be far from where you see yourself now to be, if it has been a dream of yours, do everything to allow yourself to go and stand with the form on that location, that country, to breathe in the vibrations in that area. For it will reawaken within you memories of the Allness that you are. It will allow you to expand beyond just who you think you are right here in this location.

They say that travel is broadening. It need not be this kind, but that is all right too. As you partake of the foods, the nourishment in the different countries, why not? Allow the form to expand there is no judgment in that. It is society that dictates in one moment that you must be of a certain form in order to be attractive. Attractive unto whom?

Someone that you would see to be separate from yourself who might make judgment and find something attractive and something non-attractive still living within duality. You are always attractive. Love is attractive. That is who you are. So it matters not if the form is like a stick or if the form is ample.

Many societies that you have been part of, have worshipped, honored the ample form. It has been seen and understood to be of abundance, physical abundance, wealth, prosperity. The ones who were called as the royalty....

They ate well.

Yes, they were fed well and they ate and ate to allow the form to expand. Now, it was not what they ate or the quantity that they ingested. It was the belief. It was what they held to be the desire of expression of form, how they saw that to be in their visualization, their belief of what they wanted to manifest as, and they thought the avenue to that was to eat and eat and eat. And eating is pleasurable, is it not?

It sure is. Especially chocolate.

{Laughter}

Especially chocolate.

Were you thinking of lemon pie last night?

We did see one in the restaurant.

You know when you were talking I thought that's what you were thinking about.

In class I was thinking of an apple.

On one level, beloved Elder was holding within his mind the apple, yes. On another level he was entertaining the idea of the lemon meringue pie for it is indeed one of his favorites.

Oh, that's what I thought you were thinking about.

He had within what he would call his objective notes, his outline for the class, the apple. Therefore it was what he was focusing upon but what he truly desired to have was a lemon meringue pie.

I'm getting hungry now.

So you see how you can focus upon, you can think that you are projecting a certain image and you were, but you can also be at another level desirous of experiencing something else. You speak in a communication which is multi-leveled, always. You are focusing as the speaker on a certain framework, a certain level of what you would communicate, but at all times you are communicating much more than that with all of the brothers and sisters.

As you sit here and you are listening to these words which you are calling forth, you are focusing upon their meaning and the awakening that it is allowing within your perceptions, but you are also thinking, "What am I going to do tonight when I go home? Am I going to stop somewhere and get a bite to eat? I wonder what time he will finish? This chair is a bit hard to sit on. I wish I could squirm about a bit. Perhaps the raiment is a bit tight." Whatever. Or the head, it wants to itch.

But all times you have these messages that are going through instantaneously, they do not take very much time, flitting through the consciousness and what is known as the levels of subconsciousness, and you communicate this to other ones on many levels. There is nothing that is hidden. There is a belief in this day and time that you could put upon yourself a persona, a mask of who you hope others will see you as, and that you can hold this image as it would be a mask in front of you and you will say to ones, "This is who I am." And that if you are feeling certain doubts or confusions within yourself, if you are feeling unhappy with yourself, in judgment of self, that you will hide that somewhere behind the persona and others will not know it.

That is a belief that is held within a reality -- with a small "r" -- which is not true. It is a belief upon which you structure behavior and actions and choices, but it is based on an untruth in that you cannot compartmentalize energy. In other words, you cannot keep the energy of who you are contained behind this persona. For what you are feeling about yourself and about others is communicated. Others feel what you are thinking of them, how you see them, how you see yourself. They feel your confusion or they feel your peace. And you walk about with a certain persona and you think that you can hide behind it. That is being dissolved and released even in the timing that you find yourself now in.

There has been much of the women's movement, I think it is called, where there is a claiming of equal power, a claiming that, "I can be who I am and I do not need to mask myself in a certain image that will be acceptable." You are coming to the place of acknowledging that you are energy, the energy of Light that activates the form and that you are perfect and that you are beautiful as that energy and you do not have to hide behind a persona.

So you have had the women's liberation movement that has said, "I don't have to wear a certain raiment." And you have what is known as the bra burnings. It has been a way of saying, "I am free of the restrictions of what has been judged to be acceptable or non-acceptable." There is much of the ones who are expressing with the design form of the woman saying that, "I can appear however is agreeable to me. I do not have to appear in a certain image that has been held to be feminine. But I am okay." Yes, there

will be certain cleanliness that you will desire to have, but beyond that, "It is the energy of my Light and my Love that is important and it matters not whether I do all of the coiffing to hide behind a persona, an image." You are claiming your freedom and coming into the truth of the energy that cannot be hidden.

As to the chocolate, beloved brother, yes, there is an energy about chocolate. There is an energy because of a belief that you accept within yourself. You find it to be nurturing. It has often been seen as a substitute for the love that you would seek from outside of yourself. And why is it named a kiss? Of course, very symbolic of love. Nothing hidden. Your advertising is very good at that. There is nothing that is truly hidden. They will sneak it in around the edges and it is most obvious as you are vigilant with it. There is nothing hidden, but there is certain substances that you ingest that because of your belief in the energy that they are, you feel them to be nurturing.

There is a certain energy that you have given to the substance known as chocolate that does heighten the energy level of the body. When you ingest certain substances because of a belief, a collective belief. It is not that you sit down and you think, "Oh, yes, there is a certain energy to this thing and I think it is a certain amount on the Richter scale." Well if you take enough chocolate and you will feel a bit on the Richter scale, known as release in the bathroom, I believe.

{Laughter}

But there are substances that because of collective belief, have an energy about them and as you ingest them because of your belief in what they are, you allow through the love that you feel they bring you, you allow an increase in your own energy. Anything wrong with that?

Nope.

No, there is not anything wrong with that. In fact, you will keep on ingesting the chocolate, the lemon meringue pie, the whatever until you get it, that you are one with that creation, and that you can get to the same place of nurturance through drinking the glass of water or through just the simplicity of breath, or just with knowing the ascension beyond the form. But in the meantime while you are the believers in process, enjoy your chocolate.

I do.

And indeed you do. Do not allow anyone to heap guilt. They may offer it to you, but you are very good at saying, "No. That is someone else's drama."

Now beloved one, would you have a question in this evening?

Well part of the other things that have been going through my mind all at the same time I have three things that I do want to know from you. I heard you earlier saying that from other lifetimes we bring in wounds from other lifetimes. And I met a woman a few nights ago who gave me and some other people a demonstration of what she calls soul unwrapping, and I was very drawn to this woman and her sincerity and her demonstration, my response to her demonstration was a feeling of lightness and well-being.

Yes.

And what she was doing with all of this was just a sample of a complete soul unwrapping and I'm very drawn to go to her for this, because I'm feeling like I want to be really open and part of that is demonstrated by at first being very upset about my short haircut and then realizing then that it kind of felt good not to hide behind my hair.

Yes.

But I also, before I make the final decision whether to go to her or not, I also know that I met a wonderful MD doctor who is very spiritually minded and I'm so happy to have met him as they are kind of scarce in my knowing anyway, and I had told him about wanting to go through this soul unwrapping and he already knew that I had been struggling with depression for some time and anxiety, and he thought that soul unwrapping thing sounded interesting, but he said that he might caution me because it's not always a good idea to take off your armor in the middle of battle.

Well, my instinct was to believe that he was saying that because he hasn't quite understood the process of releasing the injuries of other lifetimes, as being a great gift that would facilitate someone's, well I would like to do away with my tendency to be defensive and sometimes my tendency to be almost belligerent in my insistence that you or others accept me the way I am. And I feel like if I could get rid of some of these fears and things that perhaps I brought in with me, an injury that it would make me defenseless which I would like to be.

Indeed. If you will receive it, beloved one, you are very much in a process of releasing all of the perceptions that have deemed it necessary to be defended. That is why you are here this evening. That is why you are upon this journey of release. Not only in what you see as right now, this time interval, but also the process that has led up to this time, this awareness.

It is as you have discerned and as we have spoken, that you do not come into a lifetime completely new. You bring with you image of who you think yourself to be, baggage, wounds, as you have called them. For no lifetime is discreet itself. In other words, it is not that you have a lifetime and that it is a closed box, sealed, never to be dealt with again.

The lifetimes, because they are your adventure, your experience, are all a continuum and that is good news because you can go back into any of those lifetimes as they come up for you as remembrances, images come up for you, you can go back and heal, see in wholeness what happened in that lifetime that has been seen as tragedy.

Right now, you are connected to all of the other points within the sphere of time. We spoke about this other evenings, where everything you have experienced in all of the grand adventure is contained within that adventure, within a sphere of time and everyone of those points that you would identify as a lifetime is connected to every other one by what is understood to be linear time, a line. Of course, two points are drawn together.

You can go back, now where you are right now and heal any misperception of image in any other lifetime. That is why it will come up to you in conscious awareness in remembrance in this lifetime. It will come right in front of you to be seen in wholeness.

Allow yourself to go through the process of the soul unwrapping if it appeals to you, if it feels to be of joy. It is much the same as we spoke to beloved Elder about the chocolate. It is not that the process itself is going to do a magic and release all of these wounds. There is no magic in it.

Is it my belief in it?

It is because you are the magic yourself. Yes, it is the belief that is attached to it. When you experience it and you feel yourself lighter, go with that experience for that is the truth of your nature.

Oh, I'd love that.

Yes, so allow yourself to feel free in that experience. You will know how far to go with it. You will know when you are complete with it. There is nothing that is going to come nigh your dwelling place that you are going to need armoring for. If you will receive it, you are not armored. You have never been armored and you will never need the armor. You, as the Light that you are.

Now the experiences identified with form have called out for grand armoring, but that has been within the adventure, the drama. So you do not have to worry about, "If I go through the soul unwrapping and I am as a newborn with no protection, am I going to have the threats that will come and I will need an armoring for?"

The Truth of your being is you do not need armoring. You have never been armored and you never will be armored, because as we have just spoken of the energy that cannot be hidden. That energy cannot be contained, cannot be altered, cannot be threatened. It does not need armoring and it never will be armored. So you do not have to worry about, "Where have I hung up my suit of armor?" Don't worry about it.

You will know because of the inner wisdom. You will know the pace of unfoldment that feels nurturing to you. You call unto you all of the avenues of choice. Nothing comes to you by accident. As you experience certain avenues and it allows you to feel enlightened, to feel lighter in the heart, connect with that feeling of light. Allow yourself to go with it until there is the inner wisdom that says, "I am complete with this. It is okay." If it be one session, if it be more than one session it does not matter.

No one outside of you, and I use that in the world's terminology, is in a seat of judgment to say to you what is the right path for you. Only you know that for yourself and it changes moment by moment. A decision that you make about yourself in this day maybe seen in a new light tomorrow and in that moment you are free to make a new choice. But in the moment where you abide, allow yourself to abide in light and do not worry.

Well I'm hoping that going through the soul unwrapping will take some of the heaviness from me. I would love for it all to be lifted.

Indeed, in time it will be, beloved one. Do not look to this as a certain magic that is outside of you. You are the magic. You bring your magic to it and as much magic as

you feel in it is the measure of how much magic you are willing to acknowledge that you are. No one outside of you is able to do for you the enlightening. They can be there as facilitator, they can be there as companion, they can be there as way-shower, they can be there as one who suggests a certain avenue, but they cannot do it for you.

Why? Because you are not broken. They cannot fix you because you are not broken, but they can facilitate your remembrance of the Light and the wholeness that you are.

See I have judged my remembrance as moving way to slow.

That is because beloved one, in the Truth of your being there is not time and you know manifestation and remembrance to be instantaneous. So on one level you know the Truth of your being. On another level you say, "I will accept the belief in time and the belief in process for a certain time interval yet." But that is rapidly closing.

But we need not get impatient with ourselves right?

Does it do any good?

No.

No. Does it make you feel better? No.

No, it doesn't but there are many things, there are many classes and many therapists and gurus for lack of a better word, and sometimes I wonder the legitimacy of some of them and how you discern between one or another?

There is no facilitator, teacher, guru, workshop leader, whatever, that will lead you astray. You call them forth. Every one of them you call forth for the purpose of knowing the Truth of your being. To be able to sit with one and to say, "Does this allow me to feel my Light, the enlightenment of my heart? Am I in alignment with this?" And if you are not then you feel no guilt to shake the dust off of your sandals and walk on somewhere else. They are speaking a language that will be as catalyst for other's remembrance.

There is no devil upon this plane. There is no one who is going to lead you or the brothers or sisters astray. They offer only opportunity for experience, and how you judge that experience comes out of what we have spoken of this evening, the belief in duality and the now awareness that there is choice to abide in the oneness.

So yes, you will hear many voices, many brothers and sisters who have avenues, methodologies, teachings that they are willing to share. Some will resonate in the heart with you, go with those. Others you can allow them to be their own thing. They are there for someone else.

So this is kind of back to trusting your own inner feelings, whatever comes up for you?

Very much so for you call it all forth within your reality -- with a small "r". You are calling it all forth and saying, "Be upon my stage." You have many players on your stage, but not all of them are you in direct enactment with. You do not need to be.

Trusting the inner wisdom is not difficult to do. The voice of ego will get in there and will say, "Yes, it has to be complex. It is difficult. You might be drawn astray."

You know in an instant what you are in alignment with. It does not take a complexity of a certain formula. It does not take lifetimes of study. It does not take an advanced degree somewhere. You know in an instant where you are in alignment, what feels light in the heart.

So trust it.

So trust it, allow yourself to abide in simplicity of the heart. Do not get in with all of the what if's, for that is the voice of ego. You have asked ego to be on your stage, to bring you all of the voice of what if's so that you can say, "I am the master of my reality. Thank you for your input, but I will follow my heart."

Allow yourself to go with joy in the heart. Allow yourself to know Light in the heart. That is your answer to all of the questions you will ask.

Yes. Thank you.

And then, if you find the inner guidance is suggesting that you do something else, you are free to do it.

Beloved one with the smile upon the face, the grand adventurer, would you have a question this evening?

I have two.

Very good.

The first one is on telepathy. As I have spoken with you before about developing that quality. Like how do you do it and the question I have when I have spoken to people about it is like where is the privacy? You know that belief in privacy?

Yes.

And it seems to me that there must be in the person who is telepathic, there must be a high level of discernment and integrity in that you are not just invading people's space.

First of all, you are very much in the process of developing what is known as telepathy. You are interested in doing this in remembering what you have perfected in other lifetimes. For it is something that you have known well in other lifetimes. You do it all the time with ones. You are in mental dialogue with other ones at all times. You are speaking to them in words, sometimes, quite often, you are also speaking to them in energy on other levels always for the energy cannot be contained and restricted.

Allow yourself to play with creative ways of validation. That is truly what you are asking for here, with the telepathy. Creative ways of validation where you will play with

another one to get validation. Ones yet of the brothers and sisters, many are caught up in their own point of focus, their own stuff we will call it. Their own completion with aspects of themselves. Their own image of who they believe themselves to be. So that there is a seeming barrier to it.

It is not that there is a barrier for indeed there cannot be a barrier to the energy, but it is that their focus of attention is upon other aspects to the exclusion in this moment of other energy that is coming in. It is very much as you would see your radio sets and your television sets. You select what channel, program you are going to be watching, what you are going to focus upon in that moment and you may, as beloved Elder is fond of doing, you may switch the channels around to see what is happening here and what is happening there, and you take in the whole of what is on perhaps ten channels all at once as you flip around and you follow this one and you follow that one.

Ones of the brothers and sisters are focusing upon a certain channel because they desire to know completion with that program. It is as we have spoken with the grand adventure of the holy Child, you have desired to know creation and experience as creation. And so you have come with increasing intensity, specificity of focus with certain form of creation and the experience thereof in order to know completion and this is a time of completion for many of the brothers and sisters, all if you will receive it. For it is a time of choice, a time of completion. So you will see many of the brothers and sisters very intent upon a certain area of expression within their life. Very much caught up into it in that expression. And it consumes their energy of focus to the exclusion of other programs.

However, all the other programs are going on as well, and they at a deeper level, are tuning in to those programs. So it is very possible for you to be in communication with brothers and sisters not on the level of what they feel the intensity of this to be, but on a deeper level. That is why you can send the message of the heart of love to one and even though they are very much in tribulation, very much as a dog with a bone, they are right in there with what is going on in their life because they have to feel it.

They will also feel underneath a certain sense of love, of peace that abideth forever. They do not consciously think of it, and they do not say, "For a moment there I felt peace." But it pervades as an underlying supportive force of reality, again with a small "r", that is acknowledged at a certain level. So you communicate on many, many, many levels.

But in I guess I have a limited sense of telepathy in that having read Marlow's book, you know how she communicates with the aborigines? She communicates I guess like how you and I are talking to each other, and that's kind of at the level that I am aspiring to.

Yes, and indeed, it is a level that you know well. You will experience again in the days to come. It is not by accident that you and many of the brothers and sisters have called forth this relating of experience that this one known as Marlow has had. You are calling it forth because you are at a place now where you are saying, "I wish I could know that." You are playing with that idea.

It feels like it's such a bigger way of experiencing life in creation rather than being spoken words.

Yes, and indeed you know how to do that. You are calling that forth in your own remembrance. You are going to be, you are already playing with it as you shine the Light of your countenance upon it. In other words, your attention. It will grow in your awareness.

Is that somewhat what with you and the cranial sacral when you are talking within with the person and recognizing in a sense of where they are?

Yes, very much so. You are going beyond the barrier of the words and you are saying to that one heart to heart, "Where is the imbalance?"

Okay.

And they tell you do they not?

Yeah.

Yes, not so much in the words. They would not know how to speak to you that there is a certain constriction, yes they know that there is an area that is out of balance, it does not function with flexibility. You do not know how to identify the balancing, how to bring about the balancing of it, and so you speak with that one heart to heart and they, because there is not a barrier that needs to put it in a certain language of the sounds, they will reveal it to you. What you would say, intuitively, which is beyond the barriers, the supposed barrier of persona for nothing is hidden. It cannot be hidden.

Right. The second question: in my new venture in Olympia with Heidi, are there any particular things I can be aware of other than what we are doing?

Indeed, what you need to be aware of will be shown to you as you journey along this path. It is not something that you need to prepare for. The voice of the ego would say, "Well, I need to know all of the ducks so that I can get them in order." All of your ducks will line up in order as is needed.

In other words, you do not have to be able to see down the avenue and around the corner of it to see what ducks are hiding in the bushes somewhere. All of the ducks will be most visible. It will be easy. You have already experienced an ease that has been marvelous has it not? It has been something to marvel at and you have asked from time to time, can it really be this easy?

And the voice of ego has said, "Beware. If it is this easy, then perhaps there is something lurking that is going to jump out that I'm not prepared for. The holy Child does not need to prepare. The holy Child is Light, energy, creative energy. The holy Child is always bringing for her experience and this holy Child, you, is now decreeing that it can be with ease and that it can be in joy and in Love.

For indeed, you have sat at the table of experience and you have eaten of all of the experiences so that you know them well. You are completed with a lot, 99 and 44/100 percent of the experience.

I'll have to think about this.

Yes. There are a few yet that you desire to know completion with. In other words, to come into the totality of remembrance of the Love that you are and the power of that that does not need to be defended, does not need to be prepared. That is coming along with the whole process that you are calling now to unfold.

Is it hasty on my part to be moving down there?

What is time beloved one?

I am talking about this mundane plane.

It is not hasty to be looking about, to see what allows the heart to leap for joy, to feel enlightened. It is not by accident that this idea has come unto you. Know you, you are not rooting in a certain place. You are not owned by the abode that you have purchased. There is no one who says having once purchased an abode you must live all of that lifetime there. It will not hurt anyone's feelings if you allow a change.

There is a certain order and timing, yes, but it need not be one that you would see as delayed, strung out. It does not need to be a long one. So you may feel free as the Child that you are to go and look about. See where you would like to be. Start making the preparations for indeed as you choose to have a new dwelling place within the structure of form, it is out-picturing for you the new dwelling place within, is it not? You are already moving in to a new dwelling place within your awareness of who you are. You have already done that. You already have moved into rooms and started to set about all of the beautiful things that you want to surround yourself with; the dwelling place within.

So it should come as no surprise that you now desire to have a new dwelling place in what you would see as the outer, in your reality that you are master of, to quote from this evening. So it is not hasty. You will know what feels right for you and having purchased, as you call it, the new abode, again it is not that it owns you, but you own it because you are calling it forth in your reality.

You will stay there as long as it feels right for you and then you are free to go as the wind. So do not feel, do not fear that you make a mistake. You cannot make a mistake. You have never made a mistake. You have called forth experiences because you are creative to have never made a mistake and you need not fear being too hasty.

You are one who has often said, "Anyway, I do not want too many options, I want to have perhaps one or two choices and that is it. Let's cut through all of the bull." You have a word for this, "Let's cut through all of the bull, and go for the joy." So you will, again.

But you will know in this process that you are not owned by the abode. You are the owner of it. You are the manifester of it, and when you desire again to pack up the knapsack and move on, you will do so. It will get easier and easier for you and for the brothers and sisters in the days to come.

You will not need the physical trappings. You will have some, yes for comfort of the body, but you will not need the possessions of form. They will be seen as baggage. Stuff that needs to be cared for and you will be unburdening yourself, you and the brothers and sisters more and more in the days to come because you will be knowing your own power of manifestation in any moment that whatever you need. If you need

the brush that will brush the teeth, you will manifest it. You will not even need to carry it in the knapsack and after awhile, you will not even have the knapsack.

But in the process an abode is perfect. In the process a knapsack is perfect. But you will not make a mistake. You choose it all for the adventure of it, and there is no judgment. The belief in duality has been the soil from which all judgment has arisen, all possibility that you might make a mistake and yet you never make a mistake.

In the days to come you will know your power of the energy that you are, the power of manifestation, the power of Love, the power that will do away with the necessity for the intermediary of the golden coins that we have spoken of earlier, that will do away with the intermediary of the sound of words, where there will be the instant knowing of communication. Where there will be the knowing, the communication that goes beyond this point of focus with form.

In other words, there will be communication with ones who have laid down the body, the form in other time and have seemingly been beyond communication. That will be remembered and revived. It will be a truth that is known. The concept of communication telepathically will be very much practiced and understood. There will still be the use of tones, but for the joy of knowing that vibration.

Like singing.

Like singing, yes, or like howling to the moon for the joy of it, for knowing your own vibration in manifestation in that way, yes. Very much as the toning, the in-toning that has been practiced down through the ages by the priests who would intone, call in the vibration of the universe by their toning. There will be that connection of oneness of vibration through the tones.

But it will not be, the communication will not be limited to just the tones of the voice and the certain languages that even now set up a barrier for if you meet a brother or a sister who does not speak the language that you are accustomed to, perhaps they speak Greek and you will say, "It sounds like Greek to me," and you do not understand. And you will say with that one, even now as you meet one who is speaking in tones that do not have meaning for you, conscious meaning, you will speak with that one from heart to heart and you will understand what they are trying to say.

There is the language that is beyond the tones, the language of signs, yes, physical signs of I am hungry. I want to eat. I want to put the head on the pillow. There are all kinds of signs that you devise so that there is communication beyond the tones of the verbal communication.

But telepathy as you have asked about, yes, that will be most common. It will be practiced. It will be instantaneous and indeed you will be beyond time. Now that will boggle the mind in this moment.

It sounds great.

Beloved one, how are you in this evening?

Ahhh.

You are indeed the expansiveness of energy, this is true. This one you see signed to me. This one did not put it in the verbal words but this one signed by the expansiveness of the arms, the Truth of her being.

That said it all.

That said it all. Would you have a question in this evening?

I was wondering who you have with you here tonight?

Oh, there is a grand host.

There is like somebody really hovering around.

There are many.

There is a whole bunch like over there.

Yes.

And so I can't really, I know that they are there, I can't really like see a real definite form.

You are doing exactly what this one has asked about when this one was asking about telepathy. You are allowing your telepathic powers to be expanded to the point where you say, "I can see ones. I cannot see them clearly, but I can see ones. I can see energy." Yes. This room as you know a room to be, if you will receive it, is full of Light.

Uh huh. I can see that. It looks like rain.

Yes. Light beings, ones who are bringing their consciousness into a certain coalescence of Light. Not into the density of this form, but into a point of Light.

Yes. Who are they?

So who are they? You will know them as friends, as masters.

Like are they of the Brotherhood?

Yes. They are also loved ones of yours.

Right.

And yours. You do not ever travel this journey alone.

There's one that keeps hovering around you though....

Would you know separation?

Ohhh.

Do you see what you ask? You would ask for label.

Yes.

You would ask for separation. There is individuation of personality as you know certain personality of energy attributes that is identifiable, a certain label, names. Ones that you would identify by historical perspective within your belief.

Right, ... right now. That's what I'm asking.

{Laughter & comments by the group}

Yes. I travel often with the Light energy of one that would be known as Elijah and Moses. I travel with a hierarchy, as you would know levels to be, and yet there are not levels, of....

Levels imply separation.

Yes, well spoken.

...of the Brotherhood. It is within your belief system that there would be a hierarchy of ones that are more worthy, more realized as the Light they are and this is not true. There is not the gradation. There is the oneness.

But for your identification, what you have been seeing in this evening are some of the prophets of old, ones that you know in your history, your Scriptural history, Elijah and Moses and some of the disciples who are often with me.

For indeed in the lifetime known as Jeshua, ones that I called unto me as disciples were ones who had shared lifetimes with me before. There was an alignment, you will call it, a familiarity, a lineage that had been shared many other times so it was not that I randomly went out and, "Oh, you look like a likely one. Come with me." There was a recognition on my part and theirs that there had been much of shared experience. Not only upon our Holy Mother, the Earth, but in other realms, yes. So often they travel with me as well and always my Mother.

Then how about Sananda? Are you and Sananda the same soul?

Yes.

Isn't Sananda the female aspect of God?

It has been termed that, yes. It has also been seen as the higher level of expression of one Jeshua, more of the Christed nature.

Would that be considered your -- I'm getting personal here -- when you split off like your twin?

Beloved one, there has not truly been a splitting off.

Well those were my kinds of words to describe it. When you left experience.

It comes back as you can see to the belief in duality, the belief in separation, the belief in discreetness. In other words, there can be a finite box of energy that is labeled to be Jeshua, and then if Jeshua is a bit more enlightened he goes into what is

known as His Higher Self known as Sananda which allows His claiming of the female wholeness. But it has never been denied.

In the Christed nature the male as you would see and the female has been acknowledged as the one, but it is still within this belief in this point of time that there are labels for discrete boxes of individualities.

Is Sananda kind of like a full name?

Yes. You would identify it as that. And yet that is to look upon one drop of water within the whole ocean and to say this is drop number one million, et cetera, et cetera, all the numbers after that, and you cannot separate it. But yet in this belief, in this point of time it serves a purpose.

Yeah, it is a perspective.

A perspective, and it also allows the holy Child to know that there are many aspects of expression within the whole. None of them being separate from another.

Now that answers.

You know that one well.

Beloved one, how are you this evening?

I'm fine thank you.

You are indeed, very fine. I would honor you and I would worship you for you are the Light upon this plane and I give you honor and reverence for the courage to bring your heart to this plane, to come without armor for indeed you are here without armor even though the voice of ego would speak sometimes that there is a bit of the protection. You are the heart upon this plane and it has taken courage to claim the heart, so I honor you.

What would you ask in this evening?

Well I don't know exactly. I wanted to say thank you for, and I wanted to say thank you to Judith for allowing Jeshua to come through her for it is very, very delightful to experience you coming through this delicate female form. It really nourishes me in some way and I appreciate both of doing that.

Thank you, beloved one. You have called forth this experience that you witness in this evening. It would not be happening without you. My beloved friend and teacher is coming unto her own awakening through this process of understanding that her experience is not contained within a box of a personality known as Judith. It sometimes bewilders her, it sometimes makes her question. It often times makes her deal with her resistances of what she has thought Truth to be and her own reality, she has many questions about what is happening.

I'm sure she has.

But she, like you, is desirous of knowing the oneness of Love, the ascension that goes beyond form. She like you is desirous of coming Home even while expressing with the form upon this plane, to know in totality the unconditional Love. She has agreed as you have agreed, to bring Love in manifestation to this plane and to live it to its fullest. That beloved one, is your ascension. That you will do in this lifetime and it will not be a long time in what you see time to be.

You will know your ascension even while feeling the form of the body and in time if you so desire it, you will ascend even the cells of the form unto another realm although it is not necessary for indeed you can always manifest instantly whatever form you desire. So it is not like if you don't ascend a certain form you will be formless in the next experience. That is not true. You are the creator always of the form that you call forth. So you may and will and you do even as we speak, express in other dimensions in other forms, very light forms, fluid forms. You are an angel. An angel that has come here to experience the truth of this dimension.

And the truth of this dimension is?

The awakening.

The awakening.

The awakening of what we have called the atonement, at-one-ment that equates into the ascension that knows you are the Love that activates all of the form. That there is nothing to fear, that the belief in duality has been part of the grand adventure, that it has not been a mistake but it has been part of the play that you have scripted and that you have enjoyed. All of the parts of the play, even the ones that would have been seen in that scene to be of horrific nature and of tragedy, you played those parts beautifully.

To the hilt.

To the hilt, and indeed there have been the lifetimes that you have done that literally, to the hilt. For you wanted to know, "What does it feel like to pierce the form with energy in another form that I have called forth, known as the sword." And so you have plunged the energy that you have called forth in the form of the sword into the form of the body to the hilt to know what it would feel like. You have done all of the rituals.

Sometimes you have plunged to the hilt out of sorrow and desperation. Other times you have plunged it to the hilt because you were in a sacred space of holiness and you saw it as a sacrifice within your belief system. You did it because you were the priest and you gave unto the brothers and sisters what was valuable in their belief system. So you took the form of energy in the form of the sword and plunged it to the hilt to show that you were beyond form as the holy priest, as the demonstration to the brothers and sisters, that they need not be quite so attached to form.

Now they did not all understand the message, as you did not in some of the lifetimes. But you as you were abiding in that lifetime, a place of holiness, a place of wholeness and oneness. You knew that you could take the sword and plunge it to the hilt and that it would not alter who you are. You did it in a space of sacredness, in a

space of power. Not the power because you wanted to have power over others in the world, but the place of power that knew that you could not be threatened, that if the form be altered as it was with the sword, you yourself could not be changed, altered or threatened.

Sort of takes all the fear away, doesn't it?

It does indeed. Whenever the voice of fear would come even in its subtlety, allow it to be acknowledged for it has come by your invitation. Not to judge self and to say, "How weak I am," but to sit with that and to say, "Where does this voice come from? Does it come from the eternal being that I am? Or does it come from the identification with form that could be altered and changed and threatened?" You will see that all fear arises from the identification with form.

I have a question to ask you about that one. I recently did a workshop in which we did an exercise where we had a partner and we put our hands on each other's leg and then we allowed our energy to sink into that person's leg and so we went like to the center of their bone. And when I got energetically to center of their bone, I heard a tone and it was so joyous and so loving. It was so clear. It was like a light bulb went out and I feel like I connect to that person's essence and so I'm a little confused because I think, you know, well the form even though it's not who we are it does contain Light somehow.

Oh, yes. Very much so.

I don't know how that works, but somehow there is light in the molecules, in the atoms, the electrons, photons, whatever, at the core of it was that Light, that beingness, that oneness.

Yes, all of the cells of what is known as the body, the form, all of the cells are activated by the Light that you are. So yes, they are Light. They are held within a certain attraction, a coalescence because of the belief in vibratory rate upon this plane.

Oh.

In the process of ascension which you are now embarking upon, the very cells themselves will be transmuted into the Light that they are. In other words, you will radiate the Light in its unlimited form through the body which will allow the body to ascend into the Light that it is. It will not be held in a certain vibratory rate that is accepted, understood now to be a certain density.

Oh.

When you place the hand upon the other one's leg and went energetically into their energy, their space, what you experienced was oneness.

Oh. Ah.

You are playing with -- I use that word advisedly -- playing with energy. You are calling forth workshops that will allow you to play more and more consciously and deeply with energy. That is by design because that is what ushers in the remembrance of ascension. That is what allows you the dis-identification with just the form.

So you will find yourself attending more and more of the workshops of energy. You will find yourself in time conducting the workshops that have to do with energy for you will find that it is most addictive to abide in that space of oneness.

Yes.

Most joyous and as we spoke earlier in this evening, the joy is contagious. It is what allows the acceleration of the holy Child awakening and coming Home. You will have fun with it.

Yes, I'm sure I will.

You are already having fun with it. Life is not the heaviness that it was thought to be a few years ago is it?

No.

No, she is getting enlightened. Not from an outside source, but because she is allowing her own acknowledgment of the Light that she is and that grows upon itself as you acknowledge a bit of Light, happiness in your life. It grows and you begin to see a bit of happiness in this place and a bit of happiness here, and after awhile, you see it all around you. It grows. It is much the same as when you purchase a certain brand of vehicle and then you travel on your highways and you see, "Oh, there's an Oldsmobile, an Oldsmobile, an Oldsmobile." Interesting names you have for these things, an Old Mobile? It is always new, you are reinventing it. Oh, well.

Beloved one, how are you this evening?

Fine.

You are indeed. You are such a grand radiance here. What would you ask in this evening?

First I just wanted to, when you said Moses. It was like I fell apart.

Why would you do that, beloved one?

Not fell apart, but I cried.

A connection, yes, a recognition, yes.

Like right now I feel something. I don't know what it is.

It is your energy. It is a connection with a remembrance of association with this one, a shared history which has meant much to you. Not only in the lifetime that he expressed as Moses, but other lifetimes where this one was most instructive to you for you prayed unto him and he was not far from you as is true in this lifetime.

This one that you would identify as Moses has often been mentor to you, guardian angel, whatever word you find in alignment there. But it is one who has often been teacher to you, mentor. It is the same in this lifetime and you may allow the tears

of joy for they are tears of remembrance, they are tears of connection such as this one experienced with the tone when there was the oneness.

You have experienced oneness with someone that you have felt to be separate, afar off from you and yet that one rests upon your shoulder at all times. What would you ask in this evening?

I guess I kind of have several questions, like where I am going?

You are going Home, beloved one, and you are in good company. You have chosen your companions well. Companions that you can see that are activating form, yes, and companions in what you would term the unseen realm. For indeed there is but a small percentage of you that is focused upon this form and this personality.

Much more of you is expressing as the Light being that you are, in other realms. What you would call realms. You are going Home. You are going to the place where you acknowledge and you claim the totality of your being, the joy of that being, the angel of that being, Light. The lightness of heart, of Spirit, and you will find many ways, ones who will come and speak a word or two to you that will be as catalyst for remembrance in the heart. It will spark something within you and perhaps you will know in that moment what it means. Perhaps it is something that you will abide with, you will write in the journal and you will come back to at a later time interval and you will say, "Oh, that is what happened in that moment. That is the connection that was made."

For indeed in this lifetime it is one of completion for you. It is one of laying hold of all of the remembrances of experiences in what you would term other lifetimes. Not only in this dimension but other dimensions as well for you are a grand being that is not limited. You are now upon that threshold of saying, "Hey, this is exciting. I'll play with that idea." Indeed, play with it for it will lead you Home.

You will have choices. You will have questions of where to go, what to do, how to be in service to the brothers and sisters. Allow yourself to abide in the peace of the heart, to breathe. Whenever there is decision, however subtle, take first the inspiration of yourself into the heart. Breathe deeply of the Light that you are and ask of that Light, which is not separate from you, ask it to reveal the next step of the path to Home. And you will have an idea, you will have a feeling. Maybe a hunch.

Is there some sort of like, I sort of feel like there is this wall for me being able to connect with my higher Self or been able to even distinguish its voice or I sort of feeling like I'm running around in circles. And I sort of feel like I'm coming out of that now, but I want, I'm expecting her to be like right here. And I want her to be right here.

You will never find her right here for she dwells within. The only barrier is the belief that the higher Self is somewhere removed and must be contacted. That is the only barrier. When you come to the place of saying to yourself, the inner Self, the being that you are, "Hi Self, be my companion in this day. Where shall we go? Who will we shower our Love upon? Or smile upon in this day?"

That one is not higher than you. That it is not separate from you. That one dwells within your being, your consciousness within your heart, yes. There is no barrier to it to her. And yes, as you have discerned, you have in this moment come past any barrier. You are will on your way already, but what you have just now allowed as revelation to you,

has removed all of the seeming barrier that there might have been. She is very much you.

You are not the lowly worm. You are the higher Self that you desire to be. It is not something that you have to strive for. You are already the higher Self. You are already in communion with the expanded image of who you are which is what you would term your higher Self. You are already in communion with that expanded image, and even more of that you will know in the days to come.

You do nothing by accident. Everything is in its own order, its own perfect order and you call it forth in its own perfect timing. Your timing may be different from what you see other's timing to be and that is as it should be. That is okay.

I want it to be that.

Indeed, it will be. That is what all of you are decreeing, that you are finished with the process of time. Of time that would seem to drag. That there would be a vision somewhere out there like a carrot in front of the horse and you cannot quite bite into it but you know it is there. You are now saying, "I want to taste of that carrot. I want to have the whole vision. Therefore, I will allow the belief in separation, the belief even in process known as time, to be released."

All of you so gathered in this evening and others of the brothers and sisters who are participating in this evening even though you see not the forms, all of you have agreed and decreed that time is no longer a necessity within your reality. You are the masters of your reality. You are coming Home in that acknowledgement. For what you desire will manifest. It cannot be otherwise.

So allow yourself to abide with your visions of wholeness. To honor them, to revere them because they are your creations, to abide with them in oneness for none of your creations is separate from you. It cannot be, and it is not an enemy. It is not a foe.

None of your creations come to test you, to make you learn a lesson. None come as punishment. They come because you have invited them to be upon your stage so that you can see them in wholeness. Not to just see part and to judge duality that there could be something that would be less than perfect. But they are on your stage because you have invited them to be there so that you can love them as the Love that you are in the oneness that brings you Home. That allows you to know ascension. That allows you to know you are one with every individuation of the energy of Love.

That yes, you will recognize those individuations yet, as the there is necessity and benefit in that. You will speak with them. Dialogue. You will feel loved by those individuations for indeed they know themselves to be Love and they know who you are. That is why they love you.

And you will return that Love because it feels good. Because it is addictive. Because it is very much as the chocolate, beloved Elder. When you abide in the space of Love, you are Home. You know yourself to be the master of your reality and you know that it is all a grand adventure. That truly you do not adventure alone. Even in what you would see as a new venture, you have much companionship. Ones that you draw to you as companions who express with the form and many who are with you as the Light that you are. You are never alone. No decision is ever taken alone. For indeed, as I travel

with all of my brothers and sisters in the Love of oneness, you also travel your journey in the oneness of the Love that you are. You have many helpers as you would call them, angels, as you are, who travel with you. Many who are your cheerleaders.

That is my purpose and my function in these evenings, it is to come and be your cheer leader. To bring forth joy of the cheer, yes, and to feel the dynamic quality of the cheer. Do you know that is why you have these cheerleaders, these beautiful forms that come and lead the cheers at your sporting events? It is to know and to bring forth your energy and to connect with it in that manner. So they lead you in connecting again with your energy, dynamic energy.

Would you know the mastery of your reality? It is as we have spoken this evening, it is to know that you are not separate from any element of your reality. You are its creator. You are one with it.

Even the freeway?

Especially the freeway. There is a certain dynamic manifestation of energy on the freeway is there not?

Yeah.

Why do you think you call forth your vehicles that have so much of the power of horses? It is to know your own energy, to feel the power of that energy and you sit as the master of that reality and you put the foot on what is known as the accelerator to bring forth your own energy in manifestation. The vehicle does not travel without you. The vehicle is there because you have called it forth within your consciousness. The energy of that vehicle exists only in your belief, in your consciousness.

So if I don't like driving on the freeways so much and being in a car so much of the time, which I am in my job, is that some sort of way of saying that I don't want to be in my power?

It means that there is an uncomfortableness with what you are manifesting in that form. Allow yourself to abide with the manifestation. Speak to the vehicle. Make it your friend, your companion and if it dialogues with you and says that it does not enjoy the freeways either and wants to take the back roads, then take the back roads. There is much of beauty to be seen in the back roads.

If there is still a necessity for a time and the schedule, the deadlines, then you may acquiesce that time element or you may say, "I am the maker of time and I will expand time to accommodate me."

I do that.

I know that you do.

Many times.

Many times. I see you on your freeways. I travel with you. I do.

Thank you.

At times I take the deep breath.

You do?

Just joking with you.

{Comments by the group}

Ah, beloved one. I have my means.

Traveling in pack, you know....

Indeed. I travel always with you in your vehicles. Often you speak to me. Often you call upon me. Sometimes you even allow me to drive.

{Laughter}

For a moment or so, when you go off somewhere else. For there are times when the focus of attention is somewhere beyond the vehicle and I as you, drive the car in that moment. There is no separation. And I as you, I have fun with your vehicles. Sometimes I suggest to you that you go off and think about something else so that I can drive for a moment. Again, just joking. Just joking.

Indeed, you are the master of your reality. You make your choices and they are good choices. Allow yourselves to be in joy this evening as you have just done with the laughter. Allow yourself to know the wholeness of joy, of laughter, of the energy of manifestation, as you embark upon a new venture. Allow yourself that joy for that is what brings to your conscious remembrance the mastery of any reality that you bring right in front of the nose.

Every reality that you manifest is your friend. It cannot be otherwise. It comes as your servant because you have asked it to be the catalyst for remembrance. That is what everything is about; to remember the totality of the energy of Love, and to have fun with it.

I will see you in your dreams. I will see you on the freeway. I will see you in your campground, and I will see you in the heart.

So be it.