

## Jeshua & Mother Mary at Unity Church, Maui

1997-02-11

{Following Geoffrey Sigworth's breathing exercises}

.... allow the new form to come forth, born of the woman. There is the breath but not always is it consciously taken and appreciated. Know you one of the most beautiful things that you can do together is to breathe together, to conspire. That is what you have been doing, you have been conspiring as you have been aspiring to ascend. And as your beloved brother has suggested to you, if you will remember to do this upon arising in the morning and before you lay the head upon the pillow, it will give you a sense of centeredness, of power and of peace.

For I have seen all of you as you will go about your day of activity. You come unto the place of laying the head upon the pillow and there are a million and one thoughts racing through the mind of everything that has happened in that day and everything that you anticipate to be happening in the next day.

Know you that the holy Child, the Christ does not have to prepare for the next day? Sufficient unto the moment is the activity thereof, and you have the guidance always with you to deal with whatever you call forth in every moment.

So allow yourselves the moment of peace this evening before you lay the head upon the pillow, to breathe. Consciously to breathe. It need not be even with technique, although technique allows you the awareness of being focused. But if you breathe not closing one nostril and the other, just to breathe deeply, to inspire yourself. It is a grand gift that you give to the Christ and I will assure you that I will meet you in that place.

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 consciously and otherwise to call me forth. Great joy.

The radiance is growing. The radiance of all of you has been increasing since you first set the foot upon this beautiful island. For when you arrived here there was the physical baggage that you carried with you, but more than that, there was the baggage of old feelings, concerns, responsibilities and know you that in the days since, you have released much of that old baggage.

Yes. And the radiance now is more and more visible. You can behold this with the brothers and sisters as you have taken moment to look into the eyes, to look around the form, to play with the idea that perhaps I can see the energy of light that activates that form and indeed you can. And you have felt even more than seeing with the physical eyes, you have felt the radiance of the other ones. For you are coming into a light-heartedness that is your true nature.

Yes, there are still the concerns and you know that there will be responsibilities and activities waiting for you when you return home, but for the meantime you have chosen to come apart into a place of joy, of fellowship, of lightheartedness and of play.

You have been taught that to play is frivolous. It is a waste of time. Much better you should worry and plan and achieve. You should strive for something better. And if you are to spend sometime playing, well you had better balance it out with a period of work. True, so that you will deserve the free time to play.

What you are gifting yourselves in these days is a remembrance that you can take, now you must take the lightheartedness of the child into the work, into the responsibilities, into the activities that you will be doing. This week is a week of the heart reconnecting once again with the simplicity of the heart, with the peace, with the desirability of knowing peace and of happiness. A week of growing clarity about whatever issues you have brought with you that you wanted to have clarity about.

For all of you have come with certain issues uppermost in your mind that you have desired answers to, and this week you are gifting yourself the clarity and the allowance to go as the holy Child in love. By the ending, completion we will call it, of this week, for indeed it will not end. It will very much go with you as you return to your home. But with the completion of the time thus described here with each other, you will have clarity about issues that you have desired to know. You will have clarity about what it means to be Christ for you are shedding old images, old ideas of who and what the Christ is.

Now all of you have gifted yourselves allowance to come to this week, and in that gifting of allowance you have also released old programming, old belief, old teachings that no longer serve you well as to who and what the Christ is. You have been releasing the limited image that would say that there is but one Christ known as Jesus, Jeshua ben Joseph. And more than that, what you are gifting to yourself in this week is an experience of the Christ that goes beyond any concepts, beyond any words and beyond all of the philosophical teachings that have been given to you and that you have given to others.

If you will receive it, you have brought forth the Christ in these days. You have touched that place where you have recognized for a moment and sometimes longer, what it feels like to be at peace. Now perhaps in the next moment it has slipped away, and perhaps it has not.

Remembering what it is to be Christ is not complicated. Complexity comes from the mind and from the ego that will structure and restructure, label, judge and do all kinds of mental gymnastics. But the Christ is who you are, the simplicity of the love that is able to smile, to feel the bubbles of joy in the heart. And I have watched you in the days that you have been here. I have seen you bring up for yourself opportunity to respond in old fashion and I have seen you choose for the way of the Christ. I have seen you choose to know holiness and to find it in another one. To rediscover what love means. To rediscover the joy of being together. Simplicity itself.

You have all desired to know family. You have all desired to know Home. You have all felt at one time or another, outcast and far from home. And you have cried out in the very depth of your soul, "I want to go home. I am homesick. I desire to know the love that I have been seeking for and perhaps the parents have not given it to me. The brothers and sisters, the mate, the relationships." Perhaps that has not been visible to you. And underlying it all you have desired to know home, acceptance where you are good enough no matter what you do or think for you are the holy Child at play, adventuring yes. And it is simplicity itself to allow the Christ to come forth.

You do not need in truth, to go back and examine old issues, old sorrows, old constrictions. You can allow the dead to be buried, finished, completed. This moment you begin anew. Every moment is new. And the past only comes into the present as you will bring it as a heavy burden with you. You are free to leave it behind.

There is a teaching that says in order to be healed I must go back and look at all of the limitations, all of the guilt, the sin, the shortcomings, all of the issues where I have not been quite good enough or I have perceived someone else has not been quite good enough and I must go back and relive all of that in order to clear it.

Well beloved ones, if you are to do that I will assure you that you will spend countless lifetimes going back and reliving what you have already lived. Now it is a free choice. You can do that if you want to, and there are some of the brothers and sisters, many, many in fact, who will feel that is the only road to salvation, the only road to clear what baggage they feel they are carrying and that they will only deserve to know peace of the Christ when they have worked through all of the issues. Well for them, that is their avenue that will bring them home. It will bring them to the place of atonement.

But I say unto you, it is not necessary for you have already suffered enough. You have already felt the weight of the world enough. You have already known depression, self-judgment, judgment of others enough. Therefore, choose you this day whom you will serve, the past or the ever ongoing present of the Christ?

Free choice and you will not be judged by the Father or by me if you decide that you need to sit a bit longer and examine where you have fallen by the wayside. For I will be with you at the wayside as well. But one of the reasons you have gifted to yourself this week in this beautiful island is to allow yourself to see and to feel and to experience the place of the Christ. To feel the present, the gift yes, and the present as is now, of joy, lightheartedness which leads to all that you desire to manifest, and you are well on your way to realizing that that which you would seek is already yours. That which you would bring forth into manifest form is already yours, and beautiful it is.

So you have already, if you will receive it, accomplished what you have defined as Level One of these intensives. You have made commitment to discipleship to the Christ. In other words, to look for the Christ, to serve the Christ in your awareness. In other words, looking for, experiencing, rejoicing, the ah-ha, there sits the Christ. Well I never saw you that way. How beautiful you are as the Christ. And the Christ comes fully present.

Now when we spoke that Level One of these intensives was to be the commitment to discipleship, it was interpreted by many that there would have to be several rounds of endeavor before you perhaps would come even close to understanding what you were trying to strive for. In other words, there would have to be many evenings, much talking, much ritual and a good bit of practice.

Know you that while you were busy playing the Christ has slipped in as you. It was not difficult was it? It is as easy, in fact easier than falling off the log. What you have described now as Level Two of these intensives is to come to an awareness of your creations. An awareness, an appreciation of the creative power of the Christ. You have been beholding that in this week for you are surrounded by beautiful impressive creations upon this island.

Those of you who have traveled to the lava flows and have seen the magnitude and have been in awe of what you have created, if you have not laid the eyes upon the lava flow that is below where you are staying now, be sure to do that before you leave this beautiful island.

Those of you who have been up in the valley surrounded by the most powerful immense mountains, the rocks and have felt the vibration of the rocks as they would speak to you, you have been in awe and wonderment as to how this could come forth? And you have paused for a moment and played with the idea that perhaps Jeshua knew a little bit of what he was speaking when he said that the holy Child is creative and that you are the one who is calling it forth.

For I will share with you beloved ones, that the mountains, the hills, rocks would not be without you, without your consciousness to acknowledge what you see. If you will receive it, as we spoke in last evening about time and dimensions of time and realities -- with a small "r" -- there are dimensions experiencing in that space that do not behold what you see in physical form. In other words, it looks different.

Now this will be best explained as a concept here of time. If you would imagine several thousand years hence, the rocks themselves will be a bit worn down through the erosion of the wind and the rain and the elements of nature. So that when you come back to look upon your handiwork it will look different. As you will in your imagination now, think upon that beautiful valley with the very tall mountains all around, and think of it as it would be several thousand years ago as you see linear history to be, very very different. Under the water. Not at all what you see now.

And if you go back in what you see as more of linear history, then you see a great, great land mass rising out of the water. The form of the firmament you have changed from time to time. You bring forth beautiful trees. Little tiny birds that will come and sit upon your table asking for the crumbs of your lunch. The small winged creatures with iridescent wings, with great design, fancy design of wings that fly by and sometimes you don't even look at them. You just go, "Umm." Just brush them away. Other times they will come and they will alight on the arm and you can study the beauty of what you have co-created.

Now co-created implies that there would be more than one. It is a term that I hear you using in this time and it allows you to understand relationship. But in truth, there is but one holy Child of which you see yourself to be an aspect, a part, an individuality of the whole.

So everything such as the small winged creature that will come and alight on your arm, the small bird that will come and eat out of the hand, the large bird that you see in your heavens and will swoop down, all will speak with you in a message of oneness if you ask, if you will converse with them. It is the same as we spoke in the other evening with the small ones that are now coming forth to activate form, the small infants. And as you will pause to look deep into their eyes and to speak with them mentally. You can do it with the tones, yes, but mentally. They will respond. They feel your vibration of love. They feel your acknowledgement of who they are and it is the same with the creatures that you bring forth, the winged ones, the ones on the four feet and even the ones on the two feet.

And if you pause and you breathe as you have done in this evening and you come again to that place of the remembrance of the Christ and you look deep into the beautiful eyes that that one is manifesting, you will behold the Christ for the Christ has brought forth that form and beautiful it is. Look at the beauty of this one. All of you. You bring forth such beautiful form to enjoy. You have brought forth the waters that surround this beautiful island. Immense, as you calculate distance, immense areas of water. Powerful water that in your belief system could easily crush the fragile form of human, could allow the breath to be extinguished, but you are coming now to the place of understanding you are the one who brought forth, brings forth the water. The water does not exist outside of you and there is a memory deep within many of you of being swimming in the water and breathing in the water.

Seems to be a miracle does it not? And yet it is just, just a bit beyond the reality that you accept as now. Just beyond that and you say, "Well, I can imagine that. I don't think I could do it without the snorkeling tube or whatever, but I can imagine."

Those of you who have gone beneath the waters in this week and have communed with the beautiful beings, the radiance of the beautiful beings that swim in the waters. You have beheld your handiwork. It is abundant all around you. Those of you who have looked to your heavens as often you have done, and have seen the handiwork of the holy Child in radiance in the heavens again you behold the creative power which is you.

The form that you activate, the body that is a wonder of creation that you bring forth to serve you well. You are not separate from your creation known as the body. You activate it. It speaks with you. It tells you all the time what you are doing with it and it serves you even when you have the focus of attention on other matters. In other words, the certain activities of the body known as the heart, the blood flow, digestion, the other organs of the body, the very powerful glands that you call them that are power centers, they work without your having to direct them on a conscious level and yet you are not separate from what is happening. You can easily go within, take stock, evaluate what is happening in any part of the body. Turn a dial or so, increase it, de-

crease it, whatever needs to be to speak to the Christ of every cell of the body, every part of the body. For the body has and is intelligence. It cannot be otherwise because you are the one that is imbuing it with the intelligence.

Appreciate the body. It is one of your greatest works and each time you decide to activate, otherwise known as an incarnation, you choose different form, different coloring, different way to move about, infinite variety. As we have spoken in the last evening it seems to be infinite and yet it is finite. But it seems to be infinite because there are so many, many ways of bringing forth form. You have all known expression as the great tree. You have all known how it feels to be the beautiful palm tree. How it feels to be the redwood tree. How it feels to be the willow. How it feels to be the mighty oak that grows for many, many years and will protect under its branches anyone who seeks sanctuary.

You have known flight as the greatest eagle and even larger than what you seen now in this time frame. You have activated form known as the dinosaur. You enjoyed that time. And you tried out different form.

Know you that is why the attention has been recently focused on the form of dinosaurs? It is to reconnect with what you would see as a part of you in history where you are not separate from your creations. As you will allow peace in the body the body will restore itself to harmony. It knows well how to be in balance, how to be in harmony.

You have discerned that when you are going through challenge known as stress, known as issues that are unresolved and not happy, that the body often will manifest certain symptoms and will call out for nurturing. It is the call of the holy Child wanting to be nurtured, to be loved, to be acknowledge and so sometimes, after awhile, I have watched you, many of you, you have said, "I am strong. I will keep on doing whatever I am doing and I will get through this temporary setback, but I won't let anybody know. I will just keep on keeping on," until finally the body says, "Hey, let us have a moment, a day perhaps even a week of peace." And you develop what is known as the fever, great pains in the body, the head that is very very stuffy and you can't breathe or whatever the symptoms may be. And the body aches and hurts and cries out to be tended and finally you take yourself apart to the bed and you nurture self because then you deserve, you have suffered enough and you deserve to nurture yourself.

{Laughter}

It is part of that earning. Well, I've had a lot of things going on that happened in my life recently, a lot of stress, a lot of challenges. You should know what happened to me. And then the body, the body failed me and I got this terrible flu, I think they call it. And the flew by and took me with it. Therefore, I won't be in to work today. And you allow yourself peace, rest, to nurture. The holy Child that in the beginning was calling out because the issues were denying love, the awareness of love to you.

Now you have heard it said that to serve the body there are certain elements that are better for the body than others. You have heard it said that the fresh food that is picked and served and eaten as soon as it is harvested is most beneficial for the

body and that the purest of waters often times blessed by the crystals will bring forth the greatest healing and harmony of the body.

You have heard it said that there are certain substances, herbs of the field, vitamins, minerals that will restore balance to the body. Now I ask you, is this true?

**If you believe that it is true.**

It is true. But it is also true for others who have a slight differing of belief that they can eat of the red meat and drink of the caffeine and do all kinds of what you would judge to be harmful ways of treating the body and if it is within their belief system that they will keep the body going in a healthy fashion until they reach the age of ninety and nine, or even past one hundred. You have recently had one who would smoke the weed everyday, told the jokes. That is what kept him going. And it was within his belief system that he was not harming the body and therefore he activated the body according to his plan for a length of time. And if you will receive it, you will do the same.

I know that what I say in this evening flies in the face of other teachings. But I would say to you, follow the guidance of your body. If you prefer as I did, the fruits of the field freshly harvested and the purity of the flowing water, and did not want to ask of the other living creatures that they release the body so that I could ingest their body. In other words, I did not eat meat. That is well and good for you. Follow the guidance but do not be in judgment of others who may want their steak rare. Yes. For many of you have known great power as warriors who believed that your ongoing power came from the ingestion of the power of other living forms. In other words, the hunt and what was released for it was not, the life of that one was not taken but the form was released by consent. And there was the belief that you could become more powerful by ingesting the power that activated that form.

Now your understanding now that you are the power that activates your own form and you don't have to get it from somewhere else. But do not be in judgment of the other brothers and sisters who perhaps do not frequent the health food stores and will eat of the chocolate and the macadamia nuts.

For indeed as you will be in judgment, where does that hold you? In a place of constriction that does not serve your body well. Allow each one their own path until and unless they look at you and they say there is something radiant about you. What is your secret? And you say, "Well, I don't know but it's this that and the other thing that I do and I feel really healthy and vitalized and you might try this." Now, it is the same as with healing. You will offer to other ones suggestions and they may try them and it may work for them. You have seen this yourself. You offer the same suggestions with great enthusiasm to other ones and they try it and they don't feel a thing. And you wonder, "Well, what's wrong with them? It's perfectly powerful energizing substance." It has to do with their path and their belief.

So you will share with other ones what works for you. You will offer to them the health food, the vitamins, the herbs, all of what you have found to be vitalizing for you and then you will allow. What is most important is the contagion of joy. That is what

brings forth wholeness of the body and the peace that allows the body to know its own balance and its own functioning.

Appreciate the body. Worship the body. Not as it would be separate from you, but worship Self -- with a capital "S" -- in the creation that you have brought forth. Beautiful as it is, it is beautiful. You see all different sizes. I have watched you. Ones who will be abundant in form want to be slim as a branch of the tree, a small sapling tree. Other ones that are the size of the sapling want more abundance, especially in certain places.

{Laughter}

You are forever striving for something else and yet, what you bring forth in every moment is beautiful and radiant and is asking of you, your love and appreciation.

I would suggest unto you that this evening or on the morrow when you look into your looking glass, pick out one aspect of the physical form to appreciate about yourself. Not in judgment of the world that says, "Well you must grow a certain mustache and trim it a certain way. Heaven forbid that a small whisker should go up instead of down, whatever. Allow yourself the appreciation of what you create and twinkle the eyes at the reflection in the mirror. Have a good laugh. Not at yourself but with yourself. Look at the pearls that you have put in your mouth. The radiance that is there. Look at the form that serves you so well and do not judge it.

If you have abundance, say, "Well, I must have an abundant consciousness. This is great. Now I will see it in other aspects of my life for if I can create abundance in this way, I can create it in other ways." Very true.

If you have the slim form, appreciate the efficiency of the slim form for it serves you well. Do not always be trying to change the form. You spend a lot of energy, you spend a lot of energy trying to modify it. Appreciate it. That is what it is asking of you.

Everything that you behold you bring forth. Everything that you see is your creation. As we have said, that is one of the gifts of this week so that you will behold what is seemingly new to you and be able to see it anew. For perhaps the certain variety of plants and trees, even animals are not usually around your dwelling place and so you come apart to see something new in order to look with the eyes of Christ, anew.

You create in the outer in what is known as physical and you also create what is non-tangible. You create your relationships. Sometimes they get a bit tangible in that you can feel the energy. Sometimes you even get tangible as you reach out and touch someone in appreciation or in frustration. Most of you in this room in appreciation. You create everything that you experience. Not only what you see as physical, but you create everything you behold in the experience of life. And you may call it good although you don't sometimes.

As you will be driving your physical vehicle known as the automobile, and you behold other ones driving their physical vehicle known as the automobile and there is one who gets in in front of you all of a sudden and you have to adjust because that one

has done that. You have opportunity, grand grand opportunity to remember the Christ and I do not mean to yell at them, "Christ, how could you do that?"

{Loud laughter}

I have heard you.

**Especially with Jan.**

I have been with this one, yes. This one has most descriptive phrases.

{Laughter continues}

**A legend in the neighborhood.**

And beyond.

It gives you great opportunity to behold the Christ and to choose for that moment of peace, to breathe, please breathe, in that moment of choice. Which is where you find yourself now. You have been choosing more and more often to be in the place of the Christ and to breathe and to allow even with a very quick response on the foot pedal, known as the brake. Yes. But if it is your desire to know great energy and to call out to that one who he truly is, that is okay too. You are acknowledging the Christ at work.

Allow yourselves the appreciation and the awareness that it takes for the appreciation. The appreciation of all of your creations. Spend some time in conscious awareness of what you have brought forth in physical form even as to chair that holds the weight of the body. Look at what you have brought forth. It supports you well. It is comfortable, has certain colors, texture. Look at the carpet. What you call the vertical draperies. The wall. The painting of the wall. The beautiful designs that you surround yourself with.

Look you at the painting. Do you see the light in it? Yes, most visible. You may focus just on the light of it. Bring that forth into the front of your awareness, just the light of it. Now allow yourself to focus on the darker parts. To see form in the darker parts. Can you see? Allow yourself exquisite awareness for you are the holy Child who has brought all of creation into being for your enjoyment for you to be in joy with what you have created. That is diametrically opposed to what the world will teach you. The world will teach you that what you have brought forth is lacking, is limited, not quite good enough. Sometimes definitely negative. The world will say that you have brought forth guilt because somehow you are not worthy enough to bring forth perfection.

And yet, even when you bring forth what will be judged as imperfection you bring it forth from the place of perfection, from the place of holy creative power. And in truth, what you have brought forth is perfect, but the judgment born from the soil of separation that there could be other than holiness, the judgment sees it to be lacking somewhere, somehow could be a bit more perfect.

And all of you have come through experience this lifetime and others, where you have been exhorted to be better. You have felt this from the parents, when you were a

small one. They have pointed out to you every time when and where you could be better. Your teachers that you have called forth in your schooling have seen it as their responsibility to point out to you how you could be a bit better, how you could learn something a bit better. And so you have come through this lifetime and many others with either a subtle feeling or a most distinct feeling of not being quite good enough, always striving to be a little bit better, to come again to that place of perfection that is somehow elusive.

Now the desire to know perfection comes from the Truth -- with a capital "T" -- of your being, for you are perfect and holy and love and the desire to express perfection comes from the Truth of your being. But the judgment of how you seemingly are failing comes from the place of separation and the place of ego and the place of habitual experience that has reinforced over and over and over that you must strive to come up higher, to do better. And yet you have experienced in this week how easy it is to be Christ. How easy it is to look at another one and smile. That is the Christ.

And how do you allow others to know this? By being it yourself. And in time others will grasp the peace and the love of the Christ that they are.

In this evening when you lay the head upon the pillow, remember to breathe. Remember to call forth the Christ. Remember to look at the bed partner and to see the Christ of that one or the room partner. Or the dwelling place partner, whatever. We will not get into all of the arbitrary judgments of society, but to remember the Christ and to call forth the peace of the Christ that allows all of your creations to be seen for what they are. To be seen in holiness as serving the holy Child in the atonement for that is truly why you bring forth all of creation. And that is what all of creation does, is to bring you back to the atonement in great joy, hopefully.

For indeed you cannot come unto the place of atonement without knowing joy. Sometimes you have stood right on the threshold of knowing the Christ and of knowing atonement and because there has yet been belief that there is something that has to be accomplished, yet completed. You have not quite crossed the threshold into the joy.

But in this week, you have already put the foot up and over that threshold and as we have said, yes, you have stepped over the threshold and then you have stepped back and then you have stepped over and then you have stepped back. But praise be to the holy Child at least you have stepped over.

Praise be. Yes. And now there is one who would speak with you who knows the joy of creation. One who always travels with me. One who has been waiting patiently to speak with you and to give you her blessing.

### **Mother Mary:**

Blessed ones, gentle ones, Children of the most High, I am the one known as Mary, Mother of the Christ yes, as you are Mother of the Christ, as you have been allowing yourselves to birth the Christ in this day and time. To bring forth the new life as holy Child that you are, beautiful wonderful holy Child. To go with the gentleness and to

know oneness with all of your creations. To appreciate what you birth, the small ones who grow up and give you challenge, as Jeshua gave me. To appreciate their growing, to behold the Christ of the small ones as they mirror back to you who you are. Jeshua did this for me.

For he was a challenge yes. Precocious he was called. He knew how to play. He knew how to challenge the priests and the rabbis. He knew how to challenge his teachers, to ask, "Why? Why do you go about life that way? Why would you judge?"

**A question I have myself.**

You have, many, many times.

"Why do you judge by outer appearance?" This was one of his questions that he often would ask. "Can you not see with the eyes of the heart? The love, the gentleness of the Child of God?" You have a new one in your family. {To Ruby}

**Yes.**

A new special one bringing great love and some challenge. Yes. This one has come by invitation even though by surprise. But on a level of the Christ this one has come by invitation to stir things up and to also spread a healing balm of the spontaneity of the small one that will be seen in the days to come. Much of love. This one is not asleep.

**No. ...**

Great love.

Beloved son, it is good to see you.

**It is good to be seen dear heart.**

A good descriptive phrase, dear heart. Beloved heart. Beautiful radiant one, sincere of heart, desires only to serve the truth of her being and to come into a clarity that allows her to know how radiant and beautiful and strong she is. Thank you for what you do to allow others to come and recognize the Christ of their being, to celebrate in fellowship together the awakening of the Christ.

You have felt in your heart an opening, a compulsion to do this, yes. And others have come to you with the same motivating compulsion knowing that it is time to awaken again unto the joy of living. To birth new life. Now you have done that through the physical form, yes, that is part of the treasure, the wealth of human life. Part of the challenge for I knew this with my children. They were not all of the same nature. Each one very different. You have seen this, all of you with the small ones, each one. You would think as they come in as a small one they would be identical even from the first breath. They are different from each other.

Some will be quiet. Others most boisterous, demanding. Other timid. Others questioning. What you do with the ones who are coming together is most important in that it is allowing a validation of what each one seemingly separate has felt. A validation of the Christ being born upon this plane.

What you do does not have to follow great ritual that is set down by anyone. What you do comes from the heart. Remember that always and if there is certain guidance that is seen in the world's terms, not to be so religious perhaps, but just to be together in great love. That serves the awakening even more than what you would see as structured ritual. The group that you are calling to yourself and they are calling you to them for it works both ways. It is very much a two way, in concert activity. The group is evolving as a being, beyond just is what the individual members. There will be revelation, inspiration, certain guidance that comes and you will see this moving a bit, changing a bit. That is okay. You want, you want to have a feel of different ways of knowing who you are and this cannot come from just from reading. You know that well. You can read about something but what happens in here is what really motivates and changes what you do.

You can have all of the right ideas up here and you can have the certain will that you want to carry out what you know in the mind, but what comes from here is what you live. Yes. Remember the love. Remember the joy that is what is truly important. And remember whenever there would be cause for certain entertainment of fear perhaps, to sit with it and then to ask, "Is this the Truth of my Father?" And you will have your answer. Thank you.

You also serve. You have been doing a grand service to this one. You have done it by being yourself and going through your own completion and you own issues and in doing that you have served this one well and you will continue to serve each other because you have agreed that now matter how the surface looks to be, underneath there is a deep abiding love born not of this lifetime, but before lifetimes. You are great companions one to another. You are great teachers one to another. You are great rivals one to another. You have known this in other lifetimes many times, where you would be the certain barristers, I guess it is called, and you would argue one side and you would argue the other side and you would enjoy the drama of it.

And yet there is a very deep abiding love that will never cease to be no matter how you structure and see the days of the future to be. The love that you found with each other will always be there. You are great adventurers, both of you. You approach the same desire from different vantage points and in that you compliment each other. Although sometimes it is hard to see it. But in truth, you compliment each other and what you do as a whole, as a team is more than what you would see as the individual.

You have felt that what this one was doing was separate from your path. But in truth, you re the one who has enable this one to find her heart's path. You are the one who has supported. You are the one who has challenged. You are the one who has pushed buttons and you are the one who has asked for love that this one knows how to give and you are the one who has a wealth of love to give.

I thank you for coming. It took great courage, it took great pushing. This is a grand gift that you give to this one and to all of the brothers and sisters for they are not new to you even though you may not have laid the eyes upon them. You have found ones that you have felt, "Well I can talk with this one." None of the ones in this room are new to you in truth. You have played with them. You have argued with them. You

have studied with them. You have taught them many, many times you have been their teacher. You have been the one standing up here teaching. What you desire now is to come to that place of love where you love yourself as I love you for I have known you as I know you now and I honor you for what you are doing. For it has not been easy. But I will say that it gets easier.

Wonderful children of the Father, all of you. Blessed children of the Father. Blessed angel. I have heard you speaking and you are a beloved sister. My son perhaps does not use that terminology, but I will. I will call you an angel because you are. You have known many experiences as angel and you come now with great courage into this place that is a bit harsh, to bring gentleness and love in a way that the brothers and sisters can hear.

Beloved sister, many times we have looked into the eyes this way. Many times the heart has been open. Many times the love has been acknowledged and experienced between us and as us.

Beloved son, I thank you for the courage that you have brought to this life experience. For speaking the truth that you know has not always been easy. You have manifested for yourself lifetimes of great pain, lifetimes where it was better to be seen and not heard and preferably not even seen. Lifetimes that you would spend in solitariness of the cave communing with the Source and did not want to have the interchange with others because it was too harsh.

Now you have found love. You have found gentleness. You have found one who prods a bit, one who loves you dearly as you love her.

Beautiful one, thank you for the service that you do for the Christ, for the inspiration that you see all around you and you point out to others. It is a great service. For many of the brothers and sisters go through the life experience and do not see the beauty, do not see connection. They manifest it for themselves all the time, but they do not see it until you point it out because you experience it yourself and you say, "This is what happened with me and my mate. The one that I love so much. We are as one because we see things and we bring home to each other the inspiration and revelation." And others say, "Well if you can do that maybe I can find that in a relationship." And it is inspiring for them. It reminds them that there is hope for love as you have known. You have known great love and that love is not apart from you. The body yes, was released, put away, but the love still very much with you.

Companion, one who has been and is with you and desires to see you in what you are doing, see you completed and guides you from a vantage point perhaps that is a bit expanded.

Blessed ones, gentle ones, take that to heart. For in truth you are blessed beyond measure. You are gentle beyond anything that the world would know or understand. You have the courage to bring that gentleness into experience once again, even though sometimes it seems that the pearls of gentleness get trampled by others in their haste to find who knows what. I thank you for bringing that gentleness into manifest experience again. It takes great courage to be gentle. It takes great courage to smile in the

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face of all kinds of questions. It takes great courage to live from the heart. That is what the word "courage" means, to come from the heart.

Blessed ones, gentle ones, even the great warrior, child of the most High, I bid you love and peace in this evening.

So be it.