

## Albuquerque, NM

1997-10-20

Beloved and holy and only Child of our Heavenly Father, Child of the one Source, Child of light divine. That is who you are. 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 once again to call me forth. It is a great joy to see you, to behold you in this manner.

Not the physical body of you. That is not what I am referring to, but to behold the heart of you, the heart of you that is pure and true and eternal. For it does not matter what the appearances are, although I do admire the mustache. It does not matter what the appearances are. What matters is in the heart and each and everyone of you is pure of heart. Each and everyone of you has come to complete and to know the heart of you and to come Home. That is what this lifetime is all about.

You will have challenges. You will have all the questions that you wrestle with and then finally, when you are tired of wrestling, pause for half a second and you take a deep breath and what comes in on that deep breath? Is the peace of the Father. The love of the Father that says, "This is the one in whom I am well pleased." And you do not have to worry about what the world would say.

For the world will come and go. The world will give you the challenges. The world will give you judgments and the world will always find you lacking. There will always be something more that you should do in order to make yourself more perfect, more worthy, more holy.

And yet you are holy already created of the Father from before time began. And nothing you have ever done, nothing you have ever said, nothing you have ever thought has made you less than holy.

You have played with all kinds of judgment. You know the feeling of judgment. You know where it abides even in the body, the judgment. And you carry the constriction, you carry the aches and pains, you carry the tension throughout the body and you would release the aches and pain and the constriction of the body. Constriction sometimes that you carry in the back of the neck. Constriction that you carry right here in the solar plexus. The constriction you carry across the back. Sometimes in the lower back, throughout the body everywhere, even in the joints and you say, "Why am I stiff in the body?" Well get you up and move a bit. Be flexible. Allow the juices of the body to flow. You will feel more of the flexibility of the body.

If you go through all of the life with all of the judgments and the constrictions holding yourself like this, nobody is going to speak to you and its going to say, "Let me down. Let me move. Let me be flexible." One of the beautiful things that you bring about in your world that is healing is the dancing. You get together and you move in rhythm, not necessarily always together in the same rhythm. I have watched.

But you move. You allow yourself to be flexible. To feel a balance, to feel a rhythm. To feel free and to flow with it. And it is great for the body for you get out of that place of the business suit. You come alive again. You do not have to go into one of your dwelling places where there is the gathering for the dancing. You can do this in your own dwelling place. Do it in the morning when you first wake up. Feel how good it feels just to move about the body. Shake it out, you know. Get it going.

If you feel yourself getting a bit stiff in the chair get up and wiggle a bit. Get it moving. And breathe. Take in the inspiration, which is you. Breathe deeply. Again that allows the light to circulate throughout all of the body. It allows the healing, what you want healed. It allows the blockage where you have held certain old memories in the body. It allows those blockages to be released and you will feel yourself more alive, more joyous, more ready to deal with whatever you have constructed for that day.

You have certain order, techniques, that is not the word I want, of movement. It allows you, it teaches that if you will be standing very rigid. Okay, feet together. Like very rigid about something and if there is a force that comes towards you, easily you are knocked over by it. But if you will allow yourself the feet a bit apart and you moving to feel a centeredness, right here. To know that that is your center place. And to move with it.

Now I'm not meaning that you have to get up and do a dance. But to know yourself to be flexible. You will move with whatever force comes towards you and I am speaking here of physical force and emotional force and it will not blow you over. You will be able to move with a flexibility. You will move with the body. The body will feel at ease and you will move with the emotional body much easier.

Another's judgment, another's statement will not get to you to the place where you will feel devastated. But you will know you have a flexibility. You will know where your center is and no one will knock you off the balance.

Now I would speak with you this evening about your journey. And I speak here about physical journey for some of you have come to this location making trek, covering what you see as miles in your journey even if it would be some time ago. You have made trek to this place. All of you.

But more than that I would speak to you of your journey, the inner journey that you are making and the journey that brings you to that place of great joy, that place called Home. That is what you desire to know. There is a homesickness within, a calling out that says, "I want to know Home. I want to know love. I want to know my own value. I want to know that I am loved by my Creator that has given me life. I want to know I am okay." And you are.

{To a pregnant woman in class}

You would not be in the place of giving birth, of bringing forth the opportunity for new life had you no value yourself. You would be a no thing. But you are valued, greatly valued. That is why you have been gifted this experience and it is a great gift you give to others and to yourself. Much of treasure. Much of new life, not only in the physical, but new life for you. It is great.

And all of you as you sit here even if you do not feel the roundness of the stomach, you are birthing for yourself, the holy Child of you and the awareness of who you are and from whence you have come, and where you are going, your journey.

In a time before time long ago, the holy Child thought to create. As you do in this day and time you ask, "What can I create? How can I bring something together that will make something new and create something that has not been already?" You are most creative, as is this one.

You are all most creative. Not almost as a l m o s t, but all most. Beloved Elder, okay, for the transcription.

And in a time before time, in an instant that was not even measured, you thought to create. Being the Child of the one Creator you are most creative. And so you asked, "What can I create?" And you began a journey. A journey that you now recognize in this point of focus as having many dimensions, many levels, many realms. And in that journey you have had many experiences, many dreams. Some of the dreams have been pleasant ones. Many of those dreams have been pleasant ones and some of them have been as the nightmares full of violence. The kind that you would wake up from. Wanting to awaken because there was too much terror.

In this lifetime you are now reviewing. You are bringing into conscious awareness to deal with old remembrances of lifetimes, old experiences. The lifetimes that have been as pleasant dreams, they do not carry as much energy with them. Not as much intensity with them so they do not seem to be in the forefront of the memory.

The other lifetimes have baggage with them, have more intensity and they are the ones that seem to come up to be healed, to bring up issues. But the pleasant dreams, the pleasant lifetimes they are there as well to be remembered if you desire.

They, if you will receive it, are what gives you strength, faith, hope to continue on. They are as the food that you would eat, the food that you ate yesterday that has given you the energy to continue into this day and the pleasant lifetimes, the lifetimes of love and simplicity, they are the lifetimes that have given you the strength to be in this lifetime. To look at all that which does not seem to be holy and to heal it.

It is a grand journey that the holy Child has been upon. It has been much that you have experienced from the height of the mountain where you have felt great exhilaration, great revelation, great inspiration and great love to the valley and even deeper than the valley. The valley of despair. The valley that said, "I want out of here." And you have all known the dark night of the soul. That place where you have felt so alone and have cried out, "Is anyone out there for me?"

And your prayer, your cry has been answered. For one has come to be with you out of great love knowing that you have love as well to give. And all of you, you have cried out in despair and your prayer, your plea has been answered.

Often times in ways that you would not expect, often times with a twist and a turning of the journey and you have found in the hindsight that there has been a divine process at work. It has been long at work. There has been guidance at work. For

never are you alone. For I said to you, you have it recorded in your holy scriptures, that if I leave you I will send you a comforter. And that comforter is with you always. And when you cry out and you want the love and you want to know comfort, that comforter is there for you. You may trust it.

For in truth, it is your own Self, the holy Self of you. Not the world self of you but the holy Self of you that answers. The Self of you that knows the infinite wisdom. That knows that every question if it be a question, has to have an answer. And the holy Self will give you the wisdom and the courage and the love to face any challenge.

Many times you will set for yourself great challenges in order to know your own strength, your own internal strength of being, your own strength of faith, your own strength of infinite wisdom, your own resources from within. And whenever you are faced with what seems to be a most intense challenge know that is when there will be a responding, equal responding force of love and courage and of wisdom that will rise up to meet that intense challenge.

It is a law even known in your physical world. And it works with the emotional and it works with what you call spiritual as well. So in times when you are facing the most horrendous intense challenges know that you have brought that forth in order to also know your great strength. For nothing comes to you that you cannot handle.

Whatever comes to you, you have the strength to handle it. You have the wisdom to handle it. You have the courage to handle it. Otherwise it would not come. Everything that comes to you, comes by invitation. By your own invitation. It is not foisted upon you as punishment by a God outside of you, by a judge somewhere, a cosmic judge. But it comes by your own invitation because you have said at a depth of your own being, "I am ready to know this challenge and to meet it."

Now the small human ego, the small self will say, "Oh, I don't know the answer to that. I don't know where to go. Where to turn." And yet you do as you will look back upon experiences in your lifetime you have known and you have brought yourself to this place in this time right now because you have the wisdom, the strength and the love of Self -- true Self -- to bring you here.

So when you have the challenges that seem to be most intense, in truth you may rejoice because it shows a progress report. It shows what you are truly able to handle. That is not what the world will say and that is not what the small ego will say. The ego will say, "Let me out of here. I don't know how to handle all of this." But that is the small self.

But you in your journey to remember how loved you are, you have set for yourself many, many challenges. Creative one that you are and you will come, you always have, come up over every challenge to know greater and greater love. And that is what it is all about.

The journey Home is one of weaving the threads of love together thread by thread by thread, small bit by small bit. And after awhile you have a most beautiful tapestry, a most beautiful picture to look at. And you can look back upon it. You can say,

"Look where I have come from. Look what I have done. Look at the love and the light I have put into my tapestry." And you have. And your journey becomes lighter and lighter.

That is the message I have for you in this evening about your journey. That from this day forward it becomes lighter and lighter and lighter. For you are the one who will infuse it with more light. You are the one who will have the strength of choice, to choose in every day for the light.

Yes, the ego will say to you all of the questions and all of the doubts and all of the what if's. That is the purpose that you have asked the ego to fulfill. But you know now that you are not at the mercy of the small ego. You know now that you are the creative one who has even scripted the ego into your play.

And if you are the creative one who has written the script, and I assure you that you are, you have the power to write the ego out of the script. It is a grand journey of creativeness and it is fun. It gets lighter and lighter as you will allow it to be light. And by your choice to be here in this evening and to receive my words which are your words. It is an affirmation for you of what you have already chosen for what you call the future.

For when I come and I speak with you the words that I give to you are the words that you give to me first to speak to you. From the depths of your being you have asked to hear these words. To be encouraged. To know that you are loved. To know that life is good and that the journey that you have set out upon it has goodness and hope and truth in it.

I come as your servant and I give to you what you truly want to look at in this moment. I speak to you the words that are in your heart. I speak to you from the one Self that we are and I give you my blessing which in truth is your blessing. I give it back to you freely as a gift.

For many times you get so caught up in the small being that you do not bless yourself. You get too caught up in all of the activities of what has to be done, decisions that have to be made, phone calls, written things you have to write. And you forget who is doing it. And you forget to bless yourself. I give you my blessing which is truly your blessing of the one Self that we are. I remind you of it for I love you greatly.

You have brought together many adventures in the journey of the holy Child, many dreams. You are in process this lifetime of bringing up anything, any issue that has not yet been seen in holiness and to heal it. You have decreed that you are most strong in this lifetime. That you come from a place of courage, a place of the heart, the eternal heart and that you will deal with all of the issues that in other lifetimes you were afraid to look at and you have said, "I will deal with all of them now. I will have them out and will see what is the truth of them."

And so you have many adventures even within what you call one lifetime, this lifetime. It has been called by you and it is truly an accelerated path that you are on. For you can look back upon what you call this lifetime and you can say, "There are many lifetimes lived within this lifetime." And that is true because you are completing. You are saying, "Okay, that part now I see has purpose. I see that there was a reason for all of

that." And then you go on the next of the baggage that you have carried with you into this lifetime. Not as punishment, but baggage that you are now ready and willing and able to look at and to see in holiness and to deal with yourself and with other in love.

For if you will deal with yourself in love, you will find that you have such an overflowing of love that you cannot keep it all to yourself. It bubbles up over and it spills onto other ones and it grows, it augments itself. It is as the ripples on the pond that goes out and out and out.

And you feel a transformation in your life, in your world even, in what you see. And this journey of completion already you have come through the hardest part of this journey of completion. Thank God for that. Yes.

The creativity of you, that will keep on. But you will find yourself turning the creative energy into waves of being more aware of wholeness. More aware of new life. More aware of gifting. More aware of how to bring joy into your life and into others. And how to be truly alive. Not just to walk through each day and to come to the evening and say, "Oh thank goodness that day is finished." Not to come to the end of a lifetime and to say, "Oh thank goodness that lifetime is done." But to live every lifetime fully everyday. To be as the new child that is so excited to look upon everyday and say, "What is new in this day? Who can I play with in this day?"

And if you go throughout your day like that you will find many to play with. You will find ones who are cast down and thinking that the world is a heavy place to be. You will begin to joke with them and before they know it, they will begin to play with you.

For everyone wants to know lightness, wants to know joy. To be able to laugh, to celebrate. And as you will choose for the enlightenment, which does not mean a great spiritual thing. It is spiritual, yes, but as you will choose for the enlightenment. In other words, taking yourself lightly everyday, looking for the light in everything, other will have the opportunity to choose for themselves the light and to feel more light-hearted about whatever they have to do. It spreads, it is contagious, as you have felt despair sometimes to be contagious. You have been with one who has been down, in your language, and you have had to work very hard to keep yourself up. And other times you have felt really drawn into the down energy. It works both ways, and as you will lift yourself up you allow the other ones to choose to be up, to allow their vibration to accelerate and come back up again.

The journey that you are on is a blessed one. And from now on it gets lighter. That is good news. That is my gospel to you. It is good news. From now on, everyday, it gets lighter because you will be choosing to see the light in that day. You will be choosing to be creative in everything that you do, but you will want to have that creativity bring the results of light-heartedness feeling.

For you have been there. You have done that. You have completed the heaviness. It is not necessary to repeat it any longer. In fact it was never necessary.

But you as the creative holy Child and you decreed that you would know the densest of density. You decreed that you would bring forth creations and within this be-

lief, this point of focus, you would know physical creations of energy. Energy of physical. And you would know density of that energy. You would know it intimately.

So intimately that you would feel that you are what you have created. You would feel that you are the body. That you are the world that you have created. You would know it intimately from the inside out.

But now you are decreeing that you are not held in that point of density. You are beginning to remember that you are the creative one who brought it forth in the first place. That is what the desire for ascension is all about, is to ascend out of the density of that belief to the place of light-heartedness.

For the ascension, it can be for some and it will be for some, a physical act where the body will ascend as the light that it is. You will activate the particles of dust to the place where they no longer are held by the gravity and they will ascend.

But the true ascension happens before the physical ascension and the true ascension has to happen first. And after that happens it is as a fringe benefit, a side effect, if the body ascends. The true ascension happens within as you are willing to choose light, the light-heartedness. And you ascend out of the density of belief that has held you in that place that feels so heavy where you choose to ascend in every moment.

You look upon something and yes, you recognize how the world will see it. It is not denying the world belief. You will recognize it. But you will say, "That is not where I am any longer. I see a holier vision. I see beyond it. And I will allow myself to move into the higher understanding, the ascension with it. I will feel myself uplifted."

And as we have spoken of the ripples upon the pond, if I be lifted up, I will draw all men unto me, all women unto me. We will not be sexist about this. If I be lifted up in my understanding and in my feeling and remembrance of who I am, I will draw all others to that place as well. For they will know its possible.

That was the whole point of my lifetime, was to show what is possible, what is true. That the human life is not tied to this, this reality -- with a small "r" -- that you are not the victim of the collective consciousness of belief in which you have chosen to experience. But that you are the eternal creative Self that brings forth all of that reality and you can ascend out of it anytime you want to, and know great joy.

That is why I speak to you when I come. Each time I come and I say it is in great joy that I greet you. For that is where I abide, in great joy, for I take myself lightly. I know myself to be the holy one, the child of the Father and I also know who you are, the creative holy one as well who is loved of the Father. And before the journey began.

Now, has the journey been a mistake? No. It has been by choice the same as you will go to the amusement park and you will buy your ticket and you will go on certain rides. The more adventuresome of you will choose the great roller coasters because you love to be up and the height, to know the whoosh as you go to the bottom and then to feel the ascension again. This journey has been as you would go to the amusement park to see what you can play with.

And you enjoy being thrilled out of your skin. Yes. You enjoy it. You want to know, "How does it feel to be truly alive. But I'm not sure I'm going to exist in the next moment." And yet you always exist in the next moment. For the journey has been one of the amusement park. And sometimes you have done the small little vehicles that bump into each other. Yes, the bumper cars, and you have great opportunity to laugh and say, "Oh that felt good. That was great." Or to turn around and say, "Why did you hit me?" Etc. You have all kinds of emotion that comes up, all opportunity to look upon an occurrence and to judge it one way or another.

You have all of the different experiences of the amusement park and all of the activity of bringing forth the different rides for you are the one who has been the creative one to say, "I'm going to have a ride that allows me to stand within this huge circle that will go around to the point where I am going to be hanging upside down and feel all of the cells of the body instead of being this way, have the force, the pressure this way and maybe I'll fall out of that circle at the very top of it." But you don't, because you know enough in your creative wisdom, you know enough that the physicality has certain laws that you are going to follow them and that you are going to be kept within those laws, the creative laws that you have brought about, designed, because of physical reality. And yet the small ego of you is going to say, "Oh my goodness. Why did I choose to be on this ride? I'm going to lose my lunch."

And you go through that emotionally as well. You design all kinds of experiences where you feel like, "Oh my goodness. I'm going to lose my lunch. Everything is turned upside down. I don't know where up is or where down is. I don't know where I am. And I fear for my lunch."

And yet in those times you feel a certain great aliveness as you come through it because you have touched the creative source, which is you, great exhilaration. You say, "Whew, thank goodness. Oh, enough. I came through that. I am alive. Good feeling." It is a grand journey. And what you have been through in the linear past, as you believe in this point of focus that the history is linear, is taking you now into what you have decreed as a new reality.

That is even more creative if you will it to be. For you will feel a creativeness about yourself no longer held back by the world consciousness that says you can only create within a certain paradigm. Or that you can only create within the paradigm that says there can be changes but they are going to be very gradual and very slow and have to be contained within a certain agreed sphere of experience.

You are going to find yourself creative, so creative that you are going to know that you are creativity itself and there is great power that comes with it and great responsibility. And you have been at this point, this threshold, many, many times in your experiences of lifetimes and you have created what you now see in your linear history to have been times of great disaster because you used creative power to say, "What can I explode with this? What can I destroy with this? What new can I bring out of destroying the old?" And there has been no judgment in that. It has been part of the process of the journey.

But you have stood at this threshold of knowing that I am creativity itself. What can I create? You have stood upon that threshold many, many times without claiming your true -- I will call it within this framework, within your language -- your true God Self. You have been into the analytical, the scientific, the place of the small self and you have brought forth great creativity and you have known the results of it. Again with no judgment. Part of the ongoing journey.

Now you stand at a place, a threshold again of claiming and knowing, truly knowing I am creativity itself. I am that which I am. And even that which I am cannot be contained within the concept called creativity.

For as we speak in this evening we work yet with words. We work yet with concepts and who, what you are is an Isness that is beyond all concept. And yet as we touch upon concept there is a knowing deep within you that relates to it, that knows even without definition because you cannot define it. But knows the I AM that I AM.

And that knowing is what makes the journey a gift. For the journey, as I have said, is not one of punishment. It is not one of being sent out to the farthest realm of the universe somewhere to look upon everything you have ever done and to pay back all of the times when you have seen things in limited understanding.

In other words, to have to atone for everything you ever did or thought or did not do or did not think. This is a grand journey. This is a grand place to be. And as I speak with you in this evening about your journey, I will share with you that what you are moving into, is a place of great responsibility, a place of great power that you will choose to use for love this time. That you will choose to use for healing, for holiness, for knowing your own holiness, for knowing that which I Am, truly knowing.

Now that does not mean that you are going to just sit somewhere and play the harp. There are some of you who do not even like harp music. To have to listen to harp music for what you see as an interval of time beyond time, could be hell. It does not mean that you are going to sit somewhere and be all finished. You can, if you choose, abide in the peace of Isness, or you can choose to be the Isness that goes on to create something else knowing that you are creating, fully aware that you are creating. That is where you stand now. Right on that threshold. That is why I say to you that this journey is a wonderful one, it is a blessed one. And from everyday forward from now it is filled with more and more light, more and more understanding.

And yes, there will be challenges, but you will not see them in the same way, not in the old way. For you have been changing. You have been releasing old beliefs, old paradigms. You individually and you collectively. You are as a wonderful organism that moves in concert all together. You are a cell, an individuated energy that you can call as an analogy here, as a cell within a multi cell organism where what you think, believe, release, feel, allow affects all of the other cells by -- well you would call it -- osmosis. You move together in a great dance of harmony even at times when you feel inharmony you are still moving together.

Those of you who feel and you want to know, "Well what more is there?" There is a lot more and it is exciting. But there are certain things yet, left in this lifetime as

you know yourself to be right now, that you will be addressing. Certain things that you want to have at ease, that you want to understand in the wholeness of the picture. So you will be working not in a way that is full of effort, but you will be working on the one hand, with what you have yet as residual, that you want to see in holiness and you will be moving into that place of great creativity that knows itself to be unlimited, unbounded. That knows itself truly to be love. Not human love, that is but a small bit of it.

You have human love in order to show you what more there can be. Human love is as the tip of the iceberg. When you are in love, in human love, it allows you to feel an openness, an expansiveness, an aliveness. A trueness about self that suggests to you what holy love can be and holy love is that and more. And that is what you are moving into now.

So yes, you will be dealing with the residual of what you yet want to see as healed, want to see it in holiness and at the same time, for you are working within time, you will be moving into the lightness of each day, into the creativity where you know that you create each day that you do. Everything in that day that you behold you create.

And you will be standing back from it a bit, not looking at it to see what you can judge about it, and to say, "Oh well. This was good in this day. This was not so good in this day." But you will look at that day and you will say, "What a blessed day everything in this day has been." Even if there has been challenge you will look at that and you will say, "I know there is a gift in there somewhere." And you will stand back from it a bit and you will see how blessed you are and it is because you have brought it forth. And more and more light will stream into that day. It is a blessed journey that you are on. Count your blessings even when they don't seem to be blessing. And say, "Okay, if this doesn't seem to be such a blessing I know that the reward, the gifting of understanding that is going to come out of it is even that much more great." And it is, and will be.

You have agreed that you will do all of this journey of this lifetime here, we are speaking of this point of focus where you find yourself right now, where you have placed yourself right now. You have agreed that there is certain collective consciousness, certain, I will call it grounding that you will do because of agreement, what you have agreed to do within time, within this time.

And you have agreed that you will bring the spirit of you, the energy of you, the essence of you into this point of focus and you will deal with what you have agreed as a collective consciousness that you will work with that in a certain groundedness, a certain centeredness speaking the language of the brothers and sisters working within the agreement of that collective consciousness knowing yourself to be in the world but not of the world. And knowing that you have agreed that you will bring the presence of your light into this realm for a reason. You have agreed.

And part of that agreement is that you will ground, you will anchor your light within this reality and you will find out what the collective consciousness is. You will know what the rules are, what the language is so that you can take part fully in being

that anchor of the light. Such as the sunbeam and to allow yourself to be that anchoring.

So yes, you have to work within the framework of the collective consciousness. But find out what it is first of all as a small child does. When the small one first comes they have to find out, what is this body all about? How do I move it? How does it develop? How do I activate it? How do I even focus the eyes, to have the eyesight? For at first the eyesight, it is not focused. It is diffused. But in time one attunes themselves to a certain focus and that is what you do within the collective consciousness. You attune yourself to that consciousness so that you can speak the language, so that you can work in a way that is understood, so that you are grounded, so that you anchor your light and you can allow that light to shine in the way that others then can see.

For if you go about as a certain spirit, which you are, and you do not ground it and you do not speak the language, the other ones they do not see you. You are as the spirits that fill this room right now.

And for all the good that you would do, for all the speaking that you would do, the brothers and sisters can't hear you. So you have to work within a certain framework of the collective consciousness remembering always that you are in the world but not of the world. But that you have agreed that you will be here and that you will anchor your light for a time being.

But the journey, it is a blessed one. Why is it blessed? Because you are creating it. You are the blessed one. Therefore, the journey is imbued with your blessedness. And the sooner you recognize that, the sooner you are happy.

Now you don't have to be happy. Nowhere is it written that you have to be happy. But I will share with you what you already know, that it feels a lot better to be happy.

You have been in the experience where you have been sorrowful. You have been upset. You felt the world to be against you and you have said, "I have every right to feel really, really down." Well, you have every right to feel down. But you have every right to feel up to. And you can stay in that down place just as long as you want to. The Father is not going to say you have to get out of it. The Brotherhood is not going to say you have to get out of it. I am not going to say you have to get out of it.

I stand ready and willing to play with you and to be in joy with you anytime you choose to lift up the head and say, "Okay. Now I want to play." But it is for you with the free will to choose how long you are going to stay in that place of saying, "I am really miserable. I have every right to be miserable. This world is a terrible place to be." And as long as you want to stay in that place there is no power that is going to take you out of it.

The same as when you choose to be in joy and happiness. There is no power that is going to take you out of that place except your own choice. You can choose. I would advise you to, choose right now from now on to be in happiness. It is a free choice. It is your gift given to you freely to be happy. You don't even have to pay for it. You see it is a gift.

I will share with you that you have created enough of the misery. You know it well. You know it from the inside out, the bottom up, the top down, backwards and forwards. Choose now the energy of love, for the flexibility of life. For the blessedness of life. Choose now. See the journey that you are on as a great adventure, which it is. To see it as your own creation which is blessed, always blessed.

Know that I bless you because I do. I honor that which you are because I know who you are. And I give you great honor and respect for the choice that you have made to come once again into this plane which is not the easiest plane. But you have chosen because at a very deep place in your being you know the strength to be here, and I thank you for choosing that because there are others of the brothers and sisters who call to you, who have invited you to be here to share in their experience and to share in the upliftment for I give you my blessing upon this journey and I love you.

Now would be a good time to take a break. To refresh the bodies and then if you so desire we can come back and we can have questions if there be questions. Take a break.

So be it.