

## The Out of Body Experience

1998-09-11

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. Great joy which is your true divine nature. Unlimited joy, love of the Father brought forth into this plane in creativity, creative manifestation to experience and express all that the Father is.

For indeed you have agreed that you will bring your light, the light which you are, you will anchor it upon this plane. You will know experience, human experience and you will transform human experience by the expression of divine light and divine wisdom that is encompassed in that light.

You have been seeing much of drama have you not, in your world? Much of drama in your world that needs perhaps a bit of light upon it. Grand, grand drama.

**I've never seen it so nuts.**

Ha, indeed beloved one, It is a grand play, if you will, that is being put on for your benefit. And when I say your benefit it is individual and collective benefit. For indeed you as the holy child have called this forth in order to know priorities, in order to know who you are, in order to awaken and to come Home.

You will see in the next few months of your timing much of polarity. But this is nothing new is it? Perhaps the intensity and the clarity of it will be a bit startling to you, but in truth you have seen and witnessed, experienced polarity in all of the lifetimes upon this plane so it is nothing new to you.

But there is coming a time now that you have requested, a time you have decreed where you will look with the eyes of the Christ upon all which happens in front of you and you will see it not in the habitual judgment of the world, but you will see it anew. That is what these times are all about.

And the one who is being crucified in this day and time has volunteered to be visible Christ, to sustain the slings and arrows of world judgment and also to be as focal point for your love, for your understanding and for your expanded remembrance of who he is and who you are. Enough said.

We have been speaking in the last few gatherings about the reality of you, the interdimensionality of you and we have spoken how you bring a focus of the creative energy of the holy Child into a reality as a dimension and you call it reality and it is -- with a small "r". And you focus so beautifully, so wondrously upon that reality that momentarily there is the forgetting of the interdimensionality, the great ocean of being that you are. And you say that the reality in which you move and function is the only

reality and you get quite caught up in it as you are seeing in this day and time with all of the activities of the world.

You focus so beautifully that you say, "This is who I am. This body, this personality, this lifetime experience, this is who I am." And that is true, that is who you are but that is not all of who you are. It is but an expression and experience of the creative holy Child.

We have been speaking that even as you focus upon a reality -- with a small "r" -- there is the whole Self of you that is active, ongoing, creative that you are experiencing and expressing in what you call by the concepts of this point of focus, other dimensions and yet in some of those other dimensions or other realities you do not have the concept of dimension. You would call it an Allness.

And there are times, in your quiet times when there is an osmosis that happens, a flow of energy which is you, from what you call other dimensions, other realities and you connect with alternate self or alternate selves. And for a moment or so you forget the specific focus upon this reality and you feel yourself transported somewhere.

You do this in your meditations, you do this in your dream state, you do this in your daydream states, you do this in your imagination and then you bring yourself back quickly and you say, "But I must focus, I must attend to what needs to be done here. This is what is calling for my attention and for my energy." But in a moment or so you have released specific focus and you have moved into the interdimensionality of you. You have moved into that wonderful place of the Reality -- with a capital "R" -- of you. You have moved into that space out of which all manifestation comes.

For indeed you do a certain checking in with reality, with specific focus of reality -- with a small "r" -- and then you go back to the Reality -- with a capital "R" -- of you and out of that interdimensionality you bring forth the energy of creativity to manifest within a specific reality -- with a small "r". It is the interdimensionality that allows you the creativeness and the energy to manifest every reality -- with a small "r" -- and to experience it.

We have spoken how there is a remembrance deep within you that this is not, this reality -- with a small "r" -- is not all that there is. When a certain occurrence happens such as what you will label tragic or something that you will label as being negative, something you do not want to have in your reality. When there is an occurrence such as that there is an instant, a moment of interdimensionality truth that comes to you and you say in a moment, "I have choice here whether I will accept this as reality or not." And then the specific ties of habitual choice come in very quickly and say, "But you do not have choice. This is the hard and fast reality."

When you have been told that a loved one has passed on, when you have been told that a beloved pet has passed on, when you have been told that a great occurrence has happened, something that you would label as tragic, there is an instant of denial. And instant that says, "No, I don't have to accept this." In that instant you have allowed yourself transport back into the interdimensionality, the truth of your being that says, "I don't have to accept that reality." And then as we have said, all of the chains,

all of the ropes, the threads of this reality which you call reality -- with a small "r" -- come and pull and tug on you, grasp you around the ankles and say, "This is reality and you have to accept it."

But in that moment of denial, in that moment of space you have connected with the Reality -- capital "R" -- of you. Other times when you have been in a most peaceful place of meditation. A most peaceful place of gazing upon the flowers, the grass, the sunshine, the loved one. In that place where you have known expanded unlimited love. You have also been transported beyond this specific reality into the interdimensionality of you.

It is important that you practice connecting with, accepting, acknowledging the interdimensionality, the truth of your being. It is important that you begin to release specific focus upon this reality, that you begin to expand your understanding and your claiming of what reality is and who you are as the real you.

For indeed you have decreed that you want to come Home. You have decreed that you want to know who you are. You have decreed that you want to know the Father's love. Therefore, there must need be an expansion of understanding, an acknowledgement of that which is beyond this reality for this is not all of who you are, and there must be an acknowledgment, a willingness to acknowledge and to walk into what seems to be uncharted territory.

Now in truth it is not uncharted. You know it very well. You know it better than this reality. When you were first activating the body as an infant in this reality it took you a good time interval, years, before you were acclimated to this reality. In other words, you had to learn what are the boundaries of this reality? What is the belief system of this reality? And as you would activate the body you experimented with it to see what you could do with it and what the collective belief was about physicality.

You learned how to balance the body. You learned how to move it. You learned how to stand up on the two feet and how to sit down on the bottom. You learned how to tend the wounds when you would scrape the knees. If you didn't get the feet under you quite fast enough and you feel on the face. You learned how to tend the wounds.

But there was quite a period of acclimation, a time of learning, adjusting to the collective belief in this day and time. Quite a time interval before you have felt and perhaps you do not even yet feel comfortable with the body.

The interdimensional self you know quite well. It is that place of peace. It is that place of expansiveness, that place called bliss, that place called heaven, that place of expanded unlimited unconditional love where you know that no matter what happens in any reality always and forever you will be loved, taken care of, nurtured always.

The interdimensional self you know very well and you have, by divine design, set it aside temporarily so that you could have intimate knowledge of experience with realities -- with a small "r" -- that exclude the whole Self.

It has not been a sin. It has not been a punishment. It has been by divine design. But now you have been asking. Now you have been wanting to know, "Who am I? What is there eternal about me?"

For you have seen in the course of experience of life loved ones come and there is a celebration and loved ones go as they release the body and you have felt a loss, a sorrow, a questioning. You have wondered, "Where did they go? Where are they now?" And you have seen the temporalness of human life. And you have said, "There must be more to me than just having to learn how to go about in the physical world and then having to release it."

A great creative one such as my Father, the Source of all Being would not decree that this is all there is. So I suggest unto you that you begin -- and in truth you have already -- begin to expand the image of Self and the experience of Self beyond just this reality.

We spoke about that in the last time that we met in this way. We spoke of setting aside a time in each day for communion with the loved ones who have released the body for developing communication that goes beyond what has been known in limited form in this reality. In developing a two-way communication and communion so that yes, you speak to the loved one. You may speak to the master, the ascended master that you feel an alignment with. You may speak to the angel, the guardian angel and indeed all of you have guardian angels. No one is here alone.

You may speak your thoughts, your desires and then listen and you will hear, you will feel words, ideas, a presence, a knowing. It comes for you in different ways. But to practice the communication beyond this realm so that you begin to expand even this reality -- with a small "r" -- into the place where you connect with the interdimensional self and you begin to accept with a real trust and knowingness that you are not alone, that you are not just the personality, the individuality that you have thought yourself to be.

You are coming to a time, it is called an end of an age, most wonderful time. A time of great change. It is to be celebrated for indeed you are the ones who have decreed that there will be an ending to the age of limitation, the ending of the age that has said, "This reality is all there is and that I must try to get through a lifetime with as little suffering as possible." An ending of an age that has been limited in its understanding, limited in its love of self, limited in its choices of behavior.

It is a most miraculous time that you are living in now for you have decreed that you will -- by divine design -- bring about every catalyst, every motivating force that will bring the holy Child, which is you, to the place of understanding and remembrance. And how you go about this it is up to you as free choice.

Some of you will come into it easily, gently because you believe in a gentle Father, a gentle Being which is you. Others of the brothers and sisters will come into it kicking and screaming, fighting against everything and temporarily suffering.

But even in their suffering you may rejoice for indeed in time they will come to that place, that grand place of knowing the interdimensional self, the Reality of Self -- with a capital "S".

But I would suggest to you who want to live the gentle life that you put into practice some of the techniques which we have been suggesting to you, some of the techniques which you find in your books, some of the techniques that are given to you by the teachers whom you have called forth.

For indeed you have on every hand, great teachers. You have the ones who are the formal teachers and they present the workshops on various topics, various techniques. But more than that you have the teachers who are the ordinary brothers and sisters. Teachers whom you have been seeing in this day and time who have been allowing you choice, allowing you clarity even within the activity of the world in this day.

Everywhere around you are the teachers and you are the teachers to others as you will stand and be the presence of peace, as you will stand and be the presence of love amidst all of the voices of judgment, all of the clamor of the world. As you will voice the love of your heart in a time when others are going with great confusion, you offer to them opportunity to choose anew, to have a new way to look at something where before they thought perhaps it was all cut and dried for an "authority" has told them how they should look upon something and how they should judge it. And if they weren't in step with that judgment then they had better watch out for the judgment will fall upon them.

You are seeing in this day and time by divine design, much of fear and that is good. For indeed fear is a great motivating force in this reality. And if ones do not come to that place of understanding and claiming once again the interdimensional self, if they do not come by love they will come as we have said, kicking and screaming, judging themselves in fear. But the will of the Father which is holy, the will of the Father which is for you the awakening and the remembrance, it will be done.

In this evening I would speak with you about the out of body experience for indeed there is within this reality much focus upon the body. It is what holds you in the specific focus of physicality.

For you hear and you feel the body. You hear its messages, the creaks and groans, the twinges, the outright clamor at times of the body. And you feel yourself very much identified with and circumscribed by the body and yet you will not come to the understanding and acknowledgment of the interdimensional self unless you release the specific focus upon the body.

Now I do not mean you have to debase the body, but I do mean that you will need to in your expanded understanding, release the specific focus that says this is all there is to my reality.

Now you have read books about, you have heard ones speak about the out of body experience and it has seemed to be quite strange, miraculous, mystical, something very different from whatever you have experienced and you have, many of you have

said, "Those who can have an out of body experience they must be next to mastery, they must be close to being a guru, they must be close to being perfected expression and it is not something that I know how to do." And yet I will say to you, you have all done it even in this day.

You have all had out of body experience even in this day for there have been times in this day that the mind has wandered. You have gone into other realms. You have thought about a friend somewhere, not physically present with you. You have even thought about what you are going to do on the morrow. Where was your specific focus on the body in that moment? Gone.

In truth you have been out of the body experience more than you have been with the body experience even in this day. So the out of body experience is not something that is beyond you. It is something mystical yes, it is something wonderful, yes for it speaks to your unlimitedness but it is not something that is reserved only for those who have practiced and practiced and practiced and become pure of heart as you would judge purity of heart. It is something quite natural. You never thought about it in that way did you?

**Not at all.**

No. It was always something reserved for others perhaps. But it is part of the understanding and the experience of out of body experience is part of one of the steps, if you will receive it, in ascension. Most necessary to know expanded experience beyond specific focus of physicality in order to know ascension.

For if you are going to be specifically focusing upon the body and upon physicality how are you ever going to go beyond it? Well the great wonderful truth of you is you are not held to the body. You bring your focus of attention to the body from time to time, you activate it yes, by the creative spirit which you are, but you are not dictated by the body, what you are even what you do. Even the ones who would see inflexibility of body are in truth by the great spirit of them, the holy spirit of them, decreeing that they will express and experience a certain hindrance, a certain inflexibility of body.

Those that would say by all appearances that they have no mobility of body, in truth have much mobility in spirit that allows them the immobility of body and once they have made a shift in perception to understand the unlimited holy spirit of them, the unlimited holy energy which allows them even the appearance of restriction, they are then no longer held to that restriction.

You have great examples of this in your day and time, brothers and sisters who have volunteered to be as visible experience, examples for you. And they have known by their own experience that in truth they are not the body.

You have one who is most visible in this day and time who was visible as he activated the body with a good bit of mobility, was one of your movie personages, the stars you call them. Grand terminology, star. Quite a light yes. This one was quite visible as the movie star and then has come through an experience that the world would judge to

be tragic. And yet he has found himself alive and well as the spirit which he is, carrying on a new role as spokesperson for all those who are experiencing immobility.

This one's choice of name even foretold his role in this day and time. This one's choice of name "Christopher" meaning Christ-bearer, Christopher Reeves is showing to the world and to himself that the spirit is indomitable. The spirit is what activates the body not the other way around, and he is finding himself even though the body is temporarily immobilized. Hear that well, temporarily. Finding himself alive. Very much alive. More alive now than when he was activating the body for a period.

So when occurrences happen in your world look first with the eyes of the world, yes, do not deny the language of the world. Look upon the appearance and acknowledge the appearance then go beyond that to ask, "What is the gift in this? What is the truth in what seems to be limited, but what is the expansive truth yet points towards Home?"

Everything you witness, every experience is as the pointer that points to Home if you will but have the eyes to see, to look a bit deeper, to take the blinders that you have been wearing like this, the collective consciousness and to open them so that you have a whole view, the holy vision.

You are coming now into a most miraculous time, we have spoken of that many, many times, but you are coming now to a place where it is going to be asked of you even as the events that you have seen in this day and time, it is going to be asked of you that you move into the interdimensional self of you in order to have understanding of what is going on in order to deal with occurrences in your human life.

Now when I say this, it is not to put the fear of you know what into you. It is not to speak of doom and gloom for indeed you have written into the life script enough of the catalysts that are going to bring you to the most wondrous place of remembrance. You are going to see loved ones deceasing the body. Begin to practice now communication. Begin to practice now how it feels to go in this world with a focus upon the world yes, but an expanded focus of self.

Begin to be the beholder of self -- with a small "s". Begin to move into the sandals of the Self -- with the capital "S" -- and walk in those sandals at the same time you walk in the sandals of the self -- with the small "s". You can do it. You will not lose sight of who you are. You don't have to worry that if you begin to expand into the understanding of the true Self of you that you are going go somehow pop out of this reality.

You will pop out yes, but you will not lose the thread. You will be able to find your way back easily. So do not worry that you will be gone off into somewhere and you won't know where it is.

But begin, begin to work with knowing expanded Self. For indeed you are going to be and have already been bringing to your doorstep of experience opportunities to either abide in fear and in constriction and in confusion in the appearance of loss or those places that don't feel very good.

Or to acknowledge yes, I have known that feeling. I understand it well, but I no longer no or think that I have to be bound by that experience. Now I can move beyond it.

Therefore, be aware of the out of body experience in everyday. Be aware that you are not the body. Be aware of the power of the holy Child to create out of the interdimensional self, the dimension that you feel you call reality. Even at the same time when the reality -- with a small "r" -- is screaming at you allow yourself to be the beholder, to be that Self -- with a capital "S" -- that stands back and applauds all of the drama that is going on around you and to see how well in every moment you and the brothers and sisters play your part in the script, the collective script that you have agreed you will play and then every once in awhile for the fun of it, go into the improv and change the script and watch how everybody has to scurry and to say, "What page are we on? Did she turn the page? What page are we are?"

Do a bit of improv everyday where you know first of all what another one expects you to say. Take a deep breath and before you say the expected, come about it from another angle and see what happens. You will have a lot of fun with it.

You will also begin to understand the expanded self of you and how you are not held to what you have thought was reality. I am very much in favor of improv. It is what I did in my day and time when you walked with me and the scribes and pharisees would ask of me to interpret certain passages and I give them some new meaning and a new way to look upon it and they had to do a bit of scurrying within their mental computers to see how that could be and most of the time they rejected it.

But the ones such as you in that day and time who were hungering and thirsting to remember as you are in this day and time, you enjoyed the improv and you followed me. More and more and more of the brothers and sisters until there were as recorded in your holy scriptures the multitudes who followed, who wanted to know what new thing is he going to say today? And I didn't disappoint.

Radical I was called because I enjoyed the improv. Radical you will be called as you enjoy the improv and you throw a new angle in. Already ones of your acquaintances have said, "You are a bit radical. You are a bit strange. You are a bit weird. I don't know where you get off having such an idea. Prove to me." You have said, "Well, I can't really prove it to you but it works for me." And they have seen the radiance of your face and you have changed the dance step and they have had to do a bit of the shuffling.

They have gone back to the old dance step but you have shown them perhaps there is something else they could contemplate. That is well and good.

The out of body experience it is a gift. It is a space that you move into in the Reality -- with a capital "R" -- of you. It is a most wondrous space that proves to you even while you have the focus upon a specific reality that you are not held in that reality.

As you are driving your vehicles I see this very well. You are attending to the other vehicles on the road, you are attending to the little dial that says how fast you

are going, you are attending to certain things of that vehicle and then you begin to think, "I wonder who is going to be at the gathering this evening? I wonder if they are going to serve any food? I wonder how late Jeshua is going to talk? I wonder what I'm going to do on the morrow? I wonder, that passage in the book that I read, I wonder if it meant such and such? I wonder if that geographical location that one told me about is still as beautiful as I remember it to be?"

And then you come back to the body experience, this reality and you look at the signpost, the marker and you say, "My goodness, twenty miles has gone by, or whatever, where have I been?" You have been out of body. You have been in that expanded Self that is not limited to this reality.

What I'm speaking to you of in these evenings is most important in what you have decreed that you want to remember. For I come in each evening as your servant. I come each time we gather together and I bring to you in the tones of the voice certain catalysts for your remembrance. What you hear in my message is not the same as what this one hears, this one hears, this one hears, each one of you hear, although the words seem to be the same, you hear it slightly differently and you interpret it according to what you are asking to hear and to remember in that moment.

It is my grand pleasure to be your servant. It is my grand pleasure to come and to be with you in this time of awakening. For indeed I see your radiance. I see the body, yes, as I look with these eyes I behold the body and what is termed the boundary, the skin of the body, but more than that, I behold the radiance of the spirit of you which activates the body and is not contained within the body.

I behold what you call the aura and I behold beyond the aura the radiance which is unlimited. I see you as you connect with that radiance from time to time more happily. I see the radiance of your light being turned on in times of happiness and times of love, in times of the "Ah ha, oh that makes sense," and there is an expansiveness that happens in that moment and I behold the radiance of you that is as the candle that flickers. Sometimes it is a small flame. Other times it will burst forth in a great radiance of light.

This is how you go in this reality of experience and expression. Always you are the light. Sometimes it is more turned on than other times. Sometimes you hold the light of yourself within and you feel heavy. You feel oppressed by the world. The light always is there. There is who you are, what you are, but there are times when your acknowledgment of it becomes as the tiny little pilot light even.

There are other times when you feel most expansive, most in love, most turned on to love and life and you cannot wait to breathe and to express and to run into the next experience to see what it is going to be, and I behold, I behold you and I behold your radiance and it is wonderful.

I come in these evenings as your servant, I come in these evenings as the teacher that you have asked me to be and I lead you as a teacher will, as a my teachers led me in my remembrance and balancing of the human experience with the spiritual Allness of me.

For as a child I knew as you have known, the Allness of spirit. I agreed that I would know human experience so that I could relate intimately to this plane of reality. It was an experience that I did not want to miss and so I didn't and I knew it in spades. All the way. Okay.

In the agreement that I made to know human experience and to know it intimately, there was a scripting where I would temporarily set aside the remembrance of Allness and would regain it by process and the belief in process, the same as you, and that I would manifest for myself at every turn the true and divine teacher, which I did and which you are doing. And the teachers that I called forth were most wondrous loving beings who served me as I serve you now.

And what I impart to you in these evenings that we share together, in these times for all of you are within the sound of my voice, what I impart to you are the steps that were given to me as most wonderful steppingstones of proof, of evidence of expanding thresholds. Step by step by step. Most wondrous.

Take a leaf and pass it on. Take on leaf, an aromatic leaf. Take one leaf for yourself and pass it around. We have more if you need more. There are quite a few in this room so we have plenty of leaves to go around.

Breathe deeply of the scent of the aromatic leaf. Crush it within the fingers so that you get the whole aroma of the aromatic leaf. This one known as mint, but it does not have to be mint. You can choose any other aromatic leaf that you desire.

As you breathe the scent of the leaf allow the eyes to close. Breathe deeply of that scent and go within. Go within that aroma. Feel yourself transported by that scent. It is an energizing scent is it not?

Allow yourself to breathe very deeply of the aroma and to know yourself at one with that scent. Breathe of it and go where it will take you. Breathe of it. What color, what color is it? As it expands in your mind allow it to take on a certain color. What color is the aroma? How expansive does it feel?

What does it bring as a visual to you? What memory does it hold?

Breathe deeply of it.

{Long pause}

Now allow the consciousness to come back. Allow the eyes to just gently open.

Where was the focus of attention? Was it with green fields? Was it beyond the stars? Was it with a memory? Or was it just a feeling that does not have words?

It will be different for each one of you and yet in those moments that was the most mystical experience, an out of body experience, yes. And yet using the most wonderful tool of one of the physical senses.

As I was a lad learning to release what I had struggled so hard to gain, learning to release the focus on physicality one of the other ways that my teacher taught me

was to use the candle, the flame and to look at the flame with gentle eyes. Use the eyes. (A candle is in a deep cobalt blue glass) Look either straight at the candle flame until the eyes would close easily or what we will do in this evening for those of you who can see the light of the candle within the colored receptacle, can you all see? It is the candle flame within the cobalt color, the receptacle where you see the light of the flame yes, but you also behold a richness of color.

And again as you gaze upon the candle flame within the cobalt blue receptacle, allow the eyes to gently close. Keep this in the mind's eye and go within. Take the beautiful rich blue within. Remember how the flame looks within the blue and imagine the flame expand so that it melds, blends with the cobalt blue and becomes a light of cobalt.

See the blue as expansive as you can imagine. Feel yourself within the cobalt blue. See yourself to be within what you would call the midnight blue of your sky. Feel yourself to be one of the stars within the deep, deep midnight blue of your sky.

Go within that blue and know the reality of that blue. Know that reality to be you. Feel it expansive. Feel it to be you expanding and expanding into the blue of the midnight sky.

Allow even the sound of the tone to transport you farther and farther into the blue, the deep, deep blue of the universe. Expanding beyond any boundaries. Traveling as the light of the star that you are into the deep vast blueness, the midnight blue.

Feel yourself as that blue. Feel a reality that is all color. Expansive, expansive midnight blue.

Does it have a texture? Do you go easily in it? Can you change the intensity of the hue? Can you make it deeper? Can you make it brighter?

Allow the cobalt blue, the midnight blue to change and know that you are as expansive as that color. What memory does it bring of a midnight sky? Where does it take you?

And now breathing deeply allow yourself to bring the consciousness back to this point of focus.

In those moments you released the attention upon the body and you traveled, if truth be known, you traveled into infinite space. You traveled into the magical place of creativity for you were creating the journey as you went. Sometimes seemingly out of memory, sometimes out of what you call your future. Most miraculous space. Outer space and inner space, which is more miraculous? Are they not the same?

You may play with the colors, the light of the flame, the different colors. In fact I would suggest that you do this. If you find a variety of color, play with each one. Allow yourself to be deeply within that color to see where it will take you. To see what it feels like.

Some colors you may find more energizing. Some colors you may find more peaceful. Some colors may surprise you. You will have fun with it.

What you are striving to do and what the goal is here, is to go beyond what you have said this reality has to be. Allow yourself to play with the expansiveness of the creative holy Child. Allow yourself to move into that magical realm that does not know the boundary of reality but knows that everything and everyone is as your servant and you will see the miracles in your midst. For indeed you are the maker of miracles.

Finally in this evening one of the tools again of physicality that allows you most wondrously to release the specific focus on physicality is the tone. {Striking a tone bar} You are using again a sense, a physical sensing that will allow you transport beyond the body. Do you see how wonderful you are? You make for yourself a physical body. You know specific focus of physicality and then you say, "But I will use that physicality to allow me to know my unlimitedness."

Now again, {Striking the tone bar} as the tone is struck allow the eyes to close. To feel yourself riding the wave of tone. Feel it within you. Feel it beyond you. Ride the wave of the tone and see where it takes you. {Striking the tone bar repeatedly}

{Silence}

And now allow the consciousness to come back. Other times when you play with this on your own you may want to stay in that space longer. I can see it on your faces that it is most peaceful.

Practice, play with going out of body, having out of body experience. Practice the expansiveness of soul. Get in touch with soul beyond this specific reality. You do not need any of the tools of physicality in order to touch that place. We have spoken already that you have in everyday you have the out of body experience where the mind is not tied to the body.

But if you want to for the fun of it, play with using the physicality in order to transport you beyond physicality. Play with the sense of aroma, the sense of the sound, the sense of sight how beautiful it is and go within to the inner senses and allow yourself to know the freedom of the holy Child. Touch that place of the interdimensional Self, that ocean of being out of which you have fashioned this being. Go there often. Touch that place of peace. Touch that place of the Christ for indeed that is where the Christ abides, and then walk this plane transformed.

For the times now that you are calling forth ask of you that you know how to be in the world and yet recognize that you are not of the world. The world is of you. The times now ask you to realize, to make real in your experience and expression the interdimensional Self even as you go in a world that does not believe in the Reality -- capital "R" -- of you.

Bring it into realization. Celebrate. Live. Truly live. Bring the interdimensional Self into this life and come truly alive. And in that place you meet and remember once again the Christ.

So be it.

{Break}

And now, we continue. Indeed how did it feel to be focusing upon the body after being out of the body for awhile?

{Comments}

Yes, did you realize what a beautiful multidimensional person you are? You probably had the feeling that you were of this dimension and that was all that you could know, would know and yet you are beginning not to realize how interdimensional, multidimensional you are.

For indeed as you will focus upon what I am saying and I have watched you. It is most wondrous what you do, as you focus upon what I am saying you are also focusing upon the meow of the cat. You are focusing upon the airplane that goes above in your sky. You are hearing the traffic on the road. You listen to the growl of the stomach and you think about what you are going to be doing on the morrow. All wondrous thoughts.

For as I throw out various catalysts, ideas for remembrance you will hear some of them on a conscious level and indeed you hear all of them for you have invited all of them to be as the catalyst for you. But some will be as a spark plug that transports you on another tangent of thinking and then you come back again and you say, "Oh, what was he talking about?" I have seen you and that is okay.

Multidimensional experience coming out of the interdimensional You, most wondrous being that you are. Not beings. You see yourself as individuated energy. You see yourself as a certain personality, certain attributes of body and of mind, certain qualifications that you say you have or that you have developed or qualifications which you wished you had developed.

But in truth you are one being. One vast ocean, if we can use that concept, of being out of which you draw the being -- with a small "b" -- to experience this reality. And even while you are experiencing this reality you are quite busy in other realities of your making. Most wonderful being that we are, one Being.

Now, you have in a certain time of evolution and development as you call it, I will call it a certain process of remembrance. You come to certain stages where you make commitment, where you come to a certain conscious willingness to be in awareness. We are at one of those places, a new stage of commitment.

I have been speaking with you now for some time, some years in your timing through this manner. Now we are at a place where we are going to have a bit of shift of energy, a bit of commitment which in truth you have already made. I have instructed my beloved friend and teacher the one you know as Judith to issue monthly invitation to ones to be here in this group. In other words, the monthly gatherings will be by invitation only.

Now, does that mean exclusivity? In truth it does not for my invitations go out far and wide but what is important is the acceptance of invitation and the commitment to the invitation. It is not by accident that you are here in this evening. Those of you who see yourselves here in this evening you had choice to make. You had to set aside other choices. You had to for many of you, make some arrangements in order to be here. Already you have made commitment.

But the monthly gatherings will be from now on by invitation only and by commitment because there is a work that this group, this grouping of energy, is going to be doing collectively together.

Now we spoke of this in a previous gathering. We spoke of a physical manifestation of a place, a gathering place, a healing place where ones of the brothers and sisters including you will be able to come to be amidst most natural beauty and manmade beauty and to breathe of the healing vibration that abounds in that area and to know the facilitation of certain augmentation of vibrational energy for healing.

In other words, there will be what you call the practitioners of various methods of healing who will be there to facilitate remembrance of wholeness, of holiness. But the important healing that is going to come about will be the soul healing, the remembrance that in truth the holy Child is already whole and well.

So the healing will be effected by the love, by the beauty that is manifest and by the love that is shared both as seen and felt from our Holy Mother, the Earth and from the brothers and sisters, you, who will be so gathered from time to time upon that land and water. There will need be flowing water.

There is a work which will not be a work of effort. It will be of joy. It will be of expansiveness. For all of you have felt deep within you that there is something, some reason, some project that you are here to do. Something more than just self-serving activity.

Indeed it is self-serving in that it will be serving the remembrance of the true Self -- with a capital "S". For all of you have felt that there is a calling. Undefined yet, a calling nonetheless that you feel deep within your soul. A calling to service. A calling to remembrance. A calling to love. Love of self as you see the individuated energy and a love of the Father brought into manifest experience and expression. Therefore, the monthly meetings will be by invitation only and by commitment.

Beloved Elder I would ask of you will you find a tablet of paper to pass around. If you feel a commitment to this work and to this collective energy of group put your name and your phone number, e-mail address if that is easier, some way of contacting you so that the invitation can be issued.

In other words, you are the ones who are decreeing whether you are going to be invited or not. You see it is not exclusive. I would never exclude anyone from my presence or from my love. But I do ask of you because I know that you are at a point of readiness that you make commitment and when you are invited to be in the monthly

gathering that you set it at a high priority, the highest if you will, and you make sure that you are here.

For I will say unto you that your days upon this plane are numbered. Of course they are numbered. Again, it is not a message of doom or gloom. But I would suggest unto you that you make the most of those days that you have decreed that you will be upon this land. And that you acquiesce to the calling of your soul to make commitment to this work.

Now I will instruct Beloved Elder and my beloved friend and teacher, Judith, to call you before the monthly gathering to issue invitation and I would suggest to you that you put upon your calendar even now the usual evening of meeting so that you keep it clear, it is called, keep that day clear for the meeting.

If you do not feel that you want to be committed yet to having the invitation then do not sign the sheet that is going around but know that always you are invited into my love.

In other words, it is a free choice. But you are moving into a new stage now where there will be a certain requesting of commitment because as you have discerned and you have begun to discern this, there is a growing energy, a collective energy and a growing evolvment of remembrance and understanding.

In other words, what we have been sharing in the months of this year and also the years previous, have been leading gently to this place. You have thought that perhaps it was just entertainment. Well I hope it has been entertaining. But indeed there has been more than just entertainment. There has been a divine design, a program if you will, that has been gently leading you in the process of remembrance. Leading you to the place now where most of you are ready to make commitment to this work.

Do you have to commit to this work? Only if you want to. For indeed the work will be done. That which we speak of will be made manifest either by you or by someone else. You do not have to feel that you are having the arm twisted behind the back. In other words, it is a work which will be done because its time has arrived.

But you may be part of it if you want to for the joy of it, for the fulfillment that the soul will remember.

Play with being out of body as often as you can remember to do it. Acknowledge each time in everyday when you have been off somewhere, where you have released the specific focus upon physicality for a moment and longer. Allow yourself to value the greatness of you, the creativity of you. Allow yourself to feel good about that creativity and know that in truth everything is of divine design, everything even the seeming delays are in divine process.

Bless yourself with that remembrance. Go with an expanded understanding and an expanded vision of yourself and love yourself as I love you for I know that which you are and I honor it and I celebrate it.

So be it.