

## There is a Healing Presence

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Beloved and holy and only child of our Heavenly Father, child of the one Source, child of light divine. That is who you are. Know you what that means? Light divine, unending, unlimited forever ongoing. 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 call me forth. Great joy to behold the radiance of the faces, to see the smile, to behold the truth of life.

Great joy for indeed that is your divine birthright, to be in joy, to go whither you will go to feel that freedom to be the creative holy Child and to express wherever you find yourself. It is the Father's good pleasure to give you life. It is the Father's good pleasure that you should know joy and know the good life. To have friends and to be a friend. To support and to be supported. To love and to know that you are loved. It is the Father's good pleasure that you should smile and know that once again <B>Now<d> you are Home.

Home is not something that you have to wait for. It is not afar off. You do not have to release the body in order to come unto Home, heaven, for indeed you make your own heaven, your own hell moment by moment by the thoughts, by the perceptions and as you are willing to release old belief patterns and to say, "I will look upon anything and everything which occurs with new eyes." Then indeed you have opportunity to know heaven once again and it is my grand joy to be in heaven with you, to be in the garden and to know the peace of heaven.

For truly everywhere you walk it is a sacred garden. Everywhere you look around you there are the plants, the trees, the flowers. Everywhere you look there is before you what you are growing, what you are manifesting and it is truly a garden and sometimes you will look upon it and you will see the weeds and sometimes you will look upon it and you will say, "But the weeds are plants and beautiful flowers as well." That is what I mean when I speak of a shift in perception where you see that even what has been termed a weed is a most beautiful life force manifesting for your enjoyment. And that is true of the brothers and sisters that you look upon. It is true of all of the experiences of life, some of which you call the weeds in your life. To look upon those experiences and to say, "Ah ha, perhaps it is a flower in disguise. Where's the blessing of it?" And then you look a bit deeper, you perhaps move to a new perspective and you look at it once again from a different way and you begin to behold the gifting that is in that experience which you have called the weed and you see that truly your garden is full of beautiful flowers. As you are in this evening.

All of you are the beautiful flowers in my garden and I thank you for hearing the invitation of this evening and for coming to be together once again. For indeed you have felt in this evening a reunion have you not? You have met ones that you haven't

seen for a time. There has been a reason, an ostensible reason to come together in this evening. You thought it was to hear my message.

But in truth it was to receive your own message. In truth it was to come and behold a family reunion, to feel the heart opening, to know that this is truly your family and those you have known before, the ones you would call as old friends, to have a reunion with old friends and then the ones that you have not yet perhaps laid eyes upon, are new friends and old family members.

It is a time of grand reunion. A reunion with me yes, as old friends and a reunion with all of the brothers and sisters in this gathering ones seen and unseen. For indeed this room is full of presences, those activating the bodies, the ones that you see upon the chairs and ones whose presence you can feel by the love vibration, a certain familiarity.

For indeed you do not walk the journey of life alone. You have much of companionship with seen and unseen and in times when you will be seemingly alone by yourself somewhere, that is the time to commune with the unseen friends and know much of dialogue and conversation with the unseen loved ones. For indeed they are all around you and they are asking only that you pause for a moment and acknowledge them. These loved ones are perhaps ones you have known and they have released the body, have gone on as you said to a higher plane of realization and yet they have not left you for the higher plane of realization is available to you at any moment. You are not separate from it.

The loved ones with whom you may commune are the ones you call your guides, your teachers, your angels, your guardian angels. All of you have guardian angels who are here to help you, to speak with you in times when you feel alone, in times when you do not know or see quite clearly the answer. For indeed you are a wondrous being. You are more than just the body. You are more than just the individuality that you think yourself to be than just the personality which you are shaping and evolving in everyday.

You are in truth, the extension of the Father brought into this plane of reality and you are not separate from any of the guardian angels, the guides, the teachers, the masters. You are not separate from me. Anytime you will pause to breathe deeply, to ask for the inspiration it is there and the communion happens.

Now, beloved ones I thank you for coming in this evening for indeed you have heard my invitation. Indeed you have already received some of the gifting of this evening in the greeting. But more than that I have invited you to be here in this evening because there is a work which I desire for you to be doing. It is not by accident that you are here. You have felt a calling to be here. Perhaps you came out a certain curiosity, perhaps you came out of a remembrance of a time that we have shared together and yet there is more of a purpose in this evening than has been known heretofore.

There is work which you have agreed that you will do. There is a work whose time is now here. A work that I am asking you to join me in. For indeed I work and the Father works but not all of the brothers and sisters see me. And when brothers and sis-

ters will call upon me and will ask of me that I love them, that I commune with them, they pray to me in deep sorrow and constriction. When I answer them they do not trust that I am there for them. They do not truly love that always is their birthright. They pray to me in great consternation, in sorrow of heart, in confusion and then when they have finished praying they go their way still carrying the burden thinking that I am far off somewhere and probably in the process of time it is going to take several weeks for the telegram to reach me. And thinking that if I answer again there will be a long process of time before they hear from me. And if they go, can they trust it? They will say it is only their imagination.

I work through imagination. What do you think imagination is? It is a most wondrous creative tool that you have brought forth in this drama, this plane of reality. It is a time when you call upon your imagination, it is a time of extended understanding of Self. In other words, you let down the boundaries of who you have said that you are, the boundaries of what you have said you can do and you imagine that perhaps you are more, that you can do more, that you can tap into more and you get quite creative in the imagination and I meet you in that imagination.

It is a most wondrous tool of the holy Child. So often brothers and sisters will visit and they will say, "Well, it is only my imagination. Jesus would not speak to me in that way. It was much too commonplace. I understood what he was saying and that can't be true. It wasn't versed in the King James Version. It was just my imagination."

So the work that I am calling upon you to do is to be my messengers, to be the extenders of love, to be the ones who give the physical hugs, the ones who smile and extend a word of encouragement to brothers and sisters who are suffering, who are struggling, who cannot quite yet trust that I am there for them.

But you they can see. You they can trust because they see you as a physical living human being and they know that you have been through testing and trial. They know that you have come through times of challenge, times of doubt, times of wondering what is the answer, what is the path, the correct path to choose? You they can hear.

So I am asking of you this evening to join me in the work of the Father. For at this time it is a time of great choice. It is a time of polarity, a time when all of the issues which have not been seen in holiness are coming up now to be looked upon one more time with the opportunity to behold the garden of flowers rather than the garden of weeds. A time to behold with holy vision all that transpires.

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There is a healing presence which is needed upon this plane in this time. You have a most visible brother and sisters who are going through a time of being visible Christ, being crucified, being the visible object for others to have opportunity either to judge or not to judge, to love or not to love, to be in fear or to say, "I understand that one and I forgive as the Father does."

The next few months in your timing are going to be times of great polarity. Already you have seen that happening, beginning to happen. Already you see the camps being formed. Not too much of a middle ground and yet the healing presence, that is the middle ground. That is what I ask you to be, to be the healing presence in this time of turmoil.

And what is happening with your leader in this grouping, this geopolitical grouping you call your country, what is happening with your leader is most symbolic. For it symbolizes the journey of all of us. The journey Home. A time of examining motivation, a time of going within and asking, "Who am I?" A time of asking, "What is important? What is enduring? What is eternal?" It is a time for all of you of looking at issues and either going by habitual judgment which you know so well or choosing to look with new perception and new eyes.

This is a time when again you are seeing much of polarity in the various brothers and sisters as far as way of life. You have ones who have much of the golden coins who are quite free in how they will indulge their pleasures and you have others of the brothers and sisters who are living in the perception of poverty.

Now in truth all of the Father's abundance is available to anyone anytime. Many of the ones who are choosing to live in the perception of poverty at this time are choosing to do so to be and offer example, an opportunity for you and for all of humanity to see them anew and to open the hearts and to be truly the friend, the equal. That is what friend means. It means to see the other one as equal. To behold the Christ of the other one. And they afford you -- I speak here of you so gathered in this room and you as the collective humanity at this time -- they afford you opportunity to be in love, to open the heart, to extend to them whatever material goods, material comfort you have and can share or to be in the habitual turning of the back and saying, "Well it is too bad but I have other things I have to do. See you in the next lifetime."

That has been the view that you have held in other lifetimes. You have looked down upon those who are holding a poverty perception and you have judged them to be less than you. And you hoped that somehow it was not contagious, would not rub off on you. And you said, "Go your way. I bless you. I'll see you later."

Now is a time of extending love, of being most practical in the extension of love, of aiding others in your community. You do not have to go far to find ones who can do with a bit of the material possessions, the sharing of which. You do not have to go far to find ones who are in need of having the support of a friend. One who says, "Well I don't have silver and gold to share with you, but I can share with you the peace of my heart. I can put the arm around you and I can say, 'It will get better.' I can say that you are loved. I can say that you are valued." You do not even have to say with words.

In truth all you have to do for a brother or a sister to acknowledge the value of them is to look them directly in the eye. They know then you have noticed them. You have acknowledged them.

Do not turn the face, the countenance away from another one, a brother or sister, but look them directly in the eye and recognize the Christ which activates that

body. Recognize the Christ within and smile at them for you know who they are. They are the beloved child of the Father the same as you. Living out a drama of their choice for more reasons than what is ostensible upon the surface.

There is a healing presence which is needed in this time. A healing presence that will see you through into the dawning of the New Age. For you have decreed as creative holy children of the Father, that this is a time of sorting out, a time of acceleration, a time where all of the issues are coming up so fast and furious you do not always have time to sit with them as you would like to. But you have to be quite quick in going to the touchstone of Truth in yourself and judging the priority, the importance, judging the deeper importance discerning that for yourself.

For indeed you have been setting into place for lifetimes now, the touchstone upon which and by which you can measure Truth. You are not new, newly cast into a life, a lifetime. You have a background of many, many lifetimes. A background that stands you in good stead now for you have been there. You have been with the poverty consciousness. You have been with the affluent consciousness. You have been there, you have done that and you have designed the T-shirt. Not only bought it but you designed it. You have been there and done that. You know how it feels.

Now it is time to go within as the issues are coming fast and furious and to ask, "What is the holy vision? What is the whole vision that is happening here? Not just the part that is immediately apparent, but what is truly going on here? What is the deeper meaning?" And always it will take you back to the remembrance of Home. It will take you back to the heart of the matter. It will take you back to the one true Heart and you will find yourself opening your heart in service.

And the service does not have to be a grand thing that is heralded by your newspapers. The service does not have to be something that is heralded by neon sign. The service is given moment by moment freely as you will look upon another and acknowledge the Christ of them. That is all that it takes.

It does not mean that you have to be tied to them. You can acknowledge the Christ of them as you open your heart and you extend to them love. You can do this at a distance. You can do this in their presence. You will come to the place where you will be so transformed by the healing presence yourself that it will not matter whether you are in the proximity of another one or at a distance. But they will feel your healing presence and you will know the holiness of that healing presence yourself for all of your life will be transformed.

All of you have been dealing with issues. None of you have been exempt. You have all had the question marks come up. All of you have wondered where to go, what to do, what is the right decision? What do I do about so and so and such and such? Feeling responsibility.

All of you have had issues that have come up to be looked upon one more time with a new perception and to be healed. For you have carried, all of you, old baggage from other lifetimes, old belief system, old perceptions, old wounds and you have said that this is the lifetime when you will have those old perceptions, old self-image, old

wounds come up to be looked upon, to be dealt with, to be released, transformed by holy vision, by the healing presence of the holy vision.

So all of you have been grappling with issues. Some of them being circumstantial, some of them be responsibilities, some of them being career choices, some of them being emotional issues, some of them being the result as you see it of your stage in life where you see yourself now in a certain stage of life. Some of the issues stemming from the physical, from the physicality, the body and the messages that the body will give.

And you have had to sit with those messages and ask, "What is this all about?" And the ego has spoken that it is a judgment, that the body is for pleasure, yes, but it is also a means of punishment and that is what the ego will say. That you suffer in the body because you have done something wrong. Either done something wrong as far as eating habits, sleeping habits, stress or non-stress habits or that you have not known quite enough, how to take care of the body. "If I had known just somewhere to go, the right practitioner, the right facilitator, the right substance, the right medicine, the right herb, whatever. If I only knew." And the ego has said to you, "See I told you so. You don't know. You have a failing. You are incomplete." That is the voice of ego.

In truth the body is your perfect servant. It speaks to you a message which is a gifting. It speaks to you that it is time to take time for yourself. That it is time to be in harmony with the body. It is time to breathe and know the oneness with the body.

Not to be at odds with the body, but to know that you are one with the body. It is your manifestation, your creation, your vehicle that you bring forth as a way of expression in this reality. And whatever the message of the body is, it is not a punishment and it is not a judgement. It is a divine gift and it serves you even though there are times you rant and rail against it. But it serves you and it serves the brothers and sisters as opportunity to expand the understanding of divine creation.

It allows you to release old understandings that have been limited and to move into a new way of understanding the grand creativity which the holy Child manifests and uses.

So all of you have been grappling with issues which have asked of you healing. Every issue that has come up for your consideration has come up for the one purpose, of leading you to the place of knowing the healing presence, the holy presence of the divinity of you. That is what it is all about.

Everything that you see manifest in your experience is there because you have asked it to be there whether it is right in front of the face as an issue that you have to deal with or whether it is an issue that someone else is grappling with and you read about it in a report. You have brought it into your conscious awareness so that you may expand the image of who you are, of who they are and the understanding of what life is all about. The next few months of your timing are going to be intensified as far as what you will see as polarity.

Now we have spoken in previous times that this is a plane of reality that is based in the belief in duality, the belief in good and evil, a belief in love, in fear. A belief that

something can be nurturing or something can be threatening and all of the various levels and gradations in between.

So you will see within this reality much of polarity and much intensification for the clarity's sake and this is why you have asked for it, to bring it quite clear in front of you the polarity and the collective belief in duality. And it will be asking of you that you choose where you will stand. Will you be the healing presence in the world? Will you be the holy Child who says, "I forgive. I love"? Will you be the one who extends forgiveness to yourself for all that which the ego has called wrong with you and with your world? Will you have the courage to claim the Christ presence and to make a sanctuary, a sanctuary in your own dwelling place, a sanctuary in your own heart and your own consciousness? Will you have the courage to join me in extending the Christ love to the brothers and sisters, to your world and to yourself in this time?

Well I ask you, that is a question. Let us have an answer. Will you?

Yes.

Very good. Very good. I gave you a moment or so to think about it. Yes.

Indeed it was already decided. That is what you have agreed to do when you came to this plane and said, "I will activate a body in this lifetime as I see a lifetime, a time interval to be." You agreed that you will be the Christ presence, that you will bring your light to this plane that so much believes in the possibility of darkness and that you will let your light shine. And you agreed that by letting your light shine you would know the presence of that light in your own life.

For indeed you cannot extend to others the light without having it flow through you can you? You are touched by it. You are healed by it as you extend the light, the love, the expanded understanding to others. If you are calling for and desiring healing for yourself choose you to extend the healing to others.

For indeed as you will extend healing to others it has to flow through you and you are blessed by it. And this healing of which I speak it is more than just the physical healing. That will happen, yes, but truly what is being called for in this day and time is healing of the soul. Of your own soul which has felt wounded, which has felt incomplete, which has felt separate from the Father, which has questioned, "Why? Why do things happen? Why am I here?" The soul, your soul as you see individual soul and the soul of humankind, is crying out now for healing. That is what these days are all about.

So when you see much of polarity, rejoice and give thanks. When you see conflict, rejoice and give thanks for indeed it is the very motivation that will thrust you and others, the collective holy Child, into the place of remembrance. For many of you -- and I speak of this as collective humanity -- have decreed that you are going to be as the most stubborn donkey that says, "I am going to keep on and keep on and keep on and keep on until finally someone hits me over the head with a two by four."

You say, "I am going to keep on with a certain belief in existence because it is known to me. It may not be comfortable but it is familiar. It is a belief system passed down to me by my mother and my father, my grandparents, by society. It is a belief

passed down to me by my authorities, the religious leaders, the ones who must know. They have said that this is true." And so you have taken that belief, that system upon yourself and you have worked within it as best you could.

You have found it a bit constraining, very constraining at times and so you have pushed out some of the boundaries. In other lifetimes and in this lifetime you have pushed out the boundaries of conventional belief system because you have said, "There must be something more." There is a motivating force deep within you to come Home.

It is as the seedling that grows. It does not understand the life process. It doesn't even question the life process, but the seedling grows because it has to.

The desire deep within you to come Home grows because it has to. And what you have agreed that you will do in this lifetime is to bring the light, the remembrance, however dim you may feel that light to be, to bring the remembrance of your light into conscious awareness and to smile, to radiate, to beam, to be the healing presence and you are manifesting for yourself now all around you, on one hand, before you, beside you, above, below, all around you the opportunities to be the healing presence.

Now, I will speak a word of caution here. There will be times when you see opportunity to be the healing presence and out of habitual reaction you will find yourself reacting with anger perhaps, with judgment. There is a lot of energy that the holy Child is and there are times when that energy will come up so quickly within you that it will be an instantaneous reaction.

If that happens do not judge self and berate self and be as the ego that piles more and more guilt upon the shoulders and the head and to stay in a place of, "Oh my goodness. How I have slipped. I really meant to do better." But just say, "Okay, I know that feeling. I know that reaction well. Now, I will choose to breathe and to go within to allow myself to know the healing presence which is always available."

For there are going to be times when the brothers and sisters are going to push your buttons. They are going to be right up in your face with an issue or so. If truth be told, you have asked them to be your servant and to push that button and you may find that there will be the quick reaction born of habitual judgment where you will say, "You old fool. How dare you." Or you may call them something else a little more strong.

Then allow yourself the deep breath and smile. Even smile at one with whom you have just had a few words. It will make them wonder what is going on. Be the healing presence in your world and in your life. Choose as often and as quickly as possible to be the healing presence in your own life.

Your body will thank you. Your soul will thank you and I definitely will thank you. For indeed my work upon this plane cannot be finished until all of us come to the realization of Oneness. Until all of us come to the realization of the healing presence which we are, the holy presence.

Now when I use a word such as holy presence it sounds very spiritual, very lofty. Somewhat maybe a bit removed from human life. Therefore think of it as a healing

presence. But in truth everything that is healing has to come from that root place of holiness.

Allow yourself to know the healing presence of silence. Choose times of silence in your day. When you first awaken in the morning set your timers for an extra five minutes early so that you have time to lie in the bed and to be in silence, in peace before you bound out of bed and have to get caught up in the daily activities.

Allow yourself when you nourish the body when you eat to have a moment of silence even if you are surrounded by other people and this is good. But to allow yourself a moment of communion, a time of silence within. There may be all kinds of communication, conversation going on around you and you are part of it. That is okay, but pause for a moment within and touch that healing presence within. Touch that silence, that communion that acknowledges that you are one with the very food that you are eating.

Bless the food. Bless yourself in that moment of silence. You do not need to do it in a pious way. You do not need to do it in a most ostentatious way. You don't have to sit and bring the hands together and make great show of going within. But just allow yourself that moment of peace, of healing for yourself every time you will put something in the mouth to eat you will find that you spend a good bit of the day in communion if you will remember to pause and to go within to that place of silence each time you put something to eat in the mouth.

Know you how often you eat? I have watched you. You are great munchers. Well along with the munching allow yourself the communion. Allow yourself to touch that place of the healing presence and then in the evening as you lay the head upon the pillow, claim you another moment of silence, another moment of peace, of communion with me. Be in that healing presence with me before you drift off to sleep. It will insure you a very restful sleep. It will insure you a new way of looking at even the events of that day. And if the events of the next day are troubling, in other words you are thinking ahead to what you have to do on the morrow, allow the healing presence to touch even the anxiety, the questionings of what you will do on the morrow and you will find that there is a sense of purity, a sense that knows there is a guiding presence that goes before you to make the crooked places straight.

For indeed as we have spoken earlier in this evening, you do not make this journey alone. You have much of companionship, much of love presence around you. As you will choose to know the healing presence for yourself and in your life, you will find it easy then to extend it to others. You will give them hope where they feel there is no hope. You will give them hope because you will say, "I too have had problems, questions. Questions that sometimes I didn't see that there could be an answer to, and yet there was an answer. Even sometimes the answer will be a no answer." In other words, a wait, a time of patience. And you will give them hope to believe in the morrow. You will give them hope to believe in their value. You will give them hope to believe that there is a reason for living that there is much more to life than just the activities of the world.

For when you focus just upon the activities of the world it can become more and more limiting and you get more and more drawn into the maelstrom that takes you

deeper and deeper into constriction. And after awhile you begin to wonder if there is anything good about life, any reason to be here, any small spark of joy, of happiness.

The reverse of that is true. As you will allow yourself to abide in the healing presence of peace and in silence and communion within, you will find that your life is touched by holiness. It will be as a magic. Not a magic that is a slight of hand but a true magic brought into manifest experience by the holy Child and it will transform even the most complexing problem.

There is a healing presence that is available to you always in every moment. All you have to do is to ask for it. All you have to do is to pause for a moment, to take the deep breath. It is as simple as that.

Take a deep breath just now.

Can you feel the peace that is within? Even the body feels more restful when you allow the healing breath. Know you the healing presence, the divine nature of the Christ child which is you. For this is a time when the healing presence is so needed in your world and in your life. You are not left comfortless, you are not left alone. Never are you left abandoned by the Father or by me. Always the healing presence is within and available to you.

Be in joy with the body. Know that the body itself is your creation brought into manifest form to express the living Christ. Do not deny the joy of living and the pleasures of the physical. You have brought them into being. Enjoy the food that you will eat. You are the ones who have made the most wonderful sensory taste buds. You are the ones who can feel texture, temperature hot and cold, the most delicate sensation of the ice cream as it melts on the tongue.

You are the one who can sense the spices, the delicacy of spice and the mixture of spices. You are the one who has brought the sense of smell so that you may enjoy the aroma of the flower, of the perfume that is distilled from the flower. You are the one who can enjoy the sensation of the aroma of the cooking of the food to the place where you almost, you just can wait to be able to bite into that morsel.

You are the ones who have brought into manifestation the physical eyes that can behold all of the beauty and radiance all around you. You are the one who has said, "I will make receptors to see the light," and to behold the light even in what you call the darkness.

Know you, I will digress for a moment but it is fun. Know you that if you sit in a darkened room with no light, no candlelight, none of the other mechanical light. If you sit in a darkened room and you focus the attention upon light. After awhile you will begin to see the aura around your own body. You will begin to see your own light and there will be a light that diffuses itself throughout that darkened room where you would have said, "Previous, there was no light." Try that sometime if you want. Sit in a totally darkened room and when you have allowed the panic to subside. For indeed there is panic for all of you have known lifetimes when you have been cast into the darkest

dungeon and forgotten and you released the body in darkness, in sorrow and in darkness. So there is a memory carried with you that fears the darkness.

But when you have allowed the panic to subside and when you have gotten in tune with the breathing, when you feel the breath as it is exhaled and as it is inhaled as a cyclical breath, a cycle. When you have gotten in tune with the cycle of the breath and you have gone to the place of the healing presence within, the peace you will begin to see a growing light and it is your own light and you will call it a miracle.

So if you want to try that. Have fun with it. And if after awhile you try it and then you get tired of it that is okay, too. You may come back to it another time or you may not. It doesn't matter.

For I will share with you that as we have spoke of this experience all of you have had certain knowledge of it. In other words, you have known how to do this in other lifetimes. What I have spoken to you just now you would say imagined, but you have brought it out of the history of you, a knowing, a remembrance.

Allow yourself to be the light that truly you are. Enjoy the physical attributes of the body. Do not deny the body. After all you are the one who has brought this wondrous collection of light cells together. To be the expression of the living God upon this plane. Know you that is what you are? The living God upon this plane. You are the extension of the Father. You are the living God upon this plane and you have created a most wonderful vehicle for expression.

You have created again, the sensory organ of the ears where you can hear the most beautiful tones. You have opportunity to hear harmony, the most beautiful blending of harmony or to hear discord. The same with the eyes, you can look upon the beauty of the world or you can see the weeds in the garden. The same with the sense of the smell. You see the belief in duality that comes through this. You have either the sense of smell that enjoys the aroma or says, "Oh, get that away from me. It is the smell of the stripped one." The one with the stripe down the back. Yes, you know that one.

The body is your tool, your vehicle for expression of the life of the Father. You have come through lifetimes of denying the body. You have come through lifetimes when you have very early in life chosen to deny any of the pleasures of the body because you thought that it would be more spiritual and more rewarding if you concentrated you focused just upon the prayers, the saying of the rituals, the worship of others who you saw to be above you and greater than you, the masters.

But in those lifetimes when you denied the body what did you gain? Well you gained the experience of how it is to deny the body. You gained the experience of limiting your awareness of all that life is. So this lifetime you have said, "Now I am going to choose to be totally alive. I am going to enjoy the body. I am going to use it as an expressive vehicle of life itself. I am going to celebrate it. I am going to honor it. I am going to enjoy it and I'm not going to be in judgment of any of its attributes."

Now I have seen all of you as you have stood before your looking glass and you have said, "Why? Why did I make the nose such a shape, a form? Why did I have such

a chin? Et cetera. Perhaps if I go around like this I will look more," whatever the visage is that you desire to look. "Perhaps if I comb my hair in a certain way they will not notice it is getting a bit thinner on top." Whatever.

Enjoy. Enjoy the body and the various stages of the body as it goes through the process that you have decreed. Make the most of the vehicle of expression. And even if you see yourself a bit hindered in the mobility the spirit of you it is most alive and well and the ones of friends around you they feel the presence of the vitality.

For in truth there are times when the body will decrease in what you ask it to do so that the spirit may become more clearly visible. There are brothers and sisters in your midst who choose to allow the body to be decreased in its importance, in its flexibility, in its mobility so that you have opportunity to look upon the great spirit of them which activates the body.

For you take your bodies and the flexibility of the body, you take it for granted especially when you are the small one. First thing you do in the morning when you are a small one you bound out of bed you think nothing of what it takes to have the various muscles work in conjunction with each other to get you out of the bed. You just think, "I will be out of the bed and I will go and investigate whatever," and there you are. As you get a bit of the experience of years under your belt there is a collective belief that the body is going to slow down a bit and so you begin to be a bit more conscious of the body because it will speak to you.

But celebrate the body even in those times. Know that truly you bring messages of the body to yourself so that you may celebrate it. So that you may ask of course, "What is the deeper meaning of this? I want to look beyond the obvious. I want to see with holy vision." But it is also for you to understand the value and celebrate the value of the body at any stage of life.

Those who are in your dwelling places of care known as the hospitals, the nursing homes, whatever, they are there for many reasons and for many reasons of service. Service to themselves as they will complete experience of how it is to go in human life. They are doing completion with their own individual issues. How they feel about themselves. How they view themselves. How they view life.

They are also extending to others opportunity for ones to be in love, in non-judgment, for ones to look beyond appearance and to see yet the spirit of life that is most visible in the eyes. So even the ones who sit and it looks like all that they do is sit or to lie somewhere, they also serve the Father.

Indeed, many times because there is a certain decrease in the mobility and the flexibility and a certain decrease of focus of attention upon the body there is an increase within that individual of communion with the life force and with the Father and with that which is eternal.

Claim for yourself celebration of life. Claim for yourself the healing presence. Read that which is up-lifting. Surround yourself with that which you find to be beautiful. Surround yourself with tangible objects of beauty, tangible sounds of harmony. The

music that you find to be harmonizing. Surround yourself with the sayings that are inspirational and always, foremost and always remember to breathe, to go within and to find that place of healing, that place of communion, that place where you know I and the Father are one.

In that place of true communion I abide. In that place of true communion I stand ready to welcome you, to embrace you with the greatest love you have ever known. In that healing presence, that place of the Christ awareness. All of you, your life experience. All of you is transformed and you will go with a lightness of step, a lightness of heart and you will transform even your world.

I invite you to join me in the work of extending the healing presence consciously to this plane of reality. It is a work truly you have already dedicated yourself to. It is a work truly that will be your catalyst for remembrance of the love of Home.

I invite you to join me in the communion, the common union of one in that healing presence for truly there is a healing presence upon this plane.

So be it.