

## The Beholder

1998-11-13

Beloved and holy child of our 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 and energy for indeed that is your nature, your divine birthright to know the joy of the Father and to celebrate life, to celebrate this life and all other forms of life as you know them to be and as you can imagine them to be.

For indeed this is not the only lifetime that you were living even as we speak. I use that phrase. You know that well, even as we speak. This is not the only lifetime that you are living right now in this place of reality. For indeed you are carrying on quite extensive experiences and expressions within the Reality of the mind of God -- Reality with a capital "R".

You are much more than what you see to be a speck of consciousness. We have been speaking in the times recently that we have met in this way, we have been speaking of the Reality of you, the reality of the mind of God, which is you. Now the mind of God, it sounds like a great phrase coined by some of your religious theologians. In truth the mind of God is that great sea of interdimensionality that we have spoken of in recent times and you are the mind of God expressing in this point of focus as individuated energy.

You call yourself by a certain name. You know certain parameters of what you say your reality is. You have certain parameters of personality that you identify with and yet as individuated energy, you are much more than the speck of consciousness. You are the mind of God. And we have been playing with, discussing, contemplating, experiencing the interdimensionality of you as what these recent meetings have been about.

For indeed as I have shared with you in the past few months you have asked me to lead you gently as my teachers and masters did, to the place of being the beholder, to the place of knowing ascension.

I would speak with you in this evening about the beholder and the role of the beholder and how it allows you freedom from what you have seen this scripted reality to be.

Now in this plane of reality that is based so much upon the belief in duality, you have made for yourselves a most wonderful dichotomy. One the one hand you identify most specifically with who you say you are, the individuated energy and you identify most specifically, most wondrously with the experiences of this lifetime and of this world. You identify quite specifically with you creations, physical and intangible as experience. You identify with those creations.

And on the other hand you cry out to the higher Self of you, you cry out, call out to me, your Father God, to the Mother God to release you from that very specific

identification. For indeed as you will know constriction in that specificity, you want to know holy vision, you want to know the miracles in your midst. You want to have your release from all that is binding within this reality.

So on the one hand as you will be most wondrously identified with all of your creations, reveling in the drama of the adventure of the holy Child, at the same time within this reality that believes so much in duality, there is a part of you that knows that you are the truth, not constrained to this reality and a part of you that desires most wondrously to come up higher and to know ascension out of this reality.

There is such meetings, gatherings that we have had, have been exercises in releasing that specific focus, exercises in moving into the place of extended consciousness, the place which is truly the Mind of God that sees yet this reality and knows yourself to be in the world but not of the world. The place that knows that you have agreed that you will be within this experience as you will partake of the activities that the collective consciousness has decreed this reality will do and believe in and yet you will be the bridge between a specific focus of reality and the higher mind of God.

All of you have agreed that you will bring your light and anchor it upon this plane. All of you have agreed that you will play a certain role within the drama of this world, that you will walk with a cloak of forgetfulness where you will appear to be the same as the brothers and sisters. Where you can speak a language that they understand and yet you will commune with your Self, greater Self of you at all times to know that you are not constrained to this world. That you have a higher purpose and that you have a higher reason(?).

The role of the beholder, it is what allows you the releasing of specific focus. It allows you to move into the extended consciousness of the greater mind, which is you. It allows you to connect once again in that place of deep, deep peace with the reality, the true reality of you.

We have been suggesting to you in the last few months of your timing that whenever you get into a certain situation of experience, that you allow yourself the deep breathe, you allow yourself to stand back from whatever that situation seems to be and to ask for holy vision, to ask for, "What is the bigger picture that is going on here?" Not to deny your feelings that you have in that experience, but to put them aside for a moment or so, to bracket them, to put them in a bracket. Not to deny them for indeed those feelings are most real in this reality. But you put them within a bracket and say, "I will deal with these feelings in a moment, but right now I want to be the beholder. I want to see with total vision. I want to see through the eyes of my Father, to understand what all of the most wonderful dance is doing, interacting with the brothers and sisters." It will release you from immediate judgment and condemnation.

For indeed for many lifetimes you have trained yourself very well to go to the immediate reaction, to judge, to armor self against possible threat and to judge what others will be doing, saying and to judge self as to whether you are dealing rightly, strongly enough, wisely enough with whatever you perceive the experience to be.

You have come through many lifetimes when you have scripted a truth of yourself that it has been necessary to be prepared, to be armored, to be ready for whatever the world and the brothers and sisters in the world, will throw at you. And you have carried within the body much of tension, much of constriction, much of armoring and we will speak of that later this evening. A way of getting in touch with where the armoring is within the body.

And you have taught yourself throughout countless lifetimes that in order to know life it is necessary to preserve the body, to preserve the creation and yet I say unto you if you will receive it, you had so many lifetimes that we cannot count them in this evening. So many lifetimes where you have released the body and then recycled again in the truth, the eternal truth of the creative holy Child and the ongoingness of eternal life.

Therefore, the releasing of the body it is as one door will close and another one opens. It is as you would take off the raiment, the clothing at the end of one day perhaps, and put on new clothing in the next day. It has that much and more import.

You are the creative holy Child and you are creating in every moment that which you experience and that which you bring into that experience as necessary scripting and ingredient for that reality. The body is but part of the reality -- with a small "r". But you have taught yourself throughout many, many lifetimes that the body has to be preserved otherwise you did not know what would happen to you. Perhaps you would fall into the void and be lost forever.

And you set about trying to save the body, preserve the body at all costs. You would hire the bodyguards, you would be in a certain village that had the strongest warriors so that you could be protected from other villages who might want to come and take whatever you had as far as material possessions. You have hired other ones to take care of you, to be on the lookout for you. You have trained yourself to be the great warrior. Sometimes as physical warriors, many times at that, but in all times to be the great warrior, mental warrior to be always one step ahead of whatever the brother or sister might be thinking or planning and perhaps you could beat them to whatever the next step was and beat them at their own game.

And it has exacted a certain toll in every lifetime for you have put the focus of attention upon that which you have seen to be most important.

But the surprising outcome of those lifetimes has been that you came to a certain place of releasing the body nonetheless. No matter how much you stored up for yourself all of the foodstuffs to feed the body, no matter how many of the golden coins you spent to hire the best warriors, built the greatest castle to protect you from whatever. You have come to a certain point in every lifetime where you have released the body and having done that, there has been a period of the contemplation and desire to recycle and back again you have come. You have said, "Okay, make me a new script. I will play the new script this time," and you have gathered to yourself the soul groupings and you have said, "What shall we play this time? Here, you be the king. I'll be

the servant. You be the warrior. I'll be the fair maiden." etc. You changed roles and you have played them all.

Now you are coming to a place, indeed it has been a process of some lifetimes of recognizing that life within this reality is temporal and passing. Indeed, it goes by very quickly. The time you are a small child, well it seems you have all of life in front of you and the days go by rather slowly, but as you get a bit taller and a bit taller you find that the days go flying by and there is not enough time to do all that you want to do and you begin to look back on the years and you wonder, "Where have they gone? I have been so focus upon certain aspects of what I felt was necessary to do and experience. Where have those years gone? More to the point, where am I going in the years I see still ahead of me? And what after that?" And you have come through lifetimes of questioning your priests, your rabbis, your teachers of asking, "What is there beyond this lifetime? Surely there must be something more for this lifetime is so fleeting. Even if I am lucky enough to prolong the lifetime and to have a peaceful releasing of the body, even that lifetime it is but a twinkling of an eye. It is very short. What," you have asked your teachers and rabbis, "What then?" For there has been a knowing, a still small voice within that has said, "This is not all that you are. This is not all what life is about."

So again you have recycled and you have studied the ancient writings and the modern writings and you have gone to your gurus, your teachers, your workshops. You have gone to your friends and you have gone to the ministers and the rabbis and you have asked of them, "What is the truth, the higher truth?" That is where you stand now.

You are questioning, you are seeking, you are getting glimpses of the Reality, the eternal Reality of you and you are moving into interdimensional consciousness, that expanded consciousness of the true being of you, the mind of God.

As you will allow yourself the simplicity of the deep breath, it affords you opportunity to be at peace in that moment. As you will continue to breathe deeply and peacefully it allows space for the still small voice to speak. Space for the inner wisdom that comes from the greater Self of you, the mind of God. Space where that inner wisdom can be heard. And as you will assume the role of beholder, you find that it is not necessary, even as the world will speak to you, it is most necessary you will find that it is not necessary to respond quickly to a brother or a sister's remarks.

You have taught yourself because of the certain belief that you had to defend, you have taught yourself that it is necessary to have a very quick answer to ward off, perhaps whatever would be coming to be seen as wise, all knowing for indeed you did not want to be seen as a slow-witted one for the slow witted ones often in the village were left behind and you did not want to be left behind. Therefore, you have trained yourself to be very quick with an answer. It didn't matter if you have thought it through or not, but it was important that you have an answer.

Now I am suggesting to you that it is important that you be as the wise one who allows yourself to play the role of the beholder, to breathe and to listen and then to respond as the inner wisdom will guide you.

For indeed you have known lifetimes when you have been the teacher, the master who had the various disciples and students around you and there would be a question asked of you as the teacher, the master and because you wanted to give forth truth in an answer, because you knew it was important that you be as catalyst for the student's own remembrance of their inner wisdom. You took your time in answering. Perhaps for a day. Perhaps for a week you would sit in silence contemplating what the answer would be and the students because they revered your wisdom, waited. Quite different from this day and time.

And the students waited because sometimes the answer was not to be spoken but to be revealed. And the master, which you have been, knew that it was important for the mantle of silence to descend upon the group for ones to abide within their own being to find the answer to the question which had been asked.

In other words, to play again the role of the beholder and just to watch. To watch the thoughts that would arise, to watch all of the possible answers that would come to the questions, to watch, to wait, to breathe.

There is great power, in fact the only power, in being the beholder and allowing yourself to come from that place of deep, deep peace and inner wisdom.

As you will get so caught up in all of the affairs of the world, what happens to the feeling of energy in the body? Know you that feeling? You feel like you are being pulled in many, many directions. You feel that you do not have enough energy to do whatever is being asked of you. And sometimes if it gets conflicting enough you have thrown up your hands and you have said, "I give up. I don't know what to do. I am supposed to be here. I am supposed to be there. I am supposed to know this answer. I am supposed to have this report done. I give up." Great place to be for indeed in that moment you are releasing yourself from the demands of the world even though the ego will not give you any accolades at that point. In that moment you are releasing all of the chains that the world has said it has around you and you are moving into a place of surrender. A place that says, "I've done my best. I don't know what else to do now. Now I am going to stop. Now I am going to breathe." Blessed be the person who finds himself in that place and remembers to breathe. Then you have opportunity to move into the place of great power, the place of beholding. To go within and to ask of holy vision.

Now the ego will be screaming at you that you have failed. The ego will be screaming at you that you "should" be doing x, y, and z. But for a moment or so bracket the voice of ego and say, "Alright, I will tend to you in a moment or so. Get thee behind me for a moment. I am going to abide as we behold for a moment. I am going to watch me as I have been caught up in all of this constriction. I am going to watch the other ones who are also doing this dance with me. I am going to watch, I am going to wait. I am going to breathe. I am going to ask for holy vision. I am going to assume once again

the role of the wise one who does not have to respond immediately. The role of the wise one knows the power of silence, the power of the beholder."

There is great power in silence for it allows you to connect once again with the mind of God, the extended consciousness which is you. For indeed the mind of God it is not a void. It is not a place of nothingness. The mind of God is Allness. It is consciousness. It is awareness of the infinite. It goes beyond what the mind in this reality can comprehend. The power of the beholder is in the silence.

And as you will assume the role of beholder as long as you can remember and it is a bit of discipline. But as you will assume the role of beholder as often as you can remember, you will find great power in the silence. Great power in just being. Great power in just loving, allowing. Allowing the breath, allowing the holy vision. Allowing the love and understanding to flow in to envelope you and all of the others who are in the most wonderful divine dance with you.

Now I would invite you to take a deep breath. Feel the peace that comes with the deep breath. Take another deep breath and gently allow the eyes to close, to turn the focus inward. To go within to that place of silence.

And to feel the peace and the power of that peace in silence. And in that space of beholding, call to the mind's eye an occurrence that happened in this day where you are witness to something that was going on between a brother and a sister, perhaps a group of people. Some event where there was an interaction between brother, a sister, other ones(?). And just allow yourself to kind of think about what happened. Who said what? What the body language looks like.

So in that place of silence, in that place of the beholder allow yourself to visualize the ones engaged in this encounter. Visualize them as a ball of light. Instead of seeing the features, the appearance of the body, allow yourself to visualize them as a ball of light, radiant light. Most dynamic light and replay again the situation, the conversation who said what to whom and see how the light, the balls of light how they interact with each other. Which one seems more dynamic. Which one is more surface, aggressive if you will? Which one is more confused, constricted?

And in that space of the beholder just watching the interplay of light, allow yourself now in a remembrance to balance the light, the balls of light and see what happens.

In other words, bring your healing consciousness, your holy consciousness to that event, the circumstance and see each sphere of light being equal, radiant and turn within. (?).

And then take another deep breath and allow that slate to clear, that picture in the mind, allow it to dissolve, the clear and call to mind an event, a circumstance, a situation in which you were a participant. An event where you were engaged with another one, the interplay of energy.

Feel the features of the other one as you were talking with them, conversing with them. How did they look? What does the face look like? What was the body pos-

ture? And then see yourself. How did your (?) look? How was your body posture? How did it feel? What was said? What was exchanged?

Then again, using the power of the beholder, allow yourself to visualize the other one and you as spheres of light. Spheres of light that activate the body. But now the appearance of the body, the physical boundaries of the body dissolve into light. And see yourself in this interplay as light. Feel the interaction. How does your energy interact. Is it expansive? Is it contracting? How is their energy of light? Is it expansive? Is it contractive? Is it a back and forth? Is it a blending, a mellowing?

....see the light as you replay what was said. Be aware of the nuances of the energy level of the sphere of light, how it dances. For indeed always the light that activates the body and is most dynamic and radiant. It is most alive. It expands and you bring it in and it contracts. It expands. Sometimes it feels quite expansive so that you could take in the whole world in your light.

Other times you feel yourself to be very small flame of the candle surrounded by much darkness. Watch the interplay with the spheres of light. Be aware of the subtlety of how the energy feels. Perhaps there has been something said to you which you did not want to hear, you did not want to believe. Perhaps something was said to you that you did want to believe. It was the most wonderful news you could have hoped for. How does that feel?

Now using the power of the beholder, allow yourself to balance all of the spheres of light that have been within the mind's eye that you replay this situation. See all of the light blending, equal, dynamic, powerful and loving. See the situation in a different light.

And now allowing the eyes to just gently open, bring with you that feeling of peace, that feeling of healing which you just extended to the situation, that feeling of power. The power that the world does not know, the power of peace, the power of silence, the power of the beholder who is not caught up in the voice of the world.

Allow yourself to know that in truth you have healed that situation. You have healed yourself. There is great power in that space of the beholder. There is great power in that space of the interdimensional you. That is not caught up in specific focus and this reality.

Whenever you want to know holy vision, allow yourself to move into that space where you have just been. But instead of seeing specific of the bodies, even of the personalities, you see the spheres of light and you see the interplay of light that will release you from having to give quick answer. It will release you from constriction of worry of fear and the what if. It will release you from the voice of ego that says, "You should know, you should answer, you should be, you should have done, etc." All of the shoulds. The ego loves to bombard you with. It will give you space, that role of the beholder, that space to connect with the true meaning of you.

Now as we have spoken earlier in the evening, you have carried throughout many lifetimes much of armoring. You have carried it in the body. You have asked the body to

be your perfect servant and to carry all of the beliefs of what you have said this reality is and has to be.

You come in this time, in this evening, this day with constriction, unease in the body. Some of you have allowed the unease to grow to the place of the threshold of disease. For the body calls out to you and says, "Hey, remember me? I hurt. I need some attention and loving attention."

It is possible to use the same technique that we just did to look at your body and/or to look at another's body and see where the constriction, where the armoring is. Now in truth, you have all lived lifetimes as the healers. You have lived lifetimes because of a sincerity of heart. You desire to be of service to the brothers and sisters to comfort them, to facilitate for them an ease of living where you saw much of disease and suffering and you did not want to have the brothers and sisters in such pain and sorrow. It is the same for you in this lifetime. You cannot bear it. Your tender heart cannot bear it to see another one suffer. And so you have been in many lifetimes a facilitator of healing. As you have known how to see, to read one's body, another one's body through various techniques. To see where there is constriction. And to look even further than the body to that one's soul and to see the wounded of that one's soul. Wounds that have been carried throughout lifetime after lifetime and re-manifest lifetime after lifetime because it was thought to be reality.

You have all been facilitators of healing, physical healing of the body, facilitators of healing of the heart and of the soul and of the mind. And you come once again to this lifetime desiring to be of service to the brothers and sisters and to remember the higher truth of your being and their being and to facilitate for them the good life, the holy life.

So I invite you now again to take another deep breath not with effort but just easy and to go to that place within again, that place of sacred silence, that place of peace within.

And abiding in silence bring to the mind's eye your own body as it would be in a mirror. You know what your body looks like in the mirror. And visualize the top of the head, the facial features, the throat, the shoulders, the chest area, the solar plexus, the thighs, the lower extremities of the legs, the feet, the toes.

What do the toes look like? Visualize your arms, the top of your arms where they join to the shoulders. And the lower part from the elbow down to the wrists. And the hands. What does the back of the hand look like? What does the palm of the hand look like? What do the fingers look like?

Now stand behind yourself and look at the back of the head. What is the shape of your head? What is the shape of the neck? How does the back across the shoulders look? Your waist, the back of the legs, the back of the knees, the ankles.

Now looking at the front of the body once again, allow all of those features, the boundary of the physical body to dissolve into a very soft light. And scan from the top of the head down over the face, the throat, the shoulders, the heart, the chest area,

the solar plexus, the legs and the feet. The arms and the hands. Is there part of the body that stands out as more rigid? Is there part of the body, the area that seems a bit darker than the rest? Perhaps grey and in a shadow.

And now stand behind your body and again seeing the light enveloping all of the body, scan again from the top of the head in the back. How does the light from the crown, the light from the back of the neck, across the shoulder blades, the chest, the waist, the hips, the back of the legs down to the feet. How are the joints and the arms and the hands? The joints in the legs and the ankles?

Is there any part of the body that seems more radiant, more alive and (?). Is there any part of the body that seems a bit duller, a bit darker than the rest?

Now assuming that place of position of power of the beholder, allow your light to shine upon all of the body. Especially any areas that seem to be a bit dimmer. Be as a great flashlight. Shine your light upon all of the body, your body from the head, from the back of the head across all of the back. Wash the body with light and then go around to the front of the body and wash the front of the body from the crown chakra down to the toes with light.

Be a cosmic flashlight. Beam your light, wash the body in light. Claim for yourself healing in every cell of your body.

Now abiding in that place of the beholder, in that place of silence, listen. Listen to what the body will tell you. If there is a part of the body that has a message for you, listen. Be as a friend to the body.

Place your light hands upon any part of the body that is speaking to you and receive the message. Reassure that part of the body that you are listening, that you have heard, that you care, that you will do all in your power to allow the light to flow into constrictiveness throughout that part and all parts of your body.

Breathe your peace into any part of the body that does not feel at ease. Expand. Allow your peace to expand the light of the body. Any part of the body that is registering constriction, allow the peace to expand every cell in that area and to shine the flashlight of your light into that area. See that area expanding. Feel it expanding. Know it is expanding. Claim it to be expanding.

And now having been in the place of holy vision allow your eyes to gently open once again. With the eyes open remember how the body looks in light. With your eyes open remember how the back of the body looks bathed in light. Play it again. How does the front of the body look washed with light?

Visualize with your eyes open, visualize putting your light on around that body and hug it. How does it feel? Expansive? Loving? Healing? Nurturing? You are calling forth the power of the mind of God as you allow yourself to move into that expanded state of the beholder.

You are healing situations, experiences, perceptions, and even physical manifestation. Most powerful, creative whole beings which you are.

If you will know ascension and it is your desire to know ascension, out of the constriction of the world and the reality that the world has dictated, if you will know ascension and experiences and even ascension of the physical body practice being the beholder. Practice releasing specific focus. Practice knowing the light that heals all illusions. This is what my masters taught me. This is what I give to you. It will heal everything you have experienced in this reality and it will bring you to the place of great peace and truth. It will bring you to the realization of the interdimensional you. That reality which you are that is not focused upon or identified with anything dimensional, that is the interdimensional you.

You do not have specific focus upon any dimension. You are in the reality of interdimensionality. You are in the mind of God. Practice being that which you are. Practice being the interdimensional truth. Practice being the beholder. The reward will take you out of this world.

When I speak to you of being the beholder, I speak to you of truth, of steps that were given to me in what you call ancient times. When I speak to you of the power of the beholder, I give to you a key that releases you from specific focus. It does not mean that you will deny the world and the activities of the world, but it means that you will know yourself to be in the world but not of it that you will be beyond this world. That in truth the world is of your making. But in truth everything you experience you have brought into being. You have created it. Everything is within you.

When I speak to you of being ...?.. it is to give you a great peace for moving into the reality that is most necessary to claim and to realize as you would know ascension.

Practice being the beholder and claim the joy that comes with knowing true freedom. For indeed in that space of true freedom I am with you.

So be it.