

Secret of Manifesting

1999-02-05

Beloved and holy and only Child of our Heavenly Father, Child of the one Source, Child of light divine. That is who you are. Take it deeply within the consciousness and contemplate what that means. 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 for it is your divine nature. The world will speak to you that there is much of heaviness, much of responsibility, much of judgment and much of challenge. But your true nature is to be the free spirit of the holy Child, joy incarnate come once again to this plane for the sole purpose of playing in remembrance and in awakening.

That is your sole purpose -- s o u l, s o l e, purpose for being here. It is to awaken and know that you are in the likeness and image of your Father, to know joy incarnate. To throw off the shackles of judgment, to throw off all of the shackles of what has been, what should be and to go free as the holy Child once more. Flexible, spontaneous, making changes. Allowing your light to shine. Allowing the bubbles of true joy and radiance to come forth to be felt.

There does that not feel better? Of course it does. For a time while we are together allow all of the worries of the world to be set aside. You can pick them up again later when you leave here. Or, you can just leave them. But for a time let us abide in joy together and to know the will of the Father. For the will of the Father is not to have to suffer. Not to have to be heavy. The will of the Father is to know that which you are and to celebrate that which you are and to come alive in that remembrance.

In truth, that is why you come together. For one will encourage another to remember. One will smile and see the Christ in another and by seeing the Christ in another will allow them to catch a glimpse of their true being and to celebrate it. In truth that is why you come. Not to hear what I have to say to you. You think that is the reason, but in truth it isn't. It is to come together to encourage one another, to laugh, to smile, to hug, to support, to listen and to say, "I believe in you. I know who you are." And if you go from this place this evening feeling lighter, then that which you have decreed and desired will have happened.

(comments on Judi's attire of pants)

This evening is about true joy. About allowing all of the old shackles to be broken, discarded, released. It is about feeling free. It is about manifesting what you want. Coming again to that sacred place of remembrance, that sacred place of holiness and choosing anew. Choosing from a light heart that does not hear the voice of the world. Choosing with a light heart to be that which your Father decreed you are.

Now we have been speaking in the previous months when we have been meeting this way. We have been gently reminding you that you are much more than just this point of focus. You are much more than just the individuality that you see yourself to be. Much more than the personality you claim is yours and we have been gently bringing you to a recognition and a reclaiming of the extended Self of you, the Reality -- with a capital "R" -- of you.

In previous times we have been allowing the boundaries of who you have thought yourself to be to become thinner and thinner so that you could pass through it in consciousness much as you know the physical phenomenon of osmosis. We have been gently guiding you into the remembrance of the feeling of how it feels to be all. How it feels to be the one Mind.

Not losing the individuality but allowing the focus to be extended so that you know that you are the individuality, yes, as you have focused upon that but that you are much more. You are the matrix out of which this focus is drawn. It is the creative power of the matrix that allows you to focus upon individuality.

When the world speaks to you and will give you challenges, there is a narrowing of focus that happens. There is even a narrowing of energy around the body that if you were, with your technology, having a photograph, a visual of it at that moment you would see how you are at that moment, drawing in the energy, constricted as you are focusing upon a problem.

How do you feel when you are happy? Well you feel expanded, yes. You feel lighter. You feel more expanded. You feel more free and in truth, as you will have a visual at that time, by any of your means of technology, you will see that the aura around the body expands.

As you come into the presence of one who is happy, bubbly, having a good time and feeling very good about themselves, you can feel their energy as you come even into the room where they are. There is a feeling of expanded energy. There is a feeling of love, joy, as we spoke earlier in this evening. There is a feeling of truth of the holy Child. And you are drawn to it.

You enjoy being in another one's company when they are happy, when they are light hearted, when they find something to laugh about, a joke to share, when they are feeling the bubbles within them come up to the surface and they can't help but laugh because it feels so good. And you find yourself sometimes laughing with them and you don't even know what the joke was but it doesn't matter just because it feels good.

Other times you have come into the presence of one who is very much focused on all of the problems of the world, everything that is as a big challenge to them and they are bringing in the energy, focusing very specifically, very narrowly upon that appearance and their perspective of what is going on. And you can feel yourself contracting. You will need to do what this one has done, to take a deep breath.

When you come into the presence of one who is sorrowful, who is troubled, even one who is then acting out from that space in anger, allow yourself to take the deep

breath and to become centered within yourself. Otherwise you will find temporarily at least, you get drawn into the contracted energy and it does not feel good.

But as you will remember to breathe, you will feel yourself expanding for indeed what happens to the body when you breathe? It expands. Exactly, the lungs, the whole chest cavity expands and the energy, the aura around you expands as well and you give yourself in that moment opportunity to expand the vision. In other words to have a new way of looking at what has appeared to be very constricted.

Anytime you find yourself getting tied up, caught up in a problem, in a challenge, in the voice of the world, you will feel the energy constricted in the solar plexus. You will feel the energy constricted across the shoulders, the back of the neck. Sometimes across the forehead. You will feel a tight band that goes across the forehead down the back of the neck.

Allow yourself to breathe, to expand and then to ask, "How can I see this differently?" And breath again. For the ego which has been your companion for many, many lifetimes will come in quickly even upon the opportunity of the deep breath and it will serve you what you have asked it to serve you, on a platter. It will say, "Yes, but. You cannot feel good. You cannot feel free because you have to worry about x, y and z. How dare you? You don't deserve to feel free. You've got to solve this problem." That is the voice of the ego. The separated ego.

The true Ego of you, the I Am of you knows that in truth there is no problem. Tell that to the separated ego. There will be a "yes, but." Plenty of "Yes, but."

But the I Am Ego of you, the true Isness of you knows that whenever there is a perception, a problem there is also the wisdom of a solution that has to come with it otherwise it is not a problem.

Whenever you come up with any challenge you as the creative one, you have made the challenge. You as the creative one, you know what the solution is. Now it may not be apparent right away because there is a belief in process. There is habitual belief that says, "Everything has to happen in time and time moves slowly." Well, not anymore, right? You've been finding that time, you are running out of time. How wonderful. You are running out of time and so you have to make the most of whatever time you have. It is your choice. But you also find that the ideas of solution come more quickly.

Whereas you used to spend a lifetime with one challenge. Now you may spend a day, a week, a year even a certain stage of a lifetime perhaps, but not the whole lifetime. Other lifetimes you have had a challenge and that has been the only focus of that lifetime.

Now as you are contemplating it you can look back over this lifetime and you can say, "Well there was this challenge when I was a child. There was another challenge when I went to school. There was a challenge with my siblings. There was a challenge with my peers. There was a challenge when I became an adolescent. There was a challenge when I had my first employment, my first job. There was a challenge with my first marriage, etc." And you look back over all of the challenges and you say, "But I am not

there now. I have come through those challenges and I am the wiser for it." And you are.

You are making time be your servant. You are accelerating experience and the gifting of that experience. For if you were to sit down with a piece of paper and a pencil and to list just quite quickly all of the challenges you have come through in this lifetime so far, it would fill that page and then as you would sit with it and think more deeply about each stage, each year of your life you would come up with more challenges that you came through and you would fill another page, another page and another page. In truth you would fill a book.

You have been making the most of this lifetime. You have been coming through many experiences to the place where you have the saying in your world, you have been there, done that, completed, not only bought the T-shirt but you have designed it as well. You have done the whole ten yards of it.

So you are finding that yes, there is focus upon the individuality, yes, there is focus upon the responsibility. Yes, there is focus upon all of the projects that you want to do. But there is a certain sense of you that you can feel, you are beginning to feel, expanded sense of you that sometimes in a day will work miracles. Things will happen in a day that you hadn't planned. Didn't know were going to happen and you find yourself looking at that experience and saying, "Wow, I never thought that could happen to me. I never thought that such a wonderful avenue would open up in front and that I would choose to walk down it."

Everyday, if you will receive it, is an opportunity to see miracles. Everyday there are opportunities to live in the joy of the Father, to live your true birthright. Everyday there is opportunity to know that there is a presence that goes before you to make all of the rough places plain, smooth and the crooked places straight so that you don't get lost.

There is a presence that goes before you. Always, it always has and it always will. The focus has not always acknowledged but always there has been that presence that has gone before you so that you look back on things and you say, "Well, there is a divine order that was at work here even though I couldn't see it at the time. A most wonderful beautiful divine order. A surprise." There is a presence that goes before you and it is the expanded Self of you. It is the interdimensional Self. It is You, the Self of you with a capital "S".

For in truth you are much wiser than what you have ever acknowledged yourself to be. You are much more creative than you have ever acknowledged yourself to be. Now you are beginning sometimes in your times of laughter at self, you are beginning to laugh at how creative you could be and saying, "I didn't know I could be this creative. Why have I been this creative? I didn't know I was going to create this." Exactly, yes. And then you have looked for the gifting in the creativity because you have said, "There has to be a blessing in this somewhere. Jeshua said there would be a blessing in here and dog gone I'm going to look for it until I find it." And if you seek, ye shall find.

This is your month of focus upon love. Most wonderful what you do in your timing. You set up the holy days for yourself to remind you to stand as symbols of that which you would remember. And this month you have said, "We will have a special day. A holy day and it will be a day for lovers." Sometimes then the separated ego has come in and has said, "But I don't have a lover. Everyone else has a lover but I don't have one. How can I celebrate love when I don't have a lover? Poor me." Know you that feeling? Hmm, sure you do. You've been there.

Now in truth you have a lover. Always you have a lover. If you would ask of me to be your lover, I will be your lover. Ask of me anytime, I will be your lover. I will walk with you. I will love you. I will guide you. I will comfort you. I will be your lover. And more than that, you are your own lover.

If you will receive it, you have made circumstances for yourself where you felt bereft of a lover so that you could come unto the greater understanding that you do not need someone else seemingly apart from you to give you love. For in truth even when one will stand in front of you and want to give you love, unless you are willing to accept it and to be in that space of love, you do not know love.

The most wonderful love can stand in front of you and say the most wonderful words and if you are not willing to be in the space of love, to receive it, to feel love, to feel loved, you will not know love. The greatest knowing of love is when you give it away is it not? For you feel a rush, an expansion of love. You cannot wait to beam your light upon another one to say to them in oh, so many little ways and big ways, "I love you. I love you. I love being with you. I love that which you are. I love the feeling that it brings out in me because I feel alive when I am with you. I feel alive when I am in love." A wonderful coincidence of course, because you come truly alive when you are in love. That is your true nature, love. So of course you come more and more into the recognition of being alive, an expanded state.

So in this month when you celebrate lovers, no longer do you have to feel that you walk alone, that you do not have a lover. That everyone else perhaps has someone sending them the valentine card with the heart on it saying how wonderful, how special you are. If you want a valentine card from a lover, I charge you. Go into your card store and pick out a card that I will send to you.

Walk into that card store and say, "Jeshua, what card do you want to give me?" And look at all of the cards and see which one allows your heart to feel so expanded, so wide open that you feel all of the love in the world and beyond, rushing in and through you. Look at all of the cards and read them. Find that one that speaks to you from me to you.

Stand there in the store and feel so loved. If you want to give the golden coins so that you can take the card with you, that is okay but you don't have to.

Know that in your looking at the cards and in that connection, that communion with me in love, that is the treasure, that is the treasure of your valentine's day. It is knowing how loved you are. But you may give the golden coins for the card and take it

home with you. Post it up somewhere right in front of you so that you don't forget. Or you may leave it for somebody else to find in the store and it will be blessed.

In this month that you celebrate lovers, come alive in love yourself. Beginning with this evening at your break time go up to one person, at least one person and give to them the gift of love. Look them straight in the eye and say to them, "You have the most beautiful smile. I love that about you. You have the most beautiful way of looking at things. I never thought to look at things the way you do. You have the most wonderful way of supporting others. I love that about you. You have the most vital way of being alive. I love that dynamic quality of you."

Go up to one and give them the gift of love. Point out one thing about them that you admire that maybe they haven't thought about. Give them a valentine of love this evening and then beginning with your morrow get you very busy and send cards, send the telephone communication, send the electronic mail communications to ones. Allow them to know how much you value their presence in the world with you on this journey that you are on.

If you want to buy a small thing to give to ones in this month, allow yourself to do that, to gift them a token. Whatever brings out the love within you and will spark the love within them.

It is not by accident that you as the holy Child, have set aside a day, only one day to celebrate love. Celebrate it all of this month of course and then you may have so much fun with it that you decide to keep on doing it all year.

I have watched you. Actually you do it all year. I have watched you and it becomes more and more fun does it not? To acknowledge the beauty in the world, to acknowledge the beauty in the brothers and sisters, to acknowledge the goodness, to acknowledge every time the holy Child chooses to come up higher and to choose for joy and laughter. It uplifts all of the world when you do that. In this month get you very busy. Give love and don't forget to receive it because there will be ones sending love your way so be open to that. Know that you have many lovers. As you look you will find many, many lovers everywhere you look it will surprise the ego for you will begin to understand what love is. Not just what has been assumed to be love, the limited conditional love that says, "I will love you if you do everything that pleases me. I will love you if you stay beautiful forever. I will love you if you cook for me. You clean my house. You bring me home a big paycheck. If you don't upset the canoe, etc." But love that values the Christ of another one, that values that Christ incarnate and the adventure that that Christ incarnate is making for himself/herself. That is what love is. And you can see that in every one as you allow yourself to step back and to take a deep breath and to come into that place, that expanded place of the interdimensional You, the matrix of You.

I would do with you and exercise, what you call a short meditation. Allow yourself to be comfortable.

Take a deep breath. In that space of peace that comes with the deep breath, allow yourself to feel expanded. Feel the body. Feel the boundary of the body. Feel the

personality and the qualities of the personality. And then take a deep breath and allow the body as you visualize it in the mind's eye, to expand. See it as energy. See it going beyond what you have felt the boundary of the skin to be.

Visualize in the mind's eye the body as light, a sphere of light and as you breathe more light into it, it expands. Do not worry that you are going to be in another space for indeed your expansion will blend, intermingle with another's light but light has no problem in knowing itself to be expansive. Light in truth, knows no boundary.

Take another deep breath and breathe more light into the expanded sphere of you. Feel it to be very light. Feel it to radiate as far as you can imagine. Past the chair that you are sitting on. Past the room that you are in. Past the geographical location of the town, the state, even the country. Feel the light that you are reaching as far as the farthest star and intermingling with the light, the radiance, the brilliance of the farthest star. Being as radiant, as immense as total, totally immense as the farthest star encompassing all within and without.

Now in that space of light expanded, immense, unbounded light visualize and see your face. See yourself, the face of you, in that light. The face as you see it when you look in the mirror, in the looking glass. Behold the hair how it looks. What color it is. Behold the length of the hair, the forehead, the eyebrows, the nose, the eyes, the chin.

And in that great sphere of light where you see the visage of you, the face of you, love that which you see. Feel that visage most, most loved. Allow the light which you have seen to be immense and unbounded to be now experienced as very nurturing love. A love that knows no boundaries, no conditions. A love that is radiant and accepting. A love that penetrates and interpenetrates all of you. A love that says, "This is my beloved child in whom I am well pleased."

Feel the caress of love around the shoulders. See yourself in that light, the visage of you, the shoulders of you, the body of you and feel that visual of you. Feel it wrapped in the most gentle of angel wings caressing, supporting, loving, encouraging. With each caress of the wings allowing you to know how wonderful you are. With each caress of the wings allowing you to feel as you have never felt before, the love of the Father, the love of your Creator Who knows you to be that which He has created from before time began. Feel yourself totally immersed in the wings of love.

And now allow those wings to open a bit and to take in someone who comes to mind, a loved one perhaps, a friend, a coworker, a family member. Someone who comes to mind and see their face, see the hair, the color of the hair. The length of the hair. The style. See the forehead and the eyebrows and the eyes and the nose, the mouth, the chin. And look into their eyes and love them for you are so full of love you cannot help but give it.

See the rest of their body in front of you. See the neck and the shoulders and the torso down to the feet, the arms, and take them into your embrace. Allow the wings of love to enfold them so that you are one in the embrace of love.

And embracing them in the wings of love, allow yourself to feel a blending where there is no longer two but one. A complete melding, a complete love. One heart.

Say to them, which will be to yourself, the words that you would hear spoken to you. Say to them the words of love. Allow them to know that they are the most wonderful creation of the Father. Allow them to know that they have never gone astray. They have never left the Father's love but always they have played, adventured, expressed and experienced but never have they left the love of the Father.

And now allow the wings of love to open. Feel yourself to be very light. Nothing to hold you. Nothing to hold you down. Nothing to hold you back. Feel yourself to be as light, as light itself, as immense, unbounded, free, unlimited forever. Feel the joy that is in that freedom. Feel the joy that is in the nurturing love. Feel the happiness that begins to well up inside of you. Feel the champagne bubbles that tickle. It feels so good because you are exhilarated, coming once again into the energy of the Christ.

See yourself floating, energized, the Christ light free once again.

And now when it feels comfortable allow yourself to be aware of the body that is sitting on the chair. Allow yourself to be aware of the personality and the individuality you call yourself. And when it is comfortable allow your eyes to open.

Do you feel the love? Do you feel the peace? Are you immersed in that peace? Do you feel healed? For indeed there is healing in that space. Those of you who have come with a desire for healing know that it has been effected in that peace. Healing of the body, yes, and more than that, healing of the soul.

Those of you within the sound of my voice who have desired healing, know that in that space of love the healing energy of the Christ is at work. Know that that which you have prayed for is yours.

Now beloved ones, take a deep breath. Energize the body. Move around a bit. Yes. Get a bit of circulation back.

I have one more topic that I would share with you in this evening before we come to the closure of this first part. And that is the secret of manifestation.

(This edited part is used in 3/99 EV)

The Secret of Manifestation

Beloved one, I would speak with you about the secret of manifestation. All of you want to manifest something. You all have desires. You want to manifest a healthy body, a healthy relationship. You want to manifest a lover. You want to manifest the golden coins which will allow whatever else you want to manifest to be made easy.

Some of you have dreams which you desire to see made manifest in this dimension, and you have been wondering how, how to manifest. The secret, the principle of manifestation is one. It matters not what you want to manifest for indeed there are no degrees or levels of difficulty. The principle of manifestation is one.

And what I have just said is the clue. The principle of manifestation is one. It is knowing that you are not separate from whatever you desire to manifest.

Now, for very, very long, long time as you measure time, you have seen yourself separate. Separate from the Father, separate from the Father's love, separate from each other as you see the bodies to be. Separate even in your feelings, your emotions, your intellect. For a long, long time the holy Child has lived a drama, a scripting, based on the belief that there could be separation, based on the belief in duality which says, "I am here and all else is somewhere else out there."

But in Truth, all is within you. All is within even the individuality as you call yourself that specific focus. For indeed you are not separate from the matrix of you. You are not separate from the interdimensional You. You are not separate from the Reality — with a capital "R" — of you. You are not separate from the creative energy which allows you to focus on a very specific point of reality — with a small "r" — and to call it real.

You cannot be separate from the creative energy of the Isness of you. You can decree for awhile that you will play a scripting that says, "I am separate." You can decree that you will play a scripting for awhile that says, "Whatever I want is at a distance from me either in space or time." But in Truth you cannot be separate from the matrix of you, from the creative energy of you <M>nor<D> from that which you would manifest out of the creative matrix.

The principle of manifestation is one. It is knowing your oneness with whatever you would manifest. It comes forth from allowing the specific focus to be relaxed enough so that you move into a consciousness of extended Self, allowing — as you would call it even now — yourself to think outside of the box. Thinking outside of the box which you have called yourself: "This point of focus of me, this box, is the reality of me."

Well, it is the reality of you — with a small "r" — but it is not all of you. So when you allow yourself to take a deep breath and move into the space of peace, releasing all constraints of thinking, you move into the space of possibilities. Then you can bring into the light that which you would make manifest. You see it. You see it clearly. You bring it into the embrace of oneness. You claim it. You know it. You live it. You feel it. You vitalize it. It will be made manifest right before your eyes.

Now, there are variations on this which you will play with, and which you have played with. There are the variations which say, "Okay, I can almost visualize it but I'm not quite sure of some of the pieces of this." That is where a lot of you sit right now. "I can sort of see what I want to make manifest but I'm not quite clear."

Or you put the variation of time into it and you say, "Well, I know, I know it's really going to happen." It is "going to" happen, and even in that subtlety you put it at a distance from yourself in time.

Now, there are no shoulds in this. There are no mistakes and there are no judgments. Anything you choose to make manifest your Father allows. The creative matrix of you is an Isness. It allows you. How you want to do something and when you want to do it, that is also allowed. There is no great referee sitting above you somewhere saying,

"You have to do it this way or else you've failed." Or, "You have to do it in a certain time frame or else you've missed your chance."

You never miss your chance. You have never missed a chance. You have made choices and the choice might be to allow it to pass for the time being, but it will come around again if you call it around again. So you have never missed a chance that is going to be gone from you forever. It cannot be. You are not separate from anything. You are not separate from any<M>one<D> or any<M>thing<D> even though the world which you have constructed would appear to be full of separation.

When you walk into another's presence and they are in joy, you can feel their energy. If you were truly separate from them, you would not feel their energy. When you walk into another's presence and feel their sorrow, feel the contraction, the constriction of energy, it is because in Truth you are not separate. If you were truly separate, you would not feel.

Even as you have gone through lifetimes of armoring yourself and saying, "I don't care; I'm not going to feel," even in those lifetimes you have felt, otherwise you would not have reacted with the "I am not going to feel" scenario. There was a knowing of union, however fleeting.

The principle of manifestation is one and it matters not the levels of difficulty you place upon it. In other words, I have heard you say, "Well, manifesting a million of the golden coins is much more difficult than manifesting five of them." Now, in Truth it is not.

What seems to be a bit difficult for you is jumping across the chasm of separation and saying, "I know I am one million of the golden coins." Not, "I am going to manifest them," or "I am going to have them," but "I know that I am that which I desire to manifest." And then allow yourself to live in the space of great gratitude, great joy, thankfulness which stems from the place of knowing that, "I have it already. My God, I'm happy. I have it already. Wow!" If you live in that space of gratitude and thankfulness because you know you are in the joy, the divine birthright of the holy Child of knowing that <M>I am that which I seek<D> already, you are going to make manifest in an instant whatever you desire. Because you are not separate from it and it cannot be held from you. There is nothing which can be held from you.

Now, I hear the question arising, "Well, what about this relationship that I would like to have with a certain handsome personality, or a certain most beautiful blonde, brunette, female form?" Well, the relationship <M>is<D> yours. Already it has been yours in your mind as you have thought about it. It has been yours in manifest experience either in what you see as this lifetime or another lifetime. You have been there. You have tried it. You have enjoyed it and then you have said, "But there is yet a piece of something missing. There is something more that I am looking for."

It is the same with the great stack of the golden coins. You are the one million golden coins. You have had that in other lifetimes, as you see lifetimes to be. You have had the one million golden coins in this lifetime if truth be told. Think about all the golden coins which you have allowed to flow through you and which your parents have

spent on you, etc. You have already had the one million golden coins even in this lifetime.

I say unto you, that which you seek shall be gifted unto you. There is no one and no thing which can stand in the way. You will make for yourself many goals which you will attain. You will make for yourself many projects which you will complete. And they are all as most wonderful steppingstones to that which you truly desire: And that which you truly desire is That Which allows you to complete all of the projects and goals which you put before yourself. That which you truly desire is to remember the Matrix, the interdimensional Self of you, the Christ of you, the creative Energy, the holy Child.

That which you truly desire is happening. You are awakening. You are coming Home. You are remembering. You are beginning to live in the thankfulness of being Home already.

All else is as the icing on the cake. It is fun to do. It is good to do. You have projects which you want to do. They are good to do. They allow you to extend the creative energy of the holy Child and to be in love with that which you will make manifest. The principle of manifestation is one: the one holy Child in remembrance, come Home.

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Now I will do with you a short meditation for I feel the bodies are growing tired but we will do a short meditation.

Again, allow the body to be comfortable and to take a deep breath. And as you breathe in go again to that place of sacredness within, within the heart. That place of silence, that place of light. Breathe again of the inspiration of the Christ and take it deeply within, deeply within the consciousness, that sacred still point of light and then allow that still point to expand in light. Feel it expansive beyond this room, beyond this house, beyond this geographical location, beyond this country, beyond the planet Holy Mother, the Earth. Feel the light to be expansive beyond measure to reach the farthest star and to blend with the light, the brilliance of that farthest star and to encompass all of the darkness you would see in between until all is made light.

Breathe of that light. Feel that light. Know the radiance of it as you are in the light and you are the light. Feel yourself immersed in the light and feel yourself as the light, unbounded, expansive, ever expansive farther and farther. Brilliant. Brilliant white light.

And now in that expanded state of light, bring into the mind's eye a project, a desire that you would like to see made manifest. Describe it at first, perhaps in words, in concepts. Describe it as to how it will look.

Allow yourself to see it as you have described it. See the color of it. See the shape of it. See the details of it. See the feeling of it. Feel the life of it. Go inside of it. What does it feel like inside?

Go outside of it and see what it looks like from the outside. What is the feeling that you get from the outside? What is the feeling you get from the inside?

And as you have placed your consciousness within, ask of it to speak to you. Ask of it to share with you the next step that needs to be taken in its life. What does that feel like?

If you reach a roadblock go inside the roadblock and ask it to speak to you. What does it feel like inside the roadblock? Push out all of the boundaries of the roadblock with light. Infuse the roadblock with light, all of light and ask of it to share with you the next step.

Bless the project with your love. Bless the project with your consciousness. Know that the project has a life of its own. A life that it very much wants to share with you in consciousness of one.

Ask of it, how does it want to look when it is grown up? What is the next step to take? Now feel yourself to be within the consciousness of the project. Feel yourself to be within the intelligence of the living project.

See it not as separate as something that you have to orchestrate, but see it from the inside. Feel it from the inside. What changes does it suggest? What is the next step? How light is it? And if it doesn't feel light infuse it with some more light. Make some more space inside of it. Become one with it. Take your light into it and when you do you will recognize that already there is light. Already the light is the intelligence, the consciousness of the project itself and you are one. Live it from the inside. Allow it to speak to you.

When you have received a certain feeling from it, a certain feeling of completion perhaps, allow yourself then to know all light. Take the project as you into all light. Feel yourself immersed, the project as you, all light, expansive, unlimited. Peaceful and yet dynamic. Peaceful and alive. Peaceful and love. And bless it with your love.

Bless the light with your consciousness, the holy Child consciousness of love. And abide in the space of one. One light, one mind, one love.

So be it.