

## San Diego Advance

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Beloved and holy and only child of our Heavenly Father, only child, one of our Heavenly Father. Creative, divine from before time began. Child of light divine. That is who you are. I've changed the greeting a bit so you can contemplate it.

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 again chosen to call me forth. Always I speak that greeting to you about great joy for that is your divine birthright, it is your nature. For when you are in joy how do you feel? Expanded do you not?

We have spoken often of the holy Child's adventure, how you have thought so wondrously to focus upon a specific experience and expression known as a lifetime, known as a personality, an individuality. It is a most wondrous thing that you do. You call forth from the totality of your being a focus, divine energy so much so that you can exclude for the time being momentarily the remembrance of the totality out of which you draw that specific focus.

And you say, "This is who I am. I am this individuality. I go by a certain name. I have certain qualities, attributes. I have a certain employment, certain relationships that define me. This is who I am." Forgetting that you are this yes, and more. Most wondrous being that you can call forth a specific focus to the almost exclusion of remembrance.

For as the holy Child in divine creativity, you set for yourself a certain thread. A thread of remembrance, a thread of connectedness to the total Self of you. It is the still small voice within you. It is the still small voice that speaks to you and says, "You are this, yes, but you are more. Come Home. Remember." It is as you have set a certain timing known as your alarm clock. Where at a certain time there will be a calling, an insistent calling to awaken. That is what you are responding to now in this time and in this lifetime.

It is calling to awaken to the totality of Self. Not to forget the individuality, not to deny the individuality. Not to say that this dimension, this reality is all bad, that it is just an illusion, that it has been a mistake. For indeed it has not been a mistake. You have chosen to experience this reality, this dimension all that you have scripted into this dimension.

But the still small voice calls to you to awaken now to the totality to remember the Christ of you and to make commitment to the discipleship to that Christ.

Not discipleship to one Jeshua ben Joseph, not to one Jesus, but to the Christ of you, the Christ of the One. For in truth the holy Child of the Father is indivisible, it is one. You have taken a focus and you have said that there is individuality, that there is separation and you have manifested evidence that speaks to that separateness.

But the holy Child is one and is the Christ and you have agreed and you show it by your presence in this gathering. You have agreed and committed to being disciple to the Christ.

Now for lifetimes, as you see linear time, you have given commitment to the Christ as you understood the Christ to be. And it has been in many lifetimes a commitment to serve the personality of one Jeshua. This was as you would see a certain steppingstone, a certain phase in the remembrance and it has served a grand purpose for you saw individuality of Jeshua, me, you saw what you felt the goal to be.

You took what your perception was of me and of what it meant to be the Son of God, the Son of the Father and you put that upon a pedestal and you said, "That is way above me. It is something to be worshipped. It is not something that I can ever attain or understand." But beloved ones I say unto you in this evening, it is something that you will very soon come to know and understand and you will live from that space, the space of the Christ. That is what you have decreed that these evenings will be all about.

These evenings will be as you named them, The Christos Intensives. In other words, coming to that place of remembrance of who and what the Christ is.

Now the Christ is not so much a who. You have thought that in other lifetimes. You have believed it. You have revered it. You have set the individuality upon a pedestal. You have done this with the personality of Jeshua. You have done it with other great masters, some of whom are still being revered and honored and worshipped in this point of focus, this day and time.

But in truth the Christ is not a who. The Christ is your divinity. The Christ is the essence of the totality of you. We have likened it in previous times when we have spoken, we have likened it unto a vast ocean out of which you have fashioned for yourself the drop of water as an experience and you have said, "I am the drop of water. I am separate, I am an individual." And then you have seen yourself to be separate from the ocean.

The Christ of you, it is in truth the divinity. It is the beingness, the Isness, the vast ocean of the totality of Self -- with a capital "S".

You have made commitment to remembering that Self. You have come through lifetimes and you have re-experienced it in this lifetime, lifetimes of conflict. Lifetimes of constriction. Lifetimes of sorrow, limitations, challenges. You have come through lifetimes so horrendous as you experience them, that you have cried out for salvation. You have cried out for anyone who would hear you to please take you out of that very narrow constricting understanding of life.

And you have re-experienced that even in this lifetime in relationships sort of as a review, re-looking at, review. So that you could know again where you have been and what it has felt like. You have made commitment to remembering and to awakening. You have made commitment to be the disciple of the Christ.

Now what does it mean, first of all, to make commitment? That is a word and a concept in your day and time that many run from. They want to be as the rolling stone that gathers no moss. Free. Having no commitments, no entanglements as they see it. And yet commitment is a most necessary ingredient in the discipline of the disciple.

In truth you cannot be the disciple without commitment. It means setting aside all else and being single focused in the expansion of the focus. It means setting the goal of knowing the Christ as being of the highest priority.

And those of you so gathered in this room and those of you within the sound of my voice, have already made that commitment. You have suffered the slings and arrows of the world enough so that you have come to a certain place of completion. You have said, "All right. I have been there, done that and I have not felt all that great. Now, I want to know what is the good stuff? Show me. What is divine? What is whole about me? What is good about life?"

You have made the commitment, albeit, sometimes you go on a detour, but you have made the commitment to know what it means to be disciple. You have set that as a priority, a value in this lifetime.

So you have gone to the workshops. You have gone to the masters, the teachers, you have gone to the fellow brothers and sisters who seem to be a bit together, enlightened and you have asked of the brothers and sisters, the masters, you have said, "Share with me the revelations, the remembrances that you know so that I may have that as catalyst for my own remembrance. Perhaps something that you will say in your experience will trigger for me a remembrance, it will open a door, it will open a window for me." And so you have gone to the workshops and you have followed certain methodologies, you have sought out the books, the magnetic recordings, the vibrations which have tickled your remembrances because you hear at a very deep level within you the still small voice calling to you saying, "It is time."

You have much now that is being spoken about, written about, time. You have experienced of the collapsing of time and how that feels. You have examined the thread of time and how it is interwoven throughout the fabric of your human experience and how it seems to define that experience and yet you are the ones who define time itself.

You have been playing with time. You have been experimenting to see what you can do with it. Sometimes feeling very constrained within it, limited and there is frustration and anger and the separated ego speaks very strongly to you that you have failed. "You should have planned better. You should have allotted more time. You should have, etc., etc." The separated ego is very good at giving you the "shoulds." You know the separated ego very well.

You have also played with the abundance of time and surprised yourself for you have left for a certain appointment knowing that you had only a short time to get there. No way was it humanly possible to arrive in time and you have done a wrinkle in the time and found that you got there in time after all, perfect divine timing and indeed, it is perfect divine timing because you have decreed out of your divinity that you would play with time. You would see what you could do with it.

And I charge you in this evening, play with time more to your benefit. Play with the abundance of time. Find yourself in everyday, find yourself at a certain moment in time saying, "My goodness I am already," for whatever you have to do, "I will stand here I will honor myself. I will meditate. I will breathe, I will sing. I have time for myself." Do

you know that you value time in this point of focus even more than you value the golden coins? You have a saying that time is money. You value time above everything else until you have experienced that time does not bring you the fulfillment of the empty heart. And then you have set about finding for yourself an abundance of time and an abundance of love so that you can fill that time with love.

You have already made the commitment to discipleship. Now what does it mean to be disciples? It means that you eat, drink and breathe everything nurturing comes from the master to which you have made yourself disciple. Now the master may be an entity, a being as you see that. Or a master can be an experience in life, a quality in life. Many times you have made yourself disciples of the golden coins. Many times you have made yourself the disciple of time. Many times you have made yourself the disciple of love. Seeking it where it was not to be found. Running around trying to find it in the outer forgetting that you are birthed and live and move and have your being in love and that the most sure way to know love is to give it. For in the experience of giving you know that there is a flow of energy.

That is why I exhort you over and over to extend love. To open the heart and to love everyone and everything in your experience and then you will begin to remember the power, the divine power of love which has birthed you in the allowance of having specific focus. Individuality, in other words. To extend love. Make yourselves now, disciples of love. Choose to see love everywhere. Choose to give love all of the time, to live in that space.

I have watched you and you are making the beginnings of this. You are doing very well with this. You find it beneficial. You find it healing to give love to others. There is a warm feeling in the heart when you give a smile, when you give a hug, when you give recognition to another one. Even in just meeting their eyes and saying, "I recognize you. I recognize the value of you." And you find it very rewarding to give love.

For I say to you in this evening, put yourself in that circle of love. Give love first and foremost to yourself. That you find difficult because the separated ego has been your companion for so many lifetimes which you have asked it to be. It has pointed out to you as the companion which it is, it has pointed out to you where you are and have been abiding in your belief system about yourself and about others. And many, many lifetimes you have had a limited image of yourself and of others. And so the separated ego has said to you, "You are not perfect. You're downright stupid. Didn't you know that was going to happen? You could have done better. Why didn't you say...? Why didn't you...?" Always the second guessing to point out to you what you have then taken to be a judgment of you.

And so you have put yourself outside of the circle of love. You have said, "But others may be the holy Child of the Father. I can see the Christ of them. I love the Christ of them. And it makes me feel good to love the Christ of them, but if they really knew inside me, probably wouldn't like me. I see that in my relationships in this lifetime. When I have gotten close to someone and I've really showed them the real me," -- real with the small "r" -- "They've left. Friends that I thought were friends when I opened up to them, when I said to them, 'Let me be part of your circle. I want to be friends with you.' And they have turned away and found someone else to be companion."

And so you have re-experienced abandonment, judgment, imperfection, limited image. And you have said, "Well, all others they are worthy of my love and the Father's love. I can see really good qualities about each one of them. And I know that's why the Father loves them. But, I'm not sure about me." And you keep yourself outside of the circle.

Well I say unto you in this evening, you are valued, you are wonderful. You, if you will receive it, are the masters who have come forth into this dimension out of great courage to live in a reality that still believes that there can be other than love.

It has taken great courage for you to choose once again to come into this dimension. To assume the cloak of forgetfulness. To take upon yourself the manifestation of a physical body and all that has been scripted in this reality that goes with the physical body.

You have agreed to a certain collective consciousness that says this is a reality of struggle. This is a reality of pain and you show that in the bodies. You have the aches and pains in the body.

Then, you go to certain of the brothers and sisters and you say to them, "I have a pain right in the back of the neck. I don't know what it's from. Can you do something about that? I have a pain in the middle of the back. I have a pain in my knee. I have a pain in my heart. Sometimes physical. More often it is emotional pain in the heart." And you go to the brothers and sisters and you say, "Help me. Share with me from your experience what will alleviate the pain. I want to be whole. I want to be healed again. In truth, I want to remember my holiness." You don't say it quite in those words but that is what you are asking.

I say unto you in this evening that it has taken great courage for you to choose to be the servant to the Christ. To do it within a certain paradigm, a scripting if you will, that has built into it much of pain and sorrow and limitation.

Be ye now disciples of love and love yourself. Bring yourself back into the circle of love. Everyday do something as a gift for yourself for you are worthy of it. You are worthy of the most beautiful costly raiment. You are worthy of the most beautiful jewels. You are worthy of a relationship that sees you as valuable and loves you for what you are and who you are. In everyday do something for yourself. The small "s" and the capital "S". To love self. Do not be so busy loving others that you put yourself in the background and forget.

For in truth, you do not totally, unconditionally love another until you will totally, unconditionally love yourself and forgive yourself for whatever you have thought was lacking in you.

Be the disciple of love of Self. Put that as a priority in everyday. Gift to yourself some of that precious time we have spoken of. Set aside... oh, let us be extravagant here -- set aside a whole hour for yourself. Can you do that? Well I don't know Jeshua, maybe I'll have to shoehorn that in somewhere. I'll tell you what, today I'm really busy but tomorrow I'll put aside two hours. And then tomorrow comes and you say, well, the next day I'll put aside three hours. Well on the weekend.... No, in each day set aside for your-

self an hour of time and do not then go to judge what you do in that hour at having value or not value.

In other words, if you set aside an hour for yourself and you want to lie in the bed and wiggle the toes and perhaps snore until the rafters are vibrating, so be it. Do not get up after you have spent an extra hour in bed and say, "Oh, well I wasted time. I should have been meditation. I should have been ooommming. I should have been," etc. Do not value judge. Just indulge in love yourself. If you want to take a bubble bath do that. If you want to go and stand in the sunshine, do that. Those of you who live in the fountain of the rainy geographical locations, stand in the gentle rain and breathe the freshness of the vibration of the rain.

In other words, treat yourself a gifting from the Father, if you will. How can the Father give you a gift if you will not accept it? All the time He is gifting you. All of the time, catch the meaning there. All of the time He is gifting you but you must receive.

Be ye disciples. Put discipline into your experience. The separated ego is going to rail against discipline. Habitual pattern is going to chafe against discipline. And yet beloved ones, it becomes quite easy after a few days of discipline. It will become a habit, an easy habit to have discipline in your life.

Become the disciple of love, yes, which means to become the disciple of Christ. We use within this point of focus, the concept of love to explain, to act as catalyst for the Allness of your divinity, for the Allness of the totality of Self. Because when you are in love all of the limitations, all of the imperfections are no more. They are forgotten. They are as a no thing.

When you are in love you feel expanded. You feel that you could do anything. You want to do everything. You cannot wait to be awake in the morning. You cannot wait to be alive, to share with another one the object of your love. You cannot wait to share yourself with them and you feel most expanded and vibrantly alive.

Now the totality of you, the divinity of you is vibrantly alive, powerful, dynamic and beyond what we can describe in concepts. But you begin to catch a feeling that goes beyond any definition of concept and words and you live in love, pure love. You begin then to know what it means to walk as the Christ incarnate, to be visible incarnate Christ upon this plane and to give unconditional love always because you know no other. You live in that space of the unconditional love knowing that you are loved unconditionally, knowing that you are the most wonderful being that has ever come forth out of the vast ocean of totality. And you walk as vibrantly alive Christ sharing your light. It is a vibration that can be measured. Sharing your light with the brothers and sisters, touching their lives with your vibration.

Know you that the light that you are, which you bring into even this specific point of focus can be measured, has a sound, is felt by the brothers and sisters and you feel their vibration, you feel their light or the containment of their light as they will find themselves constrained, constricted, suffering.

As you become committed which you are, to knowing what it means to be disciplined, the disciple of the Christ, and coming again to the experience of the totality of

you even while you are focusing upon the individuality, you will feel that you are living in two worlds.

Now, have any of you felt that? Yes, you have felt that. Your question to me has often been, "How do I bridge this? How do I bring it together? I feel it is like a double exposure where it doesn't really fit one on top of the other. It's a bit off."

Indeed you are living in two worlds because you have chosen to awaken. Count it all as good even though the separated ego will say, "It doesn't feel harmonized, it doesn't feel together, it doesn't feel integrated." Count it all as good when you acknowledge and recognize that you are living in two worlds.

For indeed there have been many lifetimes when you have not even acknowledged that there could be anything beyond this specific focus. In other words, this was all there was. There was tunnel vision with the blinders on.

Now you are awakening. Now you are remembering that there is much more to you and it gives you an unsettled feeling and you have questioned yourself at times and wondered what is happening to me? Why do I have certain feelings? Certain understanding? Why do I seem to be walking to the beat of another drummer when all of my friends, acquaintances they seem to be single focused. They are not having problems. They know what they want. They want the better dwelling place, bigger car. They want to have certain promotion in the career. They don't have these thoughts that I have, that there must be something more to me.

And you have asked and the separated ego has said, "Well, maybe there is something wrong with you." Count it all as good for indeed you are living in two realities and becoming aware of the two realities. The reality -- with a small "r" which you have said is this life experience and the Reality -- with a capital "R" which is your true Being.

You will be acknowledging and refining the experience of the Christ, the Reality -- with a capital "R" -- of you in the days to come. You will be refining to a place where you will feel peaceful, integrated if you will, even while there feels, seems to be disintegration. In other words you will be abiding more and more in the space of the Christ, in the space of peace even while all else around you seems to be in upheaval and in change. There will be a certain sense of peace, a very deep peace that the world does not understand. And you will be refining for yourself what it means to be visible Christ incarnate.

You have in this day and time most wonderful brothers and sisters who have chosen to be visible, public you call it, to lead their lives in visible experience and to come in their own process of remembrance to the place of knowing their Christhood.

I have watched you as you have wondered, as you have questioned, as you have loved, as you have supported, as you have judged and then allowed. I have watched you as you have related to what others were going through. And you have felt, if truth be told, you have said to yourself in certain words, "There but for a certain choice in individuality, there go I. I can understand that experience. I can understand what they are going through."

So you have in that moment come into a place of remembering the Christhood. You have in that moment of love, come into a space of forgiveness of self, a forgiveness of all of the drama that has been going on. And again you felt that you were walking, experiencing two worlds and you have been two realities. Count it all as good.

The Christ of you is that which allows you to have individual experience, to bring forth manifest experience and expression in this reality. The total Self of you, the Reality of you, the Christ of you is vast, immeasurable, unlimited, cannot in truth be defined by words or concepts. But it can be experienced even in this point of focus.

For as you will breathe, to take a deep breath and to come again to the place of peace within, that space of perfect stillness you touch the space of the Christ. It is that easy.

The Christ is not separate and afar from you. You have made it as a concept separate from you. But in truth, the Christ of you cannot be separate from you and cannot be afar. The Christ is you, it is simplicity itself. It is the simplicity of the peace within. That space which you touch in your quiet time of meditation, prayer. The time you take the deep breath and you release all of the tension of the body, all of the tension of the mind, all of the tension of the soul and you allow for a moment the divine peace of the cosmos and beyond to be your reality.

Breathe with me. Take a deep breath and hold it. And now let it go. Do you feel the relaxation even within the body? Take another deep breath with me. Breathe it in. Breathe it in the solar plexus and hold it. Now release it.

Feel yourself energized even by that breath. Whenever you feel yourself constrained by time. Whenever you feel yourself burdened by the cares of the world, breathe deeply. Hold it to the count of four. Release it and repeat several times if need be. And you will feel an energizing that happens.

It is not by accident that you have built into the scripting of this reality that the first thing you do as an individuality is to breathe. When the newborn first comes in to individual experience, separate experience as you call it, the first thing the newborn does is to breathe. It is your connection to the divine energy of you as you have brought that divine energy into this reality, this scripting.

So whenever you feel yourself to be out of touch with the total Self of you, the Reality of you, breathe for heaven's sakes. Quite literally, for heaven's sakes and remember the peace that abides forever within that space.

Now, would you meet the Christ of you? Would you like to have experience of the Christ of you? Yes. Well then, allow yourself, the body to be comfortable in the chair and take a deep breath and again hold it for the count of four and then release it.

Breathe again and feel the energy of you coming in through the crown chakra, coming into the center point of what you call the individuality of the body. Feel the energy come together in a center point called the heart.

Take another deep breath and as you do so, visualize the energy of light coming in through the crown chakra to the center point of the heart and then radiating out in an unlimited radiation to all of the universes that you can imagine and all of the universes beyond that.

See yourself as a pulsating, dynamic beacon of light. See yourself in the flow of divine light. Visualize it coming in through the crown chakra energizing all of the body and then radiating out from all of the body to all of the rest of the light within the universes and beyond.

Feel yourself as vibrant, dynamic, pulsating light. Feel it within the very cells of the body. Feel a vibration of the light that energizes every cell as it passes through in this divine flow.

For indeed you are always within a divine flow of energy whether you are aware of it or not. Feel it now in conscious awareness energizing every cell of the body, turning on the lights, if you will of every cell. Down to the fingertips, down to the toes. Feel the vibration, the tingling and then see all of this light that you are in the flow of, see the light going as far as you can imagine and beyond and blending with the light of everyone else who is also becoming awakened to the light.

In your mind's eye, see a point of light. A circle of light if you will, a sphere. A point which grows. It grows until there is nothing but light and you have conscious being within that light. You have intelligence and yet no form.

You are a point within that light and you are all of the light. You are vibrantly, dynamically alive in that light as conscious intelligence.

In the mind's eye, see yourself as light. Experience yourself as a vast sphere, unlimited of light. And in that space of the golden white light which you are, the very dynamic Isness of divine Being, allow yourself to call forth an experience of the Christ.

See it first of all as the dynamic Isness of All. All light. And then out of that light fashion for yourself a form which comes toward you as the consciousness you see yourself to be. It may be a recognizable form or it may be amorphous form of conscious intelligence coming to greet you.

When the Christ form which you are calling forth has come to your point of intelligence, your point of being where you see yourself as a point of intelligence. When the form of Christ you are calling unto yourself comes face to face with you, allow the heart to open and to receive the Christ.

Feel if you will, the divine blending. A melding of the one into one in light. Hear the vibration of the point of oneness. Hear the vibration, experience the vibration. See the vibration. Experience with your total being how it is to be one with the Christ.

Feel the love of the Christ enveloping the point of intelligence, the point of consciousness which is you. Perhaps feel it as the amorphous knowing of love. Feel it perhaps in a more tangible form as the soft wings enveloping you. Feel it perhaps as the dynamic vibration of All that Is.

And in a moment of silence, be in that space with the Christ and receive the gift of the Christ.

Ask and receive.

Lay at the feet of this Christ all that you feel to be limited about yourself and receive the healing that you desire.

Ask and receive.

Having released all of the limitations you have seen to be your most treasured possessions, receive now the unlimitedness of the Christ love. Know that you are loved beyond measure. Know that you are valued beyond any estimation. Know that you would not be here in the consciousness you claim to be your own if you were not divine Being. You could not have experience if you were not divine Being.

You were so totally loved that never have you gone astray, never have you been judged, never have you sinned. Always you have been loved and valued.

Receive the Christ. Feel yourself to be the Christ. Feel yourself to be One. Feel yourself to be All.

Breathe and energize the Christ. Breathe and receive the Christ. Breathe and know that I am Christ.

Beloved ones, welcome. Welcome to the Christ the true Being of you.

So be it.

Take another deep breath and move the body about. Energize the body a bit. Get in touch with the body once again for in truth you have been out of the body. You have been far out of the body.

Others have said that about you, I know. That being is far out.

Now for the remainder of the time that you have in this evening I would suggest to you that you choose someone either known to you or perhaps a new friend to you in this evening. Spend five minutes with that person or perhaps ten, it may take you a bit longer, to find out where they are from, what they do in this lifetime, what is their divine wish. What energizes them. What really turns them on. Gets them excited about living.

Exchange with each other a few bits of what you call the worldly definition of self and then look into each other's eyes and find the Christ of that one in their eyes. Feel the heart open as you see the Christ of that one and you welcome the Christ into your heart. And speak to that one as you do the gifting of love. Speak what comes to the mind to share with them. And allow the Christ to be very visibly present in this gathering.

You are free to choose. You are free to do this however it feels right to you. You may do this now. You may do this as you nourish the body with some of the foodstuffs, but before you leave this dwelling place in this evening, choose one other person to look deeply into their eyes and acknowledge the Christ once again.

This is the Christ in whom I am well pleased. Enjoy.

So be it.