

Pray Without Ceasing

1999-10-06

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 once again to call me forth. Great joy as we have spoken many times which is your birthright. It is indeed your nature. For when you are in joy how does it feel? Expansive, great, wonderful, yes. You know an expanded self when you are in joy. You come alive. That is your true nature. Try to claim it as often as you can remember and to live in joy, in the Father's joy.

There will be challenges yes, the voices of the world will speak to you of many problems, questions, many opportunities to be in constriction and as you go through the daily living there are many times when there would be judgement that you make upon yourself and upon others. And many possibilities of moments that are spent in guilt for past mistakes as the separated ego would say. And yet they are not mistakes. They have been choices that the holy Child made to know what that feels like. To play with those experiences and then to come through them and to say, "What else is there? What more can I experience? What more can I create?"

Separated ego is always giving you possibility to be in judgment of self and of others and yet the Father never judges you. You are His divine most wonderful holy Child and He acknowledges the holy Child at play. So do not take yourself too seriously. Allow yourselves to abide in joy, to see yourselves as I do, divine, holy, having a grand adventure.

Now in this evening I have a request to make of you. For many lifetimes you have desired to make memorial unto me. For many lifetimes you have put forth the idea that I should be worshiped, I should be held upon a pedestal, I sit at the right hand of God the Father and I look down upon you and I watch everything that you do and I say, "Oh, he's doing very well. Oh, oh, he's making some bad choices." Well in truth I do not do that.

But down through the ages you have had teachings and you have put forth teachings when you were the ones as the priests and rabbis that there should be memorial unto me so that I could be worshiped and many times you have built the most wonderful buildings, dwelling places for the holy Spirit, cathedrals you call them. Your shrines where you would know because others told you, you could come and find me and you could converse with me and with the Father in those sacred places, the shrines, the cathedrals, the sanctuaries, the grand temples.

Well I say unto you in this evening, it is time now I will claim the memorial. I will ask of you to build for me a memorial so that I can be properly worshiped. Now, does this mean a physical edifice? No, it does not. You are so wise. You have all come to that conclusion even before I finished a sentence.

But it is time for a memorial. It is time for you to remember and to worship the one Christ which we are. It is time for you to give to me, as the Self of you, worship and to remember the true worth—which is the meaning of worship, “worth-ship”. To know true value and worth of the holy Child.

This is what we will speak of in this evening, the memorial unto the Christ and how you do this. It is very simple really. It is to remember to pray without ceasing.

Now, what is prayer? Down through the ages you have had many teachings of what prayer is and many postures have been suggested to you that would be sacred and necessary for true prayer. The postures upon the knees in supplication. The postures where you would be at the foot of what you would see a shrine, a sacred memorial, an object, statue and you would perhaps be upon the knees for many hours. But that is not prayer. That is a certain aid to focusing but it is not prayer.

Down through the ages you had many instructions as to what prayer would be and what it wouldn't be and what wouldn't work if you didn't go through all of the various stages properly beginning with the very first and remembering all of the words until the very last and woe be unto you if you forgot one of them for you have to go back and start over, yes. And so you were taught from a very early age that this was most important to your eternal soul and it was something that you had to learn and do properly otherwise there would be damnation. Eternal damnation, but especially damnation from the parents and the authorities who were teaching you. And you feared their damnation more than you did the eternal damnation for indeed you did not understand what eternal damnation was. But you did understand damnation from teachers and parents. That you knew.

You have had much instruction and yet prayer it is something most simple. It is something that does not require that you follow ritual and that if you mess up on one part of the ritual you have lost it.

Prayer is turning the focus within to that place of peace, that place of remembrance, that place of memorial to the Christ. Prayer happens in any moment when you allow an awareness of the Christ to wash over you and to transform that moment into an eternal moment. Prayer is the awareness of your divinity. Not in the way that authorities, priests and rabbis have told you that divinity is something so far away from you, above you that you could strive many lifetimes and never be worthy to know. But prayer is the awareness of your holy Self. It is the awareness of Father within you. It is the awareness of life itself, the extension of the Father even into expression and experience.

Prayer is that moment of revelation, that moment of inspiration, that moment that takes you outside of what you have been looking at very narrowly and allows you in that moment to take a deep breath both physically and spiritually and to drink in the peace that comes with the recognition of your own divinity.

Now again for many lifetimes you have been taught that there are only a few who are divine and these ones were to be worshiped, to be held in reverence and to be supplicated that perhaps they might turn their attention unto you and grant you a boon

from time to time if you were good enough. And you set before yourself many graven images, many statues. You set for yourself many of the books given as revelation and then worshiped because you thought that revelation was something that would be gifted only unto others who were closer to the Father than you. And you set those books even upon a pedestal quite literally and figuratively and worshiped those books and what was written within them as being divine. And you hoped that perhaps in some lifetime you would have enough wisdom to be able to understand, to grasp even tiny bit of the divinity that you knew was contained within the covers of that book.

Now you are coming to the place in this lifetime of realizing that it was divinity itself which wrote the book and it is divinity itself that reads the book and it is divinity itself which is you, that understands and claims that understanding of what has been written and passed down through the ages.

You have brought, because of the most wonderful creativity, the technology now that allows you to have at one hand the book that you read, at the other hand the books that you hear. You have also the books that you see that come in what you call the video and they are presented to you in that way. You have, because of your most wonderful technology, brought to yourself divinity to the place where you are beginning to understand that it has come forth from you from within. It has been a round about journey but most wondrous being that you are, you have come full circle with it to the place where you are beginning to get a glimpse, that I am the divine one who is acknowledging all of the wonders that I see around me. And because they are in my awareness they must be part of me. Most wonderful logic. As I have said, you have gone around about to do it. You have said everything has to be out there and you have sought this and that and this out there somewhere until finally you have come to the place where you are beginning to look within and acknowledging that all, in truth, all is within me. You as the Christ.

It is time to remember who you are. It is time to arise up and claim the divinity and to be in prayer, in true prayer which is the realization that you are the extension of the Father into expression and experience moment by moment to prayer without ceasing. To live the life that is in prayer. Not to go in sack cloth and ashes and to make a big show of how spiritual you are and to say, "Look at me. I am praying all day, all night. I do not even sleep. I pray." Not to make grand show of it, but to abide in a life of prayer all the time. In a place where you acknowledge the wonders which you bring forth as creations. To abide in beauty, to behold beauty and love and joy all around you and to live in newness of perspective as the child does. To live in a place of great wonder wondering "What is this about? What is this for?" Not just as the world will define things, but to ask, what is the real meaning, the deeper meaning of everything that you create and experience and to live in gratitude, holy gratitude for what you are creating and to know great happiness through the gratitude.

First you may say to the Father, but in truth it is to you as the divine One for you are not separate from the Father. You cannot be. And to give great thanks for every blessing, every breath that you draw. What a blessing that is. How it nourishes the body. How it energizes the next step that you will take. To give great thanks for the smile of a friend. To see the love light in one's eyes and know that truly the Christ of

me greets the Christ of you. To live in that place of prayer without ceasing. To live the blessed life.

If you will permit me a moment at an attempt of humor I will say that since we have talked about posture not being important for prayer, it can be that you will pray without ceasing.

{Laughter}

For you will not need to be down on the knees putting the creases into the hem of the garment. Oh well, once in a while....

{Laughter}

Any old time.

Once in a while I am permitted an attempt at humor.

But in truth as you will go through life praying without ceasing, beholding, looking for, seeking the blessing in everything, and living in gratitude for every blessing, every experience even if it be a conundrum that is most questioning, to live in a place, to abide in that place of true prayer and thankfulness. You will find that the life is transformed.

Yes, you will have opportunity for questions. Yes, you will have opportunity to hear the voice of the world. Yes, you will have opportunity for the body to speak to you but you will see it and understand it with a newness, a new perspective that is not constrained to the specific focus of what you have seen this life to be up to that point.

If you will receive it, the most wonderful prayer is the prayer of I Am. The prayer of love and it is yours in any moment to abide in that space of I Am Love. I Am the extension of the Father into this plane of reality. And if you will receive it, with that perspective the doors to the consciousness are thrown wide open and you begin to realize that I live, I Am, I live not only in this point of focus but I live and move and have my being in all dimensions and all realities beyond even what I can imagine. I am so expansive that I, as the holy one, have brought forth all worlds, all realities, all dimensions even beyond what I can comprehend as I have agreed to see in this collective consciousness. And when you will abide in that space of awe, it transforms even what you see this life to be, it gives it new perspective. And when voice of separated ego speaks with possibility of constriction, of judgment, as you take that deep breath and you say, "I am all. I am the one." It removes you from immediate impact of specific judgment. It moves you into true awareness and true prayer.

For in that moment of expanded consciousness you touch the holy place of the Father. You abide again in that moment, in the unlimitedness, your own I Amness that is not constrained to this reality and such joy then bubbles forth. For you know that no longer do any of the judgments of the world, no longer do any of the shoulds of society, no longer do any of the words of brothers and sisters have any power over you for you are in this world, yes, but you are not of this world. You are the maker of this world and you are the maker of all other worlds as well. And as you will abide in

prayer the expanded awareness of Self – with a capital “S” – comes forth and gifts you all of the blessings you would seek.

All of you have come in this evening, all of you have come within the sound of my voice with certain questions, with certain desires, blessings which you would seek. Some of you would speak them, some of you would keep them in your heart, but all of you have come with certain blessings that you seek. Not only from me but perhaps from the Father or from the greater Self of you.

Know that as you abide in prayer, as you live in that sacred place every blessing is granted unto you for there is nothing that will be withheld. This life that you live upon this plane it is momentary and fleeting. You have experienced that. You, all of you, the brothers and sisters you are remarking on how fast time goes by now. How there is not enough time to do everything and how even in one day by the time you are up you do a few things and it seems like the day it is closing, ending and you wonder where has time gone?

A lifetime upon this plane it is most miraculous and most wonderful. And it goes by seemingly very quickly day by day. And what you take with you in this lifetime are the joy, the blessings, the love, the moments when you have felt free and laughed with the heart wide open and you have said in that moment, “I know I am loved. I know that I do love. I know that I am in love.” You maybe don’t have it in those words, you don’t speak it in those words but the freedom of the heart that is what it says, “I am love. I am free. I am joyous.”

Those are the moments truly that transport you into – first of all the new perspective in this time and also transports you into what you see as being the next room in our Father’s mansion. Moving into the next room in our Father’s mansion is not something to be feared. The identification with body, the identification with creations that has come through an evolution of time and process. That has been what has spoken to you that there could be loss and that the releasement of the body was something to be feared.

But in truth when you release the body you are going to find most surprisingly and most joyously, “I am still, I am alive! I am.” And there will be in that moment such rejoicing within yourself that in truth the loved ones will be able to connect with it if they desire for your joy will be so great that it will be as a gift, gifted to the ones who still have focus upon this reality. Your joy will be unlimited.

There have been times in this lifetime when you have touched that place of unlimited joy, where you have known that everything you looked upon was in sunlight including yourself and you felt so caught up in that moment that you felt everything that day was truly blessed. You went with a smile on your face that was from ear to ear. It was in every cell of the body and everyone who came into your presence in that day could feel the radiance of your joy.

That I say unto you is a hint of what you will experience as you move into another room. It is not something to be feared. It is something to be anticipated and to be looked forward to and to spread the good news to other ones before they release

the body so that they have a clue as to what you expect to experience. Do not leave them in the dark. Use, while you have it, the sound of the voice and the language that the loved ones, the brothers and sisters understand, to say to them, "I know that I have a work to do here and I am gladly doing it. I am abiding in prayer moment by moment." They may or may not understand that, "But when I am finished with this work I am going to move into another room in my Father's mansion, another reality and I know that I am going to have fun there. I know that I am going to be welcomed," which you will be by me and by other angels, guides and teachers, masters, loved ones. "And I know that I am going to feel quite happy and at home."

So speak with them and begin now even though you say, "Well I am still very young and I expect to have a long, long life ahead of me," and you will. But begin to speak it now so that you plant the seeds and the seeds can grow with the loved ones. So that they know that you are anticipating, looking forward to whatever you are going to discover in the next room. And as you will be doing that, sharing with others the anticipated joy, you are removing from yourself the last traces of fear and you are removing all blockages to knowing true prayer and abiding in the place of gratitude and joy in this lifetime. For as you will speak truth that is part of praying without ceasing. As you will live in the truth which you know, it speaks so loudly that others do not have to listen to what you may say with the voice. They will see it as you live your life, see it as you are happy in this life and as you are happy about what you see the future life to be.

Allow yourself to know the blessings of praying without ceasing, of abiding in that holy space moment by moment each day and celebrating every moment and every question that may come to you, everything that perhaps you do not understand say to me or to the Father or to the expanded Self, "Well I don't understand all of what this is but I know that there is divine working in all of this and I will trust and I will rejoice."

For in truth everyday which means every moment, is the day which you are making. Every moment this is the day that the Lord hath made. I will rejoice and be glad in it. It means for every moment. You don't have to wait until the sun comes up again. It means to abide in prayer, in thankfulness, in joy and to look for the light, to look for the good and to live in that space of trust that even if I don't see the good right away I know it's just around the corner here somewhere.

For those things that you have already seen of the Father allow you to have faith in the things unseen. Faith is very powerful. Abide in true prayer. Abide in joy. That is why we speak that greeting to you in the beginning of each time we meet, "I greet you in great joy because that is your nature." It is truly where you do abide even though the voice of separated ego may suggest to you otherwise. The spirit of you, the soul of you, the heart of you knows the truth and there are times you have felt this. There are times when you had all kinds of questions brought to you by the activities of the world. All kinds of possible constrictions and yet there was a knowing deep within you, somehow it felt okay and separated ego would speak to you, "Well how do you dare feel okay? Because you know so and so said this about me or if so and so knew me the

way I know me, or if x, y, z was going to happen, well I should be worry about all of those things. The inner self of me is happy and it doesn't make sense."

Well of course it doesn't make sense for separated ego because separated ego doesn't know that it isn't separated and you, the inner Self of you, the holy Self of you knows from whence you have come and where you will be going. The holy Self of you knows that every step you take, every journey you make is divinely planned. Every step you take is in divine order whether it appears to be or not at the moment.

You have had, all of you that I see here and those within the sound of my voice, all of you have had enough life experience that you have come to a certain place and with hindsight you have looked back on something that seemed to be a tragedy or something where you have said, "Oh, I made wrong choice there," and then with hindsight of some time past, you have looked back upon it and you have said, "Now I understand why that happened. Now I see how all of that fits together and that which I would have wished not to have happened has been the most wonderful thing, most necessary thing in this process of awakening." And in that moment the pebble that you would have cast away as having no worth at all is seen as the most precious jewel, the most precious gem. For with the new perspective, the holy perspective, you see how it all fits together and has brought you to this moment of awakening truth.

As you will be willing and it does take willingness and it does take decision, but as you will be willing to practice the prayer without ceasing, to abide in the holy space you will find that even that which you look upon that has been confusing up to that point will be transformed. It will no longer seem to be quite the constriction that would have all of your knickers in a knot. And you will feel a certain freedom that says, "I know that in time all of this is going to unravel and it is going to be perfect."

As you go through your daily living there is much opportunity to get caught up in the way of the world and the voice of the world. There is much opportunity for all unhealed issues to be brought right in front of the face so that you can look at all of those issues, all of those feelings that you haven't quite seen in holiness yet. Those issues, those feelings, those emotions come to you by your invitation. They are not sent as a punishment and they are not sent as a test. There is no referee, not cosmic referee that says, "Oh I'm going to send the tests unto this one and I'm going to see how he handles it."

Every issue, every emotion, every reaction that you have to something, all of those situations come to you by your invitation because you want to see yourself in holiness and to understand everything that transpires in holiness. We have spoken often that these are end times. These are the days of completion. We have spoken often that this lifetime for many of you is a lifetime of completion. It does not mean that it is the last lifetime you will choose to have upon this plane, but it does mean that it is the last lifetime that you will choose to live it in the cloak, wearing the cloak of forgetfulness. You may choose other lifetimes where you will come as the angel which you are, and you will come in awareness as the angel and you will walk this plane in a remembrance of the holy Self.

But this lifetime and you have decreed by collective agreement that you will go through all of what this reality yet believes. You agreed to this out of great courage. You agreed that you would have a time of forgetfulness and yet there would be the still small voice within that would remind you from time to time that you haven't quite forgotten it.

But out of great courage you said, "I will go one more time into a reality that yet believes in the possibility of darkness and I will bring my light and I will allow it to shine. I will partake of collective consciousness enough so that others will know that I walk amongst them as they do and I will speak a language which they understand because I will have experience the same that they are experiencing."

This lifetime you are completing that forgetfulness. You are completing all of the old issues that have been in the collective consciousness as you have seen your part to be within the collective, and you are coming to a place of awakening, the place, that is why I spoke of the joy, the place of releasement of all of the bindings of limited understanding and limited self-image. You will be releasing all of the chains that have held you.

So you will find that you have challenges. The collective consciousness has said that this is a plane, a dimension, a reality of challenges and you have said, "Okay, I will come one more time and I will play in that sandbox." But you are coming to the place of upliftment, that place where you do pray without ceasing. In other words you walk the human walk but you know that you converse always with the Father. That you pray without ceasing in that place of true memorial to the Christ. And even the life that seems to be so much constricted, bound around by the collective belief, even the life takes on new meaning and new joy. You live with a freedom, an inner freedom. It does not have to consider all of the old shoulds, all of the old possibilities of judgment.

Know you who is the harshest judge of you? Sure you do. Yes, yourself. You may make harsher judgment of yourself than any of the brothers and sisters do even though you imagine that they are judging you and finding you wanting in every moment. You make harsh judgment of yourself because you say, "Well I should have known better, done better, said better, been better," whatever. You are the harshest judge.

Know you who sees you as you are? The Father and I. Know you who sees you are you really are? The holy Self of you and you are not separate from that holy Self. And as you will abide in prayer, in other words, walking in a remembrance of your own divinity, the voice of the holy Self has a chance to be heard. The voice of love has a chance to be heard and the voice of truth has a chance to be heard.

For you have experienced for yourself what happens when you get caught up in all of the drama of life, all of the what if's, all of the judgments, all of the possibilities of great calamity. You get so caught up in that energy that there is no room for the expanded truth to be heard.

Now in truth, at all times you are surrounded by the most wonderful loving beings, angels you will call them. Masters perhaps, who speak to you, who cheer you on, who are happy for you and with you and at all times they are speaking to you words of

encouragement. But when you are so caught up in the drama and the what if's and all of the questions that come with the what if's, the voice, the voices of the loved ones and the angels, the holy Self those voices they are there but they are unattended to until finally you come to a place where you weary of all of the self judgment and all of the worry and fear and you stop for a moment and you take a physical deep breath and you allow spiritual deep breath and there comes a message of reassurance that no matter how bad I mess up the Father is still going to love me. And that is the truth for indeed the messing up is only in your eyes, in separated ego's eyes for never have you messed up. Always you have played for the sheer joy of the experience of it to see how creative you can be. To see what kind of sandbox you can make and what kind of sand you are going to put in it.

Have you ever looked at grains of sand? How wonderful they are? How they catch the sunlight? How they shimmer some of them in the sunlight? It is the same with all of the occurrences, events and situations in your life. All of the grains of sand that sometimes you find to be a nuisance and yet as you hold them in the sunlight they will look as the most beautiful gemstone. You are the most beautiful gemstone. You are the pearl beyond price. That is how your Father sees you and knows you.

So no matter what separated ego is going to say to you, as soon as you can remember take the deep breath and begin praying with all your might and you have much of might, much of power. Begin praying I am my Father's beloved Child in whom He is well pleased. I am beyond all this, whatever you are looking at. I am the love that heals everything. I am the courage of the one true Heart. I have the courage to live my life. Go for it. I have the courage to truly live my life.

Know you that so many brothers and sisters go through a lifetime afraid to feel? Afraid to make choice, make a decision. Afraid to adventure. And they say, "Well I will have reward in the hereafter. I will have my reward maybe in another lifetime. I will wait for my reward to be given to me. I know that Jesus will come down out of the clouds and he will gift to me whatever I am worthy of. And if He doesn't come down and gift me something well it just proves that I'm not worthy. See, I told you so."

So many of the brothers and sisters live in the place of desolation. But as you will pray without ceasing, as you will live in true prayer and appreciation of who you are you find the courage to truly come alive and to live a lifetime, to adventure, to experience, to be of service to others because you have that courage to say, "Okay, I'm going to do it. I don't know what is out there. I don't know what tomorrow is going to bring, but I know who brings tomorrow and that's okay with me. I'm going to go forward to meet it." And so you go forth in celebration. Prayer is celebration. You go forth in celebration knowing that in truth life itself is a gift. It is an eternal gift that is beyond even what you see as eternity. Life is you.

So you cannot be without it. You cannot lose it. One's speak of losing a life, you cannot lose it. You can't even, in truth, misplace it. Life is who you are, consciousness, awareness, Isness, call it what you will. Life is not dependent upon the vehicle of a body. You have come to that realization that I am more than a body. I am not my body. I have a body and I use it, but I am not the body. I am much more than the body.

Life is who you are, what you are, consciousness, Isness and as you will pray without ceasing you begin to understand what life is all about. It takes on new meaning, it takes on new blessing and then you find yourself blessing life with your awareness and it grows upon itself to the place where the joy cannot be contained. And it radiates, it permeates everything, everything of your life, everything of your experience, life, it permeates with that joy and you find yourself truly abiding in the place of the most high.

Pray without ceasing. It is a gift that you give to yourself and in giving it to yourself, you cannot keep it to yourself for you find that the joy overflows. You find that everything you look upon takes on new meaning, new light and that which has seemed to be so heavy, confusing a moment before isn't quite so heavy and isn't quite so confusing and maybe doesn't even matter at all. And I will abide in the place of the Most High for the rest of my days and those days are unnumbered, countless beyond eternity.

Now as I have spoken of moving into another room in the Father's mansion and as I have spoken of life being beyond eternal, I do not mean for any of you to take from that message that you are upon the threshold of releasing the body and crossing over in this evening or the next day or the next month. That is not my message at all. My message to you, I enjoin you to live, to pray without ceasing and to come alive in that prayer of life to be in joy and to live it as the Father would.

If you ever have a question, what should I do, how should I live life, where should I go? Just ask yourself, "Well, what would the Father do?" And you will have your answer. How would the Father look upon this? Separated ego will say, Oh my goodness I'm out of here." The separated ego at that moment has to be out of there.

Pray without ceasing. Pray without ceasing. Sorry, had to do it again, and know you the most wonderful life. A life of celebration. A life of memorial to me as the one Christ which we are.

So be it.