

Taking Things Personally

2000-10-06

Beloved and holy and only Child of our Heavenly, 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. It is always great joy that I come to abide with you for indeed that is your true nature. The nature that the world would say to you that it's very heavy, complex, all kinds of confusion, questioning. But the divine nature of you it is expansive, ever ongoing, joyful. In truth it takes itself very lightly.

And indeed I have been watching this plane of reality. I have been watching even this little corner of your reality and I have seen much that you have been celebrating even in this day. Certain competitions that have been going on where you were rooting, cheering for certain ones of the home team. (Seattle Mariners) Much of celebration. Yes, I watch that as well.

How did it turn out?

Oh well you would say that your home team it won. Yes, so there has been quite a bit of revelry in the streets. Yes, a celebration. The ones who are living a bit north of your border of the geographical location known as this country are also celebrating. They are giving thanks. This is their time of Thanksgiving. Much of celebration that is going on. Ones connecting with the joy of the Father. Perhaps not calling it that but allowing themselves reasons, reasons to be in joy as you have been when you walked into this room and you greeted each other. There was a feeling of great joy, of reunion, the hugs, the smiles, the how are you's, what's been going on? Catching up. Much of joy.

It allows you to touch that place of true reality. That place that sets aside momentarily, at least momentarily, all of the questions of the mind, all of the questions of the world and allows you to know a bit of freedom from the voice of the world.

Allow yourself to find reasons in everyday to celebrate. A most special day for this one. A day of celebration, the celebration of birth in this incarnation. We will say to you many happy returns of this day.

Thank you.

Yes. Many reasons for celebration. But it is grand what you do. You come up with the most wonderful reasons to celebrate and you come up with most reasons, wonderful reasons not to celebrate. You make a wonderful drama of each lifetime wondering who has scripted this lifetime. Well truly it is you. You put into it a bit of the spice, the questioning of what is going to happen? And unexpected things happen and then you wonder, "Well my goodness. I scripted that but I didn't know I was going to script that and why did I do certain timing of it?"

Well, then of course you go a bit deeper with the why's that we spoke of in the last time we met this way, and the why's bring you to that place of the wisdom. You begin to understand that there is much that goes on beyond just the surface level of why this is happening, certain events. And you wonder again, "If I am scripting all of this and I make such beautiful drama of it all, and I do, what is the purpose of the drama? The purpose of the drama is to bring you to that place of realization, "I am the creative one. I am the child of the Father. I am the child of the one Creator and I create moment by moment that which I express and experience." The purpose of every drama whether it be within one days time or whether it be a whole lifetime, is to bring you to that place of full realization of who you are.

And sometimes you will script the most horrendous dramas, traumatic, conflicted to bring you to a place where you stop enough where you have to ask of the Father, to ask of me, "What is going on? Please save me."

Know you why it has been so popular down through the ages, to call upon one Jesus the Christ as Savior, has been to answer all of the whys of what is happening and how do I get out of whatever I see myself experiencing. Please be my savior. Save me from all of the threats, possible vulnerabilities. Save me from that which I fear.

And yet, when you have exhausted your whole list of ones who might save you, starting with when you are small, starting with your parents, the friends, the older brother. You go through all of the aunts and uncles and anyone in the family who might be able to save you. And you go through your list of even friends and teachers, ones whom you see to be in places of power and authority and you ask of them to save you. Then you ask of ones unseen. You ask of the masters, the guides, teachers, angels, Father, "Please save me." And what happens?

Finally you come to that place where you have exhausted your list and you feel most alone, quite often angry and in that anger there is a pause for a breath. Physical breath yes, quite often, but more than that the breath of Spirit and you realize, "No one can save me." Which is true. "Only I." And it is first said with great resentment and bitterness, anger and yet as ones will contemplate it, there comes as often does in this reality that believes in duality, there comes the flip-side of it, "How powerful I must be. If no one else can save me, but I can save myself. I am the only one." And that is the truth of your being, how powerful you are. You are the one creating the drama, you are the one who is orchestrating and even interpreting what you are experiencing. You are your own savior.

But it has been popular down through the ages to try and ask someone else out there to save you. You go through this day by day. Every day there is opportunity to ask for a savior. Every day there is opportunity to look upon something, which in truth you desire to see in holiness, an issue which you have not seen yet in whole vision. So as you go through a daily activity, all of the events of a day, you orchestrate for yourself sometimes the big ones, sometimes the small opportunities to look upon issues that you have not seen yet in holiness, to understand the divinity of the process at work.

Now it gets quite interesting because you invite many people to be on your stage and you watch the interaction of all of these people on your stage. Sometimes you can

stand back and be the beholder and watch how "they" interact with each other and the funny things that they say to each other, and the funny reactions that they have thinking that oh no, you wouldn't ever have those feelings. You wouldn't ever have those reactions. Why I can see perfectly clear what she meant when she said x, y and z. But he didn't take it that way. And then he responded and I can see what he meant but she didn't see. Isn't it strange?

You ask others to be with you on your stage so that you can behold aspects of yourself. And there comes a most wonderful realization when you do behold everyone as an aspect of your Self and you thank the Father and you thank your Self, the Creative Self, for everything that you are putting into the life script and you have a most wonderful feeling of joy, humor. It does behoove you to take yourself lightly, as you see what I/you have scripted.

Everyone with whom you have interaction is there because you have invited them to be otherwise they would not be in your consciousness. You have invited them to journey with you, to interact with you for a time and you have invited them to play a certain wonderful scripting that will bring up for you feelings that you yet want to see in holiness. Feelings about them and feelings about yourself. And everyday you have opportunity to experience how do I see what goes on in my life? What is the purpose of all? You ask. And you do everyday, you ask that question in one way or another.

And everything that you see you take personally at first. That is habitual reaction. Everything that you see first of all you take it personally. Sometimes you abide in that space for a long time. Sometimes you stay a short while and you say, "Oh well. What the heck," and you move on to the next opportunity. And the opportunities abound because you create them that way.

When you find yourself — now we have spoken about the necessity to be aware. We have spoken of the necessity to allow. In other words, to allow your reactions to come up and not to judge them. Allow them to come up and to be aware of a reaction, feeling. Separated ego is your servant in this. Separated ego will bring to you on a most wonderful silver platter, everything you are believing about yourself and about others. And separated ego brings you this most wonderful issue on a silver platter and says, "How do you feel about this? What do you think about her? What do you think about him? By the way, what do you think about yourself? How do you feel about this interaction?"

And you have certain feelings. Sometimes mild, sometimes intense. So you are aware. You allow yourself to step back as the beholder of this drama, to take the deep breath. You remember to take the deep breath and you step back and you say, "Well, she certainly pushed my button this time. He certainly pushed my button this time. I wasn't going to allow that to happen. I was going to listen to that political speech without any reaction." Oh sure, five minutes into it you found yourself reacting.

Okay. Why? And I don't ask you for an answer for it is something for you to contemplate. How are you viewing the other one? How are you viewing yourself? Why are you feeling personal about it? Just questions to contemplate. Not to judge.

It is important that you allow the feelings to be acknowledged. You have in this certain day and time, a school of thought that says that you should be so spiritually minded that nothing will ever upset the equilibrium of your peace. And if anything comes along that disturbs you, you immediately cancel it out and say that it doesn't exist and you are not going to deal with it.

Well I have news for you. You can keep on doing that until your saying is, "The cows come home." And the issue will keep coming back for you until you acknowledge that yes, I do have feeling about that. Yes, I am taking it personally and then allow yourself to go a bit deeper as a researcher would, in neutrality about it, to see what is truly pulling my string here. Why am I getting caught, hooked with it? What is going on?

Every time you feel yourself taking something personally, and you do in every day, there are opportunities, allow yourself first that feeling, whatever feeling it is, whether it be anger, fear, jealousy. Whether it be a feeling of non-value of yourself, non-power within yourself. Whatever it brings up for you. Allow yourself to acknowledge that first of all and then to take the deep breath and ask for holy vision. To step into the place of the beholder and say, "I know there is more going on here than what meets the eye." Which is always true. "Why do I have certain feelings? Do I feel that I am caught in a certain situation and I can't do anything about it? Why would I feel that way?" Has it been because of previous teaching and upbringing that has taught you that you have to be the good person who doesn't say anything? Has it been because of certain fear that if you do speak a certain way, maybe someone won't like you and you might be banished from the village and perish for that is what has happened in other lifetimes. When you spoke out of turn, as they called it, you were out of favor and it could and often did in some lifetimes mean that you were banished from the grouping and you felt that this meant the releasement of the body which it did in many times.

So there is a deep seated fear that if I say something what will happen? What will happen if I even acknowledge I have feelings? Some of the brothers and sisters go so tightly, closely armored that they do not even recognize that they have feelings. Often quite intense fear and anger and it is not safe, they feel, to go into examining those feelings.

But for you, you are becoming more and more aware everyday as you have interaction with the brothers and sisters, even as you have interaction with what is called inanimate objects. I have seen the beloved Elder, I have seen my beloved friend and teacher, the one known as Judith get a bit intense in energy about a certain machinery that doesn't work quite right. Why? Quite personal feeling. This machine is not working right for who? It happened just in this day.

What is the feeling deep within that allows that to come up to the surface? Sometimes you have interaction with the, as I say, so-called inanimate objects and you feel that they are personally against you to the place where they really push your button. Now the machinery is not doing it personally to you and there is a truth in this as you are interacting with the brothers and sisters. In truth they are not doing it to you

either. They are just being themselves. And how you perceive what is going on is how you take it personally.

There is a story told of wise teacher who would instruct his disciples often out of doors sitting under a tree and one day a bird came and sat in the tree branch above this wise master and the bird did what is quite natural for the bird and relieved itself upon the head of the master. And the students, the disciples immediately said, "Look what that bird did to you." And the wise master said, "The bird did not do it to me. The bird just did it and I happened to be under it."

This is true for your interactions with the brothers and sisters. They do not do things to you. They just do things and it seems in the habitual way of internalizing everything in your experience, it seems that they do it to you. Why did he say that to me? Does he mean x, y and z, or does he mean a, b and c? Well if he means x, y and z, he'd better watch out. Well you've all been there. You've had that feeling. He probably didn't mean either of the ways you are interpreting it. He probably just said it because that is how he is. How he sees things.

You took it interpreted by previous experience, interpreted it by previous self-image, interpreted by previous belief about how the world works and then you had energy of reaction to it. So when you find yourself taking something personally acknowledge first of all that it has to do with separated ego and it has to do with this life experience, this reality – small "r" – that deals in duality. It has to do with all of the value system that goes from good to not so good, bad. That this reality believes in so deeply.

Other realities are not based upon the belief in duality. Other realities whatever is, is. And there is not the value judgement. It is a bit more simple. Here you play with the most wonderful complexities. Every moment you have options, many of them, complexities. And why do you do that? Because you are the grand adventurers, because you are the creative one who wants to be always a bit tantalized by something happening in the energy field.

Hear that well. It is not a value judgment that I make. It is because you are grand adventurers and you want to know, "What can I create? What will make me feel truly alive? If I stir up a bit of controversy within myself, If I stir up certain feelings of reaction then I know that I have energy because I'm putting that energy into whatever the feelings are and I know that I am. I am. I proved it to myself. I am, in my awareness because I am angry. I am sad. I am happy. I am x, y and z."

And you make for yourself most wonderful controversy in order to tantalize that energy within yourself to come to the place of realizing the Christ energy which you are, coming to that place of realizing the Christ energy in its fullness.

So the belief in duality, the belief that you could take something personally and interpret it serves you well. It serves you to the place where you say, "Well, I certainly had energy on that one. She did it to me again." Or, "He did it again." And yet they haven't done it to you. They have just done it because that is their nature. They have relieved themselves naturally and you happen to be under it.

The master in other days as he sat under the tree with his disciples, took with him what you know as the parasol, the umbrella I suppose you call it. And then if the bird landed on the branch of the tree and relieved itself, so be it. You can do the same.

Imagine for yourself more even than what you would see the parasol to be. Imagine for yourself the most wonderful energy field around you, because this is true anyway. But imagine that you have an energy field of Christ energy around you that is as a parasol that goes all around quite transparent in that you can see through it. You can interact through it, but it is as you want it to be, a certain protective energy that keeps the droppings of other ones off of you. It gives you the space to look at what is happening from the place of the beholder.

Now in truth you are the Christ energy activating a physical form. We have spoken of that many times. That is what it means to have the activation of body. It means you have to bring the Christ energy into this reality, this point of reality. You activate a body. You have certain beliefs that you have agreed as a collective belief system and you have agreed that you will expand the collective belief system which is happening in this day and time. It has been in process, divine process for what you would see to be eons of time.

And within that most wonderful Christ energy as you allow yourself to stand in the realization of the flow of Christ energy, there is nothing that will come nigh your dwelling place to disturb it. It cannot because there is a flow of love, well-being that flows from you and blesses everyone with whom you have interaction and it blesses you as it flows through you.

Momentarily when you get into a place of taking something personally and interpret it, wrestling with it, you have forgotten that you are in the flow of divine energy and you feel that the flow can be reversed. In other words a backlash on to you. But in truth you are always the flow of Christ energy. Even the taking of something personally and misinterpreting it is an illusion. It is part of the wonderful drama of the adventure that you put here to tantalize yourself.

So even the taking of something personally and seeing it to be individually directed to you is an illusion. It is part of this reality and it is real enough — with a small “r” — and you have put it here as I have said, for a divine purpose, that purpose of feeling truly alive. That purpose of coming truly aware and awake. The purpose of coming to that place of realizing, “I am the creative one.”

But as you are standing in that illusion momentarily of feeling that there could be anything directed just to you personally or individually, it comes from a non-truth. You are living that moment in an illusion for you are not separate from anyone else. You are not separate from the brother or sister who has said or done whatever you are interpreting. You are a flow of divine energy which in truth neutralizes everything because everything is neutral.

So when you get into a certain place and you are feeling, “They said that to me just on purpose. He did that knowing it was going to upset me. That piece of machinery is just out to get me.” Allow yourself that feeling. Come truly alive in that feeling. Re-

ally feel it. And if you feel anger, feel it. If you feel that you are being contained in a certain place, that you can't do what you want to do, feel that frustration. If you feel a confusion about something, very good, feel it. Acknowledge it. If you feel certain sorrow, acknowledge it.

If you feel that you are not wise enough, valuable enough, loved enough to handle whatever is coming at you, acknowledge that is what you are feeling. Not with judgment, but just as you would be a certain script writer that would say, "Well, that's part of a certain scene. This is what is going on right now." And acknowledge how alive you feel. Because when you bring up emotion you do it for the purpose of knowing energy. Everything that you experience whether it be an interchange or whether it be something that you call tangible, any creation, is brought forth from consciousness and energy. Our consciousness and awareness plus the energy that puts it into motion.

So be aware first of all, of what you are feeling, what you are creating in that moment as a certain playpen. See it as a playpen. You say, "I am playing within this playpen with certain feelings that I have about that person. Certain feelings I have about myself and I feel very alive in that place. It may not be comfortable but I certainly feel alive."

Then, if you want to, you don't have to. You can stay in the playpen with those feelings, play with them longer. Okay. There is no referee that says you have to get through a certain thing in a certain number of minutes or hours or days or even in a lifetime. It is your choice however long you want to abide in that place.

But when you get to a place where you want to see things differently then allow yourself the deep breath. Allow yourself to step outside of the playpen and to look at what has been going on energetically in that playpen, of you or the other one or ones as you have invited them to be part of that scripting and then to applaud, to celebrate, to say, "How well we are playing in that playpen. Imagine I have all that energy. Imagine how alive, by gum, I sure got into that." And you do it everyday. There is always opportunity for it. Everyday you take something personally.

It is part of the reality — with a small "r" — of the collective consciousness. It is based in the belief in separation that says, "I can be an individual here and you are an individual there and what you do it has impact upon me only because of how I interpret it. But in truth I am a flow of divine Christ energy and there is nothing that can come nigh my dwelling place. I can deal with whatever comes by seeing the truth of it, by being in the place of the Father's love."

It doesn't mean that you have to understand everything that's happening. It doesn't mean that you have to agree or even approve as you understand human judgment to be, of what is happening. But it does mean that you step into your Christhood, your Christ Self and you know that I am the creative one. I know how to deal with whatever I am experiencing. I know how in love to make everything be a win/win place in that I will offer what I see to be a win/win solution.

Now the other one may or may not take you up on it because they may not perceive it. But you in the sincerity of your heart, you are offering to them the love of the

Father and you are saying that for this dealing there are certain guidelines and it is all right for you to speak what feels harmonious for you. You are not put here as a certain doormat. You are not put here as a certain wimp to have others always speaking what they want and you have to acquiesce to it.

In truth when you have that feeling about the world and about others, it is prodding you to come to the place of acknowledging your reality as the creative one and to live in the power of the Christ.

In truth no one can walk over you. You can interpret that what they do is walking over you. You can interpret that what they do is intrusive and nuisance, hurtful even but that is your interpretation. And as you have seen during certain lifetime already the years of this lifetime, your interpretation of things can change. It does change. Thank the God of you that it does. So you stand in a place even when you are thinking that you are at the mercy of someone else, you stand at a most powerful place of realizing, "I am the Christ which is bringing forth this experience for the express purpose of knowing I am creating this. How powerful I am. I love what I create," as the Father loves what He creates, you. "I love," you see how this changes, how you feel about a certain thing. Up to that point you have felt very much in resistance. There has been separation. Here you are. Here they are. Much of the separation. Much of the conflict. Much of what you have interpreted as being directed to you personally in a way that was hurtful.

But when you acknowledge, "I am one with all that I create," and you are, "and I love that which I create," which in truth you must or you wouldn't be bringing it forth even though you may judge it differently. "It must be serving me." And it does.

Everything you create even the smallest bit in a day, serves you. It gives you opportunity to walk into that space of the beloved. Beloved of the Father because you recognize how creative I am and beloved with all others that you are interacting with because they are as you are perceiving them in your awareness, they are your creations as well, as you are perceiving the perception is your creation. And I love even that creation, that perception because it has to serve me and it does.

So as you will stand in a place of love, it frees you to use all of that most wonderful energy that the moment before you were ready to do battle with, it frees you to understand great joy. To realize great power. Not as the world understands power, but true power of divinity. And you laugh, a most wonderful freeing laugh because you say, not necessarily with the words out loud but you say with the words of the heart, "You have no power over me. You are a creation that I have created and I love that which I create because it serves me and I am no longer at the mercy of what I have perceived to be the slings and arrows of a hurtful world." Then truly you have moved into the place of the realization of your Christhood.

So when you find yourself taking things personally count it all as joy. Now separated ego says, "Well that sure is crazy thinking." But if you will take it a bit further than what separated ego has suggested, you will see how you are not at the mercy of anyone else. They do not have power over you. You can speak your desire. You can speak

in love. You can ask for holy vision and you can allow yourself then to bless them and yourself in the interaction that comes from that seeing.

I would do with you now what is called the meditation. Allow yourself to be comfortable on the chair wherever you are.

Allow yourself to be comfortable, breathing easily. And as you take a deep breath, a very freeing breath, picture in the mind's eye someone or some event, some interaction you have had in the past day or week that has been a bit confusing, a bit conflicted perhaps and see it in the mind's eye as you have understood it to be.

And feel the energy. How did you feel in that interaction? Did you feel confused? Did you feel held back, hampered? Did you feel that you were trapped? Did you feel that you didn't have power? Did you feel that there were questions that you didn't know answers to? Did you feel unloved?

Allow yourself to just feel what those feelings were in that interaction.

And now, allow yourself to picture you as an energy field and to picture the other one as an energy field. Very alive, very vibrant as certain flames of energy. Perhaps you will see them as very dynamic, moving. Not static but moving energy. And as you are picturing this what color, what colors do you see? Is it all one color as you see yourself or does it change? How about the color of the other one? Does it move and change? And allow yourself as you are seeing the energies no matter what the physical distance would be, allow yourself to see the energies expand so that they touch where in truth they did because there was interchange of energy. Allow yourself to see the energy of the other one and your energy as fields of energy that touch each other. Meld into each other. Sometimes back off from each other. Sometimes come back and touch each other. Watch the dance that happens.

And then taking a deep breath again allow the colors to dissolve into golden white light. Allow the energy fields to be seen as light, a neutral light, golden white. See them still doing the dance. Interacting but blending more. You cannot see where one begins and the other ends. Still very active, yes, but neutral.

And allow yourself to see that in truth you are the Christ energy and so are they. Having a most wonderful dance together. That is how the Father sees it. And that is in truth all that was happening. It was a dance. Yes, there were things said. Yes, there were things interpreted, but in truth it was Christ energy moving, flowing.

And allow yourself to take another deep breath and to bless that energy as the Father does knowing that your energy cannot be overtaken by the other one and you cannot overtake the other one with your energy. It is equal, flowing, harmonizing, a dance if you will, a movement.

The energy of the other one no matter what was said or done or what you felt was said or done, cannot harm you. You are equal, powerful Christ energy loved of the Father. Having a time interval to share and that is all.

Speak to the energy of the other one as you would imagine the Father to speak and then speak to yourself as the Father speaks to you; loving, allowing, rejoicing in truth. Expansive. Nurturing. You are the beloved of the Father.

And in that place there is the realization of forgiveness. Giving love for in place of that which has been not understood previously. That is what forgiveness means, to give love for, in place of what has been there previously.

For in the new understanding of the Christ energy there is nothing to forgive in the way of judgment but there is everything to give love to for that is what you are. You abide in a sea of love. You are the extension of the Father's love. You are the beloved in whom He is well pleased.

And now taking a deep breath allow yourself to return in consciousness back to this room. Feeling the peace of that love and that forgiveness knowing that in truth you are loved always. Nothing that you ever do whether you take it personally or not, changes how loved you are. You are the beloved of the Father. You are the Christ incarnate.

You are playing in a most wonderful playpen and you feel very alive, intense in emotions from time to time and that is the gift that you give to yourself. Some of the playthings within the playpen. Enjoy them. Know that you create them. Bless them and come Home.

So be it.