

# Life and Death

5/11/2001

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 great joy that I come to abide with you this evening in your timing as you have chosen once again to call me forth. Always I greet you in great joy. It is your birthright. It is who you are, the exhilaration, the increasing vibration of joy allows you to know your divine birthright and allows you to come Home, truly Home in remembrance and realization of who you are and why you are.

The world will speak to you of questions, of challenges, things that must be done, things that should be done. It will speak to you of duality and of drama. But your true birthright is joy, peace, evenness, harmony. It is as the wind that is free and is not contained. That is your true birthright.

And when the voice of the world gets a bit too strident, too insistent, allow yourself to take that deep breath and to come quickly once again to the place of peace within. Do you feel the peace that has descended upon this room? Yes. It is what you have brought with your willingness to bring, to release, to expand and it is yours free anytime you want to claim it. Even in the midst of everything that goes on in your daily life. It is the free gift of the Father to you and yet it is not separate from you as even a gift would be. It is your nature, your divine nature.

I would speak with you this evening about something that you find in this reality to be both promising and challenging. I would speak with you about life and death as you call it. For in each lifetime you have the challenges and the promises of the new lifetime as it is begun, as the small one is birthed and as you have claimed that you will live another lifetimes.

For indeed you have a saying within your scriptures that has been contributed to me and I did say it, that in my Father's house are many mansions. And by that I meant that in the Reality of the Father, there are many dimensions – realities with a small "r". Many mansions or perhaps sandboxes to play in. And this includes as you have been fashioning for yourself, many lifetimes.

For the Father would not limit you to just one lifetime. The Father does not limit. Your divine teacher does not limit. You are limitless. And in my Father's house are many mansions, many ideas, many realms, many places to adventure and by that I mean not only the physical location place, but places within the mind and the imagination. Places to adventure.

And you have fashioned for yourselves over and over, many different mansions to play within, many different lifetimes. And oftentimes you have asked of companions, ones of the soul group, the vast soul group to be with you once again upon the stage of another lifetime and you meet once again playing different roles, having different scripting and you play to each other and you do it very well. And every once in a while there is a different revelation where you realize that all the life is a stage. That indeed what is going on here is a most wonderful play and that perhaps the one that you look upon is one you have known before and have played with before. There is an instant recognition.

Perhaps they haven't always looked the same appearance wise, the visage, the body form has not always been the same but there is a knowing that this is one I know deep within. I have journeyed with this one. I feel a familiarity and you ask of each other almost as you would set a certain date, "I will meet you at such and such a time within a reality and we will play once again together." And so you do. You make up the biological families by agreement and you make up the extended family by agreement because you want to know all of the mansions. You want to know the holy child from before time began, ask of itself what am I? What can I create? Do I have any parameters, any boundaries? Is there anything that would stop me, limited me? Where can I go? Who can I be? What can I imagine? And so you began the most wonderful adventure to try out all of the mansions. Physical and otherwise.

This dimension, this reality and others and even while you are having a certain reality adventure focusing upon this lifetime as you see this one to be, you have times that you have built into this reality, times of allowance where you go to other dimensions, other realities in your quiet time, your meditation time, your daydream time and in your night dreaming time.

So that you begin to feel a bit multifaceted, not just single facet but multi. Not to the place where you have an overload but to the place where you begin to feel quite rich. To know a treasure of yourself. And we have spoken of this other times, that even at one point in time as you have focus upon this room, this message and the ones of friends who are around you, you are very busy in other dimensions and other realms

adventuring. Seeing what more you can discover and/or create within the whole kingdom of the Father, creative kingdom.

Each lifetime no matter how you fashion it is full of promise. Every moment in truth is full of promise. It awaits your command. A lifetime it very much flexible, malleable, you can change it, can mold it to be what you want it to be and do. You make changes within an instant. You make a shift in perception and suddenly everything looks different and suddenly you are different and the life, the lifetime takes another direction. You meet someone and there is an idea, "I would like to be with that one. There is a journey, an adventure to take with that one." And at that moment the lifetime is molded in a slightly different way and off you go and you are with a mate and you bring forth the small ones and you watch as they come into what they see as claiming their own lifetime. And you see how in the very birth breath that they take there is knowing of uniqueness.

For those of you who have watched the various siblings no two are alike. Each one comes with most wonderful outlook, creative ability, desire, talents that they bring with them, memories from other lifetimes. They have a way of looking at life from the very first moment that you do not give to them. It is their own. And sometimes you would perhaps want to fashion it a bit differently for them because in your judgment you say, "Well perhaps it could be different for them. Perhaps that one who is always so confrontive and always finds something that he must be in conflict with, perhaps he could take it a bit easier. But no, it is his nature. In a certain lifetime he lived that script. Others you would say perhaps they are a bit timid and you wish for them that they would be a bit more bold and you project to them to get out there and do something upon the stage of life. And they hang back because of memories of other lifetimes and they have to come into claiming of their own power in their own timing in a lifetime.

And you have seen that happen. You have seen how the small ones grow and mature, try out various things, try your patience from time to time and yet there is an appreciation of how they gift you and your life. How they bring to you awarenesses because of how they see things. And there is a richness which is shared.

Each one who claims a physical lifetime — we will speak of this reality here — each one who claims a lifetime is a master. All in truth are equal. All are of the Father from before time began. All have their own choices and desires to fulfill. Some will fulfill what they see a lifetime purpose to be in a short time. Some will garner many years to themselves before they release the body. And there is no judgment as to tragedy whether one releases the body at what would be seen as an early time or a later time.

It is not to be said that some are more efficient therefore they get done faster and that there is value judgment in that and there is not a value judgment that says those who release the body at an early age have lost anything. Because in truth you cannot lose anything.

One comes with a generalized pattern of a goal, purpose of a lifetime within a broad generalization. Within that broad generalization there is very much room for improv and specifics because the holy child is creative at all times. But for each and every one who desires and claims a lifetime, there is an overall goal, certain issues perhaps to be seen in holiness, to be understood, to be known intimately to the place of completion.

The one of whom you were speaking earlier, the child of friends of yours, is a master and a came for a lifetime which has been judged to be short, cut short perhaps by circumstances and yet this one completed that which he desired to know. This one was offered an assignment as the master which he is, to deal with, to comfort, to help, to guide the brothers and sisters who released the body in the state of confusion, the state of sorrow, unknowing. And the master this one, asked if he could have a lifetime to refresh his knowing of human emotion, human lifetime, human challenges and to go through similar circumstances to what the ones he is now working with would be experiencing. And of course, permission was granted to him to do such a thing. Permission would not be withheld, and so he was born of woman. Lived as a small toddler. Happy. Had the challenges of biological father who abandoned him and said he did not want to have anything more to do with the son, was raised by a loving mother who cared very much for him and by a stepfather who could not do enough for him, who loved him as a true son.

This one, the master I speak of, wanted to know the challenges of growing up in this point of time. This what you call the twentieth and twenty first century, and the opportunities/challenges of this reality and what the youth look at. Self-image, worthiness, issues that you deal with even as you grow a bit taller and garner more of the years for yourself.

And this one experienced the highs and the lows of a human lifetime and released the body in a way that the other ones who now come to him have found it suitable to release the body and the focus upon the body so that there is a refreshment that he has done, a review, we speak often of the re-view of a lifetime, the relooking at issues and beliefs. A readiness now which has placed him in a most wonderful place to comfort, to guide, to speak with ones who come to him.

For when you release the body it is seen that you release the body alone. It is said that you come into the world alone and that you exit the world alone. But that is not true. You do not come into the world alone. There are many angels attending the birth of every small one and there are many angels attending every step of your lifetime. And when you release the body you are welcomed into a loving group of guides, teachers, angels, ones whom you will recognize and feel very much at home with, very much welcomed.

You have had some accounting of this where ones have had the near-death experience, where they have felt such a welcome, such a peace, such a joy that when they were given instruction that perhaps it was not quite time to release the body yet and that they "must" go back there was not a desire to come back to the physical lifetime.

When the body is released, the focus upon the body is released there is a welcoming by ones you will recognize. It won't even be what you see to be just a welcoming committee of stranger. It will be loved ones. Ones you recognize. I will be there and you will recognize me. And the loved ones who have released the body ahead of you as you measure time, will be there to meet you. Even if they have in their most extended state, focused upon another incarnation. They are not limited to just the one focus upon the incarnation. They would be there to meet you.

So you look forward to it. The releasing of the body is in truth a completion. It is in truth a graduation. Now the ones who are left seeming without the companionship of that one activating a body, there is a time of adjustment. But in truth you gift yourself every experience and the experience of another one's releasing the body is a gift that you give to yourself to move into expanded understanding of Self. Self with a capital "S" – but also self with a small "s". To understand that even the self – with the small "s" – that you see yourself to be individual, is not confined just to personality or to body or to even specifics of a lifetime. The Self of you is very much expansive. The Self of you is what you have called the soul.

Now as you understand Self, you say, "Well I am myself. I am an individual. I am known by a certain name. I have certain attributes. People recognize me. They call me by whatever name it is, and that is my individual, individuated self," – small "s". But there is more to yourself – again small "s" – than just the individuated expression and the more is the soul of you. Now the soul of you is the repository of all of the experiences of all of the lifetimes you have ever imagined for yourself. It is as you would see a certain memory, a record if you will, of where you have been, who you have been, what you have

felt, what you have experienced, what you have given and received in all lifetimes in this dimension, this reality and all others as well. So you can see that the soul of you in this sense, the soul of you is quite expansive.

And as you take that back then further in the stream of Beingness, you come to spirit, you come to the divine Isness of you out of which you have fashioned the soul. Out of which you have fashioned the individuated expression.

Now to put that in another way, there is the Isness of you. That you cannot even comprehend. It cannot be conceptualized. The Isness that just Is. And within that vastness of Isness, of Being you as the creative one, the child of the One Creator, not separate from, but as an ongoing extension of this vast Isness, this creative Isness. You have fashioned a consciousness which you call the soul, which you call yourself – small “s”. And the soul then is who and what you have ever been, past tense. Who and what you will ever be. You keep adding to it and who and what you know yourself to be present moment which allows you to come to the most miraculous singular focus to this individuated experience that you call yourself right now. Wow, yes.

Many have asked about what the soul is. Many have asked what is the difference between spirit and soul, that is the difference. You are spirit but out of the spirit you have fashioned for yourself seeming unique experiences which you claim for your Self and I say that because seeming, because it is as a drop of water in the ocean that sees itself to be separate as a drop of water and yet it is all of the ocean as well.

But, for the experience and the expression of a unique consciousness you have fashioned a soul for yourself. Most wonderful. This is why there are ones who know me as a certain incarnation as one Jeshua. Others know me by other names, Sananda, Archangel Michael. Am I all of these ones? Yes. As you claim for yourself a certain lineage of soul history.

So you are much more, we have said this from early on when I have spoken with you. You are much more than the body that sits upon the chair. Much more than the personality that you identify with. That is wonderful in itself, the body that you fashion, the personality that you fashion. It is most wonderful miracle that you do moment by moment. You keep the molecules of the body together. It serves you well. You move where you want to go with a certain amount of ease and you have a personality. You have abilities. You have traits that you claim for yourself. Most wonderful what you do. Most wonderful miracle moment by moment. But you are much more than that.

So when you come to a lifetime that is as a from gift within what you have agreed you want to do as a very broad program, purpose and it is as you fashion it moment by moment full of promise, full of ideas. Even within one day's time you may find yourselves at a crossroads, a place perhaps where you feel that, "Well, this life isn't worth all that much. Not all that exciting. I do the same thing day after day. Why bother?" And then something happens and you don't even know what it is sometimes. You can't even point a finger to it and say, "Well it's that telephone call or it was that thing that I read." All of a sudden there is a difference in the feeling and you feel, "Well, life is good. I feel good about myself." And you then have a certain impetus to get on with life. To feel the promise that you gift to yourself moment by moment and it changes moment by moment in the day even. Even within a small bit of time you can see a difference. You look upon the sunshine, upon the flower that blooms and you heart opens and you begin to feel that there is promise and there is promise. There is a most wonderful promise which you made to yourself from before. Because time is a relatively new thing to speak within the concept of time. It is a relatively new thing. It is not within all dimensions. It is not within all realities, but it is within this one. But before time, before you even thought that there might be process, there might be beginning, middle and end that would be marked off as time. You made a promise to yourself and the promise was to go where no consciousness had yet gone. To know truly creations in its holiness, in its wholeness, all of it and to, in truth, live to the fullness. Whether it be activating a body or not, that is not important. What is important is awareness. It is consciousness. It is the Isness, divine Isness and whether you do that with a body or whether you do that without the pleasure and/or hindrance of a body in truth matters not.

There are ones in this room very much alive who do not activate the body, do not take up space as you understand space to be. They take up a bit of space with the consciousness if you can understand that. But they are very much in joy. Very much alive and very free.

Now having said that there are others in this room who do not feel themselves free. They do not activate a body so they do not have that as you would see a certain constraint. But they do not feel happy either. They are still working with creation and what they will create and what they believe they can create or are worthy of creating or what they desire to know as their creative product.

It is that. This is what I am trying to get across to you and all of it is the creative holy child working, playing, being. In my Father's house are many mansions. You are not limited to any one room, one mansion, one sandbox. The Father would not limit. The Father does not limit.

You create. You are an ongoing stream of consciousness and I use the word consciousness as a concept so that you can begin to understand and yet it is more. What you are is more than even consciousness connotes. But this will do for this evening. It allows you to get a certain hold.

So life whether it be physical seen or unseen is part of the promise you have given yourself. It is the promise of the creative holy child. It is full of promise and I say to you, you live every moment of every life to its fullness. Make the most of it. Why not? No one is going to hold you back from it. There is no one who can except yourself as you might choose to say, "Well I don't know if I dare." Well why not dare? What do you have to lose except all of the boundaries you have thought, all of the chains that you have thought would hold you. That is what you have to lose. Go for it, you have a saying in your world, go for it.

And when you are at a place of activating the body and you know that you have completed, and there is a knowing that comes when the time has been completed. It does not come ahead of time, but it does come when the moment of release is made. There is a knowing that it is complete and that is why the releasement is complete. Otherwise there would not be the releasement of the body. There will be a knowing that all is done. Which I agreed to do to experience, to express, is completed. I have graduated. Then allow yourself to live in that moment, the life eternal.

When you have the seeming loss of a loved one, the seeming loss of their companionship, let not your heart be troubled. You miss them, yes, but let not your heart be troubled for very long. You believe in life. You know life. Believe in the fulness of life. Believe that they are still alive and that they are with you. That they are about the Father's business because they are. They have completed that which they said they would do and they are now about the Father's business the same as they were in truth, when they were living the physical lifetime. So let not your heart be troubled or be heavy. Bid them God speed on their way.

In other words, release them. And as you release them you release yourself for in truth they are already free, but you release yourself from holding them. For you begin to see the fulness of the whole picture and you begin to see that they are very busy right now where they are serving the Father in another expression.

There is in truth, no tragedy. Now it can feel like a tragedy, but in truth, there is not because tragedy speaks of value judgment. It speaks from the place of duality that something could be good and something could be not good. Everything serves the creative process whether it be with the body of a beloved pet and the love that has

been shared or now with the love that is still with you, the communication that is still with you. I will say to you that in the moment of the releasing of the body there was not the pain that you would understand physical pain to be. For this one that you have loved, this one that you still do love, there was an instantaneous releasing of the focusing upon the physical form. It looked to the eyes that it would be a most horrendous, but for the spirit and soul of this loved one, the beloved pet, there was not pain. There was an instantaneous freeing that was done. What was left was as a rag doll. So let not your heart be troubled about that.

This one, if you desire, will come back to you with another form.

[Okay.

This happens very often for you with the beloved pets. That they are with you for a time and then they give you the gifting of releasing the body and you are allowed to work through all of the issues that are attendant upon death. Death of a loved one, death of a beloved pet, it matters not. Its feeling is the same. They gift you with this opportunity so that you can look at the emotion and what it says about belief, what you are believing about life and death, about separation, possibility of separation and then oftentimes they will come back in slightly different form or sometimes totally different form to be with you again. It is the same with the human form, the loved ones. You have seen even with the biological family lineage, the one of the matriarch perhaps releases the body, great-grandmother, releases the body and shortly thereafter there is a newborn and ones look on that newborn and say, "She look very much like grandma such and such." Well I say to you, it is one and the same. Because you make agreements with each other that you will not travel alone even though you see life often to feel alone. But you have made agreement with each other that you will not travel alone. And you have made agreement with the beloved pets also that they will be companion to you and that they will come again and again, different forms sometimes. Sometimes in the form that they will stay with you in your dwelling place. Sometimes in the form that will be free as you call wild and yet with a certain communion, companionship. In other words, they will come and touch base with you. They will come and make their presence known. And you will feel a joy in seeing them. You may not right away recognize that one that comes now with the wings is beloved Fluffy who loved to chase the wings. But now that one is back with the wings. As you have the eyes wide open you will see most wonderful miracles in your midst.

Life is full of promise, full of gifts. Death as you look upon it is also full of promise and full of gifts. I would have you understand more fully the process of life and death.

For truly you have come through many lifetimes where you have been born and where you have released the body and where you have been the small one who brought great joy to a family, where you have been the small one who brought great consternation to the family and you have been the aged wise one who was revered and you have been the aged wise one who has been the outcast. In other words, you have lived all of the scripting.

The point I am making is that you have known life and seeming death over and over to the place where you come in this lifetime and wanting to truly understand it. Not to fear it and to hold it, the death idea away from you and say, "I'm not going to look at it because I am afraid of it. Maybe it won't happen." Well, I have news for you. It does happen. It will happen. It comes right to your consciousness. But the gifting in it is to know that you have invited it to come. That you are strong enough because you have invited it, you are strong enough to deal with it and to gain from it and to be in joy about it. To celebrate each passing, birth and death as a graduation.

You know that even in this day and time there are cultures who look upon the newborn with sadness and say, "Oh poor one who has now come to this earth plane," and there is sadness and who celebrate one's passing with joy because there is releasement to a better space. And of course there are cultures who know well to celebrate birth of a new one and welcome the new one and then feel just the opposite when the body is released.

What you are striving to do as a whole holy child is to come to a balance and understanding that the birthing is a gifting and the releasement is a gifting and that life itself is eternal, it is ongoing. This point of reality, wonderful though it is, is not the only point of reality. In my Father's house are many mansions.

Therefore I say to you, look upon each day when you first open the eyes everyday, look upon that as a birthing for it is. It is a new day. You are as a new person as you open the eyes the first thing in the morning. Look upon that as a birthing of that day and yourself in that day. And when you come to the evening and you lay the head upon the pillow, allow that to be the releasing of the focus upon the body. Not to the place where it is permanent releasing. That's not what I am saying. Do not misunderstand, but to the place where you allow yourself peaceful repose. You do this every night anyway and it is no big deal. When you come to releasing the body it will not be a big deal either.

And for those who are left to care for the shell, the vehicle, the body, gift to them before your releasing a word to the wise that you will always be with them. That you are not the body. Write out for them certain instructions that will help them deal with the

shell, the vehicle, the body because at a time like that there are emotions that come up and you don't always know what to do. So give them the gift of writing what you want done with the cast off body. And speak to them that life is eternal. Speak to them that which you know in your heart. Tell them true the experiences you have known in the lifetime that have proved it to you so that they are not left bereft, cast adrift without an oar. Give them an oar or even two. A paddle or two.

Then when you come to the place of releasing the body you will go with joy knowing that you have completed, knowing that in truth you are never separate from the loved ones because you are not. Even as you can sit in this room, even as you can sit listening to these words, you can take the mind and send it to be with another loved one who is not present with you. And in truth you are with them as you think upon them. Whether they be activating the body or whether they not be activating the body.

And it is the same when you have released the body. You are still with the loved ones. You are still going to be interested in what they do, how they feel, where they go, what joys they have and you are not limited even if you choose an incarnation somewhere else as it is seen, you are not limited therefore you can be all places at all times in consciousness. Consciousness is not limited.

I know that is a question you have been struggling with, consciousness is not limited and it is not limited by space and not by time. It assumes temporarily a limitation by belief but that is only temporary and that changes quite quickly. Rejoice when a body is released. Say to that one, "I am proud of you. You have done well. You have completed. I go with you in consciousness wherever you go because I know you come with me wherever I go. I know that truly we cannot be separate one from another. And now that you no longer have to have focus upon the body I know that you can be more free to enjoy life. To be in the joy of life," which is where your loved one is. Very busy and in joy and with you.

Celebrate a passing. Celebrate even the anticipated passing. For many of you dread the passing of years as to what it will do for and with loved ones. Celebrate the completion of the expression they have chosen to make. Celebrate the life as it is lived and as it is released. Be proud of them for they are living their scripting what they see their script to be. They are most wonderful fashion even if they do cause you consternation and nuisance from time to time. Even if they come with their issues right up in front of your face. Allow yourself to breathe, to say, "I am very proud of you. You are doing very good. You have pushed my button really well. I'm proud of you." And then

you take a deep breath and you say, "I am proud of myself, too. I could have really reacted to that one." And then there is a lot of joy that is in life.

Celebrate everyday as it is lived as it passes. Every evening when you put the head upon the pillow, celebrate that day. Celebrate that which brings you closer to. Now that goes against the thinking of the world in this day and time. But celebrate that which brings you closer to. In other words, the completion.

Do not be in a hurry to be about the completion but do not dread it either. Celebrate it every day. Look upon the lifetime as a tapestry and each day you weave another thread in that tapestry and celebrate the picture of that tapestry. Every evening when you lay the head upon the pillow, visualize for yourself the tapestry of this lifetime. And if you have had a day that has been full of intensity, questions, confusions, forgetting this and that, all kinds of feeling, know that it has been a thread of great color and it is a beautiful tapestry with threads of beautiful colors. Some brighter, some more of the pastels. Everyday celebrate that which brings you closer to.

Contemplate that. Abide with it. See how it changes what you feel even in the solar plexus as you think about, "Oh my goodness another birthday. I'm getting closer to," whatever. "Oh my goodness the mate has had another birthday. The mother, the father has had another birthday. Pretty soon I'm going to have to bid them goodbye," and how that has felt in the usual world thinking. But celebrate now every birthday everyday as it brings you closer to the graduation, to the completion, to that place where you will be able to say with them as I do and as the Father does, "Well done my beloved servant in whom I am well pleased." And you go then to reap your reward.

Is there a reward? In truth there is. It is not hell and damnation. It is not a place of judgment. That you have in this reality. But when you are — hear that well — it is not a place of hell and damnation it is not even a place of limbo or purgatory or a place where you have to put in time on the cosmic treadmill. It is a reward for a job well done. Is it heaven? In truth, yes. Is it experienced as heaven by all? Not immediately. But very soon it is. For the ones who welcome will very gently and yet distantly allow you to know such love that it will feel like and is, heaven.

Do not fear the releasing of the body. Do not fear another one's releasing of the body. Celebrate it as a graduation, as a job well done and know that in truth life is eternal. This is but a small blink of an eye in even what you see as the passage of time. And the passage of time is but a small blink in the consciousness of the Father. Wonderful, beloved holy child of the Father, celebrate life, celebrate death, celebrate the Self and know that always you are loved.

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# Jeshua Teachings

2001

So be it.