

Preparation for Ascension

Wed May 23,2001 Palm Beach

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 call me – and it is in great joy that I come to abide with you this evening in your timing as you have chosen to call me forth. Always in great joy for that is your divine birthright, the joy of the Father.

Whenever you would contemplate doing anything allow yourself to breathe first and then to connect with the joy of the Father for that is your divine birthright, your divinity to be in joy and to live in joy. Not to suffer the slings and arrows of the world but to be in the joy of the Father and that is how I greet you every time.

This evening I would speak with you about ascension. It is a topic that has fascinated you lifetime after lifetime. It is a topic you have contemplated, meditated upon, questioned, thought that it was something far removed from you, quite a miracle. For many of you in this room were there present when I ascended the body and you saw it to be quite a miracle in that day and time, which it was.

But it is not just assigned to historical time long time ago. It is something truly that you can do, that you will do, that you have done. And I say that you have done, because as we speak of ascension there is a knowing deep within you, a relatedness you can understand what I speak of. And if there is an understanding and a relatedness it is because there is a program deep within you that remembers you have done it as well.

For take a moment, just a moment to contemplate how would it feel to ascend? To ascend the body in light? The body would be so light, radiant that the law of gravity would no longer apply

and you would feel yourself light as the spirit ascending the body. Can you visualize that? You can feel that? In your mind's eye you can see? Yes.

For in truth in what you would call another reality, you have already done it and now you ask, sometimes I hear you ask, "How can I ascend out of this world above my troubles? Would that I could be the spirit, free as the spirit to fly above all of the troubles of the world." Have heard you ask that.

And in truth in any moment you can ascend over the troubles whether you ascend the body or not. For verily I say to you that ascension of the body is not the end product. It is but a fringe benefit. What is important is the ascension in consciousness to come up higher over everything that has seemed to weigh you down. To come up higher in consciousness to realize the oneness with spirit, with the Father, with the divine Isness which you are and always have been. That is the true ascension.

Whenever you will look upon the appearances of the world, all of the questions that the world will present to you, "Where should I go today? Who should I call? Who will I speak to? What should I say to them? How about my coworkers, about the boss? What do I say? If I have a project coming up, a report perhaps be given, what do I say?" And you pray and you say, "God help me," and He does. For He cannot be separate from you. You are the extension of the Father come into this point of reality. You are life itself having a human experience.

So whenever the voice of the world will present to you the questions, the confusion, the conflicts. Allow yourself quickly to take the deep breath and to come unto the place of peace within the heart. There abiding in faith and in trust asking for holy vision and it will be given to you and you will ascend over the problem, the conflict, the confusion.

The world will not say that to you for the world is of the belief in duality that says you must have hardship, struggle in order to have a reward whether the reward is short term or more long term. You have lived many lifetimes where the collective believe has been that if you suffer enough on this plane you will reap your reward in heaven. So that you have gladly borne all of the struggles knowing that when you got to the place called heaven you would reap fantastic rewards.

And yet I say to you, you do not have to wait. Heaven is right here right now as you accept it and claim it, know it to be.

Feel you the love in the sunshine of another one's smile? That is heaven. Feel you the love that is in another one's hug. That is heaven. Feel you the lightness of heart as you realize that you have at least, if you will claim it, a spark of divinity. And in truth you have much more than just a spark. But know you the realization of freedom when you begin to understand how divine you are. That is heaven.

So ascension, beloved ones, you do it truly in every day. The ascension in consciousness. The ascension that truly matters and if it be part of you mission, your purpose to make demonstration to ascend the body, then that will come as a result, a

fringe benefit of the ascension in consciousness which you have been practicing moment by moment, day by day.

For that is truly how the ascension, my ascension happened. It was not by the touch of a magic wand and all of a sudden I went "poof". It was as you understand, a process. A process of remembrance the same as what you are doing in this lifetime. A process of remembrance that I and the Father are one. The realization. I would not be – and this is true of you as well – if I were not life. I would not be if I were not one with the Father. I could have no being. And as I allowed myself to abide with that realization, walking every step of the journey knowing that I am one with the Father, there came such a remembrance that everything took on a new light.

The most beautiful flowers that you see around you are radiant if you have the eyes to see. Very much alive, dynamic energy form. There is what you call the aura around them, a radiance. A radiance that can be seen even with the physical eyes. A radiance that truly can be felt, a vibration even with the physical receptors, the chakras in the palms of the hand. You can go like this around a flower, a plant. You can feel the pulsation of life energy and it feels yours as well.

Know you that the very flowers, the grass, the trees feel your presence as you walk by. They feel your presence if you are feeling somewhat tuned down in vibration. They feel your presence as you are tuned up in your vibration and feeling happy about yourself and they respond.

All of your plants that you have in your dwelling places as you will speak with them and love them, they respond do they not? Very much so. They know your presence and they are very pleased to respond as you are in awareness of their vibration and radiance.

Everything takes on a new light as you allow yourself to abide in the realization of oneness. The realization I am the Father come forth into this point of reality. I am life. I am consciousness. I am awareness. I am that which I Am. And everything in your life is transformed for you see with new eyes.

You have recorded in your holy scriptures that sometime after the resurrection there was the ascension where I ascended unto heaven to sit at the right hand of God, the Father. And you have a lineage of religious philosophical belief that has said that the day of this remembrance will be set to be forty days after the resurrection after Easter which brings it in your timing to tomorrow. It was agreed upon that it was forty days for

this was what was given by word of mouth, generation to generation to generation that my ascension was forty days after the resurrection.

Well I say unto you, that it was not exactly forty days. It was a way of saying a long time. For you have written in your scriptures the wondering in the wilderness was for forty days, forty nights I was in the wilderness. The wandering of Moses forty years. It is a figure of speech meaning a long time. And it was more than just forty days.

For after the resurrection most wonderful experience for me, I came and dwelt with you once again for I love you. I enjoy your company. Now and then and there were many things that I wanted yet to impart to you. And so I came and dwelt amongst you so that you could feel my joy and through me the joy of the Father. So that you could come alive again in spirit to receive what has been called and I did call it the holy spirit. But what has come to be known down through the ages as the holy spirit. Not a spirit that is separate from you. Not a spirit that would be an entity that you have to call a certain way. But the spirit of wholeness which you are. That is the holy spirit. The spirit of the wholeness which you are, the allness which you are and the realization and remembrance that is then the activity of the holy spirit. For you know yourself to be the spirit of the whole, of all and there is change that comes over you.

This is why the years shortly after the resurrection for what is known perhaps as another century after that, the early Christians as they were called, were quite happy to release the body, to be martyred as it was called, for they knew that they were not the body. They were alive in the spirit. In the spirit of wholeness, the holy spirit and there was an enthusiasm, a liveliness, an enlivening which is upon this plane in this day and time waiting for you to grasp it once again and to live in that spirit. The spirit of wholeness. To take hold of it and to say, "I am the spirit of wholeness. I am." Will this not confound your friends? You say to them, "I am the holy spirit." And they will say, "Oh my goodness. I don't know what that one has been doing but..." But the truth of your being is you are the holy spirit and it behooves you to lay claim to it and to live, truly come alive in the spirit of wholeness. Which by the way then leads to ascension if that is part of your purpose and programming.

Now, it is not necessary that you ascend the body in this lifetime or any other lifetime in order to be spiritual in order to be loved of the Father, in order to graduate, in order to be of worth and value. It is not necessary as you would see a certain exam that you have to pass. You do not have to ascend the body.

For I say unto you, you do the most wonderful miracle in manifesting the body in the first place. Know you that the body is divine energy? It is light coalesced into form.

Know you that that is a miracle? And you do it moment by moment. It would not stay together if you did not have the consciousness and a collective belief that there will be form coalesced out of light. There is a collective belief that you have agreed to and it is a miracle that you do it so beautifully moment by moment. And in the morning when you awaken there it is again. You see how wonderful you are?

So I say unto you that ascending the body in truth is no more difficult and no more wonderful than what you do in manifesting the body. Think upon that for a bit. You say, "Well, I don't have the conscious recollection of manifesting a body. If I understand it, my mom and dad got together, had some fun and nine months later I was born and I sort of learned how to maneuver the body around and see what I was to do with it. But I don't have conscious recollection of manifesting a body."

For I say unto you that the body, even the small infant's body, would not be without your agreement. Now you know friends and perhaps you have had the experience yourself of wanting to have a small one, to birth a small one, to be parents and you go about it the way your science tells you will produce the small one and month after month after month no small one. You are birthed by agreement, only by agreement. By a soul agreement by divine timing by that agreement.

So truly if you don't remember the conscious recollection of manifesting a body, take it a bit on faith that truly you were present and it was necessary that you agreed otherwise you would not be.

You work in this day and time within a certain paradigm of belief of collective consciousness and the collective consciousness at this time, believes yet in separation. Believes yet that there could be other than divinity. But there is also the opposite of it according to belief. And that there is forgetfulness about your divinity. That is the collective paradigm, the collective belief right now.

But I say unto you, you are the ones who are changing it because you are playing with possibilities, probabilities which then become realities. Possibility that perhaps I could be since I am alive and I do have consciousness, perhaps I could be more than just what I have thought myself to be. Perhaps there is a bit of divinity in me.

And then you have played with the possibility, perhaps I am divine with a case of amnesia. You see the collective consciousness is moving to that place. You are the ones who are as the crest of the wave moving along to the place of remembrance. You are the adventurers who are willing enough to read the books that open your mind, suggest possibilities that go beyond just what the appearance proves to you. You are the ones

who play with ideas, imagination, have the daydreams that are unlimited. Then you say, "Well, you know if I took all the limitations off of this, where would I go? What would I do? What would I really like to do? What song would I really like to sing?" And you do have that freedom and you are divine. You are the ones who are moving to that place of ascension of the collective consciousness and that is what is truly important.

There is a most wonderful portrayal of me, a painting if you will – which I have given to a beloved one very recently and you will see this in a short bit of time – of the ascension, the true ascension where I hold our holy Mother the earth in my hands. It is symbolic of what is happening right now in the collective consciousness. Right now in your consciousness. For our holy Mother the earth is ascending to a new level of consciousness and of light.

This has been a bit in process for what you would see as the last century even of your timing and in truth it goes back further than that. But there has been an acceleration of awareness of ones tuning in to the vibration and the love of our holy Mother the earth. She is a living being, a consciousness if you will, an expression of divine light the same as you. A co-partner in the expression of divinity.

She is ascending to a new level as you are. And the portrayal, this picture that has been so beautifully painted allows you to visually see that which is happening in truth as you would understand it to be another dimensionally happening.

Now a point of clarification and it is a small one and yet an important one, I hold in my hand our holy Mother the earth. I do not hold the world for the world is of your making. The world is of the activity of the holy child that yet believes in duality, in illusions, in anything other than divinity. For I hold our holy Mother the earth in my hands. And I speak of this at this time now because there is an awakening. Subtle, yet powerful. That is sweeping the face of our holy Mother the earth. Gathering up all of you who have been feeling deep within your soul a calling, a longing, a wanting to arise up and return home and that is what is happening.

You have felt for many lifetimes that this was not your home. You have been willing to serve the Father by being here to anchor your light and to love. But you have felt each and every lifetime that there is a piece missing. There is something missing. No matter how I study, no matter who I am with and they speak to me their truth, no matter how I pray, no matter how I meditate, there is yet a longing within me to know home and to feel the fullness of love which home is.

And there is a rising up, an ascension if you will, that is very much in process now. Which you have prayed for many, many lifetimes and this lifetime as well. An ascension into the consciousness of home even while you activate the bodies.

You do not have to release the body in order to come home. I say unto you there are many times you have released the body and found yourself yet not at home despairing until there was a loving presence which spoke to you, comforted you, allowed you to heal and then there was desire on your part many times, not always, many times to incarnate again and to serve the Father one more time with feeling. One more time in remembrance. That is the true ascension and that is what you are doing.

After the resurrection I came and dwelt amongst you once again. I enjoyed the songs. I enjoyed the companionship. I loved to sing.

(Unheard question?)

It depends, there are times when you hear the angelic tones within the mind. Sometimes not always with the ears but you hear them. I sing. Other times I borrow a body and with whatever the vibrational chords allow me to sing. Sometimes I manifest a body and I sit next to you as a stranger and yet not as a stranger. But as one perhaps that you haven't met before and I sing with you in one of your gatherings.

I say unto you, be aware of the Christ who sits next to you. I love to sing. For truthfully when you are in a vibrational mode of physicality one of the avenues of ascension is song. It allows the heart to open. It allows the emotions to pour forth. Sometimes it touches the releasement of the waterworks (crying). And it allows the ascension even on a vibrational level of the body to come in harmony with more and more light, lightness of being. You have felt this. You have sometimes felt down, felt something and a song will come to mind and you will begin humming or singing a song. Perhaps not even aware that you are doing that and then you begin to hear yourself and you kind of join in with this song in consciousness and hear yourself singing or humming something. After a bit you don't feel quite so heavy, so down as you did. It uplifts not only the heart but also the body.

I dwelt amongst you and I shared with you my travels which I had done while the body lay in the tomb. I shared with you the travels that I did even while activating the body after the resurrection for I knew myself not to be contained within the body which truly you aren't. I knew myself free to travel, to be with other masters on this plane and other planes as well. As you are free to do and as you have done sometimes in your meditations. For you have felt yourself off somewhere in conversation, in feeling, in

welcome, in love. Somewhere not exactly where the body was located but somewhere else.

You do this even now and I did this and I shared with you where I had traveled, who I had met with and what the revelations were for the days to come. For you see there was a knowing even at what you would call a long time ago of linear time, two thousand years ago, there was a knowing of the process of ascension of our holy Mother the earth and all who dwell on her and within her. There was a knowing of process of the ascension of consciousness to the place of atonement. And this was shown to me as I met with masters in other realms. And I shared it with you.

It is what has given you hope in lifetimes when there does not seem to be hope for the human race. And yet in the darkest of hours every lifetime there has been a still small voice which has spoken to you and has said, "Do not despair. There will be light," and there will be and is.

Now the specifics of the process were not divulged. And the reason for this is there is always room for improv and you guys are great. Holy gods that you are, you are great at the improv and the choices and the what you sometimes have judged to be detours. In truth they are not detours. They are just adventures.

But you are great at the improv so the specifics of the process could not be outlined but the general process of ascension of our holy Mother the earth and the consciousness on this plane was shown to me and I shared it with you. And I said, allow yourself to be in joy. Be of good cheer for I have overcome the world and you also even greater things than I do, you shall do.

The separated ego said, "How?" And yet you have. Miracle workers which you are, and even greater things yet you will do in your ascension.

And when I had shared with you many of the things that had been revealed to me, there came a knowing that it was time for me to absent myself physically. Because I knew that truly never could I be separate from you. Always I carry you in my heart. It cannot be otherwise. And so I gathered you and many others in our favorite gathering place and we sang, of course. Felt a great vibration of upliftment and I spoke unto you of the oneness with the Father. And I spoke to you, lo I am with you always. It cannot be otherwise. You cannot go anywhere without me. I am with you always even unto the end of the age.

And there were a couple of words that were left out. They were understood at the time when that message was given but they were not recorded. "Even unto the end of the age of forgetfulness." Lo I am with you always even unto the age of forgetfulness.

When of course you remember that I am one with you and we are one with the Father and we are all one God-mind anyway and that is the end of the age of forgetfulness. Most wonderful, the realization.

And being caught up in such an enlivenment as you have just felt. I felt it with you in that moment of realization. Being so caught up in the spirit of lightness I allowed the body to return again to the light which it is and ascended. And this was called a miracle and it was talked about, rumored about, the word spread quickly.

Now, did I stay ascended? In other words apart from you? No. It was a most wonderful afternoon, early evening but I came, dwelt amongst you again as I do even now sometimes when you are least expecting it. As I do now when you call to me and you say, "Please be with me. Guide me. Give me an answer. Love me. Hold me. Comfort me." And I do for it is my joy to love you. For I know that which you are and I love that which you are.

So you see the ascension as it will be remember tomorrow, a holy day for some ones, some ones of your brothers and sisters, it is a time to remember your own ascension. To remember that truly you are not held by the world. You are not held by all of the confusion, problems, challenges that the world will present to you. The friends, the mates, the coworkers, the boss, the brothers and sisters whom you meet, they do not have power over you. But you have power. You have the power of love to love them and that transforms everything that you see and everything you experience.

So on the morrow when you awaken, first thing in the morning when you awaken on the morrow, first of all behold the miracle that you are still expressing with the body. Say, "Wow. I'm still here." Then remember the true ascension, the ascension in consciousness comes up higher with every realization that I and the Father are one. I am not held to this world. I am not bound by the world belief. I am the extension of the Father right here right now. And God so loved the world that he gave you to love it and to transform it. And in that to know your own ascension. And with that there is the ascension of our holy Mother the earth to the next love level of radiance and light.

In the next few months of your timing — we spoke of this in the previous evening — you will be seeing changes. Changes that are coming rapidly. Changes that are leading to the awareness of the ascension because it will be necessary not out of fear but out of

love. And you will know, you will harken back to these evenings and you will say, "I saw a picture that is symbolic of what is happening. I know that everything is in its divine process of ascension coming to that place of the atonement."

I am the one who is in charge of the atonement for this plane and I call all of you to me to assist in the atonement. The realization of at-one-ment. Not atonement as you would understand having to pay back out of guilt for something that you had done in a far, far distant past that you don't even remember doing. Not atonement as you would be guilty, but at-one-ment in the realization I and the Father are one. And then you know ascension.

(Break time)

Now, we continue. Now how do you prepare for ascension? How do you prepare for ascension whether it be in consciousness which in truth has to come first and/or the physical ascension?

It is to follow the way of the master. Now we spoke of that in the last evening when we were together, The Way of the Master. The way of the master is to abide in peace. It is to recognize yet that in the world you are going to have worldly affairs. There are going to be times of intense energy, emotions, confusions, challenges. It is to be aware that in the world you do have trials and tribulation.

The way of the master is the way of the beholder. It is to take that deep breath physically and the deep breath spiritually and to return again unto the place of the heart, the place of peace. And it is to look upon all that transpires from the advantage point of the beholder asking to see with holy vision that which is happening. The way of the master is the way of peace. It is to look upon not the specifics of what is happening but the energy, the dance of energy to stand back, to release all attachment to what has been or what will be and to behold how everything plays together. With no value judgment. No expectation. No saying of how it has to be but just to take the deep breath and to behold in holy vision.

The way of the master is to abide in trust. Trusting that that which is outworking is in divine process. Trusting that everything serves the atonement which it does. Trusting that your part in it is divinely guided, which it is. And abiding in the place of peace, the place of beholder, the place of trust until there is guidance to come forth and to act.

Not to trouble yourself as to "shoulds". That you should be responding, you should be acting, you should know. Not to respond to "shoulds" but to abide in peace and trust

waiting upon the guidance. And if guidance does not come immediately it is to breathe again to enjoy the peace and to abide in peace.

The world will clamor for your attention. That is what keeps the world going. It is your attention. The world will clamor for your attention and for your response, your immediate response. And you have seen this in your years of this lifetime that it is thought that you must respond quickly when someone speaks to you or asks of you to give them an answer or to do something. And if you do not respond quickly enough you feel you lose your power because they will turn to someone else and ask them. But that is the way of the world and it is not the way of the master. The master abides in peace, allowing all things, trusting all things, knowing that all things serve the atonement.

Preparation for ascension is to follow the way of the master. To know that truly you are one with the divine guidance. There is nothing outside of you. It is to know that you are the extension of the Father wherever you find yourself and it is to abide in that place of divine Isness even while everything is whirling about you.

Preparation for ascension, the ascension in consciousness which is most necessary, asks of you a discipline. A discipline of choice, of choosing the way of the master. To choose, to breathe and to abide in peace.

For it is very tempting — I see you do this — to hold the breath, to get so caught up in whatever is going on that you forget even to breathe and to respond quickly before you have had chance to think or even to contemplate what the question truly is.

For the most wonderful gift of any question is to sit with it and to ask what is truly being asked? For in truth it will not be what the initial question seems to be. There is a deeper meaning and a deeper answer. And the way of the master is patient and will abide with the question until the blessing to that question is known. And then the response may be given if it is necessary. And if it is not necessary you do not judge self and say, "Oh well, I should have. I should have known something to say to them." No. Many times when one will come to you and ask they truly do not ask for your answer they ask only to be heard. To be acknowledged and to have someone be there for them. Many times you scurry about in the mind to give them an answer, great advice, and you give it and they do not hear it. For they must come from within and find their own answer.

The way of the master is the way of patience asking of whatever question, however complex it seems to be, asking of it to reveal its deeper meaning, its true meaning. Then you will know how to respond.

The way of the master is the way of love. Loving all things. Abiding with all things. Allowing all things. The way of love that looks past appearances and knows that everything works to bring forth the Christ. Acknowledging the Christ of the one who stands before you. Loving the Christ of that one. Knowing yourself to be in love with that one. Deep abiding eternal love that passes the understanding of the world.

The way of the master is the way of love. Not the way the world loves that will give it one moment and take it back in the next. But the way of the master is of love that knows truly who you are from before time began and loves the Christ in all things and in all people. Every brother and sister, every flower, every plant, every rock, every tree. Everything that you make manifest. To be in love with everything and all of life.

The way of the master is the way of joy. Knowing that truly you are joy of the Father come forth into expression. The way of the master is the way of appreciation. Appreciating everything in your experience and finding joy in it. Beauty in it.

The way of the master is the way of freedom for in that joy you find your freedom. In the way of the master you find your freedom from all of the world that will dictate to you all of the "shoulds" and belief systems and yet you know yourself to be above and beyond all of the belief systems.

When you abide with the discipline of the master choosing to abide as the master, choosing to abide as the beholder, choosing to abide in love, choosing to abide in joy. No matter what the circumstances be, choosing to claim and realize your freedom, your divinity. Then you have known ascension.

Got that?

In truth, yes, you have. You have been with me every step.

I would do with you now a most wonderful sealing of what we have just spoken of. I would do with you what you call the meditation.

Allow yourself the comfort of the body. Allow the body to be at peace. Take the most wonderful miraculous deep breath and appreciate the miracle that allows you to breathe. The miracle of the body functioning in harmony.

Take another deep breath and feel the peace of the soul. And abiding in that place of peace within the soul, allow yourself the freedom of the mind to come with me to the farthest realm of the universe.

Visualize yourself upon a pathway of brilliant white light. A pathway that extends behind you and before you and all around you. A pathway that is beckoning to you to ride the light, the great beam of light to the farthest universes as far as you can imagine and then beyond.

Feel yourself in the flow of the light. Know yourself to be upon this beam as a point of consciousness and yet not separate from the beam of light joining with it, blending with it. Being enveloped by the light. Surrounded. Nurtured. Held by divine light.

Feel yourself flowing. Radiant light. Consciousness within light. Powerful light. No longer held by any of the beliefs of reality but moving on this beam of light, the flow of light to your true Reality. The Reality of Oneness. At Home once again.

Feel yourself in a sea of light, a flow of light joined by loved ones, friends, family, ones who are in your heart of love. Feel them to be enveloped in the light as well and flowing with you. A never ending divine flow of light and of consciousness within light. Returning Home once again.

Know yourself to be part of a vast soul grouping of consciousness of light, of oneness, adventuring, expressing, experiencing, flowing, forever dynamic.

Feel yourself in the most wonderful radiant flow of light. A point of consciousness and more.

And in this light feel yourself to be one with all love. No longer separate. No longer struggling. No longer trying to find that which you searched for but knowing that you have been found. You are found, loved and welcomed.

For there is a feeling of welcome. A feeling that it is good to return Home. A feeling that in truth you knew you had never left and yet you searched for it. And now you are Home.

You know the peace that beholds the great ray of light. You know yourselves in love, enfolded in love and in love with everything that you can imagine. You know yourself to be in joy for there is such a welcome, an exuberance, an exhilaration of love, of joy, of being Home once again.

And you feel yourself gathered up by all who are dear to you. Loved ones. Guides. Teachers. Masters. And you feel such a joy being with them once again. Such a welcoming. And you say it is good to be Home once again. I have missed you.

And they say to you, "Welcome Home. Welcome ascended one."

Feel yourself to be supported by their love. Know yourself to be the master who has traveled far and yet it has been a journey without distance. Know yourself to be the master who has returned Home to find a welcome of love, of acceptance, of honor.

Welcome ascended one. You find yourself in the midst of a banquet. A table spread with everything good that you can imagine and the table stretches as far as you can see. And the table is set for you in your honor. Anything that you would want it is there for you and there is music and there are angels and it is Home. Welcome ascended one.

Receive the love of the other masters, the beloved ones who welcome you Home. Receive their love. Abide in love. Abide in peace. Abide in joy.

For truly you have never left Home. You have only thought to journey far. You are the light of the Father. You are the love of the Father. Welcome Home ascended one.

Allow yourself the relaxation into spirit. Allow yourself the relaxation into peace. Allow yourself to release and to be forgiven. To be given love in place of anything else you have held.

Know yourself to be Home once again.

Arise up ascended one. Arise up and dance with the true spirit, the free spirit which you are. Arise up in joy, exultation. Arise up and know that you are free. That you are the innocent one. That you are Home once again. Loved, held in the everlasting Arms. And that truly always you will be loved and held in the everlasting Arms.

And now in that ascended state, speak to the self of you, the individualized self that you see yourself to be. Just an individual. Speak to that self what you would say to yourself. The ascended master speaks to you. You as the ascended master what would you say to yourself?

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And what do you say to the ascended master of you? What is your message? Your response? To the master of you which you are?

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Receive love. Trust. Know. Realize I am one ascended master and individual. It is one. I am one.

And in that space of oneness know you have ascended past all of the belief of the world. Past any constraint, any constriction that belief system would put upon you.

Know that you are free. That you are innocent. That you are loved of the Father from before time began for you are His love and there is no separation.

Ascended one, welcome Home.

So be it.

.....

Judith:

And when it feels comfortable allow yourself to return to this room. Keeping with you always that feeling of peace for it is you.

This is me, Judith, and I feel very much in that space of love and I love you and I bless you and I thank you for allowing me to with you in this way.

Thank you.