

Alignment with Soul

September 2006

Beloved one, many of you have asked about your soul's purpose and how one can know and be in alignment with soul. There is a most wonderful secret - and it is not a secret, because it is freely given to anyone who wants to know - how to know alignment with your soul, and it is a very simple ritual that some of you have been following, and some of you have known from other lifetimes. It is to go out in your morning, before you start your daily activity, to go out and to commune with the angels of nature, to commune with the light that is in the sky.

Now, if you are up and it is very early and it is still dark, you commune with the lights in the heavens. If you are out at what is called dawn - and I know that this varies with your seasons and your locations - you commune with the light of dawn and some of the stars that are still to be seen in the heavens perhaps.

Breathe Deeply of Peace

You feel yourself rooted on the ground, bare feet on the ground, and spirit extending to the heavens. And you breathe deeply of peace, banishing for a moment or so - and it does not have to take long - all of the thoughts of the world, all of the thoughts of what you have to do in that day, who you have to meet, where you have to go.

Just be in communion with Self - capital "S" - to breathe in the angel of air; to feel the angel of air as it may blow past you; it may ruffle the hair a bit, or not. If it is a morning when there are showers, it is to enjoy the gentle rain. We have spoken not to be afraid to get the crown chakra wet; after all, it's going to dry off. You do this in your showers when you are indoors; you can take a shower outdoors. It will not hurt you a bit.

If there is sunshine, you commune with the sun, with the angel of sun. And you breathe deeply of the peace that is your true nature. You breathe deeply of the innocence of that moment.

The Place of Beholder

Place yourself - most important after you have done this first part - place yourself in the place of beholder. In other words, you allow yourself to become as the starlight looking down on you. You allow yourself to be the beholder that is as the wind, free as the wind that blows; gentle as the raindrops which may fall upon the head.

Misc

And from that place of beholder, you look at where you are physically and where you are in the journey of life. It does not take very long; it will happen in an instant. Some of you are saying, "Yes, but I have a routine; there is a mate who says to me, 'Watch the clock; we have to be on the road by a certain time; we have to catch a certain vehicle at a certain time; we have to be at the employer's...'"

It does not take long to be in the place instantly of the beholder, and then to do the most wonderful visioning as the beholder, to put yourself another five years, ten years, perhaps even twenty, ahead, and see where you want to be at that time. Now, those of you who are saying, "Yes, but Jeshua, I have garnered some years to myself and I'm not really sure; how far ahead can I visualize?"

Well, you can visualize as far ahead as you want to. In fact, it is dependent upon the life of the body, although usually the specifics have to do with the body and where you are going to be. But it does not have to be. So allow yourself a moment - and that is all that it takes - to connect with greater Self, the whole Self of you, the soul, if you will.

In the evening before you lay the head upon the pillow, same thing. Go out of doors and stand with the bare feet on the grass. Connect with the holy Mother Earth, and connect with the heavens above. Feel the peace. Feel yourself to be all that is happening around you.

In the City

It does not matter if you are in the middle of a great city, and I say to you to go out and put your feet on the grass, and you say, "But Jeshua, there is only a small piece of grass, and the dog has already used it," sand on the pavement, then, and know that the pavement only goes two, three inches, four inches, perhaps, depth, and beyond that is holy Mother Earth. You are not limited, so therefore you can feel yourself rooted with holy Mother Earth, even through the pavement.

And even if you are surrounded by what is called the city traffic, know that you are bringing all of that forth as drama for yourself to enjoy. All of those vehicles going by are parading themselves around you so that you can see them, so that you can hear them, so that you feel the vibration of life humming around you. Sometimes it is a loud hum, sometimes it is not quite so loud. But even if it is the most loud and ones are, perhaps, on the horn calling more attention to themselves, know that they are as in the parade.

Misc

In the Country

If you are in the , what is called country, and I do not mean here the geo-political grouping, but the countryside where it is more peaceful, go through the same consciousness of abiding in peace, no matter where you are. Feel yourself rooted to holy Mother Earth and yet not limited by any physicality, and feel yourself expansive to the heavens.

Look at your stars, the lights in the heavens. If it be in your nighttime, look to the stars. If it be what you call a cloudy night, look for the miracle of the clouds. Visualize each drop of water of the vapor which makes the cloud; most wonderful miracle. No two clouds are alike. The same as no two snowflakes have the same design. And as you watch them, they change before your very eyes. It is a miracle that you bring forth. It is all for your enjoyment.

As you will begin with a small amount of time, you will find that you want to spend more time in communion with Self. This is what was known in the time of the Essenes. This is why ones were able to live the long lifetime - because they did not think themselves to be limited by world belief, world activities. They knew themselves to be the activators, the spirit activators of the body. They knew themselves to be connected to soul and to all else.

And so it was of their choosing to do the ninety years, the three hundred years if they wanted to, to be rediscovering new friends, new lands, new opportunities; always with the understanding that they were the divinity, and are - I will not put it in past tense - the divinity that is bringing it all forth.

Practice

So as you will practice - and it does take practice like anything else you do in life - you will find great joy in the simplicity of a few moments spent in feeling expanded, feeling connected to soul.

Do you have to go out of doors? In truth, no. But it is a good way to begin. But you can do it indoors, as well, for you are not limited. In one second you can imagine the walls of the dwelling place expanding, completely gone, dissolved. Where are you now? You are in the out-of-doors. Next moment you say, "Ah, the walls are back. The dwelling place, the roof, the roof is over my head, I am sitting in a certain room."

Then, in the next moment, the walls are gone. You are sitting in a grassy meadow; the stars are overhead. Feel you the stars overhead? Can you feel them? In this moment, the walls are gone. It is a most beautiful sunset that is happening, lighting up the clouds in the beautiful red and orange and yellow tones. Can you see that? In any moment you can do the alignment with soul by just, what is called

Misc

imagining or by expanding the peace of the mind, letting go of that which has been believed to be limited by any circumstance or "real" evidence.

All is energy. It depends on how you want to fashion it. If you do not want to be here any longer - and there are ones of your ancestors who knew how to do this, and it is in your remembrance - if you did not want to keep on activating the body, immediately it could dissolve back to the dust of the Earth, and the energy itself was free to move as spirit. Many of your ancestors knew when they felt the alignment with soul and they felt themselves complete. They would go and sit by a tree, perhaps; perhaps for a day or two, and then ones of the tribe would come and find that they had left the body. And there would be a great rejoicing and reverence, knowing that those ones had ascended unto the stars.

And oftentimes ones of this belief system would look to the heavens and they would see, "That is grandmother up there, that star. She is watching me; she is protecting me; she is loving me from afar." And the stars were ancestors; they were friends, according to the belief system.

All Is Energy

Now you go through life a bit more constricted, and yet there is a remembrance that all is energy, all is truly love - and we use love as a concept of expansion, because that is what you feel when you fall in love; your whole heart, your whole being expands.

Well, divine love is that and more. Divine love is the expansion where you know yourself to be energy - much more than the body - and that you can fashion the body, your life, your journey, your interactions by your visioning, by standing in the place of the alignment with soul and as Beholder.

So be it.