

## YOUTHING

2015-06-20

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, Yeshua you have known me as, Jesus you have called me, and it is in great joy that I come to abide with you this evening in your timing as you have chosen once again to call me forth.

Great joy of remembrance. Great joy of love. Great joy of Being, allowing the radiant soul that you are to be embodied for a time period to play with the brothers and sisters, to come out and play, to be as the little child which you truly are, and to let that child roam free, to let that child express in a most natural way of saying, "Will you come and play with me? Will you come and see who I am? Will you come and see who we are together?"

That little child that is enthusiastic, that wants to go forward, full of ideas, wants to put them all into manifest form and then can't decide which one to focus upon, because there are so many good things to focus upon. Allow yourself to know the little child of you. Oftentimes as you garner more years to yourself, you feel that you have to put the little child in the background, because you have been taught and you have been told, "Be serious; grow up." But I say unto you to become as the little child, the innocent little child who knows how to play, who knows how to express just being, who knows how to love the flowers of the field, who is radiant as the flowers herself, and who goes with an ease and a joy of being.

Now, that leads me into tonight's topic. There has been a request that I speak of youthing; instead of aging, to youth, to become young. All of you, no matter how many years you have garnered to yourself, you count them off and you say, "Oh, my goodness. Well, gosh, when I get to be this age, I guess there's a certain role model of what I have to be."

Cancel that. There is no role model of what you have to be. You can be anything you want to be. You can be the holy Child, which you always are, and you can be the innocent child who goes forth and sometimes races ahead of the wind even, allowing yourself to know that you are the wind in expression as well as the physical body that you use to race around.

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There are a few of what you would call secrets to youthing, and the greatest of these is to be in joy, to be as the young child that looks upon everything as a new discovery—what new thing can I play with; what new thing can I take apart, put back together again; how can I take it apart; how can I put it back together again?—to be innocent.

Innocent means to not know, not knowing; in other words, not knowing everything that the world teaches you about it, but to be innocent and to be teachable as the young child is, wanting to know.

You have all experienced this. What is the first word usually that the small one comes up with? “Why?” You say, “Well, this is how it is.” “Why?” Of course. And you have done that yourself as the small one, always asking, wanting to know more, wanting to know how this all fits together; not only the physical mechanical thing, but how does life itself fit together? And going with a certain joy, happiness to be alive.

Many ones, as they gain certain years to themselves, they become tired, physically tired, but more than that, mentally and emotionally tired, and they are ready to give up, to turn in the body and to say, “I’ve done enough; I’ve had enough; I don’t need anything more.”

But I say unto you, you are ones who have lived the two hundred, five hundred, six hundred more years in physical form, and the years, yes, were as you reckon years even in this timing. So it was not, “Well, Yeshua, I guess it’s because the years were just a few days long.” No, they were long, but you were so enamored with your creations, so in love with everyone else that you saw, that you were excited.

There was always somewhere else to go, somewhere else to discover, something else to discover, someone else to meet. So you couldn’t fit it all in, and you had to keep expressing with the body until it was the three hundred, five hundred years.

Now many of you get to a certain age, as you call it, and you say, “Well, I guess I’ve been everywhere and I’ve done a lot in this lifetime, and I guess that’s enough,” and you start to spend more time sitting and allowing the body not to be very active. Then the body gives you a message that it thinks it’s getting old, and this becomes a cycle where the body speaks to you, “Well, we’re getting older; we can’t do as much as we used to do,” and then the mind says to the body, “Well, I guess you’re right, and we need to take more naps and sit in the chair, twiddle the thumbs together.”

As you will be active, as you will be right out there living in joy, in happiness, finding that every day truly is too short to fit in everything that you want to do, there

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is, yes, even if it happens to be work, it is always too short to fit in everything that you want to do.

As you will be in joy about it as you were when you were the small one, not knowing that you had to be grown up and stately and mature about everything, you just went with an ease of Being. You just went as the wind goes, free. And the parents sometimes had to kind of rein you in and say, "Well, wait a second. This is what we are going to do now," and keep some order in the family life.

But truly you were so happy to be alive, so in love with life and with what you could discover, what you could do, how you could paint, how you could draw, how you could put together the words in a certain rhythm of form, how you could make the songs and sing the songs, and the voice would allow you, because you knew it was going to be there for you.

You loved it, you appreciated it, and you spoke to it, and it was always there for you, because you did appreciate it. Everything that you appreciate grows. Those things that you don't appreciate, they get the message, and then they disappear from you. Sometimes it is the same with the body, that if you don't appreciate the body, it's going to get the message that, "Oh, well, he/she is finished with me, and I guess I'll just find my rocking chair and sit in it."

You have the most wonderful technological help in this time. You are creating it in this incarnation, where if a body part seems to get worn out, you don't even have to go through what you used to do and to re-energize it. You can go to a certain medical building and get a new part. Yes, there is a time of adjustment to it, but it works around, and you have a new part, and it works, and you are grateful for it.

And as you are living in the place of gratitude, the body part says, "Oh, she's happy to have me. He's happy to have this new part." And it will then function and function well. You have seen this with friends, certain ones who go through life and are more easy about life, and they expect that life is going to be easy for them. And sure enough, life is easy for them.

You have seen other ones who are the worriers. They start worrying about things even before anything has really materialized and come into evidence, because they "know" that it's going to happen and they're going to have this problem that they're going to have to work with. And sure enough, the problem comes forth, and then they have to work with it.

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But you have the other ones who say, "Well, I've always had everything fall into place. My family has always been lucky." And then, sure enough, everything falls into place and is easy. So it depends on attitude. Some of it comes as the generational teaching, where you have had the families who have said, "Well, we've always been fortunate and are going to come through life in an easy way."

But for most of you, you've had the families that have said, "Well, life has its ups and downs, probably more downs than ups, and you have to climb every mountain and get up over everything." And you as the small child, you have said, "But it's not really a mountain; it's only a mole hill; it's only a little bit."

And they have said, "You're not looking correctly. Don't you see how big, how difficult it is?" So after a while of receiving that message, you have bought it and put it into place, and then you get to a certain age and you say, "How about if that isn't true?" And you sit with yourself and you re-examine all of the messages that you've been given, all of the ones that you've taken to be truth, and you say, "Well, perhaps that is not how it has to be. Perhaps I can see things differently." And you do.

And that is the beginning of the process of youthing, where you question all that has been given to you as a truth—lower case "t". You question it and you say, "Well, perhaps I can see this differently. Perhaps I can even feel differently about something." Then you try it out, and by gum, it works. It's actually a joy to be living. And the body hears you. The body is your creation. It serves you. It listens to you. Whatever you tell the body, that is what it is going to do.

Now, a lot of times you do not realize that you have that power, and you speak to the body, "I'm tired. It's really been a long day. I don't know why the boss growled at me. And then there's that coworker who's always making those funny remarks that really aren't humorous. You know, it's really a dog eat dog world out there, and I have to be ready for it." And the body says, "Oh, I guess he/she's tired," and then the body feels tired.

You come home, on the other hand, and you say, "I had a wonderful day! You want to hear about my day?" And hopefully the person in the house does not say no. Quite often that does happen, I know, where one will come in all exuberant about, "My day, it's been so great! You want to hear about it?"

"Oh, I have to do this, I have to do that. I'm sorry. I'll listen to you later." But you can always bounce into the house in your exuberance, and it doesn't matter really whether they accept it or not, because you are living in joy. That is the number one

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secret about youthing, is to live in joy. The rest of the things are important, but the most important is to be happy about your life, about yourself.

It comes back to love, loving yourself, loving who you are. And as we have said many times, our Father creates only good, so therefore look with favor upon what he/she/you have created and brought forth. Even if the body doesn't seem to serve you quite as easily as you would like it to, allow the positive reinforcement.

Maybe there are parts of the body that aren't as easy as other parts. Praise the ones that are easy, as you would do with a small child, as we said to the school teacher last time. You look for that moment when the child/person is giving you something that you can praise, and you praise that, and you work on reinforcing the positive. You work on seeing the positive.

Now, I know the world message is how everything is going wrong. "They" are doing terrible things. "They" are making decisions that I don't agree with. "They" are out to get everyone. "They" want to keep their power. Those are messages from the world, and you don't have to buy them. You have for some time and some lifetimes, you have bought those messages and paid dearly for them. But this time around, you can say, "Well, that may be someone else's truth. That may be how they live, what they believe, but it's not what I have to believe. I am free," and you are.

"I am free to choose that which I want to have my mind focus upon. I am free to substitute laughter for anger, laughter for self-judgment. The most healing that you can ever do is to laugh at self. Whenever you find that perhaps you have made a misstep, try laughter. It erases everything that has come before that which might have been self-judgment, because you are in a good place of accepting, "Well, that's how I am, and it is humorous. I am funny."

There were ones who called me humorous, an old fool or a young fool, whichever, because I said that ones did not have to be in a certain heaviness of how everything was happening to them, how the Romans were being the "they" person and how "they" were in control. It did not and does not have to be a heavy judgment.

In truth, there is no "they" out there to get you. The only one that is orchestrating how you feel about yourself is you. And you know how good you feel when you are with someone and they are in joy; they are laughing at things; they are putting forth humor, and it feels very healing; it feels uplifting, and you feel happy to be with them.

And you find yourself laughing, because their laughter is contagious. And then as you laugh, that spreads to another one and another one until finally, if you have ever

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done this small experiment, the whole room is laughing, and nobody remembers what started it, but it just feels so good to laugh.

You have a certain routine. It has been put into a routine of teaching called laughter yoga, and it is a very good discipline, not a difficult one, of laughing, of finding that you can laugh, and it can go deeper and deeper every time you laugh. It does not have to be just from the voice box up to the top of the head. You can get down to the real belly laugh; yes, the ho ho ho, and really feel yourself even doubling over with laughter. How long has it been since you did that?

I assign you a piece of homework. Sometime in the next 24 hours, allow yourself to get really into a good belly laugh, and find something humorous about yourself. You can find it. You can look in the mirror; not in judgment, but in a way that is humorous. Find something to laugh at about yourself, and get really into it. Because, you know, as you start the laughter, it becomes contagious even to you, and you begin to feel like, "Oh, gosh, that's really silly. I've got the giggles again. I don't even know what I'm giggling about, but it really feels so good to be giggling. Just like a little kid, I'm giggling again."

Wow! Feel the energy rush that comes with that, just even talking about it. And once you start doing it, if you have anybody around you, they're going to wonder, "What is she laughing at? What is he laughing at?" They may not find out exactly, but they start giggling; they start laughing, at least smiling, because that's sort of strange. But okay, it feels good.

That is the secret to youthing, to be so in love with life, to find yourself even laughing at all of the foibles that happen in every day, and to take yourself not seriously; to take yourself lightly, and there is then the smile that creeps over the face and starts heading down towards the belly and starts a belly laugh, and you say, "Doggone, but this life is really funny. I never thought it was going to turn out this way, but you know, there's been a lot of twists and turns in this and a lot of humor," and you start laughing.

It allows the very cells of the body to lighten up. And as they lighten up, then they spread the message to the rest of the body, the other cells in the body, and they start thinking, "Well, I guess he/she has decided to live, really truly come alive; no more of this counting the years and saying, "Oh, well, at a certain number of years, this is how I should be looking, acting, feeling." None of that, because truly you are never any older than you were when you were first activating the body; never. Every day is a new day. Every day you are born again.

Now, I know you have the friends who talk about being born again, but I suggest it not the way that they have to take it, that they are born again in their adoration of

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me, but born again as the new person who is in love with life, who wants to be here, wants to be living, even those ones whom you may know who are “suffering”—and I use that word advisedly—from what seems to be a terminal illness.

Do you know, they can turn that around. You go and you see them and you say, “Hey, I don’t see you being terminal about anything. I see you being alive. You’re still breathing. You’re still smiling; come on, give me a smile; there you go,” and they come alive, at least for the time that you’re with them, because that is what you are expecting, that is what you are drawing forth with them.

They may get the message, hopefully, that they don’t have to be finished with life. Life still has excitement. Life still has packages for them to open up and to be happy about the gift of life. So you speak to them words that say, “Hey, you know, you’ve still got some packages to open. You’ve still got some surprises under the Hanakuh bush or the Christmas tree, whichever. You still have surprises in store for you. There is a lot to be living for.”

And they may say, “Well, you could be right, but I think I’m finished.” And you say, “Well, if that is your choice, so be it.” There is no judgment in it, because that one who may choose to release the focus on the body will reincarnate probably. You may even meet them later as they come back as a small one, a young one.

So there is no judgment in it, but you can suggest to them that maybe they want to try something different, and maybe they can reactivate the very cells of the body to be happy in this life, this incarnation that they’ve made for themselves. But as I say, there is no judgment in it. If they want to be finished, so be it. They’ll be back again, and that is okay.

The secret to youthing is to have the twinkle in the eye. The secret to youthing is to be happy, to be in love. Know you the feeling...you can all remember when you first fell in love. Oh, my goodness, that other person was such a wondrous being. He looked so handsome. She was so beautiful. There was a glow. And you found yourself being in love in a freedom to express yourself, the true Self of you, to be in love, to go in love.

When you are first in love with someone, it is a secret—well-known—that all of a sudden you are alive, really happy to be alive, and you can’t wait to see that other person, to be in their presence, to ask of them, “What’s new with you? Tell me, do you like the way I’m styling my hair?” And you laugh. You see, it is the small things of life that allow you to come alive.

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Love of another one, when you fall in love with another one, is a secret to youthing. Love of self, when you fall in love with yourself, that is an even bigger secret that has been held from you. But you fall in love with yourself, and you say, "I am a wondrous being. I don't know how I've got to this point in my life, but gosh, somehow it's been a wondrous journey. And I know there's a lot more I'm going to discover about myself and about others, a lot more I'm going to discover about holy Mother Earth, about the mountains, about the trees, about the streams, the hiking.

Where can I go to see something new and different? And you will. You can travel to far lands and see something different. You can travel to your mountains. You can travel to even the busy intersection and watch the traffic as it goes by and marvel at the technological "advances" that have been made in your chariots and your horses.

I speak to you of the miracle of your chariots that have the horses inside, your horsepower. Know you a miracle? Now you put the horses inside. Yes, you do have to feed them a different kind of feed, but they serve you well. You can stand at a busy intersection and watch all of the traffic whizzing by, all of the people hurrying to get wherever they think they have to be, and just behold it, because it is a drama put on just for you, and you didn't even have to buy a ticket. All you did was go to the intersection and stand there and watch and see what is happening. And they will put on a show for you.

The same when you are looking at your most wonderful flowers and trees, all of the growing things. How long has it been since you've taken a leaf from a tree and studied the veining of the arteries of that leaf and watched how it puts itself together? How long has it been since you picked the tiny little buttercup and brought it up to look at it really closely? Or the most wonderful dandelion, looked at it and how intricate it is. It's not just a little yellow umbrella. It's got all kinds of filaments, yellow ones, and then later on in its process, all of those yellow ones turn to white, and then they go pfff, and you watch them.

And some who are in fear of weeds do not like to see the pfff. But the miracle of the dandelion, the way it can produce itself and then do the regenerative process of making these most wonderful winged seeds that go everywhere, and many who want the most perfect landscape, they are saying, "Oh, not in my garden, no, no." But know you that you can eat the leaves of the dandelion. You can even eat the dandelion itself. Try it sometime. It may not be to your taste buds, or it may. But you can.

Everything is put here by you for use and pleasure, of your use and your pleasure. So don't look down on any of your creations. Even if you think you have to extract them

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out of the flower beds because you've made a judgment that they are not beautiful enough, stop and study the weed.

You used to know a long time ago the medicinal properties of every plant, especially of those that you call weeds. Every plant has a medicinal property to help the physical body, and this is something that you used to know. But it has been superseded by the ease of purchasing something that is already processed for you, and so a lot of this knowledge has been put on the back shelf. It's not lost to you, but it's been put on the back shelf.

For some of you who are going to be attending the gathering this summer, it is going to be brought forward to remind you of what you used to know. So do not judge. Do not judge the flower, the weed; do not judge yourself. Hold yourself in love, because you are a most wondrous being.

Each and every one of you, as you have garnered to yourself a myriad of adventures, experiences, you could sit and write a book, a very long book about where you have been, what you have seen, what the experiences have been, the lessons learned from everything, what you have tried over and over, and what seemed to bring you pleasure and what seemed to be more of a labor.

Each and every one of you could write volumes, and you are that volume as your friends will look upon you, and they will see that you have a wealth of information, of experiences. So as you take stock of everything that you have learned, all of the things that you have experienced, you will see how wealthy you are. How dare you judge the wealth that you have garnered to yourself. I do not judge, and you will be much happier if you do not judge.

Youthing—why do you want to youth? You want to be young, because it felt good to be young. So I say unto you, you can feel young even though you may have the years that according to the certain certificate say that you're probably now into your fifth decade, sixth, even seventh decade, eighth perhaps? You can still feel young. All it takes to believe in yourself, to be happy with yourself, and to say, "Ah, glad to wake up this morning. I can't wait to fall out of bed." (Laughter) Okay, to jump out of bed then.

You see how good laughter feels? It allows all of the cells of the body to move around a bit, to wiggle. Know you how good it feels to wiggle the toes? Yes, you take your feet out of those confining sandals and you wiggle the toes around a bit, and they're happy. Oh, are they happy. Oh, this feels so good. It is like that for all of the cells of the body. Allow them to laugh.

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Know that always you are the wondrous holy Child who in truth never ages. That holy Child, the innocent Child, is always there. That is the secret to youthing. So be it.