

hug. You have a smile on your face. Maybe you've got the mask, yes, but that's okay. You can hug with a mask on. It's okay. It takes courage.

Live in your Truth—capital "T"; not just the truth as the mind says, "Well, this could be true. Maybe it's true." But live in the Truth of your being, in joy. Enjoy your life. You have gifted to yourself life everlasting. Those two words go together very well: life everlasting. Because this is not your first lifetime. And I share with you, it is probably not going to be your last lifetime. It is always a choice, and as we have spoken many times, you think, "Well, I'm going Home. After this lifetime, that's it; no more. I'm not going to suffer this world anymore."

But then you get a different perspective and say, "Well, there are one or two things that I haven't experienced. I haven't really experienced love; true love. Yes, I have known human love. I have been in love many times, and that has felt good. But to know really true spiritual love, where I see the Christ of you, and where you see the Christ of me, and we come alive in that energy; I want to know that again. I want to feel that again.

And I don't want to have to lay down the body, as it would be an impediment. I don't want to have to lay down the body before I know the Christ of me and the Christ of you. I want to see that right now, right now in this lifetime. I don't want to have to wait and read about it somewhere, that someone named so and so has conquered the belief in separation. I want to know it, I want to feel it, I want to be it."

Why not now? In the year 2021, come Home, come alive. You do not have to even relinquish the body. You can come Home right where you sit, right where you stand. Right where you are grieving, you are Home, free, no charge, only the acceptance to say, "I am Home. I am in love. Oh, wow, I always wanted to be in love. I thought if I did such and such, someone would love me. There were all kinds of caveats and things that I had to look out for and things that I had to be in order to be loved. And then one morning I woke up and remembered the words of Yeshua, 'Come unto me.'" And by that, I did not mean Yeshua as a person, but come unto me, the One—capital "O"—that we are. Come unto that knowledge that you have resurrected the true Self—capital "S". You have awakened.

Your next year is going to be full of love, full of energy, full of, "I can't wait to see what is coming for me. I can't wait." You have known someone who used to say that a lot. "I can't wait to see the good in this." And you don't have to wait. That is the beauty. Right here and now you see the good, you feel the good, with one who is near you or perhaps

miles away. You are One with them. Come Home with them. It awaits only your choice to say, "I am alive. I am the Christ. I am happy. Wow! I didn't think it could be."

And you are; alive, the Christ, expressing; on two feet, one foot, four feet, no feet. You are the Christ, living, breathing, expressing, and above all, hugging, mask or no mask. That which you are, you are going to come to know more and more in the year that you are birthing known as 2021. But what are numbers? Come, know the Christ. So be it.

## YOUR GIFT TO YOURSELF

2020-10-03

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, and I greet you in love and in joy, because I know the vibrations that are circling around you and within you. I know that there is much that is happening within you, in the mind and in the body, and much that is happening in your world that has been turned a bit upside down with the announcements that come through every day.

I have heard your questioning. I have heard your turmoil. I have heard you calling out for peace. "How do I find peace?" you ask. "How do I find order in what seems to be an unorderly world? How do I find my path through all of the turmoil and questioning?"

Because it feels like every day things that you thought were steady get turned upside down, and you get to look at the bottom of them and the top of them and throughout every stream of consciousness within the world and within yourself. Your square box brings you many versions of truth—lower case "t"—much drama, many questions. "Is this really happening? Is this really true? Can I believe what I hear?"

Then you look on your device that brings you the messages from other parts of the world and you get different messages and different questions, and you are asking, "What is true? What can I believe in? That which I thought was established has been turned upside down. And some of what I hear on my far-vision..." I am just contemplating the far-vision and wondering why it is not far-audio. Anyway, a very deep philosophical question.

And you question, "What is going on around me? What can I believe in that is steady? Will we come through this to a place of peace?" So I know there are many energies that are revolving around you, many energies within you, many questions. So this evening we will speak to the main question, but we will also speak to the gift that you are giving to yourself.

First of all, I have been hearing on your square box about how it is time to be at the outlets that sell the gifting for the holidays. Ones, because they are now interrupted in their usual pattern of the work and activities that have been the norm for such a long

time, have been turned upside down, and ones are looking to something that they can celebrate, something that has been from year to year a tradition of the Christmas gifting, the holiday gifting, and to look a little further past the day to day upending.

So I would speak with you first about the gift that you give to yourself, and then you will see how this ties in with the day to day happenings. What you will want to be gifting to yourself is a piece of peace, knowing what is truly steadfast, knowing that the Christ-light of you is from before time began, creative holy Child that you are, and the Christ-light goes before you making everything illuminated, making everything make at least a little bit of sense, even though the world is turned upside down from time to time.

What you will be doing is putting aside a piece of peace for yourself. It would be as you would take the gift box, and it has your name on it, to be opened at a later date during the holidays, and every day you are going to put into it a treasure, a treasure of knowing the true Self of you, that place of peace that you can return unto no matter what the world says to you is happening in the outer.

And this gift box that you are making for yourself for when the holy days come is your treasure. It is that place where your true Self abides, where your true Self can be found. Every day you will put a piece of yourself, your consciousness, that which you envision yourSelf—capital “S”—to be, into that box to be opened at the holiday time.

Now, I will share with you that by the time you get to your holiday time you are going to find that you already are One with the Christ Self. You have what is seen to be several weeks of timing before you get to the very sacred day of your holy days, and you are going to be nurturing the true Self of you.

For too long, including this day, you have been caught up in the world issues. You turn on your square box and it tells you what to think. You turn on your square box and it gives you the news, and in truth, nothing is new. It is a repeat dressed up in different costumes each day; different players, different actors, different actresses perhaps, but the theme is one of, “You must attend to this. You must make everything right.”

And what you will be gifting to yourself is the realization of that which is real and true, the Christ Self that abides forever from before time was created and past the usage of time, that place of peace. And as you will put into the gift box each day a place and a portion of peace, when you get closer to the time of gifting, you are going to know that truly what you are gifting to yourself is the holy Self—h-o-l-y; w-h-o-l-l-y.

Because you are going to come to a realization that that which you have worried about has already been solved; that which you have been so in turmoil about—I have seen you, some of you—to the place where there has been such worry that you have been holding the innards of you, the stomach of you, the head, in a place where there is hurt; pain perhaps.

“What is going to happen to me? What is going to happen to our country? What is going to happen in the next day?” And you put the worry right here, and sometimes up here, so that you get what I have heard termed the splitting headache, where you feel that the head is being split because you are so worried, upset at the unease that you are feeling.

Now, not all of you, because you have been practicing for some years now to find that place of peace within that does not change with the changeability of the world. The world is going to change. You have said that you are creative, and you are going to create all kinds of worlds. You have done this, and you continue to do this day by day. And many of you have come to the place where you know the peace—p-e-a-c-e—of that still-point within.

I exhort you, advise you, to set aside at least five minutes every day to breathe deeply, to breathe of the peace that you are. And if you are in a place where you have fifteen minutes, even twenty minutes, allow that to be a gift that you give to self, to spend it in peace, in a place of meditation that is meditating not upon your worries—I see you doing this, and you are very good at it—but a place that acknowledges the peace that passes the understanding of the mind. The mind, for the first moment or so, is going to worry. “Have I got everything in order for this day, all the preparations? Oh, my goodness, I have to do this and I have to go there, etc.”

For five minutes, to start with—and you will find that you want to extend this, because it’s going to feel better than the world—for five minutes to begin with, breathe deeply. It will do a body good. And you will find that, “Oh, I have an extra couple of minutes. I don’t have to be at such and such a place yet. I have a few more minutes to breathe and to take in the peace that surrounds me,” as you will call it to yourself.

Allow yourself to breathe deeply. Allow yourself to stay conscious, because I know in the beginning sometimes when you start to breathe deeply, it is very easy just to opt out and come back later. That will come with the advanced course, but in the beginning try to keep yourself connected to the rest of you.

Be aware of the breathing. If you want to count as you go, that will help you concentrate. If you want to sit just in quietness and allow yourself the gift of not having

to rush somewhere—now, I know, I have seen this with my beloved friend and teacher, the one you know as Judith—to sit in quietness and, “Oh, yes, I have to do such and such. I’ll write that down mentally.” And then another moment or so goes by and, “Oh, yes, don’t forget to...” whatever.

Allow yourself to concentrate on the breathing. I know that in the beginning when you are going over the threshold from the place of world consciousness into the place of peace, there is much that will come rushing into the mind. When you allow yourself to discipline and say, “I will concentrate on the breath,” you will find a deep abiding peace that will stay with you all day, and night, for that matter. It may actually help with your sleeping.

Therefore, to begin with, starting on the morrow, which is your Sabbath for some of you, it is the first day of the week, and you allow yourself that feeling of connecting, take the holy five minutes—h-o-l-y; w-h-o-l-l-y—of knowing that I Am. If you need something to focus upon, focus upon “I Am”, and breathe; and breathe; and breathe. And when you feel complete, take one more breath; take one more for the road, as they say, and then do what you need to do in the rest of the twenty-three hours and fifty-five minutes; or fifty minutes; or forty-five. Build into each day a time for yourself.

You are approaching a time now when there are many activities coming up. There is, as has been announced, the time when I am going to be with you in what has been called an Intensive, because we are going to be intense about packing in a whole lot of peace into those hours we spend together so that you will feel refreshed, you will feel renewed. It is a short bit in time, but it is going to be most precious.

And then you are going to get into what are called the holy days. And every year, as you have seen, when you are in those holy days, there is not usually too much time to be holy because you are so busy with the world, with activities you have made for yourself in this year especially, because the world is going to be very much with you and knocking upon the door of your mind. Already you have seen this in the last few months. Already you have seen this in the last few days.

There is going to be much that is coming to your doorstep of consciousness that is saying, “Pay attention to me. There is much that you have to be aware of.” But in truth, breathe, feel peace; breathe, feel peace; breathe, feel peace. Make that your mantra.

Okay. Now, I know that there are many of you who are wondering, “What has happened in the last few days? Why has this happened in the last few days? Why have the activities of the world structured themselves the way they have so that it seems to be a pressurized cooker?” Those of you who are of the certain number of years

remember the new invention of the pressure cooker, and you feel sometimes in these days that you are being cooked with too much pressure; the world is under a lot of pressure.

This is why I have spoken to you of the necessity for coming Home to yourSelf in peace, every day setting up a certain routine, whether you have already done this—and I know that some of you have, and some of you haven't, and some of you have been calling out to me and saying, "Yeshu'a, Jeshua, Jesus, where are you? Where is my peace? What is the world doing? Why is the world doing what it is? And how are we going to get through it?"

Well, as you have seen, you will get through it. But I have news for you. You, as the creative holy One that you are, have structured in the next two or three months of world timing much of drama because you enjoy feeling alive. If there's drama going on, you know you're alive, and if there's drama going on, you know you have to breathe through it.

When you find that you are gulping the air, stop, relax, and breathe easy. The world is going to throw at you in the next few months of your timing many opportunities to feel assaulted. Many of you are going to feel that it is your duty to worry. If the world is going through such turmoil, you are going to feel yourself at the edges of turmoil, and some of you are going to look into that chasm of worry and fall into it from time to time.

But the good news is, you will find your way up out of the chasm. You are going to find your way to peace.

You would like for me and the other masters and the angels to make everything right for you. "Just come in here, Jeshua, and put everything in order, like you did with the money changers in the temple. Clear everything off. Let's have a new start. Clear the tables."

Well, yes, the tables are going to get cleared, but it is not because I am doing it for you. It is because you are going to wake up to what is True—capital "T"—and know that peace—p-e-a-c-e—is with you in every moment as you will claim it. It is not that the world is untrue. It is true—lower case "t"—with much of drama, and sometimes you are going to ask, "Where are the commercials? At least we can have a break in the world drama and have a commercial."

Well, you can have a break for peace. Allow yourself to put the brakes on and say, "No. I'm going to breathe." Because as it is seen now, for many of you, you are going to

feel caught up in the world drama. But you don't need to be. That is the blessing of it; you don't need to be. You have the tools at your disposal. You have the tools that we have been talking about many, many lifetimes.

You know how to find Home, that place of peace within. You know, because you have experienced many lifetimes where there has been drama and you have cried out to me. I understand, because I have had human lifetimes. I know how the world can clamor and can call to you that this you should be attending to. You should solve this. You should...all of the "shoulds".

But in truth, what you will do now that you know, you are going to breathe. You are going to breathe the breath of peace into every situation. And if someone comes up to you and says, "This is happening and that is happening, and it's so bad, and it's so terrible, and I'm so worried," you are going to say, "Breathe with me. Take a deep breath." Yes, let's do that. And hold it...and let it go.

You are going to find many of the brothers and sisters who are going to be upset, some for this reason, some for this other reason, and opposed to each other. Already you have seen some of that. And because you are friends with this one, and you are friends with that one, you are going to say, "I love you. Let's breathe." You will be pleasantly surprised after they stop doing the mental gymnastics and breathe. You will be pleasantly surprised, and they will also, about the peace that comes in.

It doesn't mean that you are trying to change them. It doesn't mean that they have to let go of their belief system of what they feel is right and proper. It just means, "Please be good to the body. Let it breathe." Because as you have experienced, when you are in that place of feeling really tense about something, you constrict everything in the body. The body is not happy with that. The body will scream at you, and sometimes you will wonder, and your friends will wonder, "Why do I have a pain in the head?" Because you have been putting too much energy into the head. You have been constricting everything. So allow yourself a moment of peace.

Suggest unto one who is not breathing that they envision for themselves the cool drink of water. If you carry with you something that is of liquid that can be a cool drink of water, offer it to them. Allow there to be an interruption in all of the brain waves that are going very, very quickly across. Allow them to breathe. Offer them a drink of cool water. Offer them a smile. Know you the healing properties of a smile? You have one in your audience who is very good at smiling. In fact, I believe he is going to talk with you at some point in the future about the smile and how easy it is. Ah, there you go; beautiful smile.