



# Jeshua: The Personal Christ Vol. 7

## Chapter 9 - The True Meaning of Life

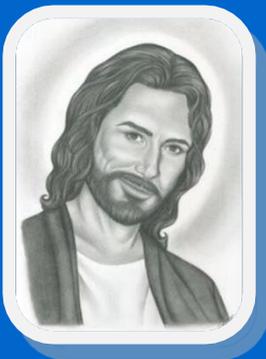
### Study Guide

August 26, 2020

Volume 7, Chapter 9

“Part of the essence of humanhood is to breathe. With the deep breath you allow yourself to abide for a moment in peace.”

Jeshua



## Introduction

This is a pretty bold name for a chapter! And Jeshua has the wisdom of Truth to back it up. First of all he addresses our Oneness with him, even during the times when we felt separated from him. “You are the Christ essence; otherwise, you would not be here. Truly you are not limited by time or space or by what the brothers and sisters say that you have to do. You are not limited by anything except your own choices.”

And we can choose to know the “**simple joy of being**”. In a world addicted to drama and struggle, this is a radical idea. “Allow yourself to be joyful, to put the smile on the face, and no matter what is happening around you, to stand in joy of yourself.” Let’s dare to do it anyway, as we can’t create a space of joy if our focus is on sorrow. Sure we can feel it when sad things happen in the world, but we don’t have to stay there.

Jeshua gives us an example from his lifetime from his time in the Garden of Gethsemane, where he breathe and found peace, even though he knew the probabilities of what was to happen. He knew his strength and wholeness. And he knew that he was not alone! If he could do that in such extreme circumstances, certainly we can do so with the challenges that we face.

### The power principles of “The True Meaning of Life”:

- “You are not your body. You use it, but it is not your master. You are the creator of the body.”
- Allow yourself the powerful first step of the deep breath.
- Relax into the peace that comes from the deep breath.
- Others can taunt you, others can judge you, but they cannot destroy your peace. Do not judge others either.
- Listen for guidance. Many unseen ones, angels & loved ones want to let you know how loved you are.
- Know your strength and your wholeness.
- The greatest power of all is not the abusive, hard power, but the greatest power of all is love.
- See the humor of life, the ridiculousness and allow yourself to laugh.
- “If you can rise above the pain, abuse and judgment, if you can smile at it even in the face of what looks horrendous, you change the vibration of the collective consciousness.”

- **“Separated ego is only a creation that you have created to be a companion in this journey of human life. It is not who you are.”**

---

## Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- What do you think of Jeshua’s true meaning of Life being “the simple joy of being. Allow yourself to be joyful, to put the smile on the face, and no matter what is happening around you, to stand in joy of yourself.”? Can you live from joy during these times, which the world is saying are awful? Do you ever feel guilty for being happy when others are not? How can you release that guilt? How do you handle the ridicule that comes from others about being too optimistic, unrealistic or even insensitive to the suffering of others? (Jeshua says “no one can destroy your peace.”) Does this come easily to you?
- As a survival tool, we have learned to judge. But that tool has been vastly overused to condemn others and their actions. Jeshua tells us that we can only judge “imperfectly”, since we don’t know what their journey has been. What has been your experience with navigating the world and making distinctions between judgements and discernments about others, their motivations and their impact on your peace of mind?
- Discuss Jeshua’s perspective that we have created our separated egos to be “our companions in this life”, but that the ego is not who we are. Have you experienced that split? How do we tell the difference between when the ego is acting on our behalf and advising us for our good and when it is working against that? Have you gotten to the point where you can disregard unhelpful advice from the separated ego? What do you do instead?

### Affirmation for the Week:

**“I live in the JOY of life, the simple joy of being.”**

*Jeshua*

---

## Assignments

- Jeshua gives us four steps to experience the Joy of Life! Give them a try for the next month and notice the changes in your life for a beginning to a “happily ever after”. Make notes along the way. The steps are:
  1. Practice deep breathing until you are in a place of Peace.
  2. Know your strength. Know your wholeness.
  3. Call upon Jeshua and listen in the peace for guidance. “Always I am

with you.”

4. “No matter what you are going through, allow yourself to step out of it for a moment and see the humor, the ridiculousness of it. Allow yourself to Laugh.”
- Jeshua so lovingly tells that “there is a strong possibility that there will be a lot of drama happening in the days to come.” Well the drama is here and we are living in the midst of it. He tells us how to handle this drama with the following formula (on page 97). Meditate on this formula then apply it as often as you recognize that you are allowing the world’s drama to depress the joy in your life.
    1. Recognize the situation as a human drama.
    2. Know that it serves the Awakening.
    3. Be the Beholder of the drama with a smile on your face.
    4. Teach others that they have a choice in how react by your example.
    5. Stay in your knowing that when you see the drama through the eyes of love, you change the vibration of the collective consciousness. “That is not me. I rise above it and know my Christ Self.”
  - Affirmations:
    - “I recognize and love the Christ of others.”
    - “I live in the JOY of life, the simple joy of being.”
    - “I am free in every moment to choose anew.”
    - “With each breath, I abide in Peace.”

## NOTES: