



# Jeshua: The Personal Christ Vol. 7

## Chapter 15 - How do I Love Thee?

### Study Guide

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Volume 7, Chapter 15

“Allow yourself to be at peace always and anywhere you find yourself to be. You are as the ripples on the pond, because as you come to a place of peace within yourself, it ripples out and touches other ones.”

*Jeshua*



## Introduction

Jeshua gives us a lot to contemplate in this discourse. He stretches the idea of Oneness and Love to include **“I live *through* you and *as* you and *with* you as the One that we are. I love you because I love myself, and I *am* you.”** That truly gives meaning to the title of this book – **“Absolute Love, Infinite Light”**.

Jeshua gives us examples of his experiences of emotions during his human life from sadness, to jealousy to fear and frustration. Then he points out that the “energy of emotions” pass and we have the choice of returning to peace of the heart and the expanded consciousness of love and understanding. A big challenge (for me) is to “know that brothers and sisters may choose other choices than the ones you would make, but they are doing their completions and following their divine path as they see it.”

“I Am spiritual energy, as you are. The energy that you are is not contained within the body.” Again, he reminds us of our bigger reality, and to open to the power, potential and Presence of our expanded being. All this is to help us with truly understanding what he means by “There is no Separation!”

The rest of the chapter is devoted to convincing us how loved we are and to stop putting love “outside of yourself” and making “God as separate and above you.” The commandment is to “Love yourself and love your Life.” because God loves us “with the most expansive, unlimited, immeasurable love.”

### The power principles of “How Do I Love Thee?”:

- **We can choose completion with whatever emotions no longer serve us, by breathing in Peace.**
- **The place of peace within us ripples out and touches others.**
- **Jeshua stresses our Oneness, by saying “Never do you walk alone.”**
- **The energy that we each are is not contained within the body. We are all spiritual energy with no limitations.**
- **Everything that we do, all projects, we can choose to do “to further the expansion of love”.**
- **We are greatly loved. He wants us to except this truth and practice loving ourselves with affirmations and with acknowledging his presence every day. “I love you as I love myself.”**
- **If a project that doesn’t turn out as you expect, take a new perspective.**

**Affirmation  
for the  
Week:**

**“I Love the  
Ocean of Love  
that we are.**

**I Am All.”**

*Jeshua*

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## Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination? Changes how you understand yourself and your life?
- Jeshua suggests that “You can have projects that you want to work on, and that is good, especially if you bring the Light of your consciousness to it, the love of your consciousness, and that you use as your touchstone for any project that you give your energy to, “Is this done in love? Is this done to further the expansion of love?” Would your priorities change if you used this criteria? Or are you already doing this? Are you willing to use this idea in the future? Talk to your partner about this concept.
- Jeshua tells us (regarding projects which don’t go as expected) that “You never go back to square one, but you do the improv and you make changes and you expand. So whenever there may be a bit of a quirk that is thrown into a project, allow yourself to say ‘Okay, this is for my expansion. I will have a new perspective out of this, even if I did not expect a new perspective.’ Then allow yourself to rejoice – to take the deep breath and to be in peace.” Think about a recent situation in your life that didn’t go as expected and contemplate how it turned out for your expansion. If you aren’t sure that it did, go back and find the new perspective. Speak with your partner about it.

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## Assignments

- Have you found that you are repeating a certain “drama” in your life over and over, which may be upsetting (and “cause an adrenaline rush and perhaps is exciting”)? It may be something like always having neighbor problems no matter where you live, or choosing friendships where you feel victimized etc, financial difficulties etc. If so, think of what is upsetting you about this situation (watch it like a movie from the Beholder point of view). Ask yourself if you are complete with it and if you are willing to let it go. Meditate about it and note any insights that you receive. Breathe the deep breath of Peace (over and over). Declare that you are complete with this kind of energy. Now move into your “peaceful heart” and be done with it. Then have something positive to replace it with in your life. Be patient as the situation turns into a blessing.
- “Take time in every day to say the words, “I love myself. I really love me. I really love my life. I love the fact that I have the courage to have a human experience.” Say them to yourself in the mirror, write them on cards and have them where you will see them. Use them as a screen saver on your computer or in your wallet. Use them if you feel that you have made an error and are getting down on yourself. These affirmations are great

antidotes to self-criticism. Use them often and notice how you feel after a while.

- “When you awaken in the morning, allow yourself to welcome me to walk with you throughout the day. I will be doing it anyway, but it is nice to be acknowledged.” Consider adding this practice of greeting Jeshua, Mother Mary and other masters, angels, loved ones in the morning and invoking their presence throughout the day. (They are always there, it’s more for us to remember that.) You might even tell them good night. Make notes of gratitude as you find your life expanding into the understanding of true Oneness.
- **Affirmations for the Week:**
  - I AM That Which I AM. I AM All.
  - I am One with Yeshua. I am One with Mother Mary!
  - Never do I walk alone. I am expressing the creative Principle.
  - I love the ocean of Love that we are, and there is nothing else to do except be That Which we are.

## NOTES: