

The Child That You Are

1993-11-19

- 1993-1119-001 Indeed, beloved and holy and only child of our Heavenly Father, child of Light divine, it is in great joy that I come to abide with you this evening, as you have chosen to come and abide with me. There were many places that you could have gone this evening but you made the choice to come and to be with me in joy. For it is, as this one has said earlier, it is a joy to be together and together we are, always. For we are the One.
- 1993-1119-002 This is why I have said unto you "beloved and holy and only child," for you are the only child of your Heavenly Father and we are one together. As I have said, I and the Father are one. You and the Father are one. You are the very Life of the Father, Himself/Herself/Itself. Although you would look around and you would see the bodies and you would say that they be separate, that you can see where the skin stops and where another person would begin, and you would behold what you would see as individualities, the energy that you are, the Light and the Love that you are, extends far around the body that you activate. Your energy intermingles with everyone else's energy in this room. And if you would receive it, it intermingles with the energy of others that you would see in your cities of Tacoma, Seattle, Spokane, Chicago, New York, Paris and all the way around the globe. You are not separate from anyone upon the face of this, our Holy Mother Earth.
- 1993-1119-003 {Picking up a large teddy bear that was sitting on the table at the front of the circle.}
- 1993-1119-004 Behold your rabbi for this evening.
- 1993-1119-005 {Laughter.}
- 1993-1119-006 Your teacher.
- 1993-1119-007 **A hairy one.**
- 1993-1119-008 Truly, a hairy one. This one is as I have said: a teacher. For as you behold this one, what do you feel that comes forth from you? What is the very feeling that a stuffed bear evokes from you?
- 1993-1119-009 **Joy.**
- 1993-1119-010 Joy, and....
- 1993-1119-011 **Warmth.**

- 1993-1119-012 **Comfort.**
- 1993-1119-013 Warmth and comfort.
- 1993-1119-014 **A smile.**
- 1993-1119-015 A smile. And why would the smile come forth?
- 1993-1119-016 **Because I like what I see. It brings up the child.**
- 1993-1119-017 Exactly. It puts you in touch with the child that you are. This is why one such as a stuffed bear is your rabbi. It brings forth and mirrors for you your very essence. You are the child, the only child, of our beloved Father. No matter what size, we are all children, all of us. You would see many, many histories, many lifetimes, but all of us as one, as the Child of our beloved Father. So, behold your teacher.
- 1993-1119-018 That is what I would speak with you about this evening in your timing: the child that you are. For truly, you were created before time was. You were created by our beloved Father as perfection itself and you remain in perfection.
- 1993-1119-019 The world would teach you various images, would teach you limitations, would teach you requirements for making yourself worthy to become a child of the Heavenly Father. And yet, this is your birthright. You were created as the only child of the Heavenly Father. You are a great ray of Light. That is what you are in essence. You are the energy that can be measured, as your scientists would measure it, of Light. You have seen even in your day and time some of the measurements of what they call the Kirlian photography, that can actually see the light that would be around the hand or around the person. Your scientists are developing technology that is sensitive enough to measure the energy that you are.
- 1993-1119-020 What you are doing with your scientists is having those seemingly outside of you come and give you proof of what you already are. It is the way of the world to say that it must be someone else outside of you, the expert, who will tell you what you are to believe. And yet, you are the very one who is manifesting the expert to tell you what you already know.
- 1993-1119-021 You are, collectively, all together a great ray of Light. This is the energy that we have spoken of earlier that extends and intermingles with everyone else that you would see upon this planet and within this universe and the multitudinous universes. You are not limited.

- 1993-1119-022 It is only the belief system that you have accepted and the sense of physicality that would speak unto you that you are separate and that you have unique histories. And yet, I say unto you -- as you are finding, beautiful one -- that all of the histories of everyone that you meet are related, similar and identical. As you hear ones talking to you and relating their stories of their lifetime, you will see -- and you have perceived already -- similar threads that run through everyone's life, similar aspects that they would be facing: challenges, understandings, insights, relationships. There is a similarity that you share with others, and even more: you have lived the life of every one and every thing.
- 1993-1119-023 Whatever you can imagine -- and that is unlimited -- you have been. Time itself is not linear. It is the way of the world that would say to you that there is a beginning, that there is a middle and that there is an end, and that your history has progressed from what you would see as a beginning and you are now somewhere in the middle of all of this, hopefully not too close to the end....
- 1993-1119-024 **I hope not.**
- 1993-1119-025 And that it would progress until some final ending when perhaps your sun would cease being the sun. But I say unto you that all time is of your making and it is not linear. It is all now. Now, in this moment, you can cast your mind as to what you would say, backward in time and you can give me the history of various events that have happened in this country's history and in the world's history. You can feel various lifetimes and adventures that you feel related to, and you feel that they must be in the past because you have experienced that, those experiences somewhere along the line.
- 1993-1119-026 And yet, I say to you that time is more of a sphere. If you can imagine a sphere -- the concept of a ball -- and yet it does not even have the outline or the boundary. We will take this ball and fuzz the very boundaries of the ball itself, so that it expands into infinity. All time is within that infinite sphere, so that the point of focus where you are right now, that you would call your year of nineteen ninety-three, could be up here, within this sphere of time. And what you would have imagined to have happened in eighteen eighty-eight could be down here somewhere. And what you would imagine as the time frame in which I walked the earth would be at another point within this infinite sphere, and it is all related.

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- 1993-1119-027 This is why you can go back in what you would say your imagining or in your thinking and you can pull up for yourself experiences of times that you have read about, times that you have dreamt about. This is also why you can relate to what you see as your science fiction of the future. It is because you are already living the future.
- 1993-1119-028 {Chuckling by group.}You see, somewhere in this infinite sphere is the future and you are intimately connected with it. See how powerful you are. See how unlimited you are. And yet, by the very power of your creative mind, you have chosen to focus in this time and this space.
- 1993-1119-029 This is not all of you. This is but a small percentage of your total Self that is focusing upon this point in this time and space. This is why you can sit in meditation and you can connect with what you will feel to be other parts of yourself, other lifetimes, other adventures.
- 1993-1119-030 As children, you would sit and daydream, and sometimes if the parents were not so allowing, and as the child would sit there and look out the window and daydream of being in the airplane or flying as the bird, or even being the tree, the parents would say, "Stop daydreaming. Come back to earth. Do your homework" -- or whatever -- bringing you back to this point of focus.
- 1993-1119-031 However, you have lived the life of everyone. If you can relate to it, if you can imagine it, you are it. And in your terminology, you have lived it. You have experienced it. That is how unlimited the child of our beloved Father is, and truly you are that child. You are unlimited. You are Love Itself, incarnate, in body, walking upon this Holy Mother Earth, and your only mission is not as the world would tell you: of complexity and that you must study and receive certain degrees. Degrees are fine because they open the doors as the world would ask and require, but it is not that you must study or that you must purify yourself. Or that you must spend what you would see as a lifetime or many lifetimes in the cave, meditating, in order to be worthy to be the child of the beloved Father, for you are that already.
- 1993-1119-032 It takes only your willingness to accept it and to get some of the garbage out of the way that the world has given unto you and you have accepted.
- 1993-1119-033 Your mission, should you choose to accept it....
- 1993-1119-034 {Loud laughter.}
- 1993-1119-035 You knew that was coming.
- 1993-1119-036 **Yeah. I almost said it myself.**

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- 1993-1119-037 Your mission is to be who you are and to express it in its fullness to your brothers and sisters. It is to be the Light that you are and to be the Love that you are and to connect, as the world would say, with the child that you are.
- 1993-1119-038 This is why it is so very healing to do what is known as the inner child work. In this day and time, that is what it is called, and it is very healing to go unto that place of the Self and connect again with the whole child and to smile and to go with a joyousness in the heart.
- 1993-1119-039 That is all you are asked to do. The world would not say that. The world would say that you must strive and you must effort. You must prove yourself worthy. To hold a certain job, to be employed in a certain company, you must give over all of your value system unto the one that employs you, that you must give all of your time, all of your thinking to the company, to the university, to the career that you choose. It is well and good to give unto the world what the world would ask for, but only after you have come from the place of knowing the child that you are, the whole Child, the holy Child that you are.
- 1993-1119-040 When you connect with the Child of the beloved Father that you are and you know yourself to be Love, you know yourself not to lack for anything, for you are the creator. You are manifesting what is before you this very moment.
- 1993-1119-041 You have called me forth in this evening. Always I am with you. When you pray unto me, instantly I am there and I hear you and I answer. Many of you have prayed unto me and have cried out to me in distress, in sorrow, in confusion, and you have asked me to be with you -- and I am always with you for it cannot be otherwise. It cannot be otherwise for we are one. We are the one Child, the only Child, and I am with you always. But many of you in your sorrow and confusion have cried out unto me and have prayed unto me to please be there for you, and I have been there and I have been shouting at you, and you have thought you heard me not or you have thought, "I must have imagined that." And I say unto you: if you have imagined that, where does that thought come from? It comes from the Truth of your being.
- 1993-1119-042 But this evening, you have called me forth to be with you in this manner. You have called me forth because of your willingness to expand what you believe to be possible. As you know, many of your brothers and sisters would not think this to be possible, that the one known as Jeshua ben Joseph, the

Jesus of the Bible, would come and actually speak with you, to activate a body that this my friend and ancient teacher lends unto me, to come and to be able to look upon you with these eyes and to smile and to say unto you, beautiful one, you have never sinned and you have never gone astray. You are loved with an everlasting love for you are that Love itself. You are so beautiful. You are a radiant Light in this world.

1993-1119-043 You have called me forth to be as a mirror for you this evening. For what you behold in me is already you. For truly, how could you recognize it if you did not already own it yourself?

1993-1119-044 **Uh huh.**

1993-1119-045 Exactly.

1993-1119-046 **I think.**

1993-1119-047 Yes. This is why I can come in grand freedom and I can share with you who I am. There are those who would look upon me and call me Satan, an imposter, a devil. That is what their image is. That is what they are projecting. It is what the mirror is reflecting for them. And there are others of you who will come and because of your willingness to expand the consciousness and to expand the belief system past what has been perhaps comfortable for you up until this time, you are able to accept and to see the Love that you are. For if you see Love in me, know that you are that Love itself.

1993-1119-048 It is not that I come and I bestow it upon you. You are already that Love, and I can give nothing unto you that you do not already have. I come and I would shower my blessings upon you. And I do. And yet, what I give unto you is what you already are. For you lack for nothing. You are already the unlimited Love of the Heavenly Father, and you have chosen to focus your attention in this time and this space, and you have said, "I will express the Life of my Father upon this plane."

1993-1119-049 All of you have said that and it is time now to remember that you have said that. It is time now to remember that you are the joyful Child of our beloved Father and there is no one outside of you dictating to you who or what you must be. For truly, no one can dictate that for you. You are already the Child of our beloved Father. You are already the Light and the Love, the power, the energy, the unlimitedness of the All. Wow!

1993-1119-050 You are coming up unto a season where you will be celebrating the birth of the Christ child, seemingly purported to be my birth and yet, I would share

with you, it was not at this season of the year. It was in what you would know as your summer. But that is okay.

- 1993-1119-051 {Laughter.}
- 1993-1119-052 You are coming unto this season of celebrating the birth of the Christ child and I would share with you, if you will receive it, that the way to honor me is to honor the Christ child that you are, to connect, as we have said, in your awareness with the child that you are, the joyful child that plays freely in any kingdom where he finds himself to be, any place. You can manifest anything that you want to manifest. You are manifesting whatever you believe to be possible. You are manifesting moment by moment the very body that serves as the vehicle for expression.
- 1993-1119-053 If you would desire health of body, instantly you can have that -- for you are manifesting what you are utilizing right now.
- 1993-1119-054 You are manifesting the beautiful hair that grows so long. You are manifesting the beautiful eyes that look out upon a beautiful world. You are manifesting a body that serves you well and allows you to go where you would choose to go, allows you to climb upon the bird that flies you to what you would see as great distances -- a body that allows you to do whatever you think to do.
- 1993-1119-055 If you would think to reach out your hand and to touch someone, instantly the hand comes out to serve you. If you would think to put one foot in front of the other, where does that power come from? It is you manifesting in each moment. If you would think to raise the eyebrow...
- 1993-1119-056 {Student raises eyebrow.}
- 1993-1119-057 Exactly, and the eyebrow obeys.
- 1993-1119-058 {Laughter.}
- 1993-1119-059 The body is your perfect servant and it out-pictures exactly what your belief is about yourself. If you would change something about the body, go first to the place of the heart, the place of peace that is within -- and we have shared with many of you the simplicity of returning again unto the place of the heart: the simplicity of taking a deep breath.
- 1993-1119-060 Whenever ones would be about you and would be in great confusion and would be going on in their sorrow about all of the tumult and the chaos in their world, speak unto them to breathe. One deep breath will interrupt the confusion. And, if need be, stay very present with the breath over and over

and over again until you can abide in the place of silence and peace. And as you have seen, it is a choice. For you can take one deep breath, which will take you to a place of more peace, and then it is your choice whether you will breathe again and stay in peace or whether you will immediately pick up all of the strands of the confusion and the doubt.

- 1993-1119-061 Sometimes it is necessary to breathe and breathe and breathe. But I share with you that if you will choose to breathe, you will come unto a place that I have called the heart, the place of peace, the place of silence, the place where all wisdom abides. And if you would change something about the body or about circumstances that you would see in your world, or about relationships, abide in the place of the heart and ask the body, ask the circumstances, ask the relationship to share with you its wisdom. And the answer will be forthcoming.
- 1993-1119-062 It may come as a word, as a sentence. It may come as an idea. It may not come right away. This is where many of your brothers and sisters feel that it has failed, for if it does not come instantly, they say, "Oh, it does not work," and go back to being in sorrow and confusion. It may not come right away, but abide with the peace in the heart and know that all wisdom is contained within you. For you, as the beloved child, are All, and all wisdom must abide with you for there is nothing outside of you.
- 1993-1119-063 Abide with the silence, and as the guidance comes, then go from that place of the heart. You may not feel that you have received an answer or a total answer to it, whatever the question would be. But trust the process. Know that the answer may be the simplicity of getting up and putting one foot in front of another and being willing to see where that one foot and the next foot and the next foot would lead you. And before you would know it, you will find yourself standing in front of one who will say, "Oh, by the way..." and they will share with you exactly what you desire to know. And they may not even know that they have been the messenger.
- 1993-1119-064 But if you are vigilant, you will hear the wisdom and you will hear your answer, and for you it will be like a neon sign has gone on. For them it may just be a matter-of-fact thing that they are sharing with you. But for you, they will be the sign and you will have your answer.
- 1993-1119-065 Answers come in many fashions, in many forms, along many avenues. See how creative you are. You create the avenues. You create the very people who are in your life, the very ones who come along and share their love with you, the very ones who come and push the buttons and say, "How dare you?"

How dare you say that you are the child of the beloved Father? How dare you say you talk to Jesus?"

1993-1119-066 {Laughter.}

1993-1119-067 They are all your mirrors and they will mirror back to you various aspects of yourself. They will mirror back to you aspects oftentimes that need to come up to be healed. Everything that you see in your world is either an extension of love or a call for love. If one would stand in front of you and extend love unto you, would you accept?

1993-1119-068 Yes.

1993-1119-069 Yes.

1993-1119-070 {Hugging.}

1993-1119-071 Yes. And if they would stand in front of you and they would start ranting and raving and carrying on like they had lost their, whatever, rationale, and if they would attack you verbally or even physically, do you know that the behavior comes from a call for love because they are so hurting that they do not know the child of the beloved Father that they are?

1993-1119-072 Everything in your world is either an extension of love or a call for love. It is that simple. And it is that simple with your own behavior, as you have seen. At times when you are filled with love and you are feeling very good about knowing who you are, it is easy, is it not, to extend the love and to see others in the perfection that they are? To see them in the sunshine that they are?

1993-1119-073 And on days when you would get up, as you would call it, on the wrong side of the bed and you feel that everything has gone wrong -- perhaps your talking box has gone off at the wrong time and awakened you too late or the car won't start or your employer has barked at you or your beloved pet has thrown up on the floor --

1993-1119-074 {Laughter.}

1993-1119-075 it is very easy in that day to stand in front of someone finally when you feel that you have had it -- and the question would be, "What have you had?" -- and to give a great call for love. You have seen this yourself in your own behavior: that there are days when you feel that what you would really like to have would be the nurturing mother or father, the beloved Father, to welcome you home again into His everlasting arms.

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- 1993-1119-076 On days like that, when you feel so abandoned, so unworthy of what you really would ask for, know that even in those moments you are loved with an everlasting Love. You are the holy child of our beloved Father and He/She loves you with an everlasting Love. For that is who you are.
- 1993-1119-077 In this season of your year, when you are coming unto the time of what you have called Christmas -- Christ Mass -- make this truly a holy season for yourself and for your brothers and sisters, and see yourself to be whole and see your brothers and sisters to be whole, to be holy. See yourself as not lacking anything. Whatever you would perceive that you would want in your life, whatever you would perceive that you would want in yourself, know that you already have it.
- 1993-1119-078 You can manifest in your awareness what you already have. If there would be a part of you that you feel to be undeveloped, it is yet a choice to see that you are already holy. You are not, as I have said many times, you are not a piece of Swiss cheese that has the holes in it and you do not need to go about finding others who will fill in the holes for you.
- 1993-1119-079 At this season of your year, starting with this evening, remember each moment to make it holy by remembering who is living each moment. It is the Christ child Herself who is living each moment. Remember to pause in each of your days, especially in this season, for what you would see as the next... I suppose it is six weeks until what you would celebrate Christmas... in the next six weeks of your timing remember to pause, to breathe in the golden white Light that you are and to shine that Light upon everything that you do, everyone that you behold, and to see them as the Christ Light that they are -- and especially do this when you look in the mirror.
- 1993-1119-080 First thing in the morning what do you do? You get up and you go into what you call your bathroom. We had those rooms as well when I walked the Earth.
- 1993-1119-081 **Did you?**
- 1993-1119-082 We had running water as well. And the first thing you do is to look into the mirror, and what do you behold in the mirror? Perhaps I shouldn't ask.
- 1993-1119-083 {Laughter.}
- 1993-1119-084 Do you look at the image that is staring back at you and see imperfections? See things that you would like to change? Know you that you are measuring that image according to the image of the world. You are perfection itself, beloved one -- even without the hair combed, even without what you would

see as the makeup. And you know that the world image changes from culture to culture and time to time.

- 1993-1119-085 Some cultures have been very much into the makeup and the jewelry. Other cultures have been into simplicity and what they call the natural beauty. It depends on the time. It depends on the culture. It depends on the value system. But if you would look into the mirror and you would see the image smiling back at you and know that image to be the Christ Light that you are, it will change your whole day.
- 1993-1119-086 In this season that is now upon you, what you call your holidays -- know you that that means holy days? -- remember to make each moment holy by remembering who is living the Life that you are expressing. You live the Life of our Heavenly Father upon this plane. You are God incarnate. Powerful, no?
- 1993-1119-087 Do not rush about in this season of the year. I have watched you and I know how easy it is to get caught up in the activities, the schedules, the must to's and the have to's, the demands of the world and yet, you have all of eternity. Pause each day to make it holy. And how do you make it holy? By remembering that you are holy, that you are the Christ child. It is not my birth that needs to be remembered. It is not to celebrate the birth of someone, as you would see it, almost two thousand years ago, and someone who must have ascended and gone far off somewhere. And I say unto you: I have gone nowhere. I am right here with you, always.
- 1993-1119-088 It is your own birth to be celebrated in this season. When you come unto the day known as Christmas and you are giving the gifts and the presents unto others, pause and remember that all of the gifts are given unto you, for it is your birthday. You are the Christ child, each and every one of you. Connect with that this year in this holy season. It is not to celebrate an event that happened a long time ago. It is an event that happens each moment as you have the willingness to say, "I am the holy child of my beloved Father. I have chosen to express upon this plane the Light and the Love that I am, and that is all I need do in any moment." And to go with a joyousness in the heart that even your brothers and sisters cannot mistake. And there will be those of them who will look upon you and they will say, "What happened to you this year? You look different. There's a peace about you. There's a beauty about you. Do you know something I don't know?" And they will ask you.

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- 1993-1119-089 They will either ask you in words or they will ask you with the eyes, for they will see that you are changed, that you are different. For you have remembered the holy child that you are. For what you would ascribe unto me is you. For the very qualities that you would see me as having and as being -- the Son of God, perfect, the master, Love incarnate -- is who you are.
- 1993-1119-090 Every quality that you would ascribe unto me is who you are. I am but your mirror. The life that you believe I lived so long ago is your life and you relive it in varied fashion. Each day in your timing you go through your own trials, your own crucifixions, your own resurrections. Each day as you allow the limiting beliefs to come up before you, the beliefs that would say unto you that you haven't done well enough or that somehow "I could have done that better" -- have you ever said that? Have you ever felt that there is something that you'd like to go back and do over again? It is the way of mankind/womankind. And I knew it well myself, for I felt it as I walked this Earth. There were times that I felt that.
- 1993-1119-091 I was very, as you would call it, human, as you are, and I knew the emotions. This is why I can come unto you and I can share and I can, as they say, relate, because I know the emotions well. It has even been written in your Holy Scriptures that I was "acquainted with grief" -- and I was. I knew the emotion of grief. I knew the emotion of frustration. I knew the emotion of feeling unworthy. I knew the emotion of sorrow and anger that came out of frustration and of fear of not being good enough. These were necessary experiences that I had and that I came to a place of understanding, an understanding that they were the voice of the world and that they were not the Voice of our beloved Father. For your beloved Father says only unto you that you are Love itself and that you are definitely good enough. Absolutely no gradations of A, B, C and D. You are just perfection Itself. How would you grade Love Itself? It just is. It just pours forth of itself in every moment, in every opportunity.
- 1993-1119-092 This is why you seek the relationships, why you seek the mates, why you seek the ones to give love unto. Have you ever stopped to ask yourself why is it so important to find one that you can shower your love upon? It is because the very soul desires to outpour of its essence, to outpour and to experience itself.
- 1993-1119-093 This is why it matters not who you would share that love with. The world would say unto you that there are requirements and qualifications, certain societal restrictions that are accepted or not accepted. And yet, the very

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one that you find standing in front of you is the appropriate one to share your love with. Anyone. For you lack for nothing.

1993-1119-094 {Hugging.}

1993-1119-095 You are perfection itself. If you would see one in front of you who is as a beloved pet, share your love with them. If you would see one in front of you who is as your co-worker, share your love with them. There need not be restrictions. It is the very soul itself asking to outpour, to be expressed in freedom, unconditionally. Your beloved Father loves you unconditionally. He would place no conditions upon you before He would extend His Love. You are His Love already.

1993-1119-096 So in this season that is upon you, your holidays, remember to make them holy by remembering who you are and remembering who your brother and sister is. You are all the holy child of our Beloved Father, and the world is crying out for you to be outrageous enough to express who you are and to share with your brothers and sisters -- the ones who may be caught up in all of the activities -- and to say unto them, "Stop and look at me. Would you like a hug?"

1993-1119-097 **Yes.**

1993-1119-098 {Hugging.}

1993-1119-099 And you will give them pause for a moment where they can connect with who they are. Many of your brothers and sisters have not known the simplicity itself of just pausing for a second, of breathing, of connecting with the Spirit that you are -- and this does not have to be a great religious spirit. It does not have to be a great religious happening. It is just connecting with the essence that you are, the peace, the joy, the unlimitedness that you are, and claiming that for yourself. It is your birthright. It is already yours. It awaits only your accepting it and saying, "Yes, I'll accept that," and then taking it and being it. This is truly a joyous season that you are coming unto, the season of holidays. And I share with you that every season in your timing is a joyous season when you remember who you are. It is not just the season of celebrating my birth. It is the season of celebrating the birth of the Christ child, which is you.

1993-1119-100 Moment by moment, pause in each day of this season and give thanks unto yourself for what you have chosen to do upon this plane: for having the courage to come and express the life of the beloved Father upon this plane and to extend the Love that you are unto everyone that you meet.

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- 1993-1119-101 If you find yourself in one of your busy shopping malls where everyone is going hither and thither in great hurry, running out of time, thinking that they have to be somewhere in a short time or that they are late already, or they can't find the very item that they wanted in the store, stop and be who you are. Pause in the very middle of one of your busy shopping malls and just stand there and observe your brothers and sisters, and smile at each one as they hurry by. It will give them pause for thought.
- 1993-1119-102 {Laughter.}
- 1993-1119-103 Perhaps they will think that you have lost your mind.
- 1993-1119-104 **Right.**
- 1993-1119-105 Take a moment in each day of your timing to remember who you are. If you will but do that in what you will see as the next six weeks of your time, when you come unto the great holy day of Christmas, you will know more of who you are. And when you come unto the holy day when you start your new year, you will start it as a new person in that you will have had a shift in perception. You will see yourself differently. You will see yourself as a new expression and it will be a remembrance of who you are. And when you return unto your place of employment or your place of studies, wherever you may be, you will be returning as a new child, for you will have connected with the Child that you are.
- 1993-1119-106 You are all truly radiant. If you could but behold your radiance, you would see that it far outshines ten thousand suns. And everything that you will shine the Light of your countenance upon will increase. This is why if you dwell upon your worries and upon what you feel to be the lack in your life, whether it be a lack of the golden coins, if it be a lack of companionship, if it be a lack of health, any lack that you would see in your life, if you shine the Light of your countenance -- which is your attention, the Light that you are -- it will increase. If you shine the Light of your countenance upon the blessings that you see in your life, upon the friends that you see in your life, upon the love that you see in your life -- however small you may feel it to be -- if you shine it upon the golden coins that you have, it will increase.
- 1993-1119-107 There is a law -- a principle -- and it works every time: whatever you will focus upon increases. So be vigilant as to where you are putting your attention. It is as you would plant a seed, and the seedling would come up through the surface of the ground, and the sunshine shines upon it and it grows. Everything, including what you would call the weed, grows in the

sunlight. It is the same with you. Whatever you shine your Light upon -- and the focus of your attention -- is going to grow.

- 1993-1119-108 So in this season of your holy days, shine the Light of your countenance upon the Child that you are, the Christ child that you are, the wholeness that you are. Even though it might feel a bit unfamiliar, try it on for size. If the cloak feels a bit big, know that you will grow into it.
- 1993-1119-109 This was something that I had to experience myself. I had heard the stories of my birth and I knew that I was looked upon as the messiah of my people, who would come and establish a kingdom upon this Earth that would save men from the sorrow, from the violence, from the very things that you see occurring in your world in this day and time. And as a child growing up, I knew the stories that were told of me and about me, and I knew what my destiny was supposed to be and I, like you, wondered, "How will I ever fill that cloak? I am not big enough to put my arm in that sleeve. If I put my arm in that sleeve and in the other sleeve, it will definitely be too big. It will weigh me down." And yet, the cloak is made of Light.
- 1993-1119-110 And I grew in wisdom and in understanding, as it has been said in your Holy Scriptures. It was the same for me as it is for you: being willing now to grow in consciousness, in awareness, in acceptance of who you are. You are putting your arms into the sleeves of that very cloak, and the cloak is Light. It is who you are.
- 1993-1119-111 Practice in the days of this season, practice wearing the cloak of Light. Know that you and your beloved Father are one. It could not be otherwise. For if you exist -- and I assure you that you do -- you are the Child of your beloved Father and the only Child, created before time was, and you are very Light itself. This is why you can imagine being an angel. It is because you are.
- 1993-1119-112 In this season when you see the angels that are portrayed around my birth, know that it is you. You are the angels around my birth, and you are the birth of the Christ child Itself. This is truly a holy season. It is the season of awareness of your own wholeness. That is why you manifest it again and again and again, year after year: to give yourself the opportunity to take time long enough to know that you are the holy child. It is not just someone's birth that happened a long time ago. It is your birth, in every moment, as you awaken to the joyous Child that you are and you throw off the shackles that the world would have you wear. Do you know what it feels like to wear shackles? Very heavy. You can hardly move.

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- 1993-1119-113 Throw off the shackles of the world and know that you are the joyous Child of our beloved Father. You are all that has been ascribed unto me. Celebrate your birth this holy season and I will be celebrating with you. Deal?
- 1993-1119-114 **Deal.**
- 1993-1119-115 Deal.
- 1993-1119-116 Well, now that we have that established, are there questions that you would ask of your rabbi this evening? {Holding up the teddy bear.}
- 1993-1119-117 Beloved one, how are you this evening?
- 1993-1119-118 **I'm good.**
- 1993-1119-119 Yes. You are not only good, you are perfect.
- 1993-1119-120 **Ohhh.**
- 1993-1119-121 **Oh, oh.**
- 1993-1119-122 **Ohhh, I want to buy a tape.**
- 1993-1119-123 It is on record.
- 1993-1119-124 **Yeah. It was an awesome trip.**
- 1993-1119-125 Yes.
- 1993-1119-126 **Awesome. It was everything you said it would be.**
- 1993-1119-127 A journey of healing.
- 1993-1119-128 **And more.**
- 1993-1119-129 And more.
- 1993-1119-130 **Yeah. It was wonderful. Perfect in every way.**
- 1993-1119-131 And it will keep on giving unto you.
- 1993-1119-132 **It is.**
- 1993-1119-133 Yes. Thank you for having the courage to go, and to collect others unto you who were willing also to experience their wholeness and to look at what needed to be healed and to release the tears, to release the frustrations and angers, and to allow parts to come up that they had not been willing until that point to look at. You know of what I speak.
- 1993-1119-134 **Yeah.**

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- 1993-1119-135 **And it was truly a time of rejoining and reconnecting -- heart to heart -- was it not?**
- 1993-1119-136 **Uh huh. Yes. Yes, indeed.**
- 1993-1119-137 **Yes.**
- 1993-1119-138 **Many connections.**
- 1993-1119-139 **You see, the bond is never severed. Even in what you would see as the laying down of the body, the bond of love is never severed. The bond of friendship. This is why you can think on ones that you would see as having laid down the body and gone on and they are instantly with you. This is a truth: they are instantly with you. There is no separation. There is no time and space in what you would see as the eternal realm that will separate you.**
- 1993-1119-140 **So, one of the things for me that came up again in this experience is a memory of the part of my experience that I have the most shame about.**
- 1993-1119-141 **Yes.**
- 1993-1119-142 **And so I've been thinking again about that guy, the guy that was on the stretcher that was, you know, when there was only a part of him there....**
- 1993-1119-143 **Yes.**
- 1993-1119-144 **And that at that moment that I went up to him -- and I truly went up to him with my heart open -- that something happened inside of me. I just snapped and I went running outside. And I remember wandering around, but I don't remember what happened after that. I don't remember if I went back in. If I ever went back to him.**
- 1993-1119-145 **You did, beloved one.**
- 1993-1119-146 **Did I?**
- 1993-1119-147 **You did.**
- 1993-1119-148 **That's good to know.**
- 1993-1119-149 **Yes.**
- 1993-1119-150 **You know, it was really hard in those days, with the guys coming through all shot up, to keep my heart open.**
- 1993-1119-151 **Yes.**

- 1993-1119-152 **Because it was so painful and I couldn't do what I was there to do with my heart open.**
- 1993-1119-153 It was the world speaking unto you that there was the pain and suffering, that what you would see with the physical eyes was the truth -- and yet it was not the Truth. You manifested for yourself a very dramatic experience, over what you would see as those months that you were there, for you to see that there is more than the body, that each one that came unto you as a body suffering, lacking parts, spilling forth the life essence, the blood, was more than the body and the physical appearance.
- 1993-1119-154 You are not separate from any of the ones that you served, that you were there for with your heart open, as you have said. For truly even in times when you felt that you could bear no more, the heart itself was open and nurturing and bonded with each one that was in front of you. And it was felt, beloved one. There is not the separation that you see with bodies, and it was felt because the very energy of Love that you are, and the very energy of Love that you are that said, "I will go and be part of the nightmare of the world," was felt by the other ones who had also agreed to be part of that experience to show forth unto the world the unreality of the appearances, to show forth unto the world the lack of the extension of love, the lack that some ones would call it insanity -- and truly it was.
- 1993-1119-155 **It was.**
- 1993-1119-156 Each time that this comes up in the world, of suffering, of violence, of what you would see as taking of the life -- and yet, you cannot take the life; you can only take the body; and even that you do not take, for it is laid down; it is a choice. Each one of the ones that you saw in front of you who left the body, so to speak, made the choice to leave it. It was not that someone else took it from them. It was their choice to leave it. Otherwise, they would have healed and they would be with you now in body.
- 1993-1119-157 It was not that you ever failed or that the doctors or the medical people ever failed to save a life. The very person in front of you who was expressing through that vehicle made the choice to leave that vehicle. One is never expelled from the body to leave it.
- 1993-1119-158 There are times when there is a shock so great that the spirit is expelled but not severed and has always the choice to keep on utilizing the vehicle and to heal. So that it was not that there was ever any failure of any of the medical people that you would see there. These were choices that were made for the experience. They had chosen to come and to live what you

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would see as a time interval and to go through that experience for the vastness of showing unto the world -- and as you have known with what you have called the Viet Nam experience, this came unto the very living room, the very homes of everyone. It was an experience that was shared dramatically with all of the world. It was not just hidden in a far off corner in a tiny little country somewhere, but it was shared by all of your brothers and sisters through the technology that has been developed -- all for the purpose of showing either the love of the ones who chose to be there, to be the actors upon that stage, or the call for love of ones who did not understand their own holiness.

- 1993-1119-159 None of the lives were taken. They were laid down by choice. There was no failure. You may share this with your sisters and with your brothers: that even though they may have felt that they failed a person who was there before them, they did not fail. It was always the choice of that individual -- who is as your equal and is as powerful as you and all of the other medical personnel-- and the choice was made to lay down the body because the mission was completed.
- 1993-1119-160 Many of those that you have seen as having laid down the body in those times of pain and sorrow, the times that you call war, even the one known as the recent one of Viet Nam, have reincarnated as you would see it, and are back again, living a much more joyous life. It was something they chose to come and to show unto the world in dramatic fashion, and it is being done again in various parts of your country even now -- places where you see the violence and the suffering. The ones who are in the midst of the violence and suffering have chosen again dramatically to show this to their brothers and sisters until the very brothers and sisters will awaken and say that there must be another way to express upon this plane. This is what will bring the holy child home again.
- 1993-1119-161 You have never failed, beloved one. You have always been there expressing the Love that you are. And even in times when you would have felt that the physical body had taken itself outside and away, the heart was still bonded. You know that to be a Truth. You have felt that.
- 1993-1119-162 This one that you feel that you would like to re-connect with, know that you are connected. Know that you can speak unto this one in your quiet times, in your meditations. And listen. You will hear a response. And when you hear that response, beloved one, let your brothers and sisters know. Thank you.

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- 1993-1119-163 **Thank you.**
- 1993-1119-164 Beloved, beautiful one, holy child of our beloved Father, how are you this evening?
- 1993-1119-165 **Better now that I'm here.**
- 1993-1119-166 Truly spoken. But you are always here, beloved one -- here being the place of the heart. Remember to take me always with you -- as you have done in the past -- but remember it even more momentarily, for truly I journey with you. This journey that you have chosen to be on, this journey of service, is one that you and I do together. There are many who are going to be brought to you who will need the Light and the Love that you are, will need to be shown the Light and Love that they are, for truly that is who they are as well but they have forgotten. And there are many who are going to be, and are already, afraid and need to know your peace, the peace that you can share with them so that they may find that peace within themselves.
- 1993-1119-167 There are many who will need to know that life is much greater than just the interval of time that is accepted upon this plane, that life is forever ongoing and eternal. The expression of the Light and Love that you are -- and that they are -- is never ending. It may change its form. It may change the fashion and the time, the point of focus, but it is ever ongoing and ever expressing in its infinite variety. And they will need to know that. It is something you will share with them.
- 1993-1119-168 Know you that in times past, many of even the ones you would see in this room lived unto what you would see as two hundred, three hundred, five hundred years old. My, the experiences you could have in that many years... the relationships... hmmm.
- 1993-1119-169 {Laughter.}
- 1993-1119-170 **You would have great, great, great, great, great, great grandchildren who would have grandchildren of their own -- what you would call an extended family.**
- 1993-1119-171 {Laughter.}
- 1993-1119-172 But share with these ones that you are preparing yourself now to be of service to, share with these ones the unlimited vision that you know to be true. Share with them the Love that they are and show them the value that they have shared and are sharing with the world in each moment. For truly, everyone comes to a moment in time and wonders, "Why am I here?"

Does my expression upon this plane have any value?" -- especially ones who are approaching what they would see as the time of laying down the body. They are taking stock, whether consciously or not. They are asking, "Has my life been of any value?" Share with these ones that they are the Love and the Light of the Heavenly Father and that when they lay down the body, as they will see it, their life does not cease to be.

- 1993-1119-173 They are always the Love, and they will find themselves busy in another realm, and the realm of consciousness extends forever. Share with them the small technique of thinking of what they have done -- start with that first, because the world loves concrete ways of addressing something -- of what they have, as they would see, achieved in this world. There is always something they can feel they have achieved -- even like the beloved brother, the one you may have read about, the one known as Doctor Ritchie, who, when he had temporarily laid down the body, shared with me his greatest achievement was that he had been an eagle scout. And yet, that one choose then to come back and to live a life of service. You see, he was not finished.
- 1993-1119-174 Everyone has what they would see as some achievement that they would know that the world would recognize. And then take that one step farther and let them see that by their very existence they have given unto others opportunities for the sharing of love. For truly all of you present the gift of opportunity unto anyone, everyone, who stands in front of you at any moment, to be the Love and to be the Light. Even if it would just be to extend the love unto a stuffed bear.
- 1993-1119-175 Thank you for being the Light and the Love upon this plane, beloved one. You are truly the servant of our beloved Father and there is much that you will do that will enable others to see who they are.
- 1993-1119-176 I would say unto you now this is a good time to take a break. And then we will come back and we will entertain more questions. For I know that all of you have come with questions in the mind, and we will take those questions unto the place of the heart where all wisdom abides and we will discern the answers together.
- 1993-1119-177 Take a break. Put some water into the bodies, for you are all lagging a bit.
- 1993-1119-178 {Laughter.}
- 1993-1119-179 Release a bit of water if you need to. Exchange the hugs, and we will meet again in fifteen minutes of your timing. So be it.

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- 1993-1119-180 {Break.}
- 1993-1119-181 Indeed, the spirits are no longer lacking, lagging.
- 1993-1119-182 {Laughter.}
- 1993-1119-183 **Lagging.**
- 1993-1119-184 Not lacking either. Definitely a revitalization has happened over your so-called break, and yet, what is broken? It is not broken. It is all one.
- 1993-1119-185 How are you this evening, beloved one?
- 1993-1119-186 **I am feeling a lot of sadness. I've had a lot of things happen in my life recently that I'm overwhelmed by, and I find that Fridays and Saturdays and Sundays are extremely hard for me.**
- 1993-1119-187 Why is this, beloved one?
- 1993-1119-188 **Because I'm alone. I've never been alone before.**
- 1993-1119-189 You are not alone. I am with you. But I understand what you are saying. In the terms of the world and in the terms of what you have come to expect, it feels like you are alone. But go on.
- 1993-1119-190 **I'm feeling so much pain in my heart and in my chest. So much grief, and I don't know if... I don't feel like it's going to go away. I just feel like it is going to stay there. I don't like where I am at right now.**
- 1993-1119-191 It will stay, beloved one, as long as you give it a home to stay. When you come unto the place of kicking it out, it will leave. But this is not something that you can force -- the time -- you cannot force. It is something that will come in its own process. But there will come a day when you will find that it is out -- you have kicked it out of the house -- but it is not something that you will do as a traumatic thing. It will be a process that will happen.
- 1993-1119-192 I will share with you what will make this process easier, and it is to be with others that you can share your love and yourself with. There are many others who are grieving as well for, as they would see, various reasons -- and yet the reason is all the same. The reason is that you are searching for your own awareness of the wholeness that you are. This will come. And when it comes, you will find that the other has been displaced for it no longer has any room in your house.
- 1993-1119-193 You are, as we have spoken earlier this evening, the beloved child of the Holy Father, and all others are as well, but it is something that has been

forgotten. Many of your brothers and sisters grieve as you do, and carry the burden upon the chest, as you do. What will help you, what will soften and lighten the burden, is to be with others and to share with them your nurturing, for truly you are one who has much nurturing within you.

- 1993-1119-194 **Do you think that my husband and I will be able to workout our differences or do I need to prepare myself to separate?**
- 1993-1119-195 This one known as your husband will always be bonded to you. Whether or not you are in physical proximity, you will always be bonded at what is the heart level. You will be as friends.
- 1993-1119-196 This may be hard for you to see at this point of time, this point of focus, but it is going to mellow. It is going to heal, and you will find yourselves in a place where there will be much sharing as friends without the expectancies that the world would teach you that husband and wife would be -- but as true friends who can see each other as the Child that each one is.
- 1993-1119-197 This will come about in the process that we have spoken of. What brings you the sorrow, beloved one, is looking upon this in a limited vision, and what I would share with you is opening up the shutters of the heart, opening up the window that you are looking through and seeing the vastness of the meadow that lies before you. There are many flowers in the meadow, many friends who await only your walking out into the meadow to share with them.
- 1993-1119-198 Your life, your relationship, your extension of love does not rely solely upon the one that you have seen as the husband. He will never be gone from you in the heart, beloved one. There is a bond there that will never be separate. It is a bond that you have shared in many lifetimes as well. It is not by accident that you have found yourselves together again in this lifetime.
- 1993-1119-199 That is why you love this one so very, very much. The love will never be severed. It will always be there for you. You may walk from this relationship in the freedom of knowing that it can never taken from you, that you lose none of the love that you would see to be between you, that you wish to be between you, for truly it is. It is already and always has been. There is a very deep, enduring bond that will always be there.
- 1993-1119-200 You have chosen to be together again in what you see as this lifetime to share various experiences, to be as the mirror for each other, for aspects that have come up to be healed, for, as you would see it, strengthening of

various muscles, strengthening of the very muscles at this point that you feel perhaps to be weak, and yet they are not weak: the very muscle that would cry out to you and say, "I am afraid to be alone." This speaks of a falsity to you, for you are not alone. The very voice that would say that unto you is the voice of limitation, the voice of the world, the voice of untruth, the voice that would see separation and would say that "if the physical body is removed, then I am alone." And this is not true.

- 1993-1119-201 You have many in what you would see as the unseen realm who are around you at all times. You have many even now that surround you, perched upon your shoulder, speaking unto you. You have much guidance and much love that is with you always. And it need not come to you in what you would see as a physical body to be expressed and to be there for you.
- 1993-1119-202 In times when you would feel yourself to be alone, if you could not see another physical body there, speak unto the ones that are in what you would call the unseen realm. For truly, they await only your conversing with them. They are there at all times. They want to play with you. They want you to be the joyous child that you are. They want you to know that even though if everyone upon this plane were removed and you would see yourself to be the only body expressing upon this plane, that you would not be alone.
- 1993-1119-203 It is the place that every soul comes unto in your journey of knowing that "I and the Father are one." It is the voice of the ego, the separate self that cries out so strongly that "if others remove themselves from me, surely I must perish." That is what it goes back to. It goes back to many lifetimes where you have experienced laying down the body because others did physically leave you. And the body will cry out to you, the physical separate self will call out to you in its fear and it will say, "I must have others around me in order to survive, to protect me." And this, as you can see, is a falsity.
- 1993-1119-204 You are the very strength and the energy and the consciousness that activates the body itself, and if you would see all of your other brothers and sisters being gone from you, you would still be the energy that activates this body. You are, always.
- 1993-1119-205 What will prove this to you -- and mankind loves proof -- what will prove this to you will come in the extension of your love unto others, being so busy in extending the love and the nurturing that you would have come unto you, in extending that unto others, it will fill what you feel to be the void. Get yourself so busy, beloved one, on the telephone, in person, sharing with

others. Organize events to go to. Help others in whatever activities they must be doing over what you would see as the weekend. And, after awhile, you will come unto a place where you will welcome a respite from the company. You will welcome the respite of silence.

1993-1119-206 But for the meantime, get yourself very busy in extending the Love that you are, for there are many of your brothers and sisters who are crying out for the companionship and the love that you can share with them. It is a gift that you will be giving unto them, and in doing that, you will be giving the gift to yourself.

1993-1119-207 This is a time for you that feels like you are going through the narrow part of the hourglass, and truly, you are. And on just the other side of that is such an expansion that you cannot even imagine. It is what you will see as one of the final tests that you have set for yourself in this lifetime, and you will come through it in this process to a place of knowing the joyousness that you are, the spontaneity. I give you my word on this.

1993-1119-208 {Hugging.}

1993-1119-209 Extend unto others the very nurturing that you would like to have extended unto you. For truly others are hungry and thirsty for the love that you have to give them, and, by extending this unto others, it will be the gift that you give unto yourself.

1993-1119-210 You are never alone, beloved one. For even though you should go through the valley of death -- and this is what it feels like, and it is; it is the death of the separate self that would cry out so strongly to you -- even though you walk through the valley of the shadow of death, I am with you. We go hand in hand.

1993-1119-211 **Thank you.**

1993-1119-212 Thank you. You are a Light unto many. And as you come through this, there is much that you are going to be sharing with your sisters and with your brothers as well, ones who have the ears to hear. It is not for naught that you are experiencing what you are experiencing. Many blessings to come from this.

1993-1119-213 How are you, beloved one?

1993-1119-214 **Scared.**

1993-1119-215 Why are you scared, beloved one?

1993-1119-216 **Sunday I am going to be having surgery.**

- 1993-1119-217 Yes, and do you know who goes with you? Yes. As you go into each day before this surgery, remember who you are. That is why we spoke so forcefully in the earlier part of this evening of the beloved child that you are. Your Father will never abandon you. He cannot. You and the Father are one. You are His Life expressing upon this plane. He will not abandon you. There are many times that you have abandoned Him, many times that you have caught yourself in the worry, in the fear, and you have turned your attention away from the Love that He is and that He showers upon you at all times. But He has never abandoned you and He will not.
- 1993-1119-218 You will come through this. You are Life itself. You have manifested this experience for the same purpose that this one next to you is manifesting her experience. They would seem to be different, and yet they are the same. It is to come unto that place of knowing your wholeness, of knowing your strength, of knowing that you are Life itself expressing upon this plane and it will not be taken from you.
- 1993-1119-219 Speak unto the body your feelings of thankfulness and gratitude for what it allows you to do. Breathe into the very cells themselves the Light that you are. Visualize in the mind's eye, as it would be, the Light going into every cell of the body and allow the cells to expand unto their natural state. The cells of the body have felt some constriction. Allow them to feel the Light that they are. Their natural state, beloved one, is to be Light, to be the radiance that you are and to shine forth upon this plane the Light that you are.
- 1993-1119-220 In the days to come -- and they are not that far off -- you and others who are expressing upon this plane will be seen in such a radiance because you will be allowing the cells themselves to express the Light that they are. The very bodies themselves will emit a light that has not been seen upon this plane for what you would say as eons of time. The very DNA of the body is being restructured to allow this to happen, and in the days to come the Light that you are and that your brothers and sisters are will shine much more greatly upon this plane.
- 1993-1119-221 That is one of the reasons that you are manifesting this: to get in touch, as they would say, with the Light that you are, with the very cells, the Light that they are, and to allow them to shine forth in the beauty and the perfection of health.
- 1993-1119-222 {Hugging.}

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- 1993-1119-223 You are the beauty of perfection and wholeness itself. Remember that in every day of your timing and fear not. There is no cause to fear.
- 1993-1119-224 How are you this evening, beloved one?
- 1993-1119-225 **Happy.**
- 1993-1119-226 You are in joy, as I am. Truly, it is the place where we abide together: in the place of joy. There is a peacefulness about you. It is beautiful to behold. Would you ask a question this evening? You need not. I'm just giving you the opportunity.
- 1993-1119-227 **I don't know what to ask.**
- 1993-1119-228 That is beautiful, beloved one. Then you have your answers. Know that I am always with you. I know that you do. I love you. You are my sister. You are beautiful. There is such a peace about your face. It expresses to all who see you the peace and the wholeness that you are.
- 1993-1119-229 When you look in your mirror, see the joy that is in your face. See the radiance that I see. You are the beloved child. Go with a light step, for that is who you are. How long has it been since you have skipped?
- 1993-1119-230 {She gets up and skips around the circle.}
- 1993-1119-231 Well done, beloved one. Well done. Truly, the Child of God before you. Spontaneity is a quality of the Child of God.
- 1993-1119-232 How are you, beloved one?
- 1993-1119-233 **Pretty good.**
- 1993-1119-234 Yes, truly; you are perfect.
- 1993-1119-235 **I have a question.**
- 1993-1119-236 What is your question?
- 1993-1119-237 **I went to Washington with Sarah and some of the other people, and I already know some of the reasons why I went, but I don't know all of the reasons. Could you share some light, some light....**
- 1993-1119-238 Some light?
- 1993-1119-239 **Some light on some of the other reasons why I went?**
- 1993-1119-240 You went, beloved one, because this was a journey of healing. You could see what was transpiring upon this plane in this day and time, and you know that you have connected with much healing. But there are other levels as well. It was for you a connecting and an integrating of other lifetimes, of

places where there has been much suffering and much violence that you have seen, much separation between brother and brother and sister and sister. In those lifetimes your heart cried out for the oneness that you knew yourself to be with the brothers and sisters and you knew them to be one as well, and there was much confusion. You could not understand why they did not see this and why they could treat their brothers and the sisters as being separate from themselves.

1993-1119-241 This has come through in many lifetimes, and again it has come up in this lifetime. There is much healing that is being done on many levels. There will be more of this coming up for you, easily. It will not be traumatic. You have healed the traumatic parts.

1993-1119-242 **Thank you.**

1993-1119-243 Yes, thank yourself, beloved one. I did not do anything. But there will be other remembrances that will come up -- small ones that will be integrated. It was a journey of healing -- which is a journey of wholeing, wholeness. And so you can see that, at a deeper level, it is the soul's search to be aware of the wholeness that you are and that your brothers and sisters are. And this will be shown to you in many aspects.

1993-1119-244 There will be ones who will be coming unto you in what you will see as the months to come and you will be sharing with them what has transpired over this last week in your timing, the last weekend, of the healing that took place then. And they will share with you the wounds that they are now allowing to come up for them to view and to be healed. These will come as a variety. They will not be all the same. There will be a variety of forms, and yet it will all go back to the very same search -- the search for wholeness. And you will share with these the insights, the healing that you have felt and experienced, and it will be healing for them as well.

1993-1119-245 You will see yourself as a teacher, a one-on-one teacher, sharing with many the path and the journey that you have made. And I do not speak just of the journey to Washington, D.C., but the Journey that you have been on for what you would see as eons of time. And you will share with others the Light that they are as well. There is much of depth, as you would see, to all of this, for it has been a journey of healing, a journey to know your wholeness, the holy child of which we spoke earlier.

1993-1119-246 Go in joy, beloved one.

1993-1119-247

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- 1993-1119-248 How are you, beloved one? The one with the beautiful shirt of many colors.
- 1993-1119-249 **I'm glad that I'm here.**
- 1993-1119-250 I am glad that you are here. I am glad that you heard my invitation and that you had the courage to come. You are such a radiant being.
- 1993-1119-251 Behold this in your mornings as you look in the mirror. Ask yourself as you look in the mirror, "Whose life am I living?" and when you get past the usual answers that the world would give you -- of your name, age, rank, serial number, all of those things -- then take that to a deeper level and know that you are the Life of the beloved Father living upon this plane. You are His Radiance. You are His Voice. Every time you reach out in the Love that you are unto another one -- unto a child, unto a mate, a friend, a companion, the beloved pet, even unto a flower that you would see by the roadside -- and you express the Love that you are, all of creation is uplifted. That is how powerful you are.
- 1993-1119-252 Beloved Sir, how are you this evening?
- 1993-1119-253 **I am okay.**
- 1993-1119-254 Do you know that you have been a Sir in many of what you would see as your lifetimes?
- 1993-1119-255 **I hadn't thought of that.**
- 1993-1119-256 Well, you need not think of it, but it is just something that we will share with you. Do you have a question? Again, you need not; it is just the opportunity.
- 1993-1119-257 **I can pass today.**
- 1993-1119-258 You may pass. You do pass. Passing grades. Perfection itself.
- 1993-1119-259 How are you, beloved angel?
- 1993-1119-260 **I am very good, thank you.**
- 1993-1119-261 Yes, you are. Truly. The eyes sparkle. Do you know that?
- 1993-1119-262 **Ah, sometimes.**
- 1993-1119-263 Yes, and more and more in the days to come you will find your eyes sparkling -- and the rest of you as well. There is a radiance that is about to burst forth.
- 1993-1119-264 **Of course. I have a question for you.**
- 1993-1119-265 What would your question be?

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- 1993-1119-266 **When you came and blessed us before we went on our trip, our journey to D.C., you said that our group had been on a journey before together.**
- 1993-1119-267 **Yes.**
- 1993-1119-268 **Together before, however you put that, and I'm wondering if you could tell me more about that?**
- 1993-1119-269 **Ah, beloved one, yes. The group that went to Washington, D.C., on the healing journey -- which was as the tip of the iceberg -- is a family. You have been together in other adventures, as you would see, other histories, other lifetimes. You have shared many adventures together and you have been literally as the family, various ones sharing the different roles in different times.**
- 1993-1119-270 **You have been mother and father, brother and sister, aunts and uncles within what you would see as a community, a village, a family, all related to each other, a family, and you have gone many times on what you would see as a healing journey. You have gone as the emissaries from one village unto another to do healing, physical healing. You have gone also to do the healing of the emotions and to, as you would see, be the soothing balm upon the waters that would be stirred up -- the emotions.**
- 1993-1119-271 **There have been many adventures that you have shared that way, so it is not by accident that you found yourselves again attracted to these same ones and making a journey, a pilgrimage. You have done this in many lifetimes, as well. There is an alignment, a resonance we will call it, of the very energy that you are that attracts you together. There is a oneness of mind and purpose that calls you together.**
- 1993-1119-272 **Think upon what has been shared with you just now in your quiet times and you will find before you pictures as it would be a movie, moving pictures, what you call your cinema, and you will see these pictures before you of other times, and allow them to roll before you. I believe that's the term, "Let the camera roll," yes? Let them roll before you and there will be remembrances that will come up, and you will see in more detail and more clarity how you have shared together before and how you will share together more.**
- 1993-1119-273 **Beautiful one with the curly hair, how are you this evening?**
- 1993-1119-274 **I am okay.**
- 1993-1119-275 **True, you are okay -- and even more. Do you have a question for me this evening?**

- 1993-1119-276 **No.**
- 1993-1119-277 Beautiful hands.
- 1993-1119-278 **No question comes to mind at the moment.**
- 1993-1119-279 Very good. And if one should arise in the mind, you know where to take it.
- 1993-1119-280 **Right.**
- 1993-1119-281 To the peace of the heart and to sit with it, as they say, to abide with it in silence, and all wisdom will be revealed for you.
- 1993-1119-282 Beloved one, how are you?
- 1993-1119-283 **I feel tired.**
- 1993-1119-284 Ah, I see. Last week in your timing we had a group here who was asking for more energy. I see it is a request for more energy again. And yet, beloved one, you are the very energy of the beloved Father expressing upon this plane. You are all energy. It is only the mind that would say unto the body that you are tired and the body then will reflect that back to you as proof that you are tired. And yet, you have seen in your own timing if there is a motivation to do something, instantly the tiredness falls away. If someone were to come unto you and say, "I will give you a million dollars if you will come out and run a mile with me," would there be energy?
- 1993-1119-285 {Laughter.}
- 1993-1119-286 **Uh huh.**
- 1993-1119-287 And where would that energy come from, beloved one?
- 1993-1119-288 **Myself.**
- 1993-1119-289 Yes, from the source where it always comes from. And yet, I would share with you that the message of being tired is also a message of the soul, saying unto you to be quiet, to come unto a place of peace, the place of the heart that we have spoken of, and to cease the activities of the world, for the world would ask you to be very active and to achieve all of the goals and to be here at a certain time and there at a certain time. And it puts much restriction and much constraint upon you. The message of tiredness is the soul's way of reminding you to stop. The body is your perfect servant and it will remind you to stop and to abide in the stillness that you are and to connect again with the peace that you are.
- 1993-1119-290 Many nights in what you would see as my lifetime, I did not sleep, but I allowed the body to rest as I was in communion with my Father. You may do

this when you feel tired: to take a moment or several moments if the body would ask, and to be in communion with the very essence that you are, the energy that you are, the peace that you are, and you will find that when you come from that communion that there will be a revitalization. You will feel very much alive, dynamic, charged, as they say. And I do not mean on credit cards.

- 1993-1119-291 **Right.**
- 1993-1119-292 You will be recharged with the very energy that you are. You are swift afoot.
- 1993-1119-293 Beloved one, how are you?
- 1993-1119-294 **I am doing pretty well.**
- 1993-1119-295 Yes, you are. Such a joyousness of the heart. Can you connect? Do you, as they say, relate to being the Child of the beloved Father?
- 1993-1119-296 **Most of the time. Not always.**
- 1993-1119-297 Yes. As you shine the light of your countenance upon the times when you feel as the beloved Child, they will increase for you. You are such a Light unto your brothers and sisters, and in the days to come you will be even more.
- 1993-1119-298 **Well, that's good, because that relates to my question.**
- 1993-1119-299 Yes. Strange how that happens, yes.
- 1993-1119-300 **Well, actually I have two questions.Okay.**
- 1993-1119-301 **One is, what's next?**
- 1993-1119-302 {Laughter in the group.}
- 1993-1119-303 What would you like to see be next, as you have put it?
- 1993-1119-304 **That leads to that same question.**
- 1993-1119-305 Strange how that works.
- 1993-1119-306 **How do I manifest more fully the gifts that I have?**
- 1993-1119-307 By shining the Light of your countenance upon them. By sitting in silence and dwelling with them, abiding with them, seeing how they can be used in their fullness that will bring joy unto you and joy unto your brothers and sisters. You are very creative, beloved one, and your creativity wishes an outlet, wishes to be free-flowing. You will see this and the creativity of which we speak will be found in many forms -- not just as the world would

see creativity, but you will find yourself with ideas that will want to be expressed. Ways will come to you that you will find joy in expressing who you are, and by your very outrageousness of allowing that to be -- and you have already done this in the past -- you will allow others to get in touch with their unlimitedness as well. They will see that they need not be hemmed in by the constriction of the world and what the world would say. They will see that perhaps they can express creatively as well.

1993-1119-308 **Whatever you would see in what you term to be your future will be there as you decree it. For truly you are the maker of what you see your life to be. It is not for me to tell you what you should be or what would be good to be. For truly you have been everything. You have lived the life of everyone. You have been every thing. You have even been the flower. You have been the tree. You have been the slow moving rock. You have been the star in the universe. How would it feel to be a star? To be on fire and shining so brightly? Yes, you can feel that.**

1993-1119-309 **Yeah.**

1993-1119-310 You have been that. So it is not for me to come in what you would see as greatness and say unto you, "Here is this platter before you. Take of this platter and eat." It is for you to decree what you want it to be. You are my equal. You are a master, the same as I. It takes only your willingness to speak it and it is yours. The beloved Father holds nothing back from you.

1993-1119-311 Beautiful one who shines like an angel, how are you this evening?

1993-1119-312 **I am feeling excited and a little scared.**

1993-1119-313 Very good. Very good. Do you know that the other side of what you have called scared is the exhilaration of the very energy that you are, wanting to be expressed in its unlimitedness? The world would decipher it and translate it and say that it is fear, and yet, there is an excitement as you have termed it, a feeling of being on the threshold of just letting go.

1993-1119-314 What would you ask this evening, beloved one?

1993-1119-315 **I want to know what the obsessing and, I say, stuff that I do is about and how I can not do it.**

1993-1119-316 First of all, beloved one, it is not to be denied. It is not to be feared and it is not to be cast out as an unwanted child. It is there as a blessing. It is there as a messenger for you. It brings up for you something, a part of you that you have not wanted to look at in many of what you would see as

other lifetimes. Many lifetimes. And it comes up for you to look upon it in neutrality, as you would as a researcher.

- 1993-1119-317 Step back from it and be the beholder of it and watch, let it unwind and let it roll before you and look at it as the researcher would, who might be writing what you would call the research paper, the term paper, whatever you would call those things, and look upon it in neutrality and ask, "What is the message that it is giving me? Why does this come unto me? What does it mean to me? What does it symbolize for me? What is the deeper meaning in all of this?" Because it is not to be feared.
- 1993-1119-318 It comes as a neutral messenger of information for you. Look upon it in that light and ask of it, "Why is this important for me?" Do not deny it. Do not try to get rid of it as you would an unwanted child. For it is there with a message. Look beyond what would be the obvious, which you have already seen, but look beyond that to see what it is asking, what you are asking of yourself. "What does it symbolize for me?" Take that thread and follow it back to its source.
- 1993-1119-319 Will you do that for me, beloved one? There will be much that will be revealed for you. Do not feel that it has the power over you, that you cannot look upon it, that you cannot dwell with it, abide with it, for truly, you can. It comes only as a messenger, to be your servant. It is not that it has power over you. You are the one, when you are finished with it, who will allow it to go -- but not until you have received the message that it brought to you. It has run a long ways to deliver this message for you.
- 1993-1119-320 {Laughter.}
- 1993-1119-321 Abide with it. Love it as the messenger that it is and see it as the researcher would look upon it, and ask, "What is the information in this?"
- 1993-1119-322 **Thank you.**
- 1993-1119-323 You are welcome.
- 1993-1119-324 How are you this evening, beloved one?
- 1993-1119-325 **Scared.**
- 1993-1119-326 Very good. At least you are alive.
- 1993-1119-327 **Yeah, I'm alive.**
- 1993-1119-328 What would you be scared of?
- 1993-1119-329 **I'm not sure yet, right now. I'm real scared. My heart is beating a lot.**

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- 1993-1119-330 Oh, good. The body is telling you that it is working. Yes, the heart is doing its job. You may thank it for doing that. It is your servant.
- 1993-1119-331 **I have a question.**
- 1993-1119-332 What is your question?
- 1993-1119-333 **A few questions, but I don't have time for all of them.**
- 1993-1119-334 Oh, you feel you might be limited. Well, we shall see.
- 1993-1119-335 **One of my questions is, when I got baptized about five or six years ago, I had a... I don't know how to explain it... a big experience, and I want to understand what that meant, what it was about, what it was for. I don't understand.**
- 1993-1119-336 How did it feel to you, beloved one?
- 1993-1119-337 **How did it feel to me?**
- 1993-1119-338 Yes.
- 1993-1119-339 **It felt just like a major release, like tons of stuff was just being poured out of me.**
- 1993-1119-340 Yes.
- 1993-1119-341 **A bunch of power was pouring out of me, and that's all I can think of. Just a bunch of power pouring out of me. It didn't make much sense, but that's what happened.**
- 1993-1119-342 Feelings do not always make sense, as you know. You were allowing at that moment a lot of what you had carried with you -- not only in this lifetime but many others, as you would see it -- you were allowing much of the limited constriction to be released. This is what you were feeling as the power being released.
- 1993-1119-343 It was also coming unto a place of connecting with the power that you are, the very dynamic aliveness, the exhilaration of being alive, the very aliveness that you are as the Child that we spoke of earlier.
- 1993-1119-344 Many of your brothers and sisters, many of mankind, go through lifetimes unconscious, in the dream, asleep in the dream, not feeling, afraid to feel, afraid to connect with the very essence of the power that you are. You had an experience of connecting with the very power that you are. This power is who you are, and it can be directed. It can be understood. It can be, as you would see it, channeled, directed, as we have said.

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- 1993-1119-345 You are connecting with the very dynamic quality that being the Child of God means -- not just the limited vision that the world would teach you. You were connecting with the Love that you are and allowing that to be expressed, to be felt by the very cells of the body themselves, by the very being that you are expressing as and through here upon this plane.
- 1993-1119-346 Allow yourself to feel those feelings and to be alive. That is what life is all about. It is not to be gone through in safety, as many of your brothers and sisters would see. It is not to stuff the feelings because perhaps, "I would become too much alive and others not like it." Often you were told that this as children: to be quiet, to control yourself, to not express. And yet, life is to be expressed. It is to be the Life and the Love that you are and to express it fully. To not be afraid to shout. To not be afraid to run. To not to be afraid to be dynamic and to feel the power of the Heavenly Father, the beloved Father, that you are.
- 1993-1119-347 Take that feeling of power, beloved one, and relive it, and remember it in each day of your time. Temper it with the wisdom that the heart will give unto you. You will be guided as to how to express this power, how to share it with others that will not frighten them into their boxes. It will allow you to express freely who you are. It was a gift that you gave unto yourself.
- 1993-1119-348 You are truly alive, beloved one. Smile often. Cry often. Shout and run and be, for truly you are the Life of the Heavenly Father, right here and right now. There is no other time. There is no other lifetime where you will know it in its fullness. It is this lifetime, right now. You are beautiful. Accept it and love, love others and share with them who they are as well. For so many of your brothers and sisters are afraid to even begin to know the power that they are. They are afraid it will consume them. They are afraid that they will misuse it. And yet, if you will return unto the place of the heart at all times, to abide with the peace and the wisdom that you are, and then to proceed from there as the guidance will tell you to go, you will go with freedom and with joy and in perfect wisdom.
- 1993-1119-349 It is not for you to take the power and to run, as it would be seen, with no wisdom. But it is for you to abide with in the heart first and then to express freely. And this does not mean that you must sit for hours on end. You may if you want to. Or you may get the guidance in a moment's notice and go freely -- whatever feels right for you, beloved one.
- 1993-1119-350 Sometimes when I speak unto ones about abiding in the heart, they think I mean for them to sit for hours or to sit for twenty minutes or some

prescribed time. It is for you to sit for however long it takes you to come unto that place of stillness, to that place of peace. That can happen in an instant or you may take longer -- whatever it takes. And then to express the Life and Love that you are. You are the beloved child. You are wisdom itself. You are Life itself. You are beauty. You have chosen to focus upon this time and this space and what you would see as an individual history, an individual lifetime. You have chosen to come into the fullness of the awareness of who you are. You have chosen the at-one-ment that I have called the atonement. You have chosen to awaken.

- 1993-1119-351 Congratulations.
- 1993-1119-352 {Laughter.}
- 1993-1119-353 Beloved one whose light shines forth through your eyes like beautiful beacons, how are you this evening?
- 1993-1119-354 **Sad.**
- 1993-1119-355 Why are you sad?
- 1993-1119-356 **A friend of mine lost a baby.**
- 1993-1119-357 A friend of yours has been deprived of what he has seen as a body, an object of love. This one that came in a small body came as a blessing, even for what you would see as a short time interval. This one came as a companion for the other who still lives, as you would see it; came as a companion that would allow the one who still utilizes the body to express to show this one that it was okay, that it was safe to be, as you see it, born again, to be incarnate again. It was a grand blessing that this one that has now laid down the body and has gone on gave unto the other sibling, as it is known. The one who remains utilizing the body was afraid to come unto this lifetime. Many other histories that spoke to it of suffering and of pain, and yet there was at a soul's level a very deep yearning to know the Love that it is and to come through what I have termed the rings of fear to experience life upon this plane again and to walk through those rings. And yet this soul was afraid and so the other one came to help it in this period. Its job is now finished.
- 1993-1119-358 This one that has laid down the body -- even the small body that you see -- is not separate from the other one. This one is around the other one continually as a Light, as a companion, very much in communion with the one that is utilizing the body, as you see it, now. There is no separation, but its mission was to be as a companion for the other in this short period and it

has done that. But it has gone nowhere away, and the one who is still utilizing the body has gained the strength of knowing that it could come through the birth process and it knows itself/herself not to be alone.

1993-1119-359 This one that has gone on, as you would see it, yet has gone nowhere, has given also to the parents a grand gift of being allowed to express the love that they feel -- for there has been much love expressed -- and has given unto the parents the opportunity to see that even though the body would be laid down, the love is never ending and the communion is still there. It is the opportunity for them to see past what the world would dictate as appearances. Do you see?

1993-1119-360 **I see.**

1993-1119-361 Yes, much of blessing. And yet, this one has not gone from them. They are going through what they would see as a period of suffering, of mourning, a period of feeling a lack, a loss.

1993-1119-362 **Uh huh.**

1993-1119-363 Yes. This is the way that the world has taught because the world sees separation, sees bodies to be all-encompassing. And yet, the body is a vehicle for the Love and the energy that you are. It is utilized for the time period that it needs to be utilized and then it is laid down. This may be for what we have spoken earlier as two hundred, three hundred years or it may be for two or three months. When the purpose is finished, the body is laid down.

1993-1119-364 Speak unto the one who is your friend that this energy known as an individual, this energy has gone nowhere from him, that the energy is there and loves him the same as it did when he saw it in the body, and he may extend his love unto this one even though he does not hold the body.

1993-1119-365 Share with him that it is the opportunity of an expanded vision that this one has given unto him. This one has come as a grand teacher. This one has been a teacher in many lifetimes in many ways and this one teaches, yet, again. In the very laying down of the body this one is being the teacher.

1993-1119-366 **He was very happy with the baby.**

1993-1119-367 Yes. This one was one who knew himself to be/herself to be/itself -- there is no gender here -- to be the child of the beloved Father and is at peace, has not suffered. You could see that by the way the laying down of the body occurred.

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- 1993-1119-368 **I also have some sadness about, for the time when I wore a uniform, too.**
- 1993-1119-369 Yes. What does this sadness speak to you of? You may speak freely.
- 1993-1119-370 **I walked away from it and turned my back. I chose not to feel the feelings that I had about that.**
- 1993-1119-371 Yes.
- 1993-1119-372 **Lost relationships.**
- 1993-1119-373 And yet, beloved one, they are still with you.
- 1993-1119-374 **Yeah.**
- 1993-1119-375 They have not gone anywhere, have they?
- 1993-1119-376 **No, they sure haven't. It's true about them all.**
- 1993-1119-377 Yes.
- 1993-1119-378 **It's been quite awhile.**
- 1993-1119-379 Yes. What you turned your back on was the voice of the world, the voice that would speak that ones could be hurt and could be maimed and could be suffering. You, in the Truth that you knew at a very deep level, said that this is not Truth, and you turned your back on it and you walked from it because it is not Truth. There are no victims that you would see. There are no victims. Everyone upon this plane is playing the script and the part that they have chosen to play, and they play it freely in any way that they would see to express.
- 1993-1119-380 When you turned your back, it was your way of saying unto yourself, "There must be another way to see this." And truly there is. Do not feel guilt or shame for having turned the back on what is a falsity. There is much wisdom within you that you have not yet even acknowledged.
- 1993-1119-381 **True.**
- 1993-1119-382 True.
- 1993-1119-383 **I'm walking on faith.**
- 1993-1119-384 Yes, you are coming unto the realization that you are all wisdom and that you are all power and that you have never made a mistake. You have been guided in everything that you have done. You have been guided, not by ones outside of you, but you have been guided by the very Self -- with a capital

"S" -- that you are, by what you would say as the higher wisdom. And yet it is not apart from you.

- 1993-1119-385 In each moment of your time you are guided by this wisdom. Know that to be a Truth and do not heap shame upon the shoulders, for there is no cause for guilt or shame. Each one is your equal. There is no one who needed or needs saving. Each one is as powerful as you are. They have cast themselves into whatever you would see as the situation. They are making their choices and they are the beloved child of the Holy Father the same as you are. They are enacting their part and have enacted their part.
- 1993-1119-386 And even though you would see ones as having laid down the body, where have they gone, beloved one?
- 1993-1119-387 **No place.**
- 1993-1119-388 No place. They are still with you. They are still with the Father, and they may choose to, as you would see it, incarnate again and to express again. Or they may not. They may go on and experience other realms. Perfectly free.
- 1993-1119-389 There are many mansions within my Father's house, many realms of experience. This is not the only one. Mankind gets very focused on this one and thinks this to be the one and only. It is not.
- 1993-1119-390 **I have truly known you before.**
- 1993-1119-391 You have truly known me before. We have shared much, beloved one, before. We have walked together before, and you came up with the questions in those days as well and you heaped upon the shoulders the guilt for what you felt you should have been or should have done, even in that lifetime.
- 1993-1119-392 **Truly dark.**
- 1993-1119-393 But you have come from that place. You are no longer in that place.
- 1993-1119-394 **I'm not.**
- 1993-1119-395 Give yourself a pat on the back. {Patting his back.} There you go. You are truly the beloved child. You are loved with an everlasting Love for you are that Love itself. You are that radiance. Allow it to shine forth. The world awaits your love.
- 1993-1119-396 {Hugging.}
- 1993-1119-397 We abide always in the peace of the heart.
- 1993-1119-398 **We do.**

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- 1993-1119-399 Thank you.
- 1993-1119-400 Beloved Flower, how are you this evening?
- 1993-1119-401 **Fine. I had a really wonderful day today.**
- 1993-1119-402 I know, for truly I was with you. I could feel the joy in the heart. There will be more of these days to come.
- 1993-1119-403 **Good. I'm looking forward to them.**
- 1993-1119-404 Very good, yes. You are as the playmate. You are having fun, is this not true? You are expressing the child that you are and you are seeing the child in many others around you. You are an inspiration unto many, to bring out, as it would be, bring out the child within them to play. Not with strings attached but just to have the fun, to play.
- 1993-1119-405 Truly, I run with you, for that is fun. Would you have a question this evening?
- 1993-1119-406 **Not tonight.**
- 1993-1119-407 Then we will speak together.
- 1993-1119-408
- 1993-1119-409 Beautiful one, how are you?
- 1993-1119-410 **Excited.**
- 1993-1119-411 Why are you excited?
- 1993-1119-412 **By experiencing you so closely.**
- 1993-1119-413 Yes. And truly it is your Self that you see. What you behold in me is your Self, the Self that you truly are. You are the Love. You are that wisdom. I am just a mirror. You call me forth and you have the willingness to accept what I show unto you and yet, it is just a mirror. It is who you are.
- 1993-1119-414 Would you have a question for me?
- 1993-1119-415 **No, not tonight.**
- 1993-1119-416 Know that I love you and that I go always with you. When you speak unto me, know that I am instantly there, for I stand at the door and knock. And when you open that door, I rush in.
- 1993-1119-417 **I know.**
- 1993-1119-418 Beautiful one, how are you?
- 1993-1119-419 **I'm glad to be here.**

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- 1993-1119-420 I am glad you are here, as well, so that we can converse in this manner. We speak often but it is nice to have the, as you would call it, verification afforded by this vehicle.
- 1993-1119-421 **Yes.**
- 1993-1119-422 Would you have a question for me?
- 1993-1119-423 **Well, I didn't think I had any and then I have a whole lot.**
- 1993-1119-424 Strange how that does work, yes.
- 1993-1119-425 **And one question that I'd like to ask is, how can I release the pain from my body?**
- 1993-1119-426 By abiding, beloved one, in the heart. By going unto that place of peace in every moment. By pausing and breathing in the golden white Light that you are and taking it deep within the cells of the body, directing it unto the part that would feel constricted, and allowing it to feel the freedom that it is. It is your true servant. It will picture for you whatever you are holding within the mind as the image of yourself, and even the very part of the body that would be crying out unto you has a message for you.
- 1993-1119-427 Sit with it in the silence and in the heart and ask what message it would give unto you. And thank it for the message -- and listen. Truly, there are times when mankind, your brothers and sisters, do not listen unto the whispers, but listen finally when it becomes the shout. It has a message for you, so abide in the heart with it and thank it for being the messenger, and then breathe the golden white Light into it. As you would feel a pain, a constriction, go within it, feel what it feels to be the pain and the constriction, for it is speaking unto you a belief that you have about yourself and about your world, a belief about how it has to be manifest for you. And then, as you breathe in the golden white Light into the very cells themselves, into the very pain itself, hold the vision that we have spoken of earlier this evening of how you are the beloved child, that you live the Life of the Heavenly Father upon this plane.
- 1993-1119-428 That Life is not constricted. That Life is not limited. That Life cannot be bounded by pain. And breathe into the pain and the cells that would feel the constriction the very life that they are. Give them permission to be the life that they are. Live with that pain, as that pain, until you have received the message from it. Do not try to cast it into a corner, for truly it cries out to you, does it not? It is trying to get your attention. It has a message for you and it is not what you would see as a harmful message. It is not a

negative message. It is one that perfectly mirrors for you a belief of how you have seen yourself to be and how you see the world to be.

- 1993-1119-429 Allow it to be the Love that you are. Take my strength with you into the pain. For truly, as I laid upon the cross and there were the huge nails that were pounded into my hands, I did not feel the pain. I knew myself to be Love, which you are. I breathed the Love that I am into the very hands, into the eyes of the one who was pounding the nail into my hands. I knew myself to be one with the expression that the body was. I knew myself to be one with the one who was pounding the nail. I knew myself to be one with all and I became the Love that I am.
- 1993-1119-430 Take me with you into the pain. Love the pain. It is not your ruler. You are the master.
- 1993-1119-431 Beautiful, radiant one, how are you this evening?
- 1993-1119-432 **I'm better now since I've been here and have heard you remind me of things.**
- 1993-1119-433 Very good, beloved one. And yet, you are the one who invited me to come and to remind you of what you already knew. Would you have a question for me this evening?
- 1993-1119-434 **I do. My question is, why at certain times do I have such a hard time remembering that I am a beloved one, and at other times I feel I know it and experience it so strongly? And why is there such a difference?**
- 1993-1119-435 Truly, you have felt the difference of forgetfulness, of forgetting who you are, and you have felt the constriction of being in that place of forgetting and being caught up into what the world would tell you is the Truth of your being -- which is not the Truth of your being.
- 1993-1119-436 You have felt that very contrast of the freedom or the lack of it, of the Love that you are and the constriction that the world would tell you of. It is a habit long established and long practiced in many lifetimes that mankind has accepted, and it is nothing more than a habit. It can be changed at any time, as you have seen. For if it were not something that could not be changed, you would live forever in the place of constriction. But you have the moments when you know the Truth of your being. You know you are the beloved child and you know that you are Love incarnate and you have the freedom to go as the child.
- 1993-1119-437 It is when you turn the focus of your attention unto what the world would tell you that you feel the pain. And you can feel this in the very energy

that you are, in the very body that you express through. For truly, when ones go about in fear and constriction, the very body is constricted. The very walk is different. There can be a heaviness upon the shoulders. And yet, on the days when you wake up and you know yourself to be that Child of the Heavenly Father and you breathe in the golden white Light that you are and you go with a confidence, the very body itself is carried in a regal manner because you are the child of a King. You are the Child of The King. You are the beloved Child.

- 1993-1119-438 Practice, beloved one. As they said unto the one who wanted to get to Carnegie Hall, "Practice. Practice. Practice." Be very vigilant in each moment of your time and ask yourself, "What voice am I listening to? How is this feeling even within the body?" The body will tell you with clarity what voice you are listening to.
- 1993-1119-439 You have the power to choose in every moment where you want to be. If the voice no longer serves you, tell it to get behind you. And remember Who walks with you. You do not walk alone.
- 1993-1119-440 Beloved servant, how are you this evening?
- 1993-1119-441 **I am grateful to have chosen to be with you tonight.**
- 1993-1119-442 I am glad that you accepted my invitation to be here.
- 1993-1119-443 **Thank you.**
- 1993-1119-444 What would you ask in this evening?
- 1993-1119-445 **Well, I've created a grateful dilemma or a delightful dilemma for myself, and I would like to hear your expression. And that is, as I am expanding my own awareness, I have been a student of and learned many different traditions, many spiritual forms, followed many guru's, read many books, and I have a propensity to still seek outside of myself and through our beloved Saint Germaine, I am getting instruction to keep going in myself.**
- 1993-1119-446 Yes.
- 1993-1119-447 **That I am the master of my Truth and so, now I would like to hear your expression.**
- 1993-1119-448 Beloved one, what you are doing for yourself in this lifetime is integrating all of the paths, as you would see it, that you have been on in other lifetimes, as you call them. You are bringing together remembrances and integrating them into the whole, the awareness of the whole that you are.

That is why you are searching and so interested in the various paths. It is to bring up for you remembrances that you have already gone down these paths. You already know them very well. For each time you come unto one, there is a resonance that you feel. It is because you have been there already.

1993-1119-449 You are again restructuring, reconnecting, with all of what you would see as the aspects outside of yourself, all of the wisdom of the ages, all of the scholars. And yet, I share with you, you have been many of the scholars that you now read. You have been the one who has written what you are now reading.

1993-1119-450 {Laughter.}

1993-1119-451 **No wonder you to read a lot of chapters.**

1993-1119-452 **Yeah, that is great. It is a Truth.**

1993-1119-453 Yes. You are the Self that knows the Truth of your being. In your creative power you have put all of this seemingly outside of yourself to prove to you what you already know.

1993-1119-454 {Laughing.}

1993-1119-455 **That's great.**

1993-1119-456 Do you see how creative the Son of God is?

1993-1119-457 **Yes, thank you.**

1993-1119-458 You are the beloved child of our Heavenly Father and you are always within the Kingdom. It is as you would be sleeping within that Kingdom, and within the dream you have dreamt many journeys. The beloved child has asked to know how far this Kingdom extends. What are the parameters? "What adventures can I go on within this Kingdom?" And has dreamt many dreams of many grand adventures. And yet, you have not gone from the Kingdom. The Kingdom is within you. The Kingdom is who you are. The Kingdom is the peace, the place of silence, the place of power. Not as the world would speak of power, but the true power of the Son of God.

1993-1119-459 So in your travels, as it would be, you have dreamt many adventures, much research, much writing, much seeking. Always the pilgrim. Now you are coming unto a place where you are hearing the wakeup call. It is like what you would call one of those boxes that speaks unto you -- I think they are called alarm clocks; such a name -- that is calling unto you that it is time to reconnect with your Self. This is why you see now what you would see as

a master outside of you advising you to go within. It is your Self telling yourself to go within. Heed your own wisdom.

- 1993-1119-460 **I love it.**
- 1993-1119-461 Truly, it is to be loved, and to have the grand laugh as you are laughing. For as you awaken and you realize that all of the journeys have been but a dream and that you have gone nowhere, you will laugh with such a freedom of a laugh that it will rise from the belly and it will be heard throughout all universes.
- 1993-1119-462 {Laughing continues.}
- 1993-1119-463 You are the very wisdom that you seek. Enjoy, beloved brother.
- 1993-1119-464 **I will.**
- 1993-1119-465 {Hugging.}
- 1993-1119-466 Truly you are a delight.
- 1993-1119-467 Beloved one, how are you this evening?
- 1993-1119-468 **I'm fine.**
- 1993-1119-469 Yes, and you hold upon your lap our rabbi of the evening. What does this one share with you?
- 1993-1119-470 **What does this one share with me?**
- 1993-1119-471 Yes, our rabbi this evening. The stuffed bear.
- 1993-1119-472 **His energy. Bear energy.**
- 1993-1119-473 Yes, Love energy. Would you have a question for me this evening?
- 1993-1119-474 **I have five.**
- 1993-1119-475 Only five?
- 1993-1119-476 **Only five. No.... How do I say this? I am tired of doing my work in the way that I've been doing it. I'm tired of that system, and so I would like to create something else. And so I'd like to create that like next year.**
- 1993-1119-477 Why wait? Why wait until next year?
- 1993-1119-478 **Oh, okay.**
- 1993-1119-479 What is coming up for you, beloved one, is the creativity of the soul wishing to express in perfect freedom. It is what we have already expressed this evening. It is the child, the beloved Child, wishing to express the wholeness

and to find an avenue that will allow this to be shared freely with your brothers and sisters.

1993-1119-480 **Uh huh.**

1993-1119-481 It is not by accident or by happenstance that it comes up for you now at this time and that it is being heard with clarity within the heart. There are ideas that will be coming unto you, avenues where you will be able to express the joy of the Child that you are and to allow others to share in this as well.

1993-1119-482 There are many in your world who are waiting for you to be able to share with them what you know already. You would feel perhaps that you know a seed, a mustard seed. You know much more than that actually, and it is growing. There are many in your world who want to share the creativity and the love that you will be able and will be sharing with them. Again, it is not for me to say to you, as upon a silver platter, "This is what you will do. This is how it will be." For you are as much a master as I am. You have lived the life of everyone and you have been upon this grand adventure for as long as I have.

1993-1119-483 You will express your creativity in your own way. You are being guided by the One that I have termed the Grand Weaver, the Holy Spirit, the One Who takes every thread of what you would see as the individual lives and weaves them into a beautiful tapestry. You are being guided in every twist and turn.

1993-1119-484 **In every twist and turn?**

1993-1119-485 Exactly.

1993-1119-486 **Okay.**

1993-1119-487 It is not by accident that any of the ideas have occurred to you, and it is not by accident that you find yourself in various places.

1993-1119-488 **Okay.**

1993-1119-489 There is nothing accidental that happens.

1993-1119-490 **Right. I agree with that.**

1993-1119-491 Yes. Sit with what would be the questions then, and ask, "What is the purpose? Why do I find myself where I am?"

1993-1119-492 **I know that. I just need help with the how, I think.**

1993-1119-493 And that will be forthcoming.

- 1993-1119-494 **Okay. All right. Is there going to be somebody else working on this with me?**
- 1993-1119-495 **Yes.**
- 1993-1119-496 **Okay.**
- 1993-1119-497 **And you will connect. You have much help already in what you would see in the unseen realm, the energy realm.**
- 1993-1119-498 **Yeah, I'm familiar with some of them.**
- 1993-1119-499 **Yes. They have been in communication with you.**
- 1993-1119-500 **Yes.**
- 1993-1119-501 **And there is much that they are doing, as much as they can to aid what is transpiring. Know also that everything is in its own timing, that there is an order.**
- 1993-1119-502 **I know.**
- 1993-1119-503 **It is not that you would plant the seed....**
- 1993-1119-504 **I get in a little hurry.**
- 1993-1119-505 **Exactly, it is the way of mankind. It is not that you would plant the seed in what you would see as the beginning of your wintertime and expect that it would come up and flower. For when the storms of winter would come upon it, it would perish. It is for you to see the seedling coming up in what you would see as the springtime and growing in the sunshine of the springtime. There is a timing, an order to all of this, and there are various pieces that must come into place first.**
- 1993-1119-506 **Okay.**
- 1993-1119-507 **Sit with the patience.**
- 1993-1119-508 **Sit with the patience. Okay.**
- 1993-1119-509 **Trust.**
- 1993-1119-510 **I know, man. I love them. I love them.**
- 1993-1119-511 **Truly, that is the only way to go. Is in Love. Well spoken. Do you see how often in times of what you would see as humor, and you speak a thing of the moment, how much Truth there is that comes out in that moment? Things that just go tripping off of the tongue and yet will tell you of the heart.**

- 1993-1119-512 Be very vigilant as to the words that you speak. For even the very words that you speak have a message for you. Why were they chosen? Because in your language, as was true in the language of my time, there were many words to express an idea. Why is it expressed in a certain way? There is a reason. There is a depth of reason. Plumb the depths. Sit with it. Make it a friend and it will share with you its wisdom.
- 1993-1119-513 As this one {Teddy Bear} this evening has shared with you his wisdom/her wisdom. I don't know, which are you? Perhaps does not have a gender -- this fuzzy one that has been as our rabbi this evening.
- 1993-1119-514 **Could you talk about the DNA structure?**
- 1993-1119-515 Yes. As you have felt, upon this plane there is an acceleration that you are seeing outside of yourself. You are picturing it outside of yourself as activities, of awarenesses that are coming about, such as the awareness that is now growing within society itself of taking care of the Holy Mother Earth, the environment. There is an awareness that you have seen in the last twenty years of equal rights. Much of this you see as placed outside of you and yet, it is not outside. It is coming from the very heart of mankind/womankind itself. As you see this being pictured outside of yourself, know that it is because of the very shifts in perception, the shifts that you are willing to make in your own perception of who you are and what the world is.
- 1993-1119-516 As these shifts of perception are happening and are seen to be accelerating by your willingness to allow them to accelerate, the very DNA of the cells are affected by what you believe yourself to be and what you believe the body to be. The body will restructure itself instantly according to what you will allow that belief to be. So that the very DNA of the cells is restructuring. It is restructuring to allow more of the Light that you are to be expressed through the physical molecules, the physicality of what you see as the body. Because you are allowing your awareness to increase, you, as mankind/womankind, are allowing your expression to be more full, to be more radiant, to come unto a place of knowing that you are the Light that is activating the cells.
- 1993-1119-517 Therefore, your creation will manifest for you the vehicle that you are picturing. It is not static. It is not just set in a certain pattern. It changes moment by moment. What you see even as the body moving, before this body has moved one step, the thought of moving has already been there.

What you see as the body moving is actually the physical molecules catching up with the thought that has gone before it.

- 1993-1119-518 This is what is happening with the very cells themselves. For as you allow your shift in perception to encompass more of the total Self that you are, the Light that you are, the very body itself will restructure so that you can allow that to happen.
- 1993-1119-519 **It has already, a lot.**
- 1993-1119-520 Yes. You are feeling a fluidity, a flexibility, more in touch with the energy that you are as you release what you would see as the past -- even the past of what you would see as the last moment, the last half hour, the last two hours. That is all past. The only thing that brings it into your present is your choice to bring it with you into the present. That is how powerful you are.
- 1993-1119-521 You bring what you see as your past into the present by your choice. It exists nowhere except in your mind as you bring it forward with you. That is why what happened to you in what you would see as your childhood, or even as what you would see as last year in your timing, it is finished unless you choose to bring it forward with you into the now. That is how free you are.
- 1993-1119-522 So, yes, there is coming to be upon this plane -- and it is not many, as you would see, years hence -- a time of great Light coming to be upon this plane, a time of joyousness. It is not a time of gloom and doom. It is a time of joyousness as you come into accepting the Child that you are and being willing to express that upon this plane. Many of you sit here this night in this circle and ask yourself, "Am I going to be willing enough to allow this to happen?" And I will share with you, yes, you are. You would not be in this room if you had not already made that choice.
- 1993-1119-523 So do not go into what you would see as your future with fear. Go with a confidence that you have already made your choice, and it is the choice to express the Light and the Love that you are and to know that for yourself. Through the expression that you allow, you will know it for yourself in its fullness.
- 1993-1119-524 I am truly in joy when I share with you what is to transpire upon this plane, for I know what it is going to be. And I will even share with you that it is not in your future. For as we spoke earlier of the sphere, the infinite sphere of what you have experienced and are experiencing and will experience, you have already lived what you would see as your future. This is why when I share with you what will come to be, you can relate to that.

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- 1993-1119-525 When I speak unto you that you will be emitting more Light and that you will go as what has been pictured in your great paintings as the angels -- you will actually be the angels upon this plane, in physical form. You will still have bodies. You will not just be flapping about.
- 1993-1119-526 {Laughter.}
- 1993-1119-527 **With harps.**
- 1993-1119-528 Exactly. But as I speak those ideas unto you, you can already relate to them. There is a picture that comes to the mind. There is a resonance within the heart that you can feel, and it is because you have already lived what you would see as your future. That is the grand laugh, and yet, all in its own timing as you have decreed time to be. But it is a grand time. It is a time of joyousness. It is what you have asked for and what you have decreed. Do not go with fear into your future. You are the maker of your future and what you decree will be.
- 1993-1119-529 It has been my honor and my joy to come and to abide with you this evening and to be as your servant: to share with you the Love that you are, the joy that you are. Know that I go always with you. When you walk out of this building and you get into your square boxes that are on the wheels, and you drive with a power that you feel behind that wheel...
- 1993-1119-530 {Laughter.}
- 1993-1119-531 Know that I ride with you. Know that I go always with you.
- 1993-1119-532 Thank you for choosing to abide with me in this evening...
- 1993-1119-533 **It is my pleasure.**
- 1993-1119-534 And for allowing your Self to be in its fullness, in the full realization of the Child of the beloved Father that you are. You are all truly a delight.
- 1993-1119-535 We will meet again.
- 1993-1119-536 So be it.