

# The Groundhog & the Shadows

1997-01-31

- 1997-0131-001 Beloved and holy and only Child of our heavenly Father, Child of the one Source, Child of Light, divine. I am the one known as Jeshua ben Joseph, Jesus you have called me, and it is in great joy that I come to abide with you in this evening as you have chosen to call me forth. Always great joy, for it is your nature to be free, to be joyful, to be innocent, to go as free as the wind, to love, to laugh, to play. Always in great joy I greet you.
- 1997-0131-002 *Me too.*
- 1997-0131-003 It is felt and acknowledged, thank you.
- 1997-0131-004 I would speak with you in this evening about something very dear to my heart. I would speak with you about the groundhog.
- 1997-0131-005 *About what?*
- 1997-0131-006 The groundhog. The hog, the small animal that you call the groundhog. Now, I am not sure why it is called a hog, because it has no definite relation to the hog that is also called by that same name, and it certainly does not usurp all of the ground, so it is not in that sense a hog. But you have called it a groundhog.
- 1997-0131-007 When I traveled in my lifetime to the far countries, some of the countries I visited had what would be and are called now the seasons that had the wintertime, where the animals would go into a sleep, a very deep slumber known as hibernation. There were the small animals that would burrow and sleep through the winter and then emerge in the springtime when the angel of sun would begin to warm our holy Mother, the Earth.
- 1997-0131-008 Some were related quite closely to what you call now the groundhog, but known by various names. They were revered as the forerunners that would tell of the spring to come. You have carried with you throughout many lifetimes, throughout history, a remembrance of that where you now have a tradition, somewhat humorous perhaps, of honoring the groundhog and asking of it, "How long is it going to be until spring?"
- 1997-0131-009 This is most symbolic of what you are asking yourself now, "How long is it going to be until spring? I have known winter. I have known the cold winds and the frost, the constriction. I have known the times of going within, and now I am ready to know spring, to feel the warmth of my own Light and love once again."
- 1997-0131-010 *Ready for that spring, that's for sure.*

1997-01-31      Oakbridge University      Channeled by Judith Coates

- 1997-0131-011    Yes, for you have been through the winters of your experiences and there have been many times that you have been out upon the snow, upon the frost, doing battle with the frost and the wind. And there have been other times when the wisdom of you said, "Go beneath, go within to the peace." You have done that and gathered your strength and waited for the warmth.
- 1997-0131-012    Now, I would ask of you, how long till your spring? How long?
- 1997-0131-013    *Soon.*
- 1997-0131-014    Yes, very soon.
- 1997-0131-015    *It seems like ages.*
- 1997-0131-016    Indeed it has been ages of lifetimes that you have known the frost and the winter, when you have known it all around you and you have gone within. You have prayed, you have spoken with me and with masters and with your Father. You have gone within and gathered your strength unto yourself and said, "I will see myself through this. I will come through this," for indeed it is foreordained that you will.
- 1997-0131-017    It has seemed to be a long journey, and yet as we speak in this time, you know the hope of standing just on the threshold of that spring. You can feel it all around you. You can feel new life, changes happening, and you have said "Yes" to those changes. You have said, "I have been in the cave hibernating long enough. I have listened to the winds of judgment, of family, of peers, of society, even of myself, long enough. Now I will come out of that cave, out of that deep sleep into the warmth of my own sunshine. And wonderful it is."
- 1997-0131-018    You stand at the entrance of that cave now, and you have been looking part of the time back into the cave checking to make sure it is still there, for there is much of familiarity within that cave. But you have also turned from time to time and looked outside of the cave to the light, to the sunlight, and even in the times when you would not walk quite to the entrance of the cave, the light could be seen dancing in the entrance beckoning you. That is what you are feeling now: a beckoning of light.
- 1997-0131-019    So you have considered how you will go in the next day, week, month of your time, and you have said, "I will go. Enough of the winter. Enough of the sorrow. Enough of the challenges. I will believe in myself. I will believe in the Light and the light-heartedness that I know lies there waiting for me."
- 1997-0131-020    You are your own groundhog. Honor the small furry one on the day of tradition. Speak with this one your thanks for the service that it gives you of symbolizing very much in clarity what you are doing for yourself.
- 1997-0131-021    In the lifetime that I traveled to far countries and learned of the fauna that would be living in that area, I knew a Oneness with all animal forms, lifeforms,

**1997-01-31      Oakbridge University      Channeled by Judith Coates**

and I communed with those lifeforms. It was a practice that you could follow in this day and that you have throughout this day, to sit with the the animals, the birds, and to be in silence; to be in peace and to speak from the heart in Oneness and to ask of it, "What would you tell me?" And as you sit in peace and in silence, wonder of wonders, an answer comes.

- 1997-0131-022 Not at all the answer that perhaps you thought might come, but an answer far out in left field. You know that it has been an answer to a question deep within you, and yet you did not think that perhaps there could be an answer or that it would come in that way; miracles, and it happens.
- 1997-0131-023 Allow yourself to sit. Now, I know you are very busy. There are many preparations being made, but allow yourself to sit for a moment or so and in the mind's eye—if not in actual proximity to the animal known as the groundhog—call that one into your consciousness and speak with it, "What is the treasure that you would share with me? How is life from your perspective? How does it feel? Remind me once again, how does it feel to know the warmth of springtime and of sun?" Take the love of that one deep into your heart and feel the warmth from inside.
- 1997-0131-024 For you stand on the threshold of your own spring, and spring will come for you when you decree it, when you claim it, when you say, "Yes, spring is now in my heart. Now this is my spring."
- 1997-0131-025 For I will share with you, there is much of an acceleration that is happening in this year, much of energy; light energy that you have invited to be with you on this plane in consciousness. It is as you would be asking it to come from all corners, from all areas, from the farthest universes even, to be with you now.
- 1997-0131-026 There is much that you are going to be looking upon. Already you have looked upon much that a few months ago in your timing would have frightened the hell out of you. You have been able to look upon it and to breathe and to love yourself and all that was happening and come through it. This is a year of shedding old chains that have bound you most tightly to old ways of thinking and old ways of healing.
- 1997-0131-027 As the groundhog comes forth and is asked if he sees his shadow, you will ask of yourself, "What shadow am I dealing with? What shadow is behind me that I have not yet had the courage to look upon?"
- 1997-0131-028 Now, know you that as the groundhog comes out into the sunlight he feels great rejoicing, great power, warmth of being, and he is not aware of the shadow. He will look around, which is not his accustomed way to do, but it has been suggested by minds of humankind. But as he will look around, the shadow itself moves and changes and gives to him the message that he is the one creating the shadow.

1997-01-31 Oakbridge University Channeled by Judith Coates

- 1997-0131-029 As he will move, what happens with the shadow? It moves in concert with his actions. He is the creator of that shadow, as you are the creator of all shadows that you feel to be companion to you.
- 1997-0131-030 The shadow comes as companion. The shadow is not to be feared. Throughout many, many lifetimes it has been the human way to fear the shadows, to fear what might be behind, what cannot be quite clearly seen. As you will be standing looking at the light, the shadow is behind you. As you turn and will put the light somewhere at another angle, you can see the shadow; in other words, as you do a shift. Now, a physical shift, yes, if we are speaking of physical light, and a shift in perception as we are speaking of understanding and remembering.
- 1997-0131-031 As you do a shift in perception, you may look upon the shadow, the dark part that you have judged to be companion with you, and you may see it for what it is. It has no power.
- 1997-0131-032 I would invite you to look upon all shadows that you have thought to be companion with you, to examine them, not to be afraid of them. What do you fear the most? Do you fear abandonment that no one will love you? That no one will care?
- 1997-0131-033 *Uh huh.*
- 1997-0131-034 Yes, that is very common, a commonly held fear. And as it has been spoken already, the answer has been given. As you look upon the shadow it will disappear, for you will see through it, even in times of looking at a physical shadow. Say that you are out in the field and there is a shadow cast by the light. You can see the shadow, yes, but you also see what is within the shadow. You will see the small branch, the twig, the grass, perhaps the flower, the stone, whatever. You see the shadow, yes, but you also see through it.
- 1997-0131-035 With a shift in perception that you allow yourself, you can see through shadow as you have just done. What would you fear the most? The death of the physical body? That is a great fear, for you have come to an experience of physicality. It took you some while to get used to the physical body. As an infant you spent many hours resting, contemplating, adjusting; many hours before you knew the focus of the physical eyesight, many hours, days, months of getting used to how it felt to move the body.
- 1997-0131-036 For you would have an idea, a concept of wanting to move the hand, and at first there was not the control; that was not in the place of definite understanding. There was movement, yes, but you practiced. You sent much of energy and focus, consciousness, learning how to use the body, how to direct it, how to control it. There is much of conscious energy invested in the physical form.

**1997-01-31      Oakbridge University      Channeled by Judith Coates**

- 1997-0131-037    So it is no wonder that there is a certain reluctance to contemplate leaving what you have invested so much of yourself in. You say, "Well it has taken me so many years to get to this place now where I can do certain things with the body, other things I would like to do with the body. But it has taken me certain years to get to this place and I'm not quite sure I want to contemplate leaving that behind and going to another experience."
- 1997-0131-038    I will share with you that when the time comes for you to choose to leave the body, to release it, you will do so in freedom that will be a choice freely made, because you will see the next experience that you desire to have. You will be as the child that looks forward to whatever, and you will go to it, much as the small child that is learning to walk and is walking around holding on to each piece of furniture does not trust himself/herself to walk across the room right out in the middle, but will walk across the room by holding on to something or to someone's hand.
- 1997-0131-039    The grandmother arrives, and the grandchild is so happy to see the grandmother. She holds out her arms to him, and straight away the small one walks across the room into the arms of the grandmother and does not contemplate that he has let go of all of the furniture and has walked a straight course.
- 1997-0131-040    That is how it is when you decide to release the body. You will have vision of where you are going, and there will be no thought of worrying about what you are leaving. There is thought and worry in this reality, this attachment before you get to that place, that point, and it is a fear. But it is also a shadow, a shadow that we have just seen through as we talked of going beyond it.
- 1997-0131-041    What is your greatest fear? What is your greatest shadow that you would be afraid to look at? That you are not good enough? That others would judge you as being lacking? That you would judge yourself because "they" must be right and I must not be quite good enough? I've been told all of my life that I have to try a bit harder. All of the years in my schooling, I tried. Sometimes I got good marks on the papers and sometimes I didn't, and I was always admonished, encouraged to do a bit better. Therefore, there must be something not quite perfect about me if I have to do better.
- 1997-0131-042    There has not been a conscious looking at that perception, but it has been taken and held deep within the self-image, that if you have to try a bit harder, to be a bit better, there must be something not quite perfect about you. "Okay, I will stir myself and I will become the most perfect whatever I can be." You tried and many times you succeeded. Other times there was a look of someone in authority, as they thought themselves to be, a look that said, "Hmm, well. Hmmm." And you thought, "Oh, my goodness. Well I missed a little piece there somewhere. I don't know what it was, but I missed it. I'll try harder."

**1997-01-31 Oakbridge University Channeled by Judith Coates**

- 1997-0131-043 Is your greatest shadow the fear that perhaps you won't make it in this lifetime? "Maybe I will desire to be loved by the Father and welcomed back into His arms again, and I will ascend the body and I will be with one Jeshua, Jesus, to know His love intimately." Is that a fear, a great shadow?
- 1997-0131-044 *This is good. This is some of the ....*
- 1997-0131-045 The fear would be if you did not believe it possible. But it is possible as we spend this time together. I touch your heart. You feel the love, you feel the Oneness. You touch that space of Oneness.
- 1997-0131-046 I would encourage you to be as the groundhog and not to fear to look at the shadow, to know you are the creator of that shadow, and having created it, you can look upon it and see it in truth. You can look through it.
- 1997-0131-047 Everything that would be as dark shadow, when you turn the light of your courage upon it and examine it, you will see through it. You will see answer. What you feared most deeply, you have experienced, and where are you now? You are in a good place, for you have come through it. You have come through it with treasure. You have come through it knowing that love is eternal; not just words, but now you know it. You know that the Spirit of one you have loved does not die, does not go from you. There is no separation. And you come through the narrow part of the hourglass, that squeezing place where you have feared to come through, and you have said, "No, Father, I don't want to come through that narrow place. Don't push me. Don't ask me to come through that."
- 1997-0131-048 *My problem is that I've been coming through it for a really long time. It's the getting out part that I'm looking forward to.*
- 1997-0131-049 If you will receive it, beloved brother, you are most of the way through it. It is very much as the birthing.
- 1997-0131-050 *Yeah.*
- 1997-0131-051 It feels as travail. It feels as labor. It feels painful. It feels forceful.
- 1997-0131-052 *Yeah.*
- 1997-0131-053 Right. Some choose the birth where you slip right out head first, and others say, "No, I will go feet first, and I will make it a wee bit more difficult." But it is foreordained that you will be birthed. As you will find yourselves birthed in the physical form, you are being birthed into the remembrance of what you have always been. Who and What, yes.
- 1997-0131-054 This year will be a year of light, as we have spoken, and it will show up many shadows, for that is one of the functions of light. Some of the shadows at first you may not want to look at. Many of the shadows your brothers and sisters will not want to look at, for it will show the shadows, the dark places. The light that

1997-01-31 Oakbridge University Channeled by Judith Coates

- you have invited to be with you now in this time will show up the dark places for all of the brothers and sisters, whether they are in what you call the metaphysical set, into spiritual thought, or not, and they will wonder what is going on. There will be much pulling of the hair, literally and figuratively; much of the weeping and wailing and gnashing of teeth. I do like that word, "G-nashing."
- 1997-0131-055 Now, if you say gnashing, it is a bit softer than "g-nashing." And much of the g-nashing is going to be of the harsher type. This year there is going to be much of clarity brought forth.
- 1997-0131-056 You have come through your own struggle, your own hell. You have come through.
- 1997-0131-057 *I'm not through yet.*
- 1997-0131-058 Ah, let us work with that one. Let us, in fact, play with that one. What will it take now? What will it take to say, "I am through it"? What will it take?
- 1997-0131-059 *Some peace and comfort and satisfaction in my life.*
- 1997-0131-060 Okay. Now what will define the peace and satisfaction and comfort?
- 1997-0131-061 *Well, I feel like I have the setup in my life to use my time as I want to spend my time when I think what I personally would like to do rather than taking care of things that I really must do for my responsibility.*
- 1997-0131-062 Ah. Now, I would ask you, there is a shadow there that feels very heavy, very dark. Let us do a shift so that you can look upon that shadow a bit more clearly. Let us do the shift where, if you will receive it, beloved brother, what you are doing you have chosen to do; not because you have to, but because it serves a divine purpose.
- 1997-0131-063 *Like I can g-nash my teeth for?*
- 1997-0131-064 No. No, the teeth are already quite gnashed. They are polished. They have had enough of the g-nashing.
- 1997-0131-065 What you do, you do in Truth by agreement. You do not see perhaps the value, the grand value of what you do. But everyday where you go and who you interact with is a grand treasure. You bring the present of Light and the awareness of who you are into every meeting, every job that you do, every task, and you call forth from the ones that you are interacting with that same level of Christ meeting Christ.
- 1997-0131-066 *Okay.*
- 1997-0131-067 It is always the potential. You are not in a place where you are forced to be, although it feels like that. It feels like sometimes there is not choice about it. You say, "Well, if I had my druthers, I would have a certain sum of money in the bank or in a bag that I would carry with me, and I would shake the dust off this place, off of my sandals, and I would go to paradise somewhere, and I would live

**1997-01-31      Oakbridge University      Channeled by Judith Coates**

in the light of energy and I would teach others and I would study with others and there would be an interchange of information that would be most invigorating."

1997-0131-068 *Sounds great.*

1997-0131-069 Yes. Now, beloved brother, I will put it to you that what you are doing right now—this evening, yes, but right now in general in your daily activity—is the same. You are doing that because you are teaching others. They are teaching you as you have the eyes to see it.

1997-0131-070 *I keep hoping I will keep hanging out with people who are awakened, receptive, and that sort of thing.*

1997-0131-071 Ah, now let us look at this. What is your definition of awake and receptive?

1997-0131-072 *They don't think I'm nuts when I tell the Truth.*

1997-0131-073 Beloved brother, this was something that I worked with in my lifetime.

1997-0131-074 *You went through the same thing, I know.*

1997-0131-075 But I found that even ones who came and were most harsh in their judgment of me were the ones who were wanting the most intensely to know freedom and to remember the Father's love. The ones of the

1997-0131-076 Scribes and Pharisees were very much confined and constricted by their own teaching, their own box, if you will, of teaching. And the ones who would be most harsh because they saw me living a life of freedom, of joy, of outrageousness, because I dared to smile and to associate with others who also knew how to smile, they were most harsh in the judgment of me, but bottom line, they were most harsh in their judgment of themselves. They wanted to know, but did not dare claim the freedom, the love of the Father that they saw me enjoying.

1997-0131-077 *Yeah, that's what it is. The people who are judging themselves, they come down on me because I'm being something that is outside of their box.*

1997-0131-078 Yes, and if you will receive it, beloved brother, you have agreed at a certain level that you will be in their experience in order to show them that there is something beyond the box. You are as the piece of sand that gets into the oyster, and a great pearl is made after a while.

1997-0131-079 You are the one who will get in there and stir things up, and others will say, "I don't want to be stirred up," and yet they have invited you to do the very thing that you do, to stir it up, to show them that there is another way of being and of looking at things.

1997-0131-080 Now, you ask of yourself, "Well," you say, "Jeshua, that is well and good. Okay, I don't mind being the servant of the Father part time, but where is my joy?"

1997-0131-081 *Where is the stamina for doing this?*



**1997-01-31      Oakbridge University      Channeled by Judith Coates**

- 1997-0131-082 Ah, now we get to the important part. The stamina comes from the love that you already are; from the courage that comes from that love, the courage that has said, "Okay, one more time, Father, I will go into the fray." The stamina comes from the Truth that you know well within you, that you are never alone. What you do with these ones, you do not do alone.
- 1997-0131-083 *I feel so alone.*
- 1997-0131-084 If you did it alone, beloved brother, you would have expired a long time ago. Yet it feels alone. That is when the night seems to be the darkest. That is when you pray to the Father most intensely. That is when you say, "Father, be with me. See me through this. I believe in the dawn, but help me, Father, to believe."
- 1997-0131-085 Part of what you have agreed that you will do is to feel the aloneness so that you know human experience, so that others can relate to you and you can nurture them. I felt the aloneness. I had to feel the aloneness in order to speak with authenticity, the same as you.
- 1997-0131-086 I know the feeling of being alone as you do. That is why I can speak to you that you are not alone. I know that you know that you aren't alone.
- 1997-0131-087 *Yeah, I know I am not alone. I know it at some level very strongly, but we always think that, well, you know, that Jesus guy, He had this pipeline, you know, so even when He thought he was loved, He knew more than I knew. He had better coping skills. Maybe it's not true. Maybe the coping skills are the same as mine.... I always think, well, you know....*
- 1997-0131-088 Well put, beloved brother. The skills that you have in the pipeline are the very same as what I had in my human experience.
- 1997-0131-089 *That's really sad. I'm really sorry.*
- 1997-0131-090 No. You may celebrate. There were many nights that I prayed alone, many nights that I said to my Father, "Why do they not understand? Father, I know Your love. I know Your joy. I know that life can be whole, that the brothers and sisters do not have to go about diseased in body or in emotions. They do not have to suffer. They do not have to feel that they must judge others and put others down in order that they might be raised up a small bit." And I cried to the Father, "Why will they not hear when I speak to them? Why do they not see? Why do I have to be the one to carry the message to them?"
- 1997-0131-091 I said that. I said, "Father, if they are going to be so dumb, why do I have to be in the midst of them?"
- 1997-0131-092 *Right. And there's more to that. Why do I have to be one of them?*

**1997-01-31 Oakbridge University Channeled by Judith Coates**

- 1997-0131-093 But you are not. Even by the question that you have just asked, you have claimed in part that you are not one of them, for they are not considering that there could be something other than what and where they are.
- 1997-0131-094 You are considering and know that there is something else; otherwise, you would not be going through the birthing pangs that you are feeling; the torment.
- 1997-0131-095 *But I keep feeling, the body sickness is, the struggles of financial not there.... and the struggles of having to do this financial thing to play the damn game that everybody's playing, you know. If I didn't believe that I was one of them, I would do like you did. Just give up the life and go and find the teachers and do it.*
- 1997-0131-096 Beloved one, I am trying to say to you that you are amidst the teachers already. "What you mean, those are my teachers? Those, those are my teachers? Oh my goodness. Father, send me other teachers, please."
- 1997-0131-097 *I need teachers who tell me things, like tell me how to fix things, not asking me to tell them how to fix things.*
- 1997-0131-098 There is a grand treasure in the interchange that you find yourself in with these ones. Allow yourself as much as is possible to come to a place of appreciation for what they are offering you, grand opportunity, and for what you are finding within you that comes forth.
- 1997-0131-099 *Yeah.*
- 1997-0131-100 Yep, really heavy. Heavy stuff. Ha, ha. It's hard, yes. It's hard. It's hard. It's really hard. You have within you all of the wisdom that you have ever, ever had or ever will have.
- 1997-0131-101 *That's it?*
- 1997-0131-102 No. What seems to be and is judged to be pathetic is that you haven't quite yet claimed it. But I will share with you that whenever any occurrence comes up, even if a moment previous to that you didn't know how you were going to handle it, there comes a thought of how to deal with it. Always what you need comes to you, but perhaps not ahead of time as you would like it to.
- 1997-0131-103 *Then I think, oh if I say that, this person is going to totally blow me out of the water, you know. There was that situation just today, some reason you say. You can't say that. And I'm saying, "Like shit you can't." That's what I need to say, you know?*
- 1997-0131-104 Yes.
- 1997-0131-105 *But, I said, why not? You know, instead of like what I really wanted to say.*
- 1997-0131-106 Yes. Allow yourself as much as is possible to find a moment of peace within you and then to speak from that place. Now, there are times when you will find that

1997-01-31 Oakbridge University Channeled by Judith Coates

the guidance is very strong to be confrontive, to speak your truth in a certain way that is most direct and allow the pieces to fall where they have to fall, and there are other times when the peace, because you have touched that place first, will direct you to say perhaps the same message, but in a different way.

- 1997-0131-107 There are times when a soft word turneth away anger. In other words, there is a time when a soft word will cut through a resistance. There are other times, as with the moneychangers in the temple, when all they will understand is an equal force that meets them where they are.
- 1997-0131-108 You will know when you allow yourself first to breathe and to come to the place of peace within. It does not take long. You don't have to sit....
- 1997-0131-109 *Yeah, I need to practice that. It is just the decision what I want to do.*
- 1997-0131-110 Yes, and to breathe first. We have spoken how you have a technique in this world of counting to ten before a response is given. And the reason that that is so effective is because during that time of counting, hopefully you will breathe. Now, I know it is most possible to hold the breath and count up to ten just as fast as you can and blurt it out, but hopefully you will breathe within that space of time and connect once again with the very deep peace that allows wisdom to come forth.
- 1997-0131-111 It does not mean you are going to be a milk toast and allow others to walk over you. It means you will come from a place of power. Not because someone else is pushing a button and you are reacting without first connecting with your power, but it means you will come from a place of power because you know....
- 1997-0131-112 *Because I thought about it and listen to what they want to say rather than what you wanted to say.*
- 1997-0131-113 Yes, exactly.
- 1997-0131-114 *If I could do that, I wouldn't care about who I'm dealing with.*
- 1997-0131-115 And you can do that.
- 1997-0131-116 *Jeshua, at that point don't each of us have to be quite clear within ourselves that we are coming from our place of truth, but not have attachment to convincing the other person?*
- 1997-0131-117 Yes, very much so. That is why when you allow yourself the deep breath and perhaps sometimes more than one deep breath and you connect with that deep peace within, then you will ask of yourself, "Is this my issue or is it their's?"
- 1997-0131-118 *Yes, that is very important.*
- 1997-0131-119 And not judge self if you see that you issue it with certain hook in you. Do not judge yourself for that hook, but say, "Oh, okay, I see another aspect of myself that I didn't know before." You will be as the researcher about this. You are

1997-01-31      Oakbridge University      Channeled by Judith Coates

doing a grand experiment. All of this life is a grand experiment to find out more about self—with a small "s" and Self with a capital "S".

- 1997-0131-120 When you have connected with that place of peace within yourself...and there is no rush. There is, in truth, no rush to respond. You don't have to respond.
- 1997-0131-121 *If I don't respond, people go on with their trip. I guess that's okay. But they just go on with their trip, and I am being trampled in the dust behind them, so I feel like I do need to get a response in here so that I'll have a response.*
- 1997-0131-122 Let us look at that.
- 1997-0131-123 *I really hurt right now. And believe me, the questions are helping.*
- 1997-0131-124 Yes, there is no accident. When you feel that there is a need to have a response, that is a certain feeling of ego that says, "If I am to have value, I have to be in this interchange and give of something. Otherwise, they will think that I do not have value. Or I will think I do not have value, and I will get trampled in the dust."
- 1997-0131-125 That is a very commonly accepted image in this day and time. All of you have heard, you have been taught, either directly or indirectly by the parents, that you must stand up for yourself. As a little one you were taught, reminded to stand up for yourself, take care of your toys, don't let that other one run over you, speak your truth. It is the ego, that sense of separateness that feels it must defend, must stand up for itself; otherwise, who knows what will happen.
- 1997-0131-126 The Self of you—with a capital "S"—knows that you will never be trampled. Your Father, Who is the only one that really matters, is always going to love you. And if others go willy-nilly rushing past you in their great haste, hell bent for you know where, well, let them go.
- 1997-0131-127 *That's not my trip.*
- 1997-0131-128 That is true. Your trip is not to get tripped up by other's hooks. Your trip is the journey within to the place of peace. It is not your job to set everyone right, to try to save everyone, to point out to them where they are going wrong. You know that. You've tried that.
- 1997-0131-129 *I'm sure I do know that.*
- 1997-0131-130 Ah, it is something to contemplate. You are here as the servant of the Father, yes, but not to be in a place of egotistical separation, judgment of others that would say what they are choosing to do, be, and how they are choosing to react to others is somewhat less than perfect, imperfect, failing, wrong.
- 1997-0131-131 You are not here as the judge and jury. You cannot be, because you just don't know the whole picture. You don't know what lifetimes they have brought to this place in their experience. These lifetimes have bearing on what they are choosing

1997-01-31 Oakbridge University Channeled by Judith Coates

now, on the self-image that they carry of themselves now, and you cannot know what piece, what aspect they are doing completion with.

- 1997-0131-132 Maybe they have to be the greatest son-of-a-bitch in this lifetime until the place where they realize there's no joy in being that; maybe there's another way. And you, for all of your saintliness, stand there and say, "Well, there is a better way. Hey, there is a better way." They cannot accept that yet, because they haven't gotten to that place of saying, "Well, errr, I'm this full of being the son-of-a-bitch."
- 1997-0131-133 *Right. I guess my not knowing is more that not knowing when a person is being a son-of-a-bitch. Not knowing what I want to do with that. Whether I want to say you are being a son-of-a-bitch, I'm out of here, or whether I want to say, you are being a son-of-a-bitch, let me see if I can work with you now?*
- 1997-0131-134 I will give you the answer to that, and it is most simple. You work with the other ones when they invite you. If they do not ask of you, then you do not work with them. Not on the direct level. You work with them within yourself in that you behold the Truth of them, the Christ of them. You see the Christ at play in all of the drama that they are doing. You know that it is the Christ awakening, whether it be a gentle awakening or it be an awakening that comes out of the nightmare. That is not your responsibility.
- 1997-0131-135 You behold the Christ at work, yes. If they ask of you, you share. If they do not ask of you, then you take yourself off to a place of peace until they ask.
- 1997-0131-136 *Right. But there are situations that I am dealing with, I'm thinking of a particular awkward situation like today. Well, I was being criticized for something that.... and it's just like, don't be a dweeb, you know. And I could say, don't be a dweeb, and I just don't have the courage to do that. If I did say, don't be a dweeb in this situation, then I would just be like that would be it.*
- 1997-0131-137 What would happen if you said that?
- 1997-0131-138 *Light would happen.*
- 1997-0131-139 Yes.
- 1997-0131-140 *I mean, that would have been the most popular response. It would have been calling people on their shit.*
- 1997-0131-141 But in calling people on their shit, you are making a judgment that that is shit.
- 1997-0131-142 *Right. Right. I'm not saying.... Ah, that's right, it is. And you are not a dweeb; you are just dealing with your stuff.*
- 1997-0131-143 You may say to them, "In my perception, you are the most wonderful dweeb."

1997-01-31 Oakbridge University Channeled by Judith Coates

- 1997-0131-144 *Ha ha. Yes.*
- 1997-0131-145 And there you go. You are owning and you are saying, "Well, this is my perception of you, and you are most wonderful at it. You are the most wonderful dweeb. I really admire your dweebiness."
- 1997-0131-146 *It's a great word.*
- 1997-0131-147 Yes, it just rolls off the tongue.
- 1997-0131-148 *I think I made it up. I don't know.*
- 1997-0131-149 I think it is a grand descriptive phrase, yes. I shall see how often I can work it into the conversation.
- 1997-0131-150 *Yes. Exactly. But what I want to say is, you know, this was my choice, and it's a good one.*
- 1997-0131-151 Yes. As long as you find yourself where you are, know that that is the right and proper place for you to be. You have a feeling, yes, that you are going to be moving, you are going to be doing other things, and you are. But the completion has not happened yet. The peace has not happened yet, the place where you can leave it in peace. But I will share with you, it is not that far off.
- 1997-0131-152 *This is good. Although this far seems like a really far distance.*
- 1997-0131-153 If you can remember what you have just done in the last few moments and bring that into your relationship with others, the laughter...to laugh at self because, "Oh, you know I am feeling this. I am feeling this." Because you are. You are having those feelings, and they are intense, and yet to be a bit of the Beholder that stands outside and says, "Doing a grand job with this. Well, you are really into it." And to laugh at self; not in judgment, but to laugh at self in a light-hearted way and to laugh at others in a light-hearted way where you can see that it is all the divine awakening of the holy Child, for that is what is happening. And to be able to laugh your way through it.
- 1997-0131-154 You will come very quickly to the place of peace. You have desired to know a grand remembrance. You are in the perfect place now to gain that remembrance, that everyone you interact with is the holy Child at work, at play, awakening, and that all that matters is the laughter and the love. The rest of it is as dust.
- 1997-0131-155 *Jeshua, I believe we should let our Light shine, because there will be some who have the eyes to see that Light.*
- 1997-0131-156 Yes.
- 1997-0131-157 *We must have the courage to let it shine.*
- 1997-0131-158 Yes. And there are many different ways of doing this. And you will know each time how to do it. Sometimes it is to stand before Pontius Pilot in silence and in

1997-01-31 Oakbridge University Channeled by Judith Coates

love. Grand opportunity for me to have given a sermon. Great defense, and to say, "But I was only trying to help. They have misjudged me. They have gotten my message all wrong." et cetera. And there are times where you will let the light shine by the word of comfort, by the smile, by the knowing of the holiness of the one who stands before you.

- 1997-0131-159 And there are other times when there will be guidance that says to bring the power of righteous anger and to overturn the tables of the moneychangers to get their attention. Now, when I did that, I did not do it out of impulsive anger. In truth, I did not do it out of anger at all. I did it with great power, yes, for I wanted to make a point. And this was the only way that it was going to gain their attention.
- 1997-0131-160 And of course they were not happy with me. I mean, there was all hell to pay. So I allowed them to pay it. {Group laughter} And I did not worry myself about what they were thinking of me.
- 1997-0131-161 But many times you will teach with gentleness and with a smile, and with laughter that turns away the stone wall of resistance. All of you have experienced being in situations where you wanted the other one to see your point of view, where you "knew" what the right answer was and you wanted them to come around to your point of view.
- 1997-0131-162 And you have tried various methods. You have tried the certain preaching. You have tried the offering of a good book. "Here, read this book. It will turn your life around." You have suggested that they do certain rituals or that they come to certain meetings or perhaps that they just get their life in shape, et cetera.
- 1997-0131-163 Other times there has been a revelation that has come to you that, "Hey, maybe their life is in shape. Maybe I'm the one who is seeing it out of shape. Maybe what they are doing is perfectly appropriate for where they are in their process of awakening." And I will smile as my Father does upon them and allow them.
- 1997-0131-164 I don't have to try to make it all right. You see, if the Father used the same perspective of saying, "You know, there is a whole lot of shit going on down there. I'm going to get in there and straighten it all up..."
- 1997-0131-165 *He came and told us to stop being a dweeb.*
- 1997-0131-166 Yes, your Father does come and tells you to stop being a dweeb, but He does it with laughter. And He says, "You are the most wonderful dweeb. You are living that role perfectly. I am so proud of you. You have been given a certain script that says you will play this dweeb character, and no one has even described to you what a dweeb is. You have to figure it out for yourself. And, you know, you've done really well with it."

1997-01-31 Oakbridge University Channeled by Judith Coates

- 1997-0131-167 And the Father looks upon His Child and says, "How creative my Child is." For you are. And the laughter heals. It heals the soul. It heals the body. It heals the emotions. Allow yourself the insanity of laughter.
- 1997-0131-168 *Good. I like laughter.*
- 1997-0131-169 It is what will see you through to the place of true wisdom, where you will see that what is going on is not the hell that you have judged it to be. It is the divine outworking of the plan that you have agreed to, the awakening that is happening, and you may call it good even in the midst of all of the shit that is coming down like manure to make you grow.
- 1997-0131-170 You are doing very well with it. The ego judges self most harshly. When the judgment comes of yourself, recognize it as coming from the ego that would say that you are somehow separate from what the Father has created, that you are separate from the perfection that in Truth you really are. The ego will judge self harshly. The ego will come and give you all kinds of reasons why you are not doing whatever, or why the others are not doing what they should be doing.
- 1997-0131-171 In truth, the holy Child is doing the awakening, and it is a grand production that is happening. It is a grand dance as you do it all in concert one with another. It is even in divine order when sometimes you step on another one's foot in the dance.
- 1997-0131-172 For yourself, beloved brother, allow the deep breath. Count to ten. Count to ten in a foreign language; it will take a bit longer; and breathe. And ask of yourself during this time, "Where am I coming from? Is it judgment that would say that this is not all out-picturing the awakening? What am I called upon to do here? And if I do not respond, am I going to be of any less value? Or does it show forth my great power?"
- 1997-0131-173 For when I stood before Pontius Pilate, there were those who judged me to be weak because I did not speak in my own defense. And there were others who had touched a place of strength within themselves who recognized that it takes more strength to be silent than it does to run off at the mouth.
- 1997-0131-174 Silence and peace are your greatest strength. Let the others think what they will. Let the others go in their hurry to wherever they are going, in their own judgment, whatever it has to be. For yourself claim peace. For yourself claim the companionship of the masters who know who you are.
- 1997-0131-175 These ones that you play with, they do not know who you are. They do not know who they are, yet. And yet they are in the divine process of remembering.
- 1997-0131-176 In the work that you do, know that you are always in a great company of masters and you are the greatest master of all of that company, because you have said, "I will go once again into the place of forgetfulness to bring Light to my own remembrance and to others as they see my Light."



**1997-01-31 Oakbridge University Channeled by Judith Coates**

- 1997-0131-177 We have spoken that it has taken great courage for any and all of you to choose once again this reality. There are those of the brothers and sisters who accompany you in the Light who would not touch this plane of reality with their own laser. They say, "We will experience it with you, but do not ask me to partake. Do not ask me to enact that drama."
- 1997-0131-178 And you, because of your innocence, because of your courage, you have said, "Okay, Father,.."
- 1997-0131-179 *I'm game.*
- 1997-0131-180 "I'm game. I'll do it once again."
- 1997-0131-181 *Are you sure it wasn't ignorance?*
- 1997-0131-182 In truth, there is no such thing as ignorance. Innocence, yes, but not ignorance.
- 1997-0131-183 *So it's back to we knew what we were getting into?*
- 1997-0131-184 Yes. In general; not in specifics.
- 1997-0131-185 *And the innocent part sometimes feels like the innocence of someone who does it. Innocence can mean not knowing what the facts are.*
- 1997-0131-186 In truth, your innocence is not knowing separation. That is why I have called you innocent. For in that place of innocence you do not know separation from the Father. You know only as the small child, the infant. You know the Father's Love. You trust. You are—the heart of you—innocent. You do not know separation. You know the Love of the Father. You know that you are the only creation, that you are the Love sent forth upon this plane because of your own choosing. The same as I came upon this plane—of my own choosing.
- 1997-0131-187 *You know, I was aware of that. I can remember coming into this plane saying, "Hot dog, I'm here. I can do it now." And that lasted about a day.*
- 1997-0131-188 It lasted, in truth, beloved brother, longer than a day.
- 1997-0131-189 *Where the hope is not gone.*
- 1997-0131-190 No, it isn't. And what you felt—"Hot dog. I can do it this time"—is the truth. This time you are doing it. You, as you see yourself to be individuality and you as the collective brothers and sisters, are doing it, remembering, coming Home, bringing heaven even to this plane of duality that believes in separation.
- 1997-0131-191 This, if you will receive it, is the hardest time of all. It is the time when you remember and cannot quite yet manifest it.
- 1997-0131-192 *Oh, it's about time.*
- 1997-0131-193 Yes.
- 1997-0131-194 *Being asleep is easy compared to being in transition, man.*

1997-01-31      Oakbridge University      Channeled by Judith Coates

- 1997-0131-195    Yes, it is because you know that there is something more, something beyond it. When you are in the deep, deep, sleep, you do not question that there could be anything more. It may be painful. It may be conflicting, but you are in it one hundred percent, and you do not think of anything beyond.
- 1997-0131-196    Where you find yourself, and many of the brothers and sisters in this bridging time, is that you find yourself in a reality that is not your knowing of Reality—with a capital "R"—and you feel yourself far from Home.
- 1997-0131-197    *{Brother is crying.}*
- 1997-0131-198    Beloved one, you are not far from Home. You cannot be, because in truth you *are* the Home, the peace that we have spoken of. I'm not speaking of the chaos and all of the worldly activity, but the peace. You are the Home that you would seek to remember. You are the Home that others are trying to remember. The secret lies in the peace. The secret lies in the deep breath that starts the process of that peace and allowing you to connect once again with the power of that peace.
- 1997-0131-199    Then you are no longer the puppet, where someone else pulls the strings. Then you connect with your own power. You are a most powerful one. You are so powerful that you have temporarily manifested, created circumstances that seem to prove to you that you are powerless. That is how powerful you are. You have created what is seemingly unlike the Father, and yet all the while you are the peace that you would seek, and it is as close to you as the deep breath and as easily manifested as the laughter.
- 1997-0131-200    It also takes great courage to laugh, to smile in the midst of the chaos of the world when others are having their irate demonstration, their own small selfish tantrum. If you can stand and smile and behold the activity of the Christ awakening—even though it may be what you would see to be a terrible awakening—but if you can stand and smile and appreciate the Christ, it will change the whole energy.
- 1997-0131-201    *I can do that, and I will.*
- 1997-0131-202    Wonderful. You have claimed it and you are healed.
- 1997-0131-203    *I'll do it.*
- 1997-0131-204    In this moment, brother, you are healed. In this moment the perception has shifted. In this moment what has been as a heavy shadow is now seen to be as flimsy as gauze. You can see through it.
- 1997-0131-205    *Putting it into practice may not be that easy.*
- 1997-0131-206    Ah, beloved one, it is as you decree. Remember the laughter that is so healing for you. It is healing for others and for situations as well. When you can laugh and smile within yourself, it transforms everything around you. Whether anyone else

1997-01-31 Oakbridge University Channeled by Judith Coates

there is participating in it or not, you of yourself, because of the power of laughter, you can transform the situation.

- 1997-0131-207 And that, beloved brother, is the pearl of great, great price. It is priceless. It is what you desire to know. You could pick up the belongs and move to the place of New Mexico, Arizona, to the place of the sun, and yet what you want to remember, that treasure, would still be elusive.
- 1997-0131-208 *It's not there.*
- 1997-0131-209 That is true. It is there as much as it is here. And it is here as much as it is there. As you have now claimed it, you will be free to take that treasure into the land of the sun or wherever else you go, because you will know that your power is not dependent on what others do or think or say. No matter if they are having the most wonderful tantrum in the middle of the office...
- 1997-0131-210 *It does not matter who is having the tantrum?*
- 1997-0131-211 No, it does not matter.
- 1997-0131-212 *And it doesn't matter what their tantrum is?*
- 1997-0131-213 No, it doesn't.
- 1997-0131-214 *I'm glad to know that. And I'm going to write that every morning, because I have a tendency to forget.*
- 1997-0131-215 It would be wise to write it, yes, until it becomes so easy for you it will be not second nature; it will be, in truth, your true nature, first nature—to be light-hearted, to know that the Father is at work in everything you see, and to know that you don't have to do anything to make it right. You can smile and bless others with that smile. You are free.
- 1997-0131-216 It was a remembrance that I had to come unto also after I had journeyed and studied with many masters in many lands and I knew how to do miracles, how to transform energy, how to change the body, how to walk through solid structures, how to walk on water, how to walk on fire. I came back with a grand enthusiasm, and I knew that all of the brothers and sisters would be just waiting to hear what I had to share with them.
- 1997-0131-217 I knew that I was sent from the Father as a divine ray of Light to illumine others' experience of the human lifetime. And I knew they would welcome me with open arms. They would be so turned on by my enthusiasm, my God Self, that they would come and say, "Thank you for bringing back all of this wisdom and knowledge from the far countries. I want to know what you know."
- 1997-0131-218 Well, I found that they were so caught up in their own daily living, their own, "Well, she did this, and he did that, and oh, my goodness, where is the golden coin going to come from, and they have taken my goat away from me, and my house is

1997-01-31      Oakbridge University      Channeled by Judith Coates

falling down, and the Romans have done x, y, and z. Well, Jeshua, what you have to say I guess it's interesting, but I don't have time for that now."

- 1997-0131-219 I tried to say to them, "If you will listen to what I want to share with you, the time will take care of itself."
- 1997-0131-220 "Oh, oh, that's fine, I'll catch you next week," and off they went. And I cried to the Father and said, "What is wrong with me? Why can't I make them understand? Why will they not hear me?" And there was a place of aloneness, for I judged myself to be alone, to be failing, not quite good enough. There must have been some master somewhere that I didn't study with who would have given me the secret. How could I have missed him?
- 1997-0131-221 It crossed my mind to leave the country and go back on the travels and see if I could find one who would explain to me human relationships. Public relations; is that what it is called? Motivational teaching? Whatever.
- 1997-0131-222 *Politics.*
- 1997-0131-223 And then politics. Oh, yes. And as long as I had myself in that place of judgment of saying, "There must be something I have missed, they are not hearing me, they haven't caught the fire, there's something wrong with me," I felt most alone. And the Father, who is always with us, could not get through to me because I was denying the Oneness. I was speaking to the Father, yes, as I would speak to what you see as another individuality with a bit of distance between. And the Father is saying to me, "Beloved Son, I am with you. I am you in expression. I am that which you seek. I am here right now."
- 1997-0131-224 But as long as I held myself in the place of judging myself, I felt separation and I felt alone. I prayed and I prayed and I prayed and I wept and I wept and I gnashed until finally I came to a place where I was tired, a place of weariness, and I said, "I think I will rest for a moment." And in that moment, do you know what happened? I breathed a deep breath of peace, and the Father said, "Beloved Son, I am you; not only with you, but I *am* you."
- 1997-0131-225 *That's my problem.*
- 1997-0131-226 Yes. The Father is not separate from you, to be prayed to as a separate being. The Father is not a healing energy that is separate from you that has to be called in by certain techniques, by certain ritual, by certain value of being good enough. The Father is you in expression. You are expressing the life, the peace, the power and the love of that One Creative Force from which we have our own being.
- 1997-0131-227 So when you begin to feel alone...
- 1997-0131-228 *It's because I feel separation.*

1997-01-31 Oakbridge University Channeled by Judith Coates

- 1997-0131-229 Yes. It is because you have put up, even subtly perhaps, a distance between you and what you really are. And how you can claim it again is the deep breath, the rest.
- 1997-0131-230 It is wonderful what you do in the human experience when you get finally tired. It takes a while sometimes to get to that place of feeling really, really, really, really, really tired to the place of surrender. That is what surrender is all about. It is not about saying, "Okay, Father, here I am. I surrender." It is about that place of humility, humbleness that says, "I've had it with everything I have ever done. I am going to rest." In that place of rest is surrender. And in that place of rest is where the miracle happens. And the miracle is that the Father finally gets a word in.
- 1997-0131-231 *That word is called "grace."*
- 1997-0131-232 Yes. That word is called grace, and it transforms everything, does it not? Yes.
- 1997-0131-233 *It is cool, man.*
- 1997-0131-234 It *is* cool, man. It's the best place to be, the best place to abide, for it is in truth your Home. That place of grace, that place of rest, that place of peace.
- 1997-0131-235 *And I've been there two or three times in the physical.*
- 1997-0131-236 Yes.
- 1997-0131-237 *And I forget. I thought I'd never forget that.*
- 1997-0131-238 That is what you have said lifetime after lifetime. You individually, yes, and you collectively. You have said, "Father, I will not forget," and you come as the small one and you smile with the eyes that are full of love, unless of course the baggage of previous lifetime is too heavy and too much with you. For there are small ones who are born with the baggage of previous experience and they are most afraid.
- 1997-0131-239 And you have vowed, "I will not forget. I know that place of peace. I know that place of joy; once more into the fray. Yes, Father, I will, and this time I will do it." And in truth, this time you are doing it. Not a "will" do it. You are doing it. And how you know it is with the progress and the feeling of the tests. Each time something comes along that seems to be a challenge, a test, there is great rejoicing, for it gives you the opportunity not to deal with grand concepts and old worlds, but to be right there with the Truth of your being and know it. Yes, to "prove" it to yourself in the knowing.
- 1997-0131-240 It is one thing to attend all of the most beautiful meetings and to go to your religious organizations and be blessed upon the head by the Father or the priest or the rabbi or whoever and to come away with all of the sayings. That is a first step, a most necessary step.

1997-01-31      Oakbridge University      Channeled by Judith Coates

- 1997-0131-241    *It's a separation step.*
- 1997-0131-242    Yes, it is a beginning, and I am not down-putting. I am not down-putting that first step. That is important. But it is not to stop there. It is to come to the place where you are and where you are right now in this evening, where you know you have touched that place of knowing that says, "It matters not what others are doing. They are living their journey. They are living their drama. But I know I have touched that place of peace within myself, that peace of strength. I know, and it cannot be taken from me. Yes, they will bring me opportunity to look at it again and to test it, as you do the metal that has been through the fire.
- 1997-0131-243    The brothers and sisters, you have asked them to give you opportunity to fire your metal once again and to know the strength of it. But now in this evening again, you have touched that place of strength, and you will not depart from it. You will remember it.
- 1997-0131-244    A grand evening of healing.
- 1997-0131-245    *It's great. Thank you so much.*
- 1997-0131-246    Thank *you*, beloved brother, for I did not do it.