

Commitment of Joy & Discipleship

1997-02-09

{Following Geoffrey Sigworth's chanting}

- 1997-0209-001 All of you have called forth this evening, which in some way has seemed strange to you and in some ways familiar. All of you when you walked with me knew times of oneness brought forth by the vibration of tones and by allowing yourself to immerse the small personality into the vibration of tones to the place where there was nothing in the consciousness but the vibration of oneness. No thought of self, small self. No thought of activities. No thought of where you would be going in the next day or what had to be done. But a complete immersion in the oneness of the one Self.
- 1997-0209-002 You have felt in this evening a pulling, a remembrance, a drifting into it and then the mind of the modern time, as you call it, this specific focus of this time calling you back and the mind will play with you and say, "Well this is going on. That is going on. When is he going to stop? When is he going to do something else? Why is he laughing?" Do you know beloved ones, why he was laughing? Because the tones bring forth the joy of the heart. The tones bring forth the bubbles within that cannot be held back.
- 1997-0209-003 For all that you would bring to the tones and the vibration, all that you would bring with the mind and what was stirring up within you, as you will allow yourself to become one with the chanting, with the vibration, to lose sense of small self. All of those activities are released, forgotten temporarily and you find yourself in the place of the Christ, the place of remembrance of oneness. It is not difficult to do. Most joyous, no?
- 1997-0209-004 What was your feeling as you watched the beloved brother burst into laughter? It was a feeling of joy, yes. Most contagious. You did not know exactly what occasioned it. What was bringing it forth and beloved brother will speak that there was a surface reason, a reason of the mind and yet it came from the depth of the being that said, true nature, my true nature is one of joy. I will rejoice and be glad in this expression. Thank you beloved brother for reminding us of what has been known and felt and experienced many, many times.
- 1997-0209-005 There is a familiarity known as your folk music now, Eastern and Western as well, that is akin to what you have just allowed yourself to experience. For in truth, beloved brother did not bring this gift and throw it upon you, but you have called it forth in this evening because as we have spoken so often, this is a week of the heart. It is a week of remembrance and there will be many remembrances and occasions of remembrances that may at first seem a bit strange and yet familiar all at the same time.

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- 1997-0209-006 For you are doing as we have spoken in the previous evening, you are doing the bridging bringing the experience of the son of man into the expression and remembrance of the Son of God. And you will occasion for yourself many different avenues of the remembrance one of which being the beautiful flowers.
- 1997-0209-007 Know you that you are the manifester of the flowers? Of the perfume of the flowers? Yes. If you will receive it, you may reach the same state of oneness as you have touched with the vibration of the tones by inhaling deeply of the perfume of the flowers. It will transport you from the place of identification with small self to the place of oneness with your creations. Beautiful, every creation that you have brought forth, beautiful remembrances.
- 1997-0209-008 Beloved and holy and only child of our Heavenly Father, Child of the one Source. Know you what that means? You are beginning to remember, Child of the One Source, from the one Creator, Child of light divine. And yet to speak of light puts it into the realm of physicality and into the realm of what you would see as concept. And you are even beyond that.
- 1997-0209-009 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 week of remembrance, once again. Thank you beloved angel. Will you do me the favor of allowing your tones to be the closing for this evening? And yet no evening is ever closed. It is always ongoing.
- 1997-0209-010 You have already allowed yourself to touch the place of the Christ. You have already allowed yourself in this evening to be swept into the circle of the vibration that you are. Many of you felt the vibration, felt yourself wanting to move and even if you did not do the physical movement, there was a movement within of the heart chakra opening, responding, expanding to the place of holy remembrance, the place from which you have come into this experience to manifest and express the Christ.
- 1997-0209-012 In times when the world seems too much with you, too many activities, too many of the deadlines -- and that is what they are if you allow yourself to get caught up in them. When the world is too much with you, if you will allow yourself to breathe and then to just to rock, to move in the circle and to feel the vibration of the circle of oneness.
- 1997-0209-013 Know you that is why it is so comforting when you are the small one, the babe in arms and you have the rocking motion from the mother or the father. You are in motion all of the time. You are vibration in expression all of the time. And as you will want to come to the place of conscious remembrance of holy communion with the Father, allow yourself the simplicity of a tone and of the simple movement. If the body feels like moving, allow it. For many of you in this day and time go about quite armored carrying with you many memories of this lifetime and previous

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lifetimes where it has been deemed necessary to be ready for whatever would happen.

- 1997-0209-014 You are in a state ready to jump, ready to run, ready to respond, ready to have the right answer, ready to defend and yet the holy Child needs no defense. The holy Child is beautiful and radiant and needs no defense.
- 1997-0209-015 Allow yourself to hum a tone. For in truth, all of you are vibration as we have said and all of you have a vibration that is your own. In the days to come you will become so sensitive, so much in remembrance that even the physical ears will be able to hear your tone and others tones. There will be a hum. There is now, but you have not attuned yourself to it because there has been seemingly a necessity to focus on other matters.
- 1997-0209-016 But in the days to come you will hear as you approach one, their hum, their tone. Already you feel it. Already you recognize it at a certain level. For as you have met one and you are in their presence, there is a feeling of peace or there may be a feeling of inharmony. Not said in judgment, but you have ones that you will be with and you immediately relax in their presence. You feel at home. You know that you let down the guard, you can be who you are, thank God for that, and you can let it all hang out.
- 1997-0209-017 with others, you feel that you have a certain remembrance that you have to armor the self and be quite ready for who knows what and you go about life with a certain amount of rigidity. But the body is going remind you of. It is going to call out to you and say, "For heavens sake put that shoulder down. For heaven's sakes, let it go. Let the neck relax." Know you the relaxing motion of the neck? It is the circle again, allowing it to go in the circle freely even to the point where you may feel a bit dizzy and that is good because in that moment of the dizziness you are releasing specific hold upon this focus.
- 1997-0209-018 You are all a tone, a beautiful symphony of tone. Each one plays a certain vibration, an angelic vibration that you chose in the moment of creation and sometimes you allow yourself to be in tune with it and to express it. Other times you judge self and it is as you would put the bushel over the head and over the light and you keep your tone, very, very quiet within you.
- 1997-0209-019 Other times there is great joy and great laughter. Exuberance and you allow the tone to come forth and the holy Child plays does she not?
- 1997-0209-020 You will be remembering in this week, many avenues that you have used effectively and beneficially in this lifetime and other lifetimes, to release the very specific limited focus and to come again into the place of the great pool of oneness, the pool of love.

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- 1997-0209-021 This will be a week of healing. Physical healings, yes. Emotional healings, healings of self-image, healings of relationship, healings of all of the old wounds some of which you have been afraid to look at for many, many lifetimes and would deny that they are even there and yet they come at most inopportune times and remind you that there is something that has not yet been seen in holiness. This will be a week.... {Sister yawns} It is quite alright beloved one. The yawn in again the intake of the holy breath. The yawn again allows you that place of connection and remembrance of oneness.
- 1997-0209-022 You have so many arbitrary rules of society. It is heavy baggage. You have to remember how you "should" look, behave, react, what you should say, how you should deport yourself. In many lifetimes you have gone to an early releasement of body because you followed such a strict letter of the law that the life was no fun and you said, "Let me out."
- 1997-0209-023 If you feel to yawn open the mouth wide and let it be a moment of joy and a moment of oneness. Yes, it is a moment of communion of Spirit for you take in the Spirit, the inspiration of the holy breath and allow the body to have what it is calling out for. And you do not have to worry to cover it up. Good heavens, you all know what a yawn looks like.
- 1997-0209-024 It is the same with the other activities of the body. The body will make certain noises. Most natural and as you try to constrict the body to make it be quiet, what happens? It gets even more rebellious does it not?
- 1997-0209-025 {Continuous laughter}
- 1997-0209-026 You have all known culture, society where great enjoyment after a meal was to allow the noises of the body to be expressed. And ones took it as a great compliment that the feast that had been provided was appreciated. But now you say to the body, "Oh no. You can be seen but not heard."
- 1997-0209-027 And if there should be a sound of the body, "Oh my goodness. I didn't do that. It was a squeaky floorboard."
- 1997-0209-028 {Laughter continues}
- 1997-0209-029 You have all played the game and that is what it is. And now you are coming to the place where you have just been, of being able to laugh at all of the arbitrary "shoulds" that have been so heavily given to you as chains that would bind you into certain behavior and certain judgment. Allow the body to hang loose. Allow the body to do what is natural for it. And if you need to take the body somewhere to care for it, do that and do not apologize to self or to others. Do what is necessary and be in great enjoyment with the body.
- 1997-0209-030 This goes the same for the enjoyment as what is known as sexual union. Now you did not know I was going to speak of that this evening did you? My beloved friend

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and teacher did not know it either. Enjoy the body in sexual union. Why do you think you have brought forth certain feelings, physical feelings of the body? Not to deny them, but to enjoy them in sacred remembrance that you are the God that has brought forth the physical vehicle of the body and every part of it is sacred and divine.

- 1997-0209-031 As you will give yourself to another one in joining, allow it to be a sacred communion on all levels. For as woman -- I speak here of historical perspective, very short, recent -- but as woman will give herself to man it is a great gift that she gives for there is love that is given. And as man will give himself to woman it is a grand gift of trust and of union to the place of remembrance that you are one.
- 1997-0209-032 Separate design patterns perhaps and seemingly different plumbing, but there is the union. Why do you think you even use the word "sexual union"? It is to remind you that it is one. Two seemingly coming together. Joining bodies yes, but even more than that, joining hearts in gifting and in trust.
- 1997-0209-033 For if you will join another one and there is not trust, there is constriction that the body feels and it is not pleasurable. It is not true communion and the body itself will manifest certain outward symptoms that will manifest for you what you have been feeling on the inner. And you will come up with a disease, temporarily, that means that you have to go and take care of it and you no longer can be engaged in that practice for awhile.
- 1997-0209-034 You are great creators. Allow yourself to enjoy the body. That is one of the things we will be speaking of in this week, we will be speaking of your creations. Everything that you have brought forth and the body is one of your creations.
- 1997-0209-035 This week as you allow yourself to move and to visit all of the beautiful sacred places on this island, be aware of how the body serves you. Already you have been mountain climbing. Already you have been hiking. Give great thanks to the body for it allows you to go where you want to go. Enjoy it. Revel in it as the child does. As the child is finding out what the body can do. What it will allow you to experience and how you work together as partners.
- 1997-0209-036 When you walk along the beach in the bare feet and you squish the sand between the toes, be aware of the crystalline energy of the sand, how it feels with the toes, how the toes expand because you are no longer holding them tightly within the sandals. Another symbol of how this focus of lifetime, how you armor yourself.
- 1997-0209-037 You are taught as a very small child. At first you run around barefoot until you manifest for yourself that there are the sharp stones, and there maybe the small insects that aren't too happy when you step upon them and your parents have

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said to you, "Put on the shoes. If you are going to go out to school somewhere, put on the shoes." And you begin to confine yourself even without thinking.

- 1997-0209-038 Now, beloved ones, yes, you are allowing the Christ to feel free once again, to be in communion with vibration of our Holy Mother, the Earth as you walk upon Her, not having to have the insulation that keeps you a bit distant from Her energy and from your energy as you blend it and merge it as one.
- 1997-0209-039 Be aware in this week of every blade of grass that you walk upon, every flower that you pass, every tree that in truth is speaking to you. Know you that every tree speaks to you as you pass by? And quite often they say, "Huh, there goes another one, focused in the head. Armored of heart," and yet the tree is calling out to you and would commune with you. Every tree.
- 1997-0209-040 So allow yourself to stop in everyday and speak to the trees. Hug the trees. Be again in that oneness of the circle with the hug. Know you that is why you enjoy the hugs so much? You enjoy the circle of oneness and the energy of the love that is exchanged, yes, but more than that it is remembered to be your very nature. It is remembered to be who you are. So hug often the brothers and sisters, yes. The trees, the small furry animals, the pets. Allow the heart to be open.
- 1997-0209-041 Watch the power of the waves. Watch the waves as they gain momentum and crash upon the shore. And allow yourself immersion into that power for if you will stand and focus only upon the waves you will feel movement of oneness that takes you back to the remembrance of the Christ. Praise the heavens and all of the stars that are so beautifully expressing for you in this place. Radiant jewels that you have put there for your enjoyment and you have come apart awhile to this island to remind yourself of the beauty that you have created.
- 1997-0209-042 Now you have created all of your grand cities, all of your interstate freeways, beautiful terminology. What are they free for? What are you free when you are on the freeway? No, I watch you and you are not free. You are very much constrained and very much armored, very much wondering what the others are going to be doing in their vehicles, having to watch out.
- 1997-0209-043 But you have brought forth all of your grand cities and all of your freeways and all of your concrete and your high rise buildings, and if you will receive it, they are beautiful as well. It is in the eye of the beholder, is it not?
- 1997-0209-044 But you have taken yourself apart for this week to reconnect with the beauty in this fashion, the beauty of what you call nature so that when you return to your other creations, you will take with you an appreciation that has broadened and you will be able to look for the beauty even in your large, very busy cities and you will behold the blade of grass that is growing through a crack in the sidewalk, and the flower that blooms out of what is called the tarmac and you

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wonder how a flower could grow there? You have eyes to see beauty that perhaps you did not stop long enough before you came away to appreciate.

- 1997-0209-045 Now in this evening we will be speaking of the Level I -- there you go again with breaking things into distinctions and levels -- of commitment of discipleship and the joy of discipleship. In truth, if you will receive it, all of you have walked with me. You have wondered, many of you have asked me. All of you have been my disciples in the lifetime when I was known as Jeshua and all of you have been my disciples in what you see as linear history, other lifetimes since then as you measure history.
- 1997-0209-046 What I ask of you in this evening is to become now the disciple of the Christ, but not me as you would see personality. To become aware and to serve as the disciple in awareness to the Christ of you. That is the true discipleship.
- 1997-0209-047 Now, if it be known you have all decided and decreed that you will be disciple to the Christ of your being, otherwise you would not be here in this evening. There would be other issues that you would be attending to and completing. You have all decreed that you will be a disciple to the Christ, the Christ that is beyond this world, beyond all of the activities that are necessary, yes, in the world. Things that have to be attended to, but that you will go beyond the voice of the world to hear the voice of the Christ, which is you.
- 1997-0209-048 And already in this evening you have allowed the voice of the Christ within you to speak. For you have felt the simplicity of oneness. You have experienced the joy of oneness. Completely illogical to the mind, and yet the mind would like to get in there and dissect it and say, "Well this is the reason," but the heart does not need reason does it?
- 1997-0209-049 The heart celebrates. The heart knows oneness. The heart allows the emotions to come forth. Great freedom. Allows the energy of the Christ to be in motion. That is what emotions are. For all of the emotions come from the place of the Christ. They are filtered a bit in expression and very much judged by this point of focus. The emotions are the Christ in activity. It is the heart expressing.
- 1997-0209-050 You have brought yourselves to this wonderful paradise. It is, if you have eyes to see and the ears to hear, heaven upon earth. There is also possibility to get caught up in human judgment of self and of others and you will experience relationship healing, relationship challenge to the place of healing, to the place of great joy where you are able to shrug it off and to say, "The holy Child does not have time for this. I will rejoice and I will be glad and that is all that matters."
- 1997-0209-051 You have brought yourself to this place of heaven upon earth in order to reconnect with the heart's desire. Now what is the heart's desire? There are many levels of answer to that. There are many goals that you would set for yourself, that you would say, "I desire to experience love in a relationship. I

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desire to experience companionship. I desire to experience the flow of the golden coins so that I know instantly I will manifest whatever needs to be and there will be some reserve in the bank."

- 1997-0209-052 Now in truth, all of you manifest instantly whatever you need. That is how you got here. Some of you are saying, "Oh, but I wish I had the second part of the reserve in the bank." Well in truth, you do. There is more where this came from is there not? Of course.
- 1997-0209-053 Perhaps the heart's desire is to serve in a certain way, a vocation, a calling, to provide for the brothers and sisters an avenue of healing, of teaching. A place where they can come and reconnect with the Christ of their being. There is the heart's desire to provide that as you have done in many lifetimes.
- 1997-0209-054 For what is the heart's desire in this lifetime is not new to you. They specific heart desire in specifics, that is not new to you. It is something you have done many times with the help of the Brotherhood. Many times. All of you so gathered.
- 1997-0209-055 So it is not by accident that it comes again into the conscious mind and says, "This is what I would like to do. This is my heart's desire. I want to allow the brothers and sisters an avenue to remember, to be inspired, to come up higher in their remembrance of who they are." And you have heart's desire in specifics.
- 1997-0209-056 But the heart's desire, beloved ones, goes even deeper than that. For you desire to remember now who you are. For in that remembrance, all of the specifics will be fulfilled. As you remember that you are the most beautiful radiant Child of the Father, perfect. You have never sinned. You have never made a mistake. You have played, you have experienced, you have run in the meadow of the Father. You have chased the butterflies and you have expressed freely.
- 1997-0209-057 As you remember who you are, then what you desire to manifest as the specific heart's desire will manifest for there will not be what you call the block to it. Not even the belief in process of time. The heart's desire is to know who you are as the Christ. To come Home again in the realization that I am the Christ that my Father created, seemingly aeons of time ago and I have adventured. Oh, I have adventured. I have had grand adventures in this plane and other planes and other dimensions that I can only imagine and adventures even beyond what I can imagine now. I have played, I have adventured for I have never left my Father's Kingdom for I have always played in the meadow of that Kingdom. Why? Because you are that Kingdom. It is within you and you carry it with you into every adventure wherever you go, whatever you look upon. The kingdom is right there for the asking and for the communion. It can't be anywhere else except where you are.
- 1997-0209-058 As you come again into the remembrance of the Christ of your being and you allow the joy to come forth, that perhaps you did not plan, was not in the script,

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and yet it could not be suppressed. As you allow that joy to come forth you will feel great power in the joy.

- 1997-0209-059 For know you that nothing can be brought forth without the joy? You have tried, mentally to bring forth whatever would be in the specific focus of the heart's desire. You have sat with much of complexity of the mind as to how this could be accomplished and you have done grand rituals. You have sought out the greatest teachers. You have gone to all of the workshops. You have read all of the books. You have gone about it as a great, great task, and yet what allows it to become manifest is the joy, the energy of the joy that says, "It is already here. My God, I thought I had to search for it. It's already here."
- 1997-0209-060 Those of you who would know community, look around you. What are you manifesting in this evening, in this week, this gathering? You are manifesting community with all of its beautiful challenges, and all of its beautiful love and friendship and sharing and revelations.
- 1997-0209-061 Those of you who would manifest a place of healing for others, what is taking place right now? As you interact with other ones and you see the Christ of them? That is the healing. For in truth, the healing of the body comes after the healing and recognition of the joy of the soul. The body is an after effect.
- 1997-0209-062 But as you allow yourself to be in great joy of expression and reconnect once again with the child, the body says, "Oh, I am free now. I can now be what I was designed to be," and you let the armoring go down, you release it because you are too busy having fun, listen to the friends who are telling jokes. Looking on the light side of things and miracle of miracles, the body feels better.
- 1997-0209-063 For you are in love. Great place to be. How does it feel to be in love? How does it feel to be in love? You can remember how that feels. Yes. Uplifting, yes. And you lose sense of small self because you want to be with that other one to know what their revelations are, how things have been for them in that day. "Tell me, how is your day? What did you do? What do you see? I want to share this joke with you. I want to share this revelation with you," and you lose sense of small self and you were turned on with life, with being in their presence. And all of the complexities of the world, of what has to be done, should be done, must be done, is lost in that happiness.
- 1997-0209-064 Then you go through various challenges of relationship, various challenges of image, various challenge of how this relationship should look, to the place where you say, "What the heck. What the heck. I will let it all go and I will have fun. Tomorrow, I may pick up the heavy pieces, but for today I will rejoice and be glad in it. I will be the child that does outrageous things." And by doing that you allow other brothers and sisters to connect with their freedom to do outrageous things. Feels good.

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- 1997-0209-065 The joy that you known in love has not left you. It is not something that you experienced at one time, and then well, gosh, I don't know, I don't deserve it any longer or I've gone past that or I'm into another stage, or whatever. That joy of being in love is with you in every moment.
- 1997-0209-066 Turn, turn to the one next to you. Find the one next to you. Look, you two there, go closer. Look into the eyes of that one. Look into the eyes of that one and see the love that is there. Behold the joy of the holy Child once again, the innocent joy that is there. I will look into your eyes for I know who you are. And I will look into your eyes great master, because I know who you are and it is wonderful.
- 1997-0209-067 Look into each one, the eyes of each one and speak to this one silently. Do this, do not be shy. Look into the eyes of this one and speak silently to the one what you feel in your heart. Rekindle the remembrance of what brought you together in the first place. Great joy and appreciation for you saw in this one the Christ. That is truly what you saw. You saw love. You saw intelligence, vibrancy. You saw something that uplifted you. It was the Christ and that Christ has not gone from you. That Christ is always you and that Christ is always in the relationship waiting each moment just to be seen.
- 1997-0209-068 And in a moment, you may be doing something else and all of sudden you will look at that person and you even forget what you are talking about and you look and you say, "You have the most beautiful eyes. I love the way your eyebrows grow. Do you know you have the most expressive eyebrows? Yes, you do," and you will look upon one and you will say, "I never noticed that about you but how wonderful you have created yourself to express. How wonderful you are," and you rediscover in that moment the Christ again.
- 1997-0209-069 Christ is not far from you. Christ is not upon a cross hanging there or taken down from the cross. Christ is not something that happened aeons of time ago and is only written about in your holy Scriptures. Christ is alive and well in this room. You saw the Christ in this last moment. A bit of shyness perhaps, but the Christ is alive and well and expressing and beautiful she is. Great courage. Great love that has brought you here. Great gentleness. The Christ, alive and well and rejoicing in this evening.
- 1997-0209-070 In this week as you celebrate each blade of grass, each tree that speaks to you, yes, great power. Wow! A bit of a shake up. The body will do that as you manifest it within yourself. For the body is the outward expression of what you are allowing yourself to connect with inwardly. The body is the after effect.
- 1997-0209-071 Now, I would speak to you of something very important here. As you go through physical challenge, you will call it, do not judge self and say, "There must be something wrong with me or the body would not be behaving this way. I have what is termed a disease, that means then I must be diseased within. Jeshua is

saying that the body is the after effect of the within," and it is. But if you are going through physical challenge and the body is showing forth what is judged to be disease, do not judge self as failing or lacking. For there are many reasons, not the least of which is to teach others and yourself that there is no stage of being that is to be judged as lacking or failing or unholy.

- 1997-0209-072 The condition that you find yourself in with the body is in divine process and serves you well in your remembrance and serves a divine purpose for the brothers and sisters as well. So if you find a time interval in the lifetime be it a day, a week, years, or the whole lifetime where there is something that would be judged to be disease of the body, do not judge self as failing and say, "Well if I only knew more or better or if, if, if," all of the if's. You know them well.
- 1997-0209-073 What you are bringing forth as manifest form of body is divine and it is in divine process and serves the Father, it serves the atonement. It is the way of human judgment to look upon everything and to say, "This is good, this is bad. This is somewhat good. This is somewhat bad. Oh, this is really bad." That is the way of human, up to this point, experience.
- 1997-0209-074 But you are now as the reawakening Christ, changing all of that where even in the process where the body will be speaking to you of certain seeming disease and inharmony, you are able to see the divinity in the process that is happening and give thanks for it. That is what is most important, because in time, in your own divine timing, you are going to release the body. Or you are going to transform it and ascend it and I will share with you that there is nothing more holy in the ascension and nothing more holy in the releasement of body. In other words, one is of no greater higher level or value than the other.
- 1997-0209-075 Now there has been teaching that you must enlighten yourself to the point where there would be physical ascension and if you did that you would be the most saintly child of the Father. There has been great teaching of that. And you have gone through lifetimes where you have not ascended the body even to the last moment and you have released it and there has been feeling because of belief and teaching feeling that you had failed. "Oh my goodness. If I had been a better priest, a better master, a better teacher, I would have ascended the body. I failed. I'll have to go back and try it again." You have all felt that.
- 1997-0209-076 In truth, beloved ones, you have ascended the body already. Otherwise the concept of ascension would not mean anything to you. You have already ascended the body. You know how to do it. You have done it.
- 1997-0209-077 This point of focus, most of you have written a different script where it is not necessary to ascend the body. Some of you will ascend the body, but it not necessary to ascend the body in order to be spiritual, holy or to be the Christ. It

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isn't that the ascension is the grand exam that you have to pass in order to attain the Christhood. You already have ascended the body.

- 1997-0209-078 This lifetime most of you have scripted another way of releasing the body and ascending what cannot be held upon this plane anyway, the consciousness and the energy of being. And the body will be returned from whence it came to the dust of our Holy Mother, the Earth. The energy of you called light, cannot be held upon this plane and will not be and that will ascend. But you do not have to do a grand show of the fireworks and allow the body to ascend.
- 1997-0209-079 All of you will release in time, the body, one way or another because you will look into the next room of the Father's mansion and you will say, "I wonder what is in there? Hey, I want to go in there and see what I can do there." And with that thought, you will be off to a new experience, a new expression easily.
- 1997-0209-080 There will be no thought that you have to stay here any longer when that realization, when that desire becomes real in your awareness. And you will go easily.
- 1997-0209-081 So while you are expressing and experiencing with the body in this lifetime right here, enjoy. That is part of the discipleship to the Christ of your being, to bring it all into the holy oneness of experience. Not to deny the body. Not to deny all of the beauty that is around you. Not to get so caught up in the heart's desire of specific that you forget the underlying heart's desire to know and remember the Christ that you have always been.
- 1997-0209-082 Allow yourselves to read the books that uplift, the inspirational books. Allow yourselves to watch the programs on your square box known as the TV, that are uplifting and also the ones that are of grand, grand adventure and look for the divine plan even in the seeming violence, as you call it, look for the divine plan.
- 1997-0209-083 In other words, do not judge any offering upon your square box as not having a gift for you. Keep foremost in your awareness the desire to see the divine plan and the Christ at work in everything that happens. For the Christ is very much alive and well and at work in everything you bring forth to experience. It cannot be otherwise.
- 1997-0209-084 You can judge it, yes, but what allows you the judgment? The power of the Christ allows you to be in judgment. So even in the moment of judgment you are still being Christ using that power. You cannot be apart from it. But I will share with you that it is much more fun to be in the awareness of the Christ that is expansive, that knows the oneness with the tones, with the motion, the simple motion of the circle, of oneness that knows the opening of the heart chakra in great love that reaches out with the arms and gives great hugs. All of you are great huggers. I have seen this.

1997-02-09 Oakbridge University Channeled by Judith Coates

- 1997-0209-085 Allow yourself to know the Christ. {Loud static interference on the sound system}
Do you see your power? Who brought that forth? It did not just happen. You brought it forth. Great powerful manifesters that you are.
- 1997-0209-086 Allow yourselves to look for the Christ in every interchange be it with brother, sister, seemingly inanimate object. Be it with the tree, the bird, the insect, the stars of the heavens. Allow yourself the fullness of rejoicing as the Christ. Be the disciple to your own Christ. In that way you serve me for we are one and as you allow yourself the awareness to look for the Christ always, I will share with you a grand secret, you will not be able to keep it just to yourself. It will be most visible. It will be most expressive and it will come forth in a great smile, great cosmic laughter for the Christ enjoys laughter.
- 1997-0209-087 **Yeah.**
- 1997-0209-088 Do you feel the expansiveness? Of course. Allow yourself in everyday one good joke at least. Tell it to the mate. Tell it to the friends. Look for the Christ in the mate's eyes. Look for the Christ in the friend's eyes. Stop in your busy schedules long enough to really look at the person who stands in front of you or who is passing by. As you go in your great malls, look into the eyes of everyone. They will be most surprised and it will give them pause for thought for what everyone of the seemingly individualized expressions of the holy Child, what everyone desires most is to be recognized as the Christ. To be recognized as valuable and as you will give of your valuable attention, to look them right in the eye and to smile perhaps, it acknowledged the presence of the Christ and they will go from that very brief perhaps, interchange. They will go transformed for they have seen one who cared. Cared enough to look for the Christ.
- 1997-0209-089 And as you behold the Christ in another, you cannot keep that from yourself. Be the disciple to the Christ of you and in that we serve the Father.
- 1997-0209-090 So be it.