

Friday Evening, Maui

1997-02-14

- 1997-0214-001 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 this evening in your timing as you have chosen to call me forth. Great joy, for indeed that is the place where you are in this evening, a place of celebration. Is that not true?
- 1997-0214-002 Yes.
- 1997-0214-003 A place of the heart and a place of connecting with all of the energy of the Christ. I see that you have decorated the dwelling place. You will put in the outer, the symbols even the vibrations of joy in the colors. A day of the heart. A day when you give your heart to another one or ones. Have you remembered in this day to give your heart to everyone that you saw? To smile? Yes, you did. To be happy with self? And to be happy with others and to give your heart in openness and in trust. For indeed the heart will not get trampled. The heart is very resilient for ever ongoing renewing.
- 1997-0214-004 In this day you have celebration to remind you, excellent way that you bring forth reminders. Every so often you have a holy day where you will celebrate, have a reason to remember the joy of being. And in this special day you have set as the symbol of remembrance, the heart.
- 1997-0214-005 This week has been a week of the heart, so named by you for you desired to come to a place of connecting with your own heart in simplicity, in love, in joy and connecting with the heart of the brothers and sisters in play. This has been a grand week for I have watched you as you have allowed the heart to open, as you have allowed all of the chakras to open and as you have gone about it in simplicity, not wondering how to I do this? But you have just enjoyed being one with another and in that you have allowed the heart to heal and to remember holiness and to be in great joy.
- 1997-0214-006 For all of you as you arrived in this location in what seems now to be a long time ago. Does it not seem to be awhile?
- 1997-0214-007 Yes.
- 1997-0214-008 Yes, even for you. You have made great strides in what you would call the journey back home, and yet the journey is without distance. It is within, it is you. Where you would go, you already are. And in this week you have allowed through simplicity the heart to open, to heal, to celebrate and to be acknowledged once again.

1997-02-14 Oakbridge University Channeled by Judith Coates

- 1997-0214-009 It is a day, this day, when you celebrate love. Ones of you will celebrate love on the human level. You will give unto the ones that are of special relationship in a certain sense of judgment, you will give to them your heart.
- 1997-0214-010 But more than that, it is a day of love in the universal sense where you have been in this day where it did not need to be limited just to one special relationship, one special person, but you found that you were in relationship with everyone that you met. And in that you have celebrated the Christ.
- 1997-0214-012 That is what this week has been about. It has been a week of allowing the heart to open. Not to force it open, for you have tried that in various techniques and you have said, "I should be open. I should love everyone. I should allow them, but I don't feel very good about things and," etc. So you allowed yourself to come to a place of great beauty. You allowed yourself to come to a place of reunion with family and you allowed yourself the freedom from the usual worldly activities of responsibility that you know so well, and you allowed yourself a window, a time apart. And in that allowance, you gave yourself the give of simplicity. The gift to enjoy, that is the secret. It is not hidden from any of you. That is the secret of the Christ.
- 1997-0214-013 That is why when I come and I speak with you, I say to you it is in great joy, those are not just flowery words just because they will sound good to Beloved Elder when he transcribes them. I come to you as the Christ that we in great joy because that is where the Christ abides. In love, yes and in joy for when you allow yourself the expansion that comes as love, there is nothing left to do except to laugh, to be in celebration, to smile and to go with the freedom that the world does not know.
- 1997-0214-014 Love has many meanings. Many meanings as you will see the individuated energies of brothers and sisters upon this plane and as many means as there would be understandings of other planes and dimensions. And yet what binds all of the understandings together is the one great universal love that I have called Father.
- 1997-0214-015 Now I chose that terminology in the day and time when there was understanding of the power of the father, of the male. The power to manifest, to protect, to command. Not in a way that would make others servient, but to command in manifestation and I chose that word to bring it into understanding of the father as family. In other realities that we have shared, other lifetimes as you would call them, I have come and been teacher with you as you have been my teacher, and I have spoken of the love as Mother.
- 1997-0214-016 But what you have in this point of time, this reality, are scriptures that record the terminology of a certain very small slice of time. So for all of you, please when you read the words, Father, when you hear it, allow yourself the understanding that many of you have already grasped for yourself either in

1997-02-14 Oakbridge University Channeled by Judith Coates

rebellion or in expanded understanding. Allow yourself to know that it is Father/Mother/All that I as a nurturing parent. As the creator from whom you are never separate.

- 1997-0214-017 The energy, the creative principle that allows you to walk and move within the belief system that you choose in this point of time. As you have experienced, let us go now into specific focus that you know very well in this day and time. As you have fallen in love with someone, all of you have had experience of falling in love with someone, even the ones who would feel a bit new to this, have had the experience of falling in love with someone or something. Even be it the beloved pet where you have look at that one and you have lost sense of the small self in the love for that one.
- 1997-0214-018 In that moment of love, you have allowed an expansion, quite literal expansion of energy to happen. You have loosed the certain boundaries on a physical level known as the heart chakra. You have loosed the boundaries of belief in image of how you have understood yourself to be and you have melted into the oneness with that one. Lost yourself. Great place to be. And you have become energized. You have become so caught up in the energy of love that you would think of this one, want to be with this one, feel most alive with this one and if you were not in that one's presence, you would think about this one and plan what you would do, what you would say, when next you were in that one's presence.
- 1997-0214-019 Know you that is why you bring forth the experience of human love. It is allow you to touch as you would understand perhaps the tip of the iceberg, to touch that place of exalted, exhilarated feeling where you lose sense of small self, and you feel a melting into the oneness. You have even used those words with the beloved one. You have said, "I melt into you. I melt into your presence. I melt into your arms," whatever. You have used that terminology and you have felt great, great love that has transported you for a moment, days, weeks, years, even longer, with one or with beloved pet, animal, even with the birds that you have been conversing with upon this lovely island. You have felt love. You have felt oneness.
- 1997-0214-020 This is what this week has been all about. It has been about healing. How many of you in this gathering, have experienced healing in this week? Yes. How many of you have experienced on a subtle level within? Healing of revelation? Yes. Healing of old issues that seem to be in conflict one with another? And through no seeming difficult effort there has been a shift that has happened and you have known healing. You have known the desire of your heart.
- 1997-0214-021 This will continue. It will not cease when you get upon the bird that has brought you here. It will not cease in the days to come. For you have activated a process that was already in motion, but you have activated in accelerated fashion now, and it will not be denied. The healing that you have felt, the revelations that you

1997-02-14 Oakbridge University Channeled by Judith Coates

have felt, the great joy of being together with family and the great joy of being together with yourSelf, will not cease when you go back and when you resume the next task, the next part of the journey.

- 1997-0214-022 Allow yourself when you go back to seemingly usual routines which will no longer be seen as usual, allow yourself gentleness with yourself. Allow in everyday a time of peace, a time of remembering what you have seen in this place, where you have gone, what you have experienced. It will be easy. Everything in truth, is easy for the Christ. It will be easy. And allow yourself space for there will come for many of you, opportunity to have feeling of adjustment. For you have come to this place and touched the heart of Christ. You have touched that place of simple joy. You will be going back to what is seemingly usual, business as usual and yet it won't be. But you will bring up for yourself opportunity to test remembrance and to have clarity about what is alive and well and very strong within you.
- 1997-0214-023 So there will be a time of adjustment. Be gentle with self. Be gentle with others. Even on the physical level for you have been most active while you have been here. I have watched you and I have reveled in your enthusiasm for packing into each day as much as you could. And great it is for this will be your treasure of memories.
- 1997-0214-024 But the body will ask of you a certain nurturing for a time and there will be as you understand it upon this plane of duality, there will be a reaction for you have been most active.
- 1997-0214-025 Now I am not speaking just of physical activity. There has been much of that as you have gone hither and yon, adventuring. But you have been most active within as you have let the shift in perception happen and the revelations come and be integrated.
- 1997-0214-026 There is a very strongly held collective belief in duality upon this plane. We have spoken of that previously where there is belief in good and evil and all of the gradations in between. So that there is collective belief to which you subscribe in certain measure. Not as much as previously, but in certain measure that says, for every action there is an equal and opposing reaction.
- 1997-0214-027 So if you find yourself back in the usual dwelling place and you find that you are feeling down, you have been to the heights, have you not? Quite literally you have gone to the highest part both on physical level and within. So if you find yourself in a certain valley say, "Oh yes. Okay this is all right. I understand what is happening here." And do not judge self. Do not push self and above all, do not "should" self.
- 1997-0214-028 Allow the acknowledgement that yes, this is part of the collective belief system that has served me well in other times. But it no longer is necessary within my belief system and therefore I will choose anew. And the choice does not have to

1997-02-14 Oakbridge University Channeled by Judith Coates

be with you see as dramatic, forceful. It can be the simplicity of a choice that says, "I will take a bubble bath. I will go out and sit with the trees. I will allow myself to sit with a beautiful picture of where I have been. I will allow myself the nurturing of whatever the guidance speaks to you of and do not consider it weakness if the body calls for nurturing and if the soul calls for nurturing. Acknowledge it, nurture and love self.

- 1997-0214-029 For in truth, you have experienced that you cannot love others if you do not love self first. You can force the seeming appearance of love, yes, for others and say, "I will be magnanimous. I will be the Christ. I will love you, but I don't like you." Well, that doesn't go too far.
- 1997-0214-030 Love yourself through any valley. Now I am not predicting that you need to experience a valley. I am only saying that if it does come be gentle with self. One of the things that you have gifted to yourself in the manifesting of this Advance has been to have it in the midst of much of the worldly activity, surrounded by many of the brothers and sisters. Surrounded by commercialism, tourist places where you have brought your love and you have also received love, for there is no place that is devoid of love if you have the eyes of the Christ to look for it. Even in your most commercial tourist traps. There is still opportunity for love as you will look into the eyes of the one who is taking the golden coin or the plastic card, if you will look deeply into their eyes there will be acknowledgment and connection. Every encounter holds the promise of love.
- 1997-0214-031 In your manifesting of this week for you have called forth this week. I did not plan it. I did not say, here it is all accomplished as a package, this is what you will experience. You called it forth. You decreed that you would be in this place surrounded with much of activity of the world, much of your vehicles that race up and down. Much of the traffic jam, as you call it, at certain hours of the day.
- 1997-0214-032 You did this for specific and divine purpose so that you will know the Christ amidst the world. You have noticed that you have not called forth what is labeled the retreat. Some time ago when you met as a family in the beautiful mountain and my beloved friend and teacher would speak of a retreat, there was a broadening of understanding that you were not retreating from anything. You were advancing in your remembrance of who you are. That is what you have called forth in this week, an Advance where it is no longer seen to be necessary that you retreat, take yourself away from the world in order to connect with the Christ. You have done that. You have done that in this lifetime and you have done it in many other lifetimes where you would say that the world is evil, sinful, tempting. I want to know oneness with the source of my being and you have taken yourself off to the great monastery and you have lived in a solitary cell perhaps only seeing the brothers and sisters at what would be a mealtime and in the tending of the garden. Or you have gone to another level of that and have

1997-02-14 Oakbridge University Channeled by Judith Coates

taken yourself off to the cave and sat upon a hard rock and communed for the rest of what you would describe as that lifetime.

- 1997-0214-033 And I will share with you that some of your lifetimes were not very long. Other lifetimes they were quite long, even into the hundreds of years as you have recorded in your scriptures. For you wanted to experience all.
- 1997-0214-034 This time now you have said, "It is important as the marriage, it is important as the bridge that I am facilitating, manifesting. It is important that I know Christ in the midst of all of the world's activity. I can remember Christ even as I am surrounded by the noise of the world, even as I hear the chaos of some of the brothers and sisters. Even as I go into all of the commercial places and I find joy even in those places, which previously I could have judged to have been a bit off limits for the Christ."
- 1997-0214-035 What you have gifted yourself in the Advance of this sort, has been a certain alleviation of re-entry shock. For you are surrounded by the world here. So it will not be quite the same shock in resuming the usual business.
- 1997-0214-036 Know also that as you return all of you to your seemingly separate geographical locations, and you are included in this, because they will remember you, allow yourself to know that you are never separate from anyone in this totality of being. This what you have called, the Christos Crew, this organism that is more than the sum of the parts, the individual parts. It has a life of its own because you have endowed it with your collective consciousness.
- 1997-0214-037 So when you return to your home, allow yourself to remember Home -- with a capital "H" -- and to love all of the family members, to think of them in the day, to send them love and support and I would suggest to you what you have already begun, to correspond, to write even more than that, to pick up your mechanical communication and speak with them in the tones of the voice. Call them on the phone. Keep in touch until the next time you meet in this way with the family.
- 1997-0214-038 And if ones are going through a certain down time, give support, give upliftment, give love and it will be quickly gotten through. For what you experience in down time, otherwise known as the valley, is a feeling of non-love and if one will "happen" to call you at such a time, and to express love because they have remembered to call you, the valley will be forgotten and you will find yourself at least halfway up the next mountain.
- 1997-0214-039 For the valley are experiences to allow you to know that in that time your belief about self is one of non-love and as you will connect again either in extending love or you can get very active and pick up the phone and call another one, and say, "Hey, I was just thinking of you. What's going on for you?" You will find that you uplift yourself and as you feel connected one to another and you call another one just because the guidance keeps coming to you and you keep thinking of that

1997-02-14 Oakbridge University Channeled by Judith Coates

one and you don't even know why you are thinking of that one, you will uplift them because they will feel loved.

- 1997-0214-040 You have brought together a grand petri dish of experience in this Advance, in this week. You have done much of research, much of growing and you have looked upon some of the growth and you have said, "Oh yuck." And you have looked upon some of the other growth and you have said, "How beautiful it is." For you have experienced that it is not necessary to take yourself off, apart somewhere in order to work through issues. You can do that amidst all of the world, amidst all of the activities for you have gifted to yourself a length of time wherein you have had to dance one with another and there have been times when you experienced being out of step one with another. And then you have allowed the peace of the Christ to heal and to suggest the harmony of the dance.
- 1997-0214-041 For all of you came with your baggage of self-image, all of the things that you would keep hidden, because you thought perhaps if others looked upon them they would not love you. Well I will share with you, all of the baggage that you thought you kept hidden has been most plainly seen by others and loved. For they have loved you in spite of, as you would call it, in spite of what you have seen to be certain lacks and imperfections. And they have loved you because they have seen themselves in you. And they have said, "Well if that one who is so beautiful, has certain personality traits. Well it's wonderful. I appreciate." For all of you have brought unique gifts, talents to share and you have one with another.
- 1997-0214-042 You have asked of each other, "Well, what do you do? What is your line of work? What is your expertise? What have you experienced in this lifetime? Share with me." And it has been most easy and you have shared, you have supported, you have facilitated, you have laughed, you have loved and you have also seen that even though you would come with a grand determination to keep hidden all of what you have judged to be not quite perfect, you have been in the petri dish long enough that all of the imperfections as you have judged them to be, have come right out, could not be kept hidden from yourself and certainly not from others, and you have had to deal with them.
- 1997-0214-043 For you came and the first day and first evening, you resolved that you would be most polite one with another. And if you had to sleep in a certain fashion, well you would bear up under it and you would not say anything. Second day and evening came, and there were certain feelings coming a bit more to the surface and yet being stuffed down. I will be polite. I will not say a word, even though I really want to. By the third day and evening you were very much into the substance of the petri dish to the place where you said, "Look. I have certain feelings and needs here. And I don't mean to put this responsibility on to you, but I must, etc." And you came to clarity of communication which is a grand gift.

1997-02-14 Oakbridge University Channeled by Judith Coates

- 1997-0214-044 And yes, there were feelings, woundings, and yes, you found great strength for you found even though you would be wounded, almost mortally wounded, at least the ego felt that way, you survived and you came to a place of greater understanding about what it means to live together in harmony and love.
- 1997-0214-045 Not just great words. That is what you resolved to do when you first thought about coming. You said, "Well everyone there is going to be in a Christ consciousness. After all, Jeshua is calling us. And no one is going to hog the bathroom. No one is going to ask for a multitude of pillows. No one is going to want to cook the same thing at the same time and be in each other's way. No one is going to want to have the fan on or off, the door open or closed, etc.
- 1997-0214-046 Well you found out very rapidly that you all have different tastes, like and dislikes, and where are you now? You have come through all of that sandpapering to the place where you have polished yourselves into great radiance. To a place where there is appreciation of self and of others. You have worked through much that you did not want to look upon. In fact did not even know could be issue until someone else brought it up to you in a moment when you were feeling really, really, really tired and why did that have to bring it up now?
- 1997-0214-047 Well they brought it up now because you were allowing your armor of the politeness to be set aside. They brought it up now, because you asked them in exquisiteness of timing, to please allow me to look upon issue of image, self-image and image of others. And you have come through all of that to the place of beholding Christ in yourself and in the others.
- 1997-0214-048 And when you return to your dwelling place at what you call home, there will be fond memories of all of the ones that you have interacted with even though you have come through experience at some time or other, where you would have wished that other one to be far away. All of you have had feelings when you would have said, "I could see that one on the other side of the mountain somewhere. Please."
- 1997-0214-049 {Laughter}
- 1997-0214-050 And now very soon you will be going to your separate locations, as they seem to be separate, with fond memories. And the memories will become even more dear in the days to come. For you will find that there is a strength in you that has come out of the willingness to go through the sandpapering. Beautiful, radiant gemstone, polished one with another through certain tumbling and abrasion from time to time, and I will share with you as perhaps you have experienced, that it gets easier, more gentle each time.
- 1997-0214-051 There is no longer need for it to be rough and abrasive. Now you know gentle polishing. Even what you experienced in interrelationships in within the group here and there were feelings, quite intense feelings that came up from time to time. It

1997-02-14 Oakbridge University Channeled by Judith Coates

has been a gentle polishing where it has not disturbed the peace of the Christ and of the soul of you. Yes, there has been surface energy, the waves upon the surface, yes. But in truth, you are allowing yourself more and more of the gentleness in your experiences.

- 1997-0214-052 For you have already known much of the harshness of relationships, much of the harshness of dealing with issues within yourself. And you have experienced that when you have brought up issues within self and judged those issues, you have held yourself in a place yet of pain. You have felt it necessary, many of you in this lifetime and all of you in other lifetimes, to suffer for the Christ.
- 1997-0214-053 You have felt it necessary to suffer in order to finally deserve to know the love of Christ. And even in this lifetime you have brought forth experience where you have said, "I must feel the pain in order to release it." That is a belief. And yet what have you felt in this week? Some issues, yes, but mainly joy. Mainly love. That is the Christ. The place of the remembrance of the Christ is approached in gentleness and in peace and in love. And that is what you have allowed yourselves in this week.
- 1997-0214-054 Beautiful Christ, each and everyone of you. Some of you will hear those words and say, "Well that sounds good. I'm not sure what it means. He is just speaking words." That is okay for the time being. The remembrance of the Christ comes quietly as a thief in the night that steals in and very gently allows you to know peace again.
- 1997-0214-055 Is that difficult?
- 1997-0214-056 No.
- 1997-0214-057 No. More of the difficulty was looked upon even before you got here for you went through all of the prose of saying, "Shall I go? Can I go? How can I go? No, I can't go. Oh, that doesn't feel good." And then you decided, "What the heck, I am going. I am going to the place of the heart and you chose this beautiful island because it is a place of the heart. It is where the heart opens amidst all of the beauty, amidst all of the energy of renewal.
- 1997-0214-058 You have fallen in love again in this week. You have rediscovered some of you, with relationships, you have rediscovered a love that you thought perhaps was finished, was in the past. You have rediscovered the child of you and of others, the other ones. All of you have fallen in love again in this week with yourself. And that is what truly matters. You have fallen in love again with the Christ.
- 1997-0214-059 A week of the heart, you have called it, where you have touched the Christ. You have done well. Remember the peace that you have experienced in each of these gatherings. Remember the joy that you have shared one with another, the laughter, remember the adventure of, "Where shall we go? And oh my goodness,

1997-02-14 Oakbridge University Channeled by Judith Coates

I'm lost on the map." Many of you have gone adventuring where you did not mean to go adventuring. And you have discovered new experience. Remember the beauty that you have manifested and created in this beautiful island. Remember the friendship, new and old. It has been made and reinforced and known at deeper and deeper levels.

- 1997-0214-060 For I will make prediction that the friendships that you have made you will find yourselves, all of you, coming together again in what would be a short time even in your understanding of time. And even though you would see perhaps now, the separating of the paths and seemingly great geographical distance, you worked a miracle to come together in this group, did you not? Then you will do it again.
- 1997-0214-061 Remember to honor the Christ, and by that I mean me, I will accept your honor, I will accept your love. But more than that remember to honor the Christ of you for that is truly what you want to know and it comes easily. No longer do you believe that it has to be difficult. Study the books. Allow the revelations, ask the questions. Journey. But above all, I want you to hear this and to hear this well, these are my parting words in this time of the gathering, remember to read the books. Remember to allow revelations. Remember to ask the questions. Remember to journey, but above all, play.
- 1997-0214-062 So be it.
- 1997-0214-063 {Discussion continues after closing the formal session.}
- 1997-0214-064 {Question regarding the relationship of two in the group}
- 1997-0214-065 This one in many, many lifetimes. You have often been priests together where you have served the Father in your own understanding of what it would mean to serve and you have often had surface disagreement as to how that service would be. And yet great abiding love and respect as you would see equal master somewhat as opponent, but respecting the wisdom and the courage and the strength of the other one.
- 1997-0214-066 You have come through many philosophies where you have served the Father and you have been in relationship one with another. You have been in family together where you have known great love. Families such as this, yes, religious family, but more than that, the biological family as well where there has been great love, great caring.
- 1997-0214-067 So it is not by accident that you have felt energy that goes beyond this reality, this time. It is not by accident that this one made trek to come here. There was a calling from you for her to come and connect with you again. And the calling within her heart to reconnect with family members that is most important to you in this time. There is family as you know it, biological family that care very much

1997-02-14 Oakbridge University Channeled by Judith Coates

about, that you support, that you love, that you offer whatever you can offer to, to more than that, family is important to you. It is very close to your heart.

- 1997-0214-068 The true family that you are really searching for, this is part of it. This is not all because you will be meeting others, but this is the family that you search for that the heart propels you to come and find. This is the family that you have known many, many lifetimes that a family that you have served and who has served you.
- 1997-0214-069 So it is not by accident that you put together certain experiences in a very exquisite timing that gave you reason to want to come to this gathering, to reconnect with beloved brother. Does that answer the question?
- 1997-0214-070 It sure does. And I thank you again.
- 1997-0214-071 You are most welcome. Now that you have a celebration planed for this evening, I would ask of you, I am willing to stay and always speak with you if you have the questions and you want to do that, or if you want to mingle and feel free do that as well. Do not let this stand in the way of the refreshments and the celebration.
- 1997-0214-072 We will have what you call a party, to which I will allow myself to be invited and the beloved friend and teacher, she may partake of the refreshments later. I do not think she will mind.
- 1997-0214-073 A little sip of red wine, too.
- 1997-0214-074 That would be enjoyed. Have you brought?
- 1997-0214-075 I brought it for you.
- 1997-0214-076 Of course, that will be enjoyed. Yes. You have a question, yes.
- 1997-0214-077 We were just talking about this last night and I said I wish I had a chance to ask it, now I do.
- 1997-0214-078 See what you have manifest. Yes, we have talked all this week about creation. Okay.
- 1997-0214-079 Okay. When your kids are grown up like in the last couple of years I have been told, to release them, cut the apron strings and the kids have to learn their own lessons. Okay, so where does that start and where does that end? Like if your kids need some help and you give them money, someone says, "Then they are not learning their own lessons because you are helping them." But yet, you know, we are also suppose to share.
- 1997-0214-080 Yes.
- 1997-0214-081 So I feel if I'm going to share, I'll share with my kids.
- 1997-0214-082 Yes, of course.

1997-02-14 Oakbridge University Channeled by Judith Coates

- 1997-0214-083 In order to do that then it's like well they are not learning their lessons that they came here to learn because you are helping them.
- 1997-0214-084 Now beloved one, I would ask of you. What is your belief in this? Apart from what others have told you? What is your knowing?
- 1997-0214-085 For me, when I can help them the greatest thing that, you know, I just love it.
- 1997-0214-086 Yes, and you will have guidance. You know when you will be crippling someone because you are providing for them, you will know. You wish the best for them. They know this. What is important, what is the bottom line with this, is to believe in their mastership. In other words, they are great masters the same as you.
- 1997-0214-087 There will come a time when you will not be activating the body, and you will not be giving to them, whatever, and they as great master that they are, they will survive. They will carry on. What is important for you is to know, to hold that vision of their Christhood, their mastership. To know that they are not weak. They don't have to have what you are going to give to them. And for them to understand that you see them as great powerful beings who are manifesting and creating every moment, the same as you. And that you believe in the Christ of them, the master of them and that you share with them out of the love of your heart. Not because you have to save them. Not because you have to rush in and make everything right for them, but you share with them out of the love of your heart and you expect them to share with others. They can either share with you or spread it on, share with others out of the love of their heart. For there is an abundance that you create and they are most capable of creating abundance and sharing with others.
- 1997-0214-088 It is a, I will call it a lesson, a teaching and yet it is a remembrance in truth, that you believe you see the Christ of them, you know that they can manifest, that they are creative as you are and you will say either with the words, the tones and very definitely by the ambiance of you, that you expect them to do the same as you are doing for them. You expect them to do it for others.
- 1997-0214-089 Thank you.
- 1997-0214-090 You are most welcome. All of you who have had to have experience of helping another one and wondering where does the line come where either I am giving too much and perhaps they expect it and they don't believe that they can do it for themselves, or do I share just from the freedom and the abundance of my heart with them? You know, you know where that line is and what you want to bring into clarity for yourself and for them as well, is the vision, the knowing that they are powerful Christs the same as you. That you do not give to their weakness. That you do not give to them because you see them as not quite good enough to be able to do something for themselves. But you give to the Christ of them because

1997-02-14 Oakbridge University Channeled by Judith Coates

you know that they can do the same as you and they can pass it on and you will let this be known that you know that about them and that you expect them.

- 1997-0214-091 All of you live up to expectations. It is one of the secrets of the patenting. All of the small ones rise to the expectation that they perceive of the parents. As you hold vision of the strength of these ones, as you hold knowing of the masters that these ones are, and as you let them know that you believe in the best of them, the Christ of them, the strength of them, they will live up to those expectations.
- 1997-0214-092 You have all seen friends who have said to the small ones, you are no good. You have been a disappointment to me from the very beginning. I did not want you. I don't know why you are here and you are just so, whatever.
- 1997-0214-093 {Taking a glass of wine.}
- 1997-0214-094 Thank you beloved brothers.
- 1997-0214-095 And so what do the small ones do? They live up to that expectation. They think, well if the one known as the parent who is seemingly older and wiser, thinks that of me then it must be true and so they live up or down, to the expectations. It is a great technique of the patenting. But it comes from the truth of your being. It comes from knowing the truth of their being. Yes.
- 1997-0214-096 I've known Ken now for quite a few years. What has been our past relationship?
- 1997-0214-097 Ah, beloved one. You have touched on some of the knowing of that. There is much of the interweaving of experience of lifetimes. It is somewhat the same, not the same, but somewhat the same as with this one who we have spoken previously.
- 1997-0214-098 You have often found yourself in community very dear to your heart, with this one where you have been at first, in a certain opposition as to how it would come about. Both strong beings, where you have come out of priestly tradition many, many lifetimes. You have both come out of teacher role many, many lifetimes. You both know very deep within you, you are right.
- 1997-0214-099 {Laughter & comments}
- 1997-0214-100 And in truth you are. You have had differences of interpretation. But in truth, what you have wanted to bring into manifest form has been the Christ. You have gone about it in different ways, even in the teachings you have gone about it in different ways which has served the brotherhood. For not all of the brothers and sisters activating form and living within a certain lifetime hear the same language, or respond to the same concepts. So what you have taught has been true and has served many. And what you have taught has been true and has served many. As is true in this day and time.
- 1997-0214-101 You have often been the adventurers together. You have often been the ones who would go out first as the scout into new territory. You have often been the ones

1997-02-14 Oakbridge University Channeled by Judith Coates

who would bring back information as to lay of the land, either in geographical form or in the philosophical concept, understanding.

- 1997-0214-102 Many times you have served on the same side of battle, great swordsmen, both of you where you would defend the truth, as you understood it. Other times you have met over the treaty table and you have hammered out what would be the terms of peace. Both of you being most astute.
- 1997-0214-103 To Jeshua. {A toast}
- 1997-0214-104 Yes, to the Christ. I drink to the Christ of all of you. Please do not stand on a certain formality. Go and fill your glasses. Yes, what would be your question?
- 1997-0214-105 Actually I have two. One for women everywhere and one is personal. The one for women everywhere, Jeshua, what's the reason behind that many of us as we age grow larger and larger and larger?
- 1997-0214-106 {Laughter & comments}
- 1997-0214-107 I'm speaking physically for the women. Let the men speak for themselves.
- 1997-0214-108 Well you have heard it said that it is your expanding consciousness.
- 1997-0214-109 {Laughter}
- 1997-0214-110 Well I didn't know that I sit on my consciousness.
- 1997-0214-111 {Laughter}
- 1997-0214-112 Well in truth, it is what supports you is it not?
- 1997-0214-113 It certainly does.
- 1997-0214-114 I make jest. I make jest with it.
- 1997-0214-115 I like a good joke.
- 1997-0214-116 Yes, and I also.
- 1997-0214-117 {Comments & discussion continue with each other}
- 1997-0214-118 That's a very polite way of putting it, Jeshua.
- 1997-0214-119 In truth, it is a collective belief shared by many, that the ongoingness of the physical species is best served by the amplitude of form and as ones would be seen as being good in bringing forth the offspring, it was favored to have ones who would be large of bone and large of heft. For you have known in experience, you have taught yourself in many lifetimes that it was beneficial to have much of the amplitude of girth about you, to see you through certain lean times.
- 1997-0214-120 The ones that did not have much upon the bones, they did not last through the wintertime, if there were many of the wintertime when there was not much of the food. In reality, you do not have to have physical food, but it was a collective

1997-02-14 Oakbridge University Channeled by Judith Coates

belief that the ones who did not have amplitude did not have the stores within themselves to draw forth the sustenance to keep on going and to nurture the small ones at breast.

- 1997-0214-121 So there was a reinforcement of belief that it was good. It was seen with great favor for ones to be of ample size. This was true for the women, yes, as you have asked specific question. It was also seen to be true of the men who would have the certain store to see through winters when there was not the good hunting.
- 1997-0214-122 Also to be of ample size, it was seen as benefit as warriors. For if you had the small form the warrior had to be nimble of foot. The same was true for the woman. Women of small stature and size would develop, you have seen this, other qualities where they would call forth the protective nature, where they would be swift of foot and swift of creative power in the mind, yes, using certain whiles -- is that a word "whiles"? -- to have what was needed to sustain the body.
- 1997-0214-123 But to answer your question, it is an old belief, well established that ample girth is beautiful and serves the physical species. You have seen royalty quite of good size and this was looked upon with great favor, because the royalty was given all of the food, the ones who were rich enough has either the golden coins or the other ones who would serve, who would till the fields and provide for them the food. The ample girth was seen as richness. For you were seen to have enough of the servants of the food that you could allow the body to have all of the food and not have to be in the physical labor.
- 1997-0214-124 So what you look upon now and judge with certain negative judgment, has been seen in other times as quite beautiful, quite favorable and many of the ones who would be of small form and not much of the meat upon the bones, would envy you.
- 1997-0214-125 Things are opposite these days.
- 1997-0214-126 Yes, you do this. You see what has been true in one reality, you turn it around. You change it from time to time so that you can know the truth of it. It is the same as you will hold up the wine glass and you will turn it around and around to see it from all angles, to admire it, to see the beautiful hue, the aroma of the bouquet, to taste, and to enjoy.
- 1997-0214-127 In our conversation you mentioned that food has nothing to do with it.
- 1997-0214-128 No, in truth, food has nothing to do with it. You have seen the ones who are small of stature and not much flesh upon the bones, and they will sit at table and eat and eat and nothing seems to go. Others will look at a place of food and take one bite and feel themselves getting bigger already. No, in truth, the amount of food, even the type of food that you eat is not what puts the girth upon the body. It has to do with belief system that is very deeply embedded. That is why to change it, seems to be difficult.

1997-02-14 Oakbridge University Channeled by Judith Coates

- 1997-0214-129 What we have spoken of many times, is to see the lightness. Not to focus upon denseness of body and of form, but to go as the quite ample angel, very light afoot, and to rejoice in the ampleness of the angel of you.
- 1997-0214-130 That you can do as well with belief. Perhaps a bit easier than all of the dieting that does not seem to change much.
- 1997-0214-131 What happened to my ears? I have had a problem, physical problem with the eustachian tubes and it has been going on for a long time. Last night when Ken gave his problem blessings, it came over from you and ran in my ears. They were buzzing all night like I had bees in it. Ken wouldn't do that to me on purpose.
- 1997-0214-132 Oh, I got the buzzing back. It only lasted for awhile....
- 1997-0214-133 There is much that all of you are undergoing of change. We have spoken of this in this evening, the shifts in perception. And there are also the shifts in the physicality. As you will allow a shift within, you will see a corresponding shift in the physicality, different what you call symptoms of energy and of the receptivity of energy.
- 1997-0214-134 You have chosen because of certain habit patterns that you have known in this lifetime and others, you have chosen this area to feel and to experience energy, vibration, the same with this one. Others will feel it within the throat chakra. Others feel within here. Other places of the body. You all have favorite places that you are sensitive to. You know what they are. You all say there is a certain weakness where you will feel first of all, when there is stress in the body, when there is some change in the body.
- 1997-0214-135 Do not trouble yourself with what is happening. You are going to feel other changes when you do the trip, the journey, yes, of the airplane. You will feel certain changes there as well, and even after you return home. It is not something that is going to last forever.
- 1997-0214-136 Thank you.
- 1997-0214-137 Oh I thank you, beloved one, I have nothing to do with it.
- 1997-0214-138I wound up at the bottom with 18 different spider bites. All over everywhere, so this time it is not spiders, it's the ears.
- 1997-0214-139 Yes. You have desired to have something to take home with you.
- 1997-0214-140 {Laughter}
- 1997-0214-141 I'd prefer a mu mu.
- 1997-0214-142 Yes, and a beautiful one at that. Yes.
- 1997-0214-143 {Eros enters the room and Jeshua introduces him.}

1997-02-14 Oakbridge University Channeled by Judith Coates

- 1997-0214-144 As we spoke at the beginning of this week, that there would be mirror for you to see the Christ of your being. You have brought forth in this evening the mirror and what sits before you is the Christ. Behold the Christ and behold the Christ within you. Do you see the exquisiteness of what you have brought forth in this week?
- 1997-0214-145 This beloved brother has summarized for you exactly what you have been experiencing in this week. Spoken most beautifully, and I thank you.
- 1997-0214-146 Allow yourselves now to circulate and to speak one with another. Ask of this one the questions that you would have for him. Allow the refreshment, do not sit upon the formality.