

# Mother Mary: The Ascension Quality of Silence

1998-07-28

- 1998-0728-001 Gentle ones, blessed ones, children of the most high, I am Mary known as the Mother of Christ and I am and you are, and it is in love that I come to be with you in this your morning to allow the heart to know once again the great love of the Father/Mother for you.
- 1998-0728-002 We meet again in this way, the most beloved of the children of the Father, and I you. And all of you children of my heart, all of you children of my heart. For know you that the lifetime that I lived as Mary, Mother of one Jeshua was not the only lifetime that I have lived and many lifetimes I have been with you. Lifetimes of great joy, lifetimes of love, lifetimes where I nurtured you and lifetimes where you have nurtured me by your love. And it is true again this time. There is great love.
- 1998-0728-003 Great encouragement for all of the children and all of you are children even though you may see yourselves as a bit taller. But great love and encouragement for all of you. Know that I am with you always. Coming through all of the challenges and there are many challenges in this day and time because you have decreed that you will see all of the dross burned away, all of the rubbish, any hindrance to knowing the love that you truly are. To knowing it fully and completely.
- 1998-0728-004 Therefore you are bringing forth and have brought forth in the pst few years of your timing much of the conflicts and the challenges, many issues to be looked upon, health issues, relationship issues, employment issues, issues of golden coins to be looked upon and seen again in a new way. To look upon yourself in a new way and to love self greatly. To love self as I love you and to be able to weather all of the storms to come to that place of knowing truly who you are and feeling the great joy of coming home once again.
- 1998-0728-005 This is a time you have heard of an ending of an age and the birthing of a new age. An ending of an age which has known much of pain and sorrow. Much of separation. Much of lack of self-esteem, lack of self-understanding and yet the creative holy child, wonderful child which you are, has been as the seed that would not be held within the encasement but has burst. Through a bit of pain perhaps and much energy has burst the encasement and is being birthed into new growth and new remembrance. To flower once again. Most wonderful holy flower.
- 1998-0728-006 I have been invited by you, by all of you in truth and by many of you in conscious awareness to speak this morning to be with you, to extend my love, to meet you in that place of the heart, the open heart. It is not afraid of tears. Is not afraid to release all of the energy of emotion that has been held back because the

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brothers and sisters and you as well, have said that it is not appropriate, is not powerful to be seen in allowing the tears to flow.

- 1998-0728-007 And yet as you have gone through lifetimes in the encasement, the armor, holding all of the emotion within. You have held back the radiance of the holy Child. You have held back from your own awareness the great love which I have for you, the great love which you are. And as you release the tears there is opportunity then for the love to flow in for indeed there is never a vacuum. As you will release the emotion of judgment, the emotion of self-judgment, the emotion that says I am not all that my Father has created me to be. As you will allow the releasement of all of the pain and sorrow there is then opportunity for love to rush in and to be known and experienced.
- 1998-0728-008 That is what this gathering has been all about. It has been about love, about friendship, about family, about acceptance and those of you who have come perhaps for the first time, have been welcomed with open arms and open heart by other members of your family. For this is your family, the one family of love and some of you wondered what you would find when you came. Would you find welcome? You're pretty sure you would. But you hoped and you put it out there and you prayed to my son and to me and to the whole universe and said, "Please let me be welcomed. Let everything go well. Let me measure up to my own expectations." You said, "Perhaps it would be other's expectations," but in truth other's expectations do not matter. They are as the water that runs off the duck's back. But what matters is your own expectation of yourself and whether you feel you have lived up to your expectation.
- 1998-0728-009 You see it mirrored in others by other's reactions to you. But what is important is your own heart and your own self-knowing and you are deeply loved.
- 1998-0728-010 I have been invited to speak with you this morning on a subject that you are now ready to hear, a subject which you have asked me to speak to you about, a subject of your quality of ascension that comes in silence.
- 1998-0728-012 For you have experienced the inner silence, a bit of discipline of silence and there were many revelations that came in the silence. One of the strongest ones being that it was a bit of a challenge to keep silence. For as you would spend twelve hours of your time in silence the ego was most busy chattering and you felt a constraint for it is a habit and that is all it is. A habit to be very active in the speaking.
- 1998-0728-013 And yet many of you realize that communication does not have to be done with the words of the mouth. You found much of communication with the open heart, with the smile. A certain facial expression. You found yourself to be most creative in a bit of sign language. And the paper company, as you would write

1998-07-28 Oakbridge University Channeled by Judith Coates

your notes the paper company the stock went up for you wrote many notes to one another.

- 1998-0728-014 But there was a time, an opportunity to know discipline and to know choice. A time to know the open heart and to know that truly communication happens without the words. The activities of the world will suggest to you that it is required that you speak. But the activity of the heart is not constrained by speaking or by words.
- 1998-0728-015 Time spent in silence is a gift of the spirit that you give to yourself. Time spent in silence is a gift of opportunity to connect with the energy of Allness which you are. Time spent in silence is a gift of opportunity to go deep within yourself and to know the deep, deep peace, the wisdom and the love which is always you. But sometimes that is covered over by the activities and the chatter of the mind, the activity and the chatter of the world.
- 1998-0728-016 I would suggest to you that you put aside everyday a time for silence. It will require a bit of discipline for there will be other things, other choices that will come and say that they want to intrude upon that time of silence and yet to ascend out of the world perspective, to ascend out of the focus of specific body, personality, individuality it is necessary to cultivate once again the knowing and experience in the silence.
- 1998-0728-017 Begin by setting aside a half hour in each day for silence. Let the world do what it will do during that half hour. If the telephone rings, allow it to ring. If someone will come to your door, allow them to return. If there are activities of other ones which say that they must be with you and having your attention during that time, you may communicate, indicate to them another time. Set aside a sacred holy time for yourself of silence and go deep within yourself expanding beyond the boundaries of the small self.
- 1998-0728-018 At first when you begin, this is what you have experienced in this gathering in this time, there is much of the chatter of the mind and that is okay. Do not try to stop it. For if you put up a wall against the chatter of the mind, it will beat against the wall even more intensely.
- 1998-0728-019 Allow the chatter of the mind to be there and if it is there for days and weeks, even months of your time, that is okay. But you will come to a time when the chatter will no longer be there. You will be aware of the expansiveness as silence, the peace of silence and the love which envelopes you.
- 1998-0728-020 A good way to allow the mind to become still is to focus on the breathing. Just gentle breathing. Do not try to force the breathing deeper than usual. Do not worry about how you should be doing it. But focus on the inhale and the exhale as a perfect circle. Do not force it but just focus on it easily, gently and if other thoughts come in that is okay.

**1998-07-28 Oakbridge University Channeled by Judith Coates**

- 1998-0728-021 What is important is the gentleness and the peace. Breathing in and breathing out easily. Not to the place of hyperventilation, but just easily. That is why I said do not force it and try to make it deeper than usual, but just easy.
- 1998-0728-022 And allow yourself a time apart to ascend out of all of the worldly cares and concerns for half an hour. But if a half an hour is too much to start with, make it fifteen minutes. Be gentle with yourself and extend it as you want to extend it. For indeed you will. You will find it so peaceful, so nurturing, so loving that you will not after a bit, notice the passage of time even. It will not be that you have to set your timer and wait until it "dings". But you will want to stay in that space of peace.
- 1998-0728-023 You will know a balance and you will take the peace of that silence and the ascension that is known from that silence into the activities of the rest of the day. For there will be a certain anchoring of peace that will be known, a blessing of peace and a blessing of true love that the world does not know but you take your peace into the world.
- 1998-0728-024 When I lived the lifetime of Mary there was a discipline as I studied, as I lived in the Essene community, the most wonderful gathering of friends such as what you have here. There was a discipline of setting aside time to go within, to be in silence, to be in peace. And it was known to be the most natural state of being.
- 1998-0728-025 Now also being in a community there were many opportunities to be in relationship with other personalities. Those so gathered in the community were not all at that point, saints. They were as what you have in your grouping. Ones who were the morning people and ones who were the night people. Ones who wanted the window open. Those who wanted the window closed. Those who attended to a time schedule and felt that it was most important to do things in a certain ritual of time and other who said, "Oh, I'll be there when I get there."
- 1998-0728-026 And so there was ample opportunity to know inter-relationship and there was ample opportunity when the feelings of the emotions would rise up. There was ample opportunity to again breathe, to touch that place of silence within and to ascend over what was happening right in that moment.
- 1998-0728-027 Later when I left the loving community and traveled with my husband Joseph out into the countryside and into the towns and villages and cities there was great opportunity to be drawn into the world and the world thinking. Great opportunity to accept the perspective of world power, of the Romans and to stand in fear of that power as orders would be given, decrees.
- 1998-0728-028 And there was great opportunity to again breathe and to touch that place of silence within and draw from that silence the power that is not temporal, but is eternal and to abide in peace even though the Roman soldiers would be barking orders around us.

**1998-07-28      Oakbridge University      Channeled by Judith Coates**

- 1998-0728-029 Opportunities to abide in peace even though there would be the decree that had gone out to find us and to do away with Jeshua. Ample opportunity to know the challenge of the world.
- 1998-0728-030 So my early training was a most wonderful gift. My early training of knowing the peace and the power of silence. My early training of studying the ancient writings, the scriptures and the encouragement and the upliftment would come back to me in times of possible stress and confusion. And I would find the words of the ancient scriptures singing in my heart and in my mind and those words would see me through times when I could have lost it. Know you that term, "To lose it"? Yes.
- 1998-0728-031 In raising the family ample opportunity to choose to ascend up over the specific events and circumstances. For indeed, this one (pointing to Ken Klingbiel) presented me with times of challenge.
- 1998-0728-032 **Sorry about that.**
- 1998-0728-033 I am not sorry about it at all. For indeed there was much of growth, not only physical growth, but growth of the opening of the heart. Great love that came forth as you would push the boundaries of what had been understood to be a relationship of mother and son as you grew, as you asked questions, as you said, "No, that cannot be true." We had great discussions. And I said, "But I am your mother."
- 1998-0728-034 {Laughter}
- 1998-0728-035 And you said, not so loudly that I could hear it, "Yes, but, I think otherwise."
- 1998-0728-036 This one whom you have in your midst was always one who was a seeker, wanted to know, would study the scriptures, the writings with one who you would call now, I suppose the term, argumentative. You do not see him in that way in this time but in that lifetime because he wanted so intensely to know, to remember and to live from that holy space that he would get into great discussions seeking, not taking anyone else's word for it, as you have experienced and still do and still do.
- 1998-0728-037 So within the family there was great opportunity to go within again to that place of silence. To breathe and to ascend over whatever would be troubling me.
- 1998-0728-038 For indeed in that space of silence you find your true worth. Not what others would say of you, not what the world, not even what you imagine the world would say of you, but you find your true worth and you find your true love in silence. It is your greatest gift.
- 1998-0728-039 For truly you are loved so greatly. You would not be here. You would not be expressing life if you were not so greatly loved. And if you are alive, if you are expressing life it means that you are valuable and valued.

**1998-07-28 Oakbridge University Channeled by Judith Coates**

- 1998-0728-040 All of you think upon that. The miracle of life. It is a miracle that you do to be here. It is the miracle of life, it is the miracle of love. Great love out of which you have been birthed. Great love which you are. And as you allow for yourself the space of silence you know great power. Not as the world knows power, but you know the great power of being. And nothing that the world will present to you can threaten you. And out of that you find a sense of freedom and in that freedom you become alive once again and you play.
- 1998-0728-041 Because it matters not then what others will say of you. In truth it matters not what you say of yourself, because you know that you are loved. You come from love for the express purpose of expressing love, of being love and you are a most wonderful love. And even as you come through challenges know you that only the greatest are given the greatest challenges. Think upon that for awhile. Only the strongest ones will call forth for themselves the strongest challenges.
- 1998-0728-042 In other words, you have all within you, all power, all wisdom, all healing love to surmount and ascend over any problem, any challenge, any momentary lapse in forgetful, in forgetting. In remembrance, we will get that right yet. Any lapse in remembrance.
- 1998-0728-043 You are the Father's love incarnate. That is why you are here. You are not here to suffer. You are not even here to learn. You are not here to pay back any old debts that you can't remember having written an I.O.U. for. You are here to be that which you are and to be it in great dynamic expression. To be love beyond what even is understood as human love.
- 1998-0728-044 To ascend because you know that space of deep peace and silence. To ascend over, up and over any passing challenge, appearance, question. To ascend to the remembrance of who you are. No limits. Make yourself the banner, "No Limits!" Now how do you know that in truth you have no limits? It is by practicing. It is by setting aside that time of silence for yourself. It is for choosing every moment to be that which you truly are. To be the child of the Father, the great Mother. To be all that you can imagine. That divine being of you, to be and then to go beyond it because you will find that in your times of silence the image of what you hold to be true of yourself and of others will change. It will grow. It will expand. Most wonderful.
- 1998-0728-045 That which you see yourself to be in this day, tomorrow you will know it to be just part of you. You are as the sunlight that dances upon the flowing stream. You are all the colors of the rainbow and you are colors that the physical eye cannot even see. I was taught this by a great master. One known as Jeshua.
- 1998-0728-046 Honor yourself as the being that you are. Go deep into the silence and ask, ask of yourself, ask of me if you want to. To be shown the radiance and the wonderfulness of who you are.

**1998-07-28 Oakbridge University Channeled by Judith Coates**

- 1998-0728-047 Do not dishonor what you see yourself to be as an individual but know that you are much more than that. And in the place of silence, after a while, you will begin to know, to see a vision, to experience a vision and to be that vision that goes beyond anything the world has ever spoken of.
- 1998-0728-048 Then you will nurture all of the children of the Father. You will nurture them because you will see them as the Christ. You will nurture them because you will know who they are even though they may not see it themselves and you will nurture them with the Mother's love, the true divine Mother. No matter if you are expressing with the male body, you will nurture all of the children with the Mother's love because you will be knowing that love as yourself and you will not be able to contain it. It will flow freely.
- 1998-0728-049 Many have asked of me about the changes that are happening in this day and time. Many have asked from a place of fear as to what they should be doing and where they should go and what to expect. But what I have spoken to you this morning is the answer to all of those questions. To go deep within yourself in the silence and to ask of yourself, "Where should I go? Where should I be? Not because I am afraid, but because I want to serve. Because I want to be the all-nurturing Mother. I want to abide in that presence of love."
- 1998-0728-050 Go deep into the silence and call forth the love which nurtures you and is so deep, so immense, so abundant that you cannot keep it to yourself.
- 1998-0728-051 As I look upon you, you are so wonderful, so beautiful, so radiant. True light of the Father. The seeds which have burst their encasement and are growing in the sunlight of their own remembrance of the light and love of all creation.
- 1998-0728-052 Know that whatever troubles you it is as a passing thing. Know that my love for you is eternal.
- 1998-0728-053 So be it.