

RAISING THE VIBRATION OF YOUR LIFE

2016-04-02

- 2016-0402-001 Beloved and holy and only Child of our heavenly Father, Child of the one Source, Child of Light, divine. That is who you are. Take it deeply within the consciousness and contemplate what that means. Child of the one Source, Child of Light, divine.
- 2016-0402-002 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 once again to call me forth. Great joy of remembrance, great joy of reunion.
- 2016-0402-003 Each time we get to meet in this way, there is an increase in the vibration of your Light and your love on this plane, going out to all ones who are searching for the Light, all ones who are hurting in their own perception of what could be yet missing, all ones who are asking, and all ones will receive.
- 2016-0402-004 It is truly a great joy to be with you in this manner, to speak with you, to know that truly you are my sister/brother, my friends from long ago. We have spoken of that other times, how you walked with me two thousand years ago, how we shared questions and answers around the campfire, how we shared the music, the songs, how we would make songs.
- 2016-0402-005 This is truly an auspicious evening, because each and every one of you have come with questions. Each and every one of you have come with a laundry list of what you would like to see, and yet probably thinking that the lists and the requests could be just beyond the fingertips; not quite within the grasp, but just beyond the fingertips. What we are going to do this evening is to bring it closer so that you can actually touch and grasp and bring to the heart that which you truly want to feel, to know, and to live.
- 2016-0402-006 You have been on a path of service for quite a while, many lifetimes truly; service to yourself, and allowing the awareness of Who and What you are to come to the forefront of your thinking, and service to the brothers and sisters who are not quite sure what they're looking for, and yet sometimes they feel that you have found it, and they come to you and want to know, "What is your secret? What have you found that makes life meaningful?" And you have been able to share from your heart what you have lived, learned, and have ready to give to other ones.
- 2016-0402-007 Because truly you know that you are the conduit for the infinite love of the Father/Mother/God/Goddess/All That Is. You are the conduit. You have said sometimes, "Well, what is my life worth? I can do certain stages of life and raise

the small ones and have a vocation and share with other ones, but beyond that, what does my life mean? Why am I here?"

- 2016-0402-008 Then you have had a friend come up to you, and they have said, "I hurt. I need healing, and I don't know where to go. But you look like you know." You share with them what you have found, where you have been, and what has helped you, and in the sharing, you come to a more healed placed yourself, because sometimes you are not aware of how much you have to share.
- 2016-0402-009 So oftentimes in the sharing, that which was semi-hidden from your own view is now coming to the forefront, and when you share it with another one, it becomes alive and it becomes vividly true for you. So it is a gift from the giver to the one receiving it and back again.
- 2016-0402-010 Many of the brothers and sisters are wondering in this time, "What is worthwhile? Why am I here? What am I supposed to be doing?" They ask that question. You have asked that question. You share with them that all they need do is to smile. And they say, "But my heart hurts."
- 2016-0402-011 Sometimes the physical heart hurts, because there has been the message that has been given to it that it is not strong enough, and so it out-pictures that which the thought has been. But you smile, and they return it a little bit. The corners of the mouth turn up a wee bit, and they begin to see that it feels good. They try it again, and yes, it feels good. That which you give is seemingly free from your heart to the other one, and yet it is priceless. It is free, yes, and yet it is priceless, because it will change everyone's outlook.
- 2016-0402-012 This time, as we have spoken previously, is a time of seeming darkness upon this plane, of separation, one from another; ones being in one camp and saying this is my truth, and others being in another camp saying this is my truth, and the two camps don't mix. You are seeing this in quite a bit of clarity in this geo-political grouping, because you have choices coming up, and ones are trying to make the case that you should support them.
- 2016-0402-013 You are getting to see a whole range of personalities, a whole range of values, a whole range of ways of looking at life. There is much of darkness, and yet the reason that it is obvious is because there is more Light. You are shining your Light. Each and every one of you, as you smile, as you give encouragement to other ones, are adding more and more Light upon this plane. And when Light comes, it will show up the dark corners.
- 2016-0402-014 It is a bit like the flashlight that you have that will shine onto whatever you point it towards, and you get to see what is happening in that light. All of you are great beacons of Light. You feel this from time to time when you get really

turned on. You feel yourself to be quite joyful for a moment or so or maybe longer, and you are allowing yourselves now to be turned on longer. It feels good.

- 2016-0402-015 So the corners of the mouth turn up, the eyes twinkle, and you share with others your Light. And as you do that, it encourages them to feel their own Light and to turn their Light on even brighter. Yes, it shows up the dark corners, and that is what you are seeing now. You are seeing some of the darkness, and it depends what you focus upon, because when you look to the dark areas, and the Light is showing that, there can be the perception of darkness.
- 2016-0402-016 But as you look upon the darkness, you will say, "This is a no-thing; I will shine my flashlight upon it, and we will see what the darkness is hiding." More and more of the darkness is dissipating, because you have a belief very deep within you that knows that the Light conquers all, so you will be seeing more and more of the darkness where you shine your Light, and that in turn is going to bring more and more Light upon this plane.
- 2016-0402-017 As I have said to you many times, I am not very good at prophesying within time, because as soon as I do that, you turn around and do some improv, and it all changes. So I will not say to you how long or how short it will be until the Light "conquers all", but truly as you will believe, so it will be unto your perception.
- 2016-0402-018 You will see more and more Light. Each of you, before the previous incarnation even, but especially before this incarnation, you agreed that you would come and share your Light. That was written into your contract, and I know you're going to say, "Show me the contract." My beloved friend and teacher, the one you know as Judith, has often said to me, "Show me the contract. Where does it say...."
- 2016-0402-019 But all of you agreed that you will allow your Light to shine, even in the midst of what seems to be darkness; especially in the midst of darkness, and to go with a certain joy of Being, because it feels good. You are wanting to uplift; that is your basic nature, is to uplift. It is to bring others to a place of understanding the Light that they are. You go about this sometimes as an assignment which can feel a bit heavy, but other times you go about this very naturally, because it comes from the heart of you, and you cannot keep it tamped down.
- 2016-0402-020 You are feeling a certain urge now to come alive, to come truly alive in your own Being, in your own awareness, to come to that place where you know truly Who and What you are. You are wanting to feel the goodness of life, and some of the pieces are coming together for you now, pieces that you have hoped for, you have prayed for, you have waited for, and yes, they have come together.
- 2016-0402-021 All of you are searching for that tiny little piece of the jigsaw puzzle that will make everything make sense, and you will find it. That is the good news. It cannot be hidden from you. You will find it. It is foreordained that you will. Why?

Because you are creating your reality. And if there is a desire for something...look to the root word of desire, of sire, de sire, of the Father. If it is a desire that you have, it comes from the Father/Mother/God/Goddess/All That Is.

- 2016-0402-022 You have to find your joy. I know that as you go through life, there are a lot of times when it seems to be hidden away somewhere, or it may be just beyond the fingertips, and you can't quite get ahold of it. But you are coming into a time now when you are going to know that you have had it all the time. You have had it in your grasp all the time, that which you are, that which you want to share with others, and others are being drawn to you.
- 2016-0402-023 No matter what location you find yourself in, your calling, your true location is to be the Light and the love of your divine Self, and you do this in many different ways. You go through different stages of life, and in a certain stage you share it in one way. Later on you get to be the knowledgeable one, the authority, and you get to speak from a place of authority.
- 2016-0402-024 Because, after all, ones look at you and they say, "Obviously he/she has come through a lot. They must know," and you do. You don't have to rehearse. You don't have to practice. This is something that many of the younger ones feel, that in order to do that which they are supposed to do, they have to have an outline, and they have to rehearse what they are going to say.
- 2016-0402-025 What you will do is to share from the heart. You will know what to say. You will know what to do in the moment. Whenever the question arises from someone, the answer is right there, right on the tails of the question. Because, in truth, there is no question that comes and doesn't have an answer, as you have found. There is always an answer; sometimes two or three answers, so that ones can feel what is true for them, what resonates with them at that moment.
- 2016-0402-026 What you are doing now is sifting through the experiences of this life. You are sifting through the experiences remembered from other lifetimes, because none of you comes as an empty basket. You bring with you the experiences and the "learning" from other lifetimes and the certain tendencies that you have found that make you feel whole, and when you share them with other ones, there is the opportunity for them to feel whole.
- 2016-0402-027 So you bring to this lifetime a wealth of experiences, and you have found this to be true. You will be speaking with someone, and you don't quite know what to say to them, but you want to uplift them; you want to help them. And all of a sudden there comes to you a picture of an experience, something that you have known or something that seems to fit, or perhaps a bit of music, a bit of the joyous music that will uplift and open doors and windows.

- 2016-0402-028 Even if you don't feel that you are quite the troubadour in this lifetime—but you are—you can remember some of the childhood songs that you learned, the simple joy of being the child, and you can share that. As you go throughout your day, you may find yourself humming something that is from the past, and you wonder, "Oh, I haven't thought of that in a long time," and yet it comes to you, and you share it, because it is coming from the place of the heart, the place that feels good.
- 2016-0402-029 You are desirous of more joy, to see more joy and to share it. And as you will be knowing that you are sharing it—because you can't help but share it; even if you wanted to, you can't stifle it—you are going to be aware of it in your own life more and more. As you set your intention for joy, it has to come to you, because...why? Why? Why does it have to come to you?
- 2016-0402-030 (We are it already; it is our nature) True; you are it already; it is your nature, and it has to come to the forefront, because you are creating. That which you intend, has to come. You are calling it forth. And if you don't like what you have, you can change it.
- 2016-0402-031 Nowhere is it written that you have to suffer. That is only in the world and the voice of the world, but that is not where you live, move, and have your Being. You work in the world, yes, and you associate with the friends in the world, but you live, move, and have your Being in the divinity of you that is love, that is wholeness, that is joy already.
- 2016-0402-032 So whenever you are feeling that you want to know more joy in your life, allow yourself to get excited about something, even if you think it can't happen; especially if you think it can't happen. Get excited about something. What would you really like to do? And get excited, because truly you have a Father/Mother/God/Goddess/All That Is who is ready, willing, and able to give you that which you ask for.
- 2016-0402-033 The only caveat has to do with the world understanding of timing, as you know so well. There is a belief in process. There is a belief in linear timing. So that which has been generational teaching has taught you that, okay, you can put your intention out now, and maybe in six months—well, maybe if you're really lucky, it might be three months, but it has to be some process from beginning, middle, to end. And then, if I'm still keeping that intention, and still aware of it, and still working on it, it might come.
- 2016-0402-034 But I share with you that you don't even have to do that much. You set your intention and you get excited about it, and you put into it the vibration of creativity, the vibration that says, "Yes, I can have it. Yes, I can change

everything that has seemed to be stuck, that has seemed to be just beyond my reach. I can change everything."

- 2016-0402-035 If you will look back over this lifetime, you can see where you have done that; where an idea has occurred to you, and all of a sudden you've gotten so excited about it. It's like, "Oh, I can't wait. It's going to happen. I know it's going to happen. It's right around the corner. And then it comes."
- 2016-0402-036 Sometimes you have been surprised. Sometimes you have said, "Oh, gee, I didn't know that was going to happen that fast." But that is how it happens. If you will have the belief, if you will really know that that which you want is already yours—you only have to reach out and grasp it—it will be right there for you.
- 2016-0402-037 No matter how many years you have lived in this lifetime, you do not have to wait, you do not have to earn it, it's already yours for the taking, for the reaching out and saying, "Yes, it is mine." But the secret to it—you have guessed it already—is the excitement of knowing I can have it. I really, really, really can have that which makes me happy. I really can have it. Wow!
- 2016-0402-038 Get into that energy. It is the energy of accepting it that makes it happen. You don't have to wait until you have it, and then say, "Oh, now I accept it." You accept it from the moment that you set the intention, and it will be right there with you.
- 2016-0402-039 Unless, of course, you go with that generational teaching that says, "Well, everything you want has to be a struggle, and you have to wait a while, and you have to be really worth it, and you have to...." Generational teaching is just that. It is old; old teaching; old thinking. That which you are looking to do and to have in three days, three days from now, an intention, it is yours.
- 2016-0402-040 Know it, feel it, accept it. In three days—one, two, three—it will be yours. You will return to this dwelling place, and it will be yours. Three days (D: Thank you) Very good. That which you are asking—you have in your mind something that means a lot to you—you will have it. It cannot be kept from you.
- 2016-0402-041 Even though in world thinking it might look impossible, it is not impossible. You can take that to heart. I will not say you can take it to the bank, because that comes and goes. You know how that is; it comes and goes. But take it to heart. Accept it. That which you have been waiting for, you can have it; you can accept it right now. It is yours. And that makes you feel really alive. It makes you feel really, really good. It's like, "Wow! Okay, that feels great. I want that." And if you want it that much, there is nothing that is going to keep it from you. If you want it that much, you are going to move heaven and Earth to have it, and it is yours.

- 2016-0402-042 Now, the one caveat with this is, you have to be clear about what you want. It does help to be clear, because that which you are asking for is going to come to you. If you are sort of thinking, well this, and maybe that, and whatever, you are going to feel like, well, it hasn't really come to me, because, you know, you've been all over the road with it.
- 2016-0402-043 So you get completely clear about it, and it has to come to you. It has to be yours. Ask of yourself right now, "What do I really desire? What do I really want? What means the most to me? What do I want to have, to see, to be, to do? Where? What would really make me excited?" You know it can be; not only can be; it will be. It is foreordained. The only thing that you are waiting for is perhaps a bit of the process of putting it together, but it is foreordained. That is why the wish, the desire has come to you, and it will be yours.
- 2016-0402-044 Allow yourself to get excited about life. For too long, you and the brothers and sisters have gone step by step by step as to what you think you have to do, and that which you really want is probably out there somewhere. Well, I share with you, get really busy as to how you make it happen. If you have to speak to someone, if you have to go somewhere, do it. Get really excited. It will be yours, perhaps even more than what you have imagined in the beginning, and even greater things will come to you. You deserve it.
- 2016-0402-045 Allow yourself to grasp it, to be excited about it. Do you have an idea of what you would like? What would you like? Yes, it's a question. (C: Oh, for me) Yes, yes. (C: I would like better health than what I currently have, and I'm working towards it) So be it, yes, and you have seen that already you are making progress with it. It is yours.
- 2016-0402-046 Each and every one of you have a desire of the heart, of something that you want, and you are never too old for it. You are never past the point of reaping the rewards of your desire. Sometimes ones say, "Well, I think it's passed me by. When I was...oh, two decades ago, maybe then I could have had it."
- 2016-0402-047 But you are never too old. We have spoken many, many times about how you have known how to live the two hundred, three hundred, five hundred years in linear time as you measure years, because you were so joyful, so happy, so excited about life itself that you didn't want to take the focus off of the body. You were having fun with it, and so you just kept on going and going until at some point you said, "Well, perhaps maybe I want to be in another solar system, another constellation, and perhaps the body form has to be a bit different," and so you took the attention off of this body form, the human form, and you remanifested another form in another way. But that was just because you desired the change, and you kept on living.

- 2016-0402-048 I share with you that which you truly know at a very deep level: you are going to keep on living, in one form or another, forever, beyond time. You have to. Sorry, that's how it goes. So you might as well make the best of it.
- 2016-0402-049 Because when you take the focus off of this form and you release it, you are still going to be alive. You are still going to be aware. You are still going to be the Intelligence of what you have always been. Then there may come a time when you decide that you want to be incarnate again, and you decide what form you want to be—male, female, four-footed, two-footed, the one that swims in the ocean, or that which is going to be coming again on holy Mother Earth, the great size of the dinosaur.
- 2016-0402-050 Take that to heart. That which has been, will be. Now, that gives you pause for thought, doesn't it? That which has been, will come around again. So if you feel like you missed it..."You know, I didn't get to be the great winged dinosaur. I got to be the little tiny bird, but I wanted to be the big one." Okay, it's going to come around again, and you can have it. Or maybe you don't want that. Maybe you want something else. You can have that.
- 2016-0402-051 What I am saying to you is, as you are the extension of the one creative Source—and you are—you can have, manifest anything that you desire. Now, you will want to do some thinking about how you want it to be, because there have been some incarnations where you have popped in faster than when you thought about it, and you have wondered, "How did I get to be this?" So you want to do a bit of the planning, choosing.
- 2016-0402-052 But it is open to your choice. Now, I know the world does not tell you this. The world says that if you live a certain number of years—sixty, seventy years perhaps—and you've had what is termed the good life, that's all you get. Sorry, that's it; you had it. But I say unto you, if you want to live the two hundred, three hundred years, and if you want to travel in time, you can do that too.
- 2016-0402-053 You can play with that—anything that you imagine. And you're saying, "Well, I don't really want to go that far out, Jeshua. I just want some love in my life, a few of the golden coins, a roof over my head, friends of like mind, a vocation that is satisfying, perhaps grandchildren to teach and to laugh with." Okay, you can have that, and more.
- 2016-0402-054 In truth, there is no limit to what you can manifest. So allow yourself in your next quiet time that you have, called meditation, to get clear about what you would like to have, what you would like to see, who you would like to be with, where you want to go. If you want to manifest for yourself perhaps two weeks in a warm, sunny place, you can have that. Or if you want to go hiking in the snow, you can have that.

- 2016-0402-055 Set your intention. Put more vibratory energy into it; in other words, come alive in it. Do what allows your heart to open. Feel happy about it, and you won't even watch the years as they go by. Because, as you have found, you may be focusing on the years and thinking, "Well, I only have maybe twenty or twenty-five years left. What am I going to do? How am I going to manifest everything I want to in that short time?"
- 2016-0402-056 Who says it has to be a short time? You remake your body every day. Your scientists have said that every seven years all of the cells of the body have been changed so that you have a new body.
- 2016-0402-057 Every day when you awaken in the morning, you put together the energy of the body in what has been the pattern that you've had and remember from the day before; maybe slightly different. Maybe the hair color changes, or maybe you choose to change the hair color. But truly you can have that which you want to have. You can be that which you want to be. You can be surrounded by the energy of ones who are turned on, because that truly allows you then to take hold of your energy and to come alive.
- 2016-0402-058 Now, I have spoken long enough, and you've had some ideas come to your mind. Let's take those ideas and take them somewhere. Let's do what is called the meditation.
- 2016-0402-059 Take, first of all, that deep breath that allows all of the cells of the body to come alive. Breathing in, and breathing out. Breathing in, and breathing out. Feel the rhythm of the deep breath.
- 2016-0402-060 Allow yourself to feel in the mind's eye that you are in a meadow, a most wonderful grassy meadow where there are the little yellow flowers and the white flowers and the purple flowers, each one in its radiance.
- 2016-0402-061 Look to the horizon and see how the grass grows and the trees that grow along a path you are following. As you go along the path to the hill, the grassy knoll of the hill, and you walk easily up to the top of the hill, from there you can see the valley below. It was an easy climb, but now you see all of the grass and the trees below; see the green; see the flowers.
- 2016-0402-062 Are there any birds? Are there any four-footed ones looking up at you? Look to the heavens. Is there a cloud off in the distance? Call the cloud to you. Know that it is coming, because you have called it. Allow yourself to be on the cloud, looking down at the grassy knoll, looking down at the meadow, looking down at the flowers. Allow yourself to drink in the whole vista below.
- 2016-0402-063 Know that truly you are the creator of all that you see. You are painting for yourself a most wonderful scene, and it is coming alive. You see the wind as it blows through the trees. You see the wind as it makes ripples in the grass. You

see the birds in their flight. From your vantage point on the cloud, you behold everything that you have made.

- 2016-0402-064 Then allow yourself to look upwards. There is now a vantage point above you where you are now looking down on the cloud that you were sitting on. You are now One with the sky, being supported by the vibration of the sky. As you are sitting there beholding everything that you have created, think in your mind, what is your dearest wish? What do you want to see? Who do you want to see? Where do you want to see? How does it feel?
- 2016-0402-065 Run to that which you are wanting. Allow yourself the energy of moving effortlessly to that which you desire. Feel yourself to be in the embrace of that which you desire. Know that truly you are love. Everywhere you go, everything opens to you. What do you want to see? What do you want to be? Where do you want to be? Who do you want to be with? What are you doing? Are you doing it on your own or with others? How does it appear to you? How does it feel?
- 2016-0402-066 How does it feel to know that you create your reality moment by moment? How does it feel to be truly alive? How does it feel to be truly creative? Does it feel as the music? Can you hear the music in your head, in your ears, in your whole body? Can you feel the rhythm of life? Can you feel the rhythm of song? Are you the music of life? Are you alive in that music? Do you come to a realization of the Allness of you, the wholeness of you, the vibration of you, with and without form? Allow yourself to be with your true desire. [Pause]
- 2016-0402-067 How does it look, and how does it feel? [Pause]
- 2016-0402-068 Feel yourself to be vibrantly alive. Know that truly you are energizing the energy that you are, coming alive in that energy. Know that truly you are creating and being aware that you are creating. Take hold of your desire, and make it manifest. Allow it to play out in front of you. You can have it. It is yours. [Pause]
- 2016-0402-069 And when you are ready, allow yourself to be seated on the cloud once again, looking down at the meadow, looking down at the grassy knoll. Remember the feeling of the desire. Know that truly you hold it within your capacity to make it manifest.
- 2016-0402-070 Now find yourself standing on the grassy knoll looking down to the meadow. Feel yourself walking through the tall grass down to the meadow. Stretch out the arms in your mind's eye and behold everything that you create. Hold within the heart the energy of what you have experienced. And when you are ready, come back to this room. So be it. [Pause]
- 2016-0402-071 **Judi: Welcome back. You are alive, alert, joyous, and enthusiastic about life.**