

THE TEACHER WITHIN

2017-02-04

- 2017-0204-001 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. 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.
- 2017-0204-002 Great joy, which is your divine birthright. The world speaks to you of problems, things that must be solved with the mind, but in truth, the heart of you knows. You are the Christ Child come forward to rejoice, to play, to affirm the goodness that is from your heavenly Father from before time began.
- 2017-0204-003 We have spoken often with you that when the purpose of time—and there is purpose to time—has been fulfilled, you will still be the Light that has been birthed from before time was even thought of. It is hard for you to imagine that there would be something outside of time, and yet the essence of you is outside of time.
- 2017-0204-004 And there are times—pardon the pun—when you are in meditation that you feel yourself to be outside of time. An hour can pass. You come back and say, “Oh, it was supposed to be ten minutes. I’m late for work. Oh, oh.”
- 2017-0204-005 Time has purpose, because it allows you to delineate what you are working on. You will say, “Well, I have lived X number of years, and hopefully I know a bit more now than I did when I was the small one or when I was the middle size.” And you measure even your geography, how long it takes you to go from one city to another. You do not measure it so much in the geographical distance as you do in the time. It takes two and three hours to get from here to your big city, and that depends if you drive down and around or if you go across on the ferry. It’s pretty much equal time. You measure it by the time.
- 2017-0204-006 Time plays an important part in the world, in the mind games that you play. Yet when you are in that meditative state, the heart knows the Isness of you, and in that place there is no time. That is why it sometimes feels very good to be in meditation and to say, as you have practice, I am going to leave all worldly cares outside for a time, for a space of time.
- 2017-0204-007 As we have often said, and as you have taught your ones, the problems, the concerns that you have left outside will still be there when you come back, usually, but you may have a new take on them, a new way to approach them.

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- 2017-0204-008 So, what will we do with our time this evening? We will enjoy. We will be in joy. We will go back to the essence of you, and we will reiterate things that have been said that have been thought about, perhaps, or not, as time has gone by, as I have been speaking to you for a measure of time.
- 2017-0204-009 I have been asked if I would put into form a certain teaching that could take you from the very beginning through to the place of mastery. In truth, I have given some edification in that area. You have books that are as guides to study. But I want to ask you a very basic question. When you use a study guide such as that, where does most of the study take place? It is a question. It can be answered, yes. Where does most of the activity take place? In the mind; exactly.
- 2017-0204-010 And what I stress with you is, even if you start with concepts of the mind—which is a good place to start—the goal is to come to the place of the heart so that with you, as I have been speaking to you for some years now, I do not go back to square one and engage the mind primarily. Sometimes I engage it in order to take you past the mind to the place of the heart.
- 2017-0204-012 Because truly, as I use words, they are not as important as the feeling. I reach out and touch each one of you, heart to heart, while the mind is busy listening to the words. The mind says, “Oh, good, I can latch onto this idea. I will hold this idea.” Then another idea comes along and you forget the first one, so you go back and get either the recording or the written word of what has been talked about, and then you play with it again in the mind. If you are lucky, the mind gets tired, and you get to a feeling of peace.
- 2017-0204-013 That is why I stress so often with you that you set aside time in each day to just breathe, to go deeply within and just breathe. Now, I know that when you start that practice in every day, if you are like most of the brothers and sisters, the mind will be busy with what has happened either the day before or in that day, and there will be certain things that you kind of summarize in the mind: “She said this to me. That happened at work. This is what I have to think about for tomorrow. I hope I have everything prepared for dinner, and with one hundred people coming to eat...etc.”
- 2017-0204-014 And then, as you have practiced focusing on the breath, you can come to a place of peace within, where you come to the place where you know the feeling of expansion, the feeling of Isness, no judgement, no thoughts, just the place of peace within. I have shared with you many times, and I will reiterate, that when you find that place of peace within, the body thanks you, because the body then gets to relax, it gets to do its thing without you trying to control it.
- 2017-0204-015 You breathe, you feel at peace, and the body expands; not to a place where you have to go on a crash diet because it has expanded, but it gets to relax. All of the cells of the body allow their Light to expand.

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- 2017-0204-016 So the mind is a good vehicle up to a certain point, and the ideas that we share are good, up to a certain point. But what is most important is what you do when you first come into this room. You come into the gathering, you see ones and you smile. You are happy to see them, and you can't wait to share with them whatever has been going on, whatever the new insights are.
- 2017-0204-017 And you give the hugs. We have spoken often that the hug is heart to heart. The essence of you, the very vibration of your Light is shared with another one. The molecules of that Light energy are given and received in the hugs. And woe be unto you if you are not happy with the person that you are hugging, because they are going to feel it. They are going to feel that there is a steel cage around. So it behooves you to breathe first before you give the hug and to breathe with the person you are hugging. Those are the hugs that feel the best, right? You have experienced those, where you breathe together heart to heart.
- 2017-0204-018 So as often as is possible, breathe before the hug, breathe during the hug, and if you feel like it, breathe afterwards; and the body will feel like it.
- 2017-0204-019 We speak often of the various texts, the writings that are as clues to set you on a path that perhaps after a while the mind will get a bit tired, and then the essence of you will be felt, will be known. But the texts have their place. I am not putting them down, because they have a very good place in directing the mind up to a certain point.
- 2017-0204-020 You have many good writings that you can go to. You have many good poets, writers, musicians who have written the melodies and the words to the melodies that will transport you from sitting in one place to a certain emotion. Oftentimes the music can move you in a way that nothing else can.
- 2017-0204-021 Some of you experienced that in this afternoon, where there was a feeling of emotion that perhaps you did not want to share in a group, and yet the waterworks began to happen, the tears, because of the feeling of inclusion, the feeling of sharing, the feeling of knowing the love that was rising up within you.
- 2017-0204-022 As you have been taught many times, according to the mind, you are supposed to not show it. Just keep all of that inside of you. And yet the tears run down the cheeks. I have shared with you many times that every tear that you allow to be shed, for whatever reason, clears a hundredfold of times when you could not allow the tears to be shed. Because you have lived lifetimes that have been very harsh, lifetimes when you had to be quite stoic and you could not show emotion. It was not safe to show emotion and to be thought soft.
- 2017-0204-023 And yet the heart wants to be soft. It wants to love. It wants to expand. So there have been many lifetimes when you have shut down the fountain of love, of tears, and you have had to hold it inside. Even in this lifetime there have been

times when it was not safe, as you judged other people's thinking of you, and you had to hold it in, or at least you chose to. now when the music moves you to a place where you find the waterworks are flowing quite freely, rejoice. Know that truly there have been lifetimes when you could not, dared not shed the tears. Rejoice every time you feel the tears coming down the cheeks, because it shows that the heart is opening.

- 2017-0204-024 Ones often ask me, "Master, how can I become a master? Show me, teach me, lead me to the right books to study." Depending on what seems to be the necessary next step with them, I will suggest. But oftentimes they will come back and say, "I have read the ones that you suggested. They were good. They have taken me to a certain degree upon my path, but I feel that there's more. Is there something more that I should be studying?"
- 2017-0204-025 When they ask that question, I know that they want something of the mind, so I suggest something that they can read for the mind. And after a while, if they have pursued the pathway a ways, they will come back to me and say, "I have read the books that you suggested. I have pondered them. I have questioned them. I have meditated upon ideas in those books, but I still feel that there is something more. Tell me where to go, what to do."
- 2017-0204-026 And I say unto them, as I have said to you sometimes, "Access the teacher within, your own teacher within." Because each and every one of you has been from before time began, has been from the first thought to create, and you know your path better than anyone else. You know your inner teacher. Ask the questions of your inner teacher.
- 2017-0204-027 It is okay to ask questions of brothers and sisters, because they are walking the human path, and maybe what they have read will be enlightening to you. But when you get to the place where you know that there is something more, go within and ask the master within.
- 2017-0204-028 Because, you see, two thousand years ago all of us, you and I together, we walked together, we sat around the campfire, we sat along the shore of the sea and shared ideas, questions. And when all of that was done and you left to go back to your dwelling place or to your family or to wherever you had to go, there were questions that remained, questions that I could not truly answer. I could only answer what was true for me, as I do in this day and time.
- 2017-0204-029 But the one true teacher for you is the teacher within. It is you, the master that you are, within. Now, the most wonderful part about that is, as you will be wanting to know, asking to know, really desirous to know, nothing can be held back from you. You will bring the perfect text to you. You will bring the perfect teachers to you. You will bring the perfect circumstances to you.

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- 2017-0204-030 The inner teacher of you never leaves you, never will abandon you. You may feel sometimes that you are abandoned, but never can you be abandoned, because the teacher that you are within has been with you from the time you thought first to create, and you have created multitudinous worlds, realities, things to experience and to express, because you are the extension of the one creative Principle; therefore, what are you going to do? You are going to create.
- 2017-0204-031 And you are going to, according to the mind, judge your creations. But the inner teacher of you does not judge. The inner teacher of you walks as you and is always accessible to you. So in truth, you do not need a teacher outside of you.
- 2017-0204-032 It is fun to play with someone else, to toss ideas around and say, "Well, how do you see this?" And probably, because of their inner teacher, they may see things differently than you do, and they say, "Well, this is how I see it." And you say, "Well, let's think about that for a moment or so. Let me see how that feels." And it may or may not feel right.
- 2017-0204-033 You had an experience of that today, where each and every one is creating from what they understand the teaching to be from their own inner teacher. It may not correspond to what you are learning and accepting from your inner teacher, but that is okay. You acknowledge that they have the freedom to hold their own ideas, as you did, and you know that your value and your answers have not been diminished by someone else's teachings.
- 2017-0204-034 Whenever there is a time when you feel confronted by someone else, breathe, and then go within, quietly, and access the teacher, your teacher, within. Ask for validation, because truly what you experience with the mind in the world is the non-validation quite often, because ideas will come to the mind, and the habitual way of playing with these ideas has been to value judge, and oftentimes your judgment of yourself has come up a little bit shorter than someone else's, the value that you place on someone else.
- 2017-0204-035 So when that happens, breathe, and ask of yourself, "What is my truth? Speak to me, inner teacher, my inner teacher," and listen. Again, do not value judge. Do not say, "Well, I don't think that's right, because I read somewhere in a book...etc., that it has to be thus and so."
- 2017-0204-036 Just listen and feel. What will be most important will be the feeling, the feeling of peace, the feeling of acceptance that, "I am okay. I may have differing ideas from other ones, but I'm still okay with my ideas. I am still okay with my values. I have value," because you do.
- 2017-0204-037 The world quite often wants to stamp out what you have thought your value to be. The mind will give you a whole list of how to value yourself, and quite often

you find yourself down near the bottom of the list, because that is what habitually the generational teaching has been. You have been taught that as little ones. "You don't know anything. You have to listen to me," say the parents or the older brother or sister. You do for a while, and then you begin to think, "Well, that's not quite how I see things, and I'm not quite sure that's where I am with that."

- 2017-0204-038 Listen to your inner teacher. Do not be confrontational with another one, because their inner teacher may be bringing up for them what they have said that their soul wants to experience. But value your inner teacher, because that teacher is true for you. It is important for you to know your value and to speak, even when others may not listen to you. It doesn't matter. Allow yourself to value yourself and your inner teacher.
- 2017-0204-039 Read the books. Question things. Discuss. And then take it in meditation to the teacher within. That teacher within, when you are being totally open, non-judgmental, will lead you to the truth of your being.
- 2017-0204-040 I can speak these words to you now, because you are in a place where you understand; not only with the mind, but with the open heart. I can speak these things to you as I did two thousand years ago when we had fun throwing the ideas back and forth, because we did. We liked to use the tool of the mind, so we played with the mind. And you have done that in the early years of this lifetime, because the mind is a great plaything. If you will treat it as such, you will not go wrong.
- 2017-0204-041 But the heart speaks true. So whenever you get the feeling of the fingernails underneath the counter and you wonder what is going on here, breathe, and then ask the inner teacher, "How do you see what is going on?" which is what you did do, and your answer came back, "Let it be."
- 2017-0204-042 And it was like, "Oh, okay, I will let it be." Every time you ask your inner teacher, you will get an answer. You may not hear it. You may not want it. You may not trust it, but you get an answer which you can come back to and see if the answer is the same next time as well. Allow yourself to trust the inner teacher, because it will be true; not the mind, but the feeling of the heart. And that is what you experienced when you were digging the fingernails in and all of a sudden the question came, "Is this really worth it?" And it was like, "No, I don't have to do this. I can let it be."
- 2017-0204-043 When you get to that place of letting it be, that is the place of healing. It heals you, because you no longer have to fight, you don't scrape up the fingers, and it heals the other one, because they know that you have valued them enough to let

them have their opinion. You did not try to put the other one down and say, "No, this is wrong because..." There was that feeling in the beginning, and then the fingers spoke to you and said, "Hmm, do you want to look at this again? Do you want to feel this again?" And you did. You went to your inner teacher, and your inner teacher said, "Let it be," and it was a healing moment.

- 2017-0204-044 Then the mind gets in there and says, "Yes, but you should have told her where she was wrong. You could have told her." But even if you had, you would not have won. The mind likes to fight, likes to get engaged, and you do not want to follow through and marry the mind; no. Go with the heart always.
- 2017-0204-045 Now I am going to change directions. I'm going to say to you something that is most exciting. The mind is going to find it exciting, because the mind is going to be very busy bringing it forward. And in truth, you are going to enjoy the experience of it. But I'm going to take you forward into what you see to be perhaps five years, ten years from now. It will be a short time, truly.
- 2017-0204-046 You have technology that is racing ahead, and you are enjoying the technology, some of you keeping up with it more than others. That is good. What you are seeing now is the ability to make what is called virtual reality, and you are experiencing, and have been for some time at a slower pace, in what you would see to be the last one hundred years, where you have started with the silent pictures that had some motion to them.
- 2017-0204-047 Then there was the better of it, where you got the sound to go with the pictures that you were seeing, and you were transported into whatever was happening on the screen that you were looking at. You now have on your computers the technology to be in touch with ones very far away, because truly there is no distance, but you are in touch with them mind to mind, and the technology allows you to do that.
- 2017-0204-048 And you get on your small screen what used to be on the big screen or the really big screen. You still have the really big screen, where you have like fifty to one hundred seats, and people sit there and watch all of the action on the screen up there. Then your technology has taken it one step forward, where you can be right in the middle of what is happening. They call this your 3D, where you put on the special glasses and all of a sudden you are on the roller coaster and you see yourself going forward, and in the picture that ones show of the audience watching this, they're leaning to one side, because the roller coaster is going that way, or they're leaning to the other side, because this is what they see. They are experiencing it with the mind.

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- 2017-0204-049 You are getting to the place very soon now where your home entertainment is going to bring you the same technology where you can be in the middle of what is happening right here in your living room. You are going to experience that when you walk in the door of your dwelling place and you will say to Siri or one of your other most wonderful helpers, "I want to see a story about someone living in India." And all of a sudden, right here you will be in that virtual reality of being in India, or pick a place—Antarctica; go get your jacket.
- 2017-0204-050 It will be for you a reality as true as this reality is. That is where the mind gets a bit boggled, because it is going to be as real as what you are doing right now. Yes, question?
- 2017-0204-051 Mark: What about stuff like Grand Theft Auto? Are you familiar with that video game? That's a reality that kind of goes in a different direction.
- 2017-0204-052 This is true. And that is where you will be choosing, discerning, have a choice of what you want to be in, because it will be possible to be in whatever you choose. You're going to have a choice. If you want to be...you come home from a hard day at the office and you say, "Siri, I want to have the palm trees and the soft breezes in Hawaii, and maybe a few other people, but not too many people, just very calming for the next hour." Okay, it's right there for you, and you get to be in it, as real as what you see this to be.
- 2017-0204-053 You will know, in the beginning part of it as it begins to develop step by step, because it's not going to happen right like tomorrow; pretty soon, because your technology is racing ahead of you. You're going to have choice, and you're going to be able to choose what you want to be in the middle of. There will be some who want action and the feeling of the adrenalin rush. But after a while, I guarantee, they will start to choose something different, because the body itself will speak and will say, "Hey, you know, we don't need this any longer. I want the soft breezes and the palm trees, at least for a short time."
- 2017-0204-054 Then what happens if you no longer have to go out of the dwelling place to work? Virtual reality right here; you can have it all right here. All the people that you interact with at work are right here. You don't even have to get into your vehicle and travel somewhere. Do you think you can handle that?
- 2017-0204-055 That is why I'm speaking to you in this evening and exhorting you to find that place of peace within the heart, because very soon, in your lifetime, all of you here, all of you within the sound of my voice, you are going to be having the opportunity to live in virtual reality, and it will be very good for you to find that place of peace within and to be able to use that as an anchor as your reality, and

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to spend time with your inner teacher who says, "From time to time, let us shut out the world and dwell in peace."

- 2017-0204-056 Now you are saying, "That is going to be, if that comes to be..." and it is; as it is seen now, if you keep on the same dotted line that you're on right now, you will get to experience that. It is possible that some of you won't experience that, because you will take an offshoot into another reality, but as it is seen now, it's very likely that you will be moving into that.
- 2017-0204-057 So it behooves you to find that place of peace within, because you may want it. You may find that it is the only reality that satisfies.
- 2017-0204-058 Eva: What is the context for the other realities? Who/what invents and controls them?
- 2017-0204-059 That is a very valid question to ask. And this is why, when you are moving along that path, you are going to have input, hopefully, as to what you want to experience. And you may change your mind from time to time, the same as you would do with your medium-sized screen, and you can change channels on there. Well, you can do that as well.
- 2017-0204-060 It allows you to think of possibilities, of probabilities, and what you want, because you will always have choice. Sometimes the mind will suggest that you don't have choice, but you do. So it behooves you to start practicing your choice right now in these days, where you acknowledge that, yes, the technology is moving in those directions, and it could be something that might happen, but I want to keep my choice. And you will.
- 2017-0204-061 It is exciting for the mind to think what could be. But as I have been speaking as to what will be perhaps in your future, look at where you are right in your Now time. How real is this? Yes, right, and the smile goes across the face and says, "Well, gosh, I don't know how real this is, really."
- 2017-0204-062 It is a shared reality that you have agreed on. You have agreed that the bar stool is going to be hard. It can support the weight of a body. The sofa, the chairs can support the weight of the body. You have said that the body has certain characteristics about it, but is that reality, or are you inventing it moment by moment? Good thought to think, ponder. Ask your inner teacher.
- 2017-0204-063 That chair that you're sitting on, how real is it?
- 2017-0204-064 Eva: Well, I know it has all kinds of molecules in it, and it's vibrating...
- 2017-0204-065 It is vibrating, yes.
- 2017-0204-066 Eva: It is mostly air.

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- 2017-0204-067 It is, mostly space, the same as the bodies. They are energy, but mostly space. And what keeps it together?
- 2017-0204-068 Mark: My mind.
- 2017-0204-069 Yes, the Mind. And what you have agreed as a shared agreement keeps it together. And yes, chocolate brownies as well.
- 2017-0204-070 Audience: And spinning Sufi.
- 2017-0204-071 And spinning Sufi, exactly; all of that energy that's going. And you keep it; you say this is reality, and for the moment, it is. It is your reality, and it works for you. If you try to walk through the door without opening it, you probably haven't trained yourself to expand the molecules far enough to get through it, or put them in a smaller size. But there is a shared and agreed upon reality, and it works.
- 2017-0204-072 And the same with virtual reality. It will be something that you agree is "reality", again in quotation marks. You will have fun with it. The mind already is having fun with it, but the heart says, "So what? I love, I Am, I Be, forever and always."
- 2017-0204-073 So that is why, when I come and speak with you, I do two things. I speak to the mind of you—and I can see the energy of the mind has been going around as we have been speaking of possible futures—but I also speak to the heart. The energy of my heart speaks to your heart. As the mind is busy thinking of something else, I get in under and touch you right where you live, and everything comes alive.
- 2017-0204-074 You know that feeling, yes. It is truly the feeling that you are going to keep with you after the body is laid down. When you get finished with this reality, this body that serves you well right now, when you get finished with the body, you are going to still be the consciousness, the awareness. That is why I suggest to you that you put a little bit of time into becoming a good friend to the inner Self of you, because that part of you is going to always be with you. Get to know it. Make a friend of it. Even with the mind, get to know it, because it is our consciousness, it is your awareness, it is the Isness of you that goes forward.
- 2017-0204-075 When you step out of the body, the Isness that is you is right here. You have heard stories of ones who have been most surprised to find that after they shed the body, "I'm still alive!" Yes, of course. The Isness that is you, the consciousness that you have built up, it remains, and you can later on, if you want to, as you evolve, as you move on, you can allow that consciousness of you to dissolve. It is as the bubbles in the air. You keep it for a while, the identity that you have thought yourself to be, and the awareness, you keep that for a while, but then there comes a time when you no longer even think about it. You are just an Isness.

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- 2017-0204-076 It is very peaceful, very interactive with other energy patterns in a loving way, unless for some, because of generational teaching and teaching that they have absorbed, for a short—as you measure—time, for a short interval they may play out some scenarios that are not too pleasant. But they pass. It is not for all time. That is why we spoke of hell, the concept of hell. It is not for all time. There are ones who believe that perhaps they have been damned to hell because so many people have said that to them, and they hold that for a moment or so after the body consciousness has left, and then...hmm, it's not so bad.
- 2017-0204-077 Audience: No devils around him.
- 2017-0204-078 No, only for a short time, and then it just disappears. It isn't anything that they had to consciously think about to make a decision that, "No, this isn't real." It just sloughs off like a no thing, which it is: a no thing.
- 2017-0204-079 But what remains is the essence of you, the love, the energy of the Truth with a capital "T", that you are life in form, and no form, experiencing and expressing. That is what you will keep on doing for as long as you want to. And if you want to go back to the great sea of being and allow yourself to be as the drop of water, it is very peaceful. It is a good place to be.
- 2017-0204-080 Then after you have experienced the drop of water in the great sea of Being, there may be an energy that you feel to experience again, to express, to create. And with that tiny little bit of energy—idea I will call it, but it isn't even that strong—it sets in motion your next expression, and you will have fun with it.
- 2017-0204-081 You will never ever be punished. You will never ever be judged. Even the most seemingly uninspired brother or sister who seems to make all the wrong decisions will not suffer any retribution. You look upon some of the brothers especially now, but sisters as well, and there would be a temptation to say, "It may take them a while to make their way out of that," but there is no time. So in a moment, whenever they are ready, they are what they have always been: Light, energy, and love.
- 2017-0204-082 So ponder what we have spoken of in this evening. Go to the place within and ask your inner teacher, "Speak to me. Love me." That is a very powerful one. Go to the inner teacher and ask her, "Love me." The feeling that will wash over you will be with you forever. It will be powerful, transporative, and will be forever, as I am with you. I walk with you now. Speak to me from time to time.
- 2017-0204-083 I give you a promise. Two thousand years ago I gave you a promise, that, "Lo, I am with you always, even until the end of the world." That will be a good thing to celebrate. I am with you always, and I love that which you are, because that which you are is the One that we are, have been, will be, forever outside of time.

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2017-0204-084 Speak to me during the day. If you really want to get my attention, tell me a funny, a joke. I enjoy laughter. Peace be with you now and forevermore. So be it.