

YOUR EXPIRATION DATE

2018-02-03

- 2018-0203-001 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, having the experience of being many. As you look out, you behold the brothers and sisters and say, “These are separate from me.” But they are not. They abide in the heart, and truly you carry them everywhere you go. The ones you see and the ones that you don’t see, they are very much One with you.
- 2018-0203-002 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 to abide with me in Light. Smile, beloved one. Thank you. Very good. Know you how the whole body lights up when you smile. Yes, it creases the corners of the mouth, the eyes crinkle a wee bit, and the heart allows itself to expand. That is who and what you are, the Light of love going forward.
- 2018-0203-003 Sometimes I see you when you are very much into contemplation of things that might not be quite so light. Sometimes I see the mind is going around in circles, and it’s like, “Take a deep breath,” and sometimes you do remember to take a deep breath and sometimes you don’t. And I see you after a while taking quick breaths to catch up. But that is okay. The body serves you well.
- 2018-0203-004 You have fashioned a most wondrous body; not quite as multi-hued as this one. This one is most creative. You will note on the recording that it is this multi-colored ostrich. I think she’s been named Mathilda and she’s very much part of you, because right in this very moment you are creating her; otherwise, she would not be. Would you like to pet this one? (So soft) Yes, very good, very much alive with the energy, the vibrancy of the colors.
- 2018-0203-005 You make for yourself the most wondrous playthings, play companions—the four-footed ones and the ones who are the stuffed animals that you can carry with you and do the interplay with them. You can make them be happy or sad. Depending on what mood that you are in, they can share it with you. And you have fun having all of the different shapes of animals, the small ones and the rather tall ones that wear the earrings as well. Very creative.
- 2018-0203-006 You invite in the joy that you have known or wanted to know when you were much younger. Sometimes in different incarnations you have permission to play with the stuffed animals and to play with the four-footed ones. Other lifetimes it

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has been more restricted, but this lifetime you are gifting to yourself a wide variety of discourse with different shapes and beings. It is true of the humans as well.

- 2018-0203-007 Now, this evening I want to speak with you about the State of the Union. You have recently had a speech outlining the State of the Union, speaking of this geopolitical grouping, and in it there was much said that will remain to be seen how it is out-pictured later. You have experienced the growing feeling of separation, which truly is giving ones a chance to grow. It has been termed divisiveness, but I would call it a gift, an impetus to look a bit further and find the commonality of heart; not the words that are spoken, not the mind analyzing, but the heart, to the place where you find the one shared vision, approached differently, yes, by different words and different avenues, but the one place where ones want to know the good life. And how they define the good life varies with each person.
- 2018-0203-008 So truly what every one of the brothers and sisters is searching for is that place of union, that place of Oneness, that place of the heart, as I define heart. Different words are used. Different approaches are used, which if you use the mind—as we have been saying many, many times—if you stay in the mind, you are going to find divisiveness. If you stay in the heart, you are going to find all kinds of trigger points.
- 2018-0203-009 But look past the mind and ask of yourself, “What does each one of the brothers and sisters truly want?” Each and every one is wanting the same thing, perhaps by a different avenue, and that then shows you a bit of the terrain that seems to be difficult. But in truth it is not, because the heart speaks true.
- 2018-0203-010 Now, the state of your union is very good, very healthy. It is the state of your union that has been from before time began, the union with the divinity that you are, and the state of your union is perfect. It is perfection itself. It is the heart itself. It is the love that you seek, and it is always there for you.
- 2018-0203-012 Sometimes the mind gets in and wants to analyze. The mind wants to say, “Okay, how do we do this and analyze all the various avenues and routes that may be taken?” But the bottom line is the divinity of you and of the brothers and sisters. That is where you find union. That is where you find the state of your union. And it is healthy. It is in good shape. It cannot be altered, because it is the divinity of you.
- 2018-0203-013 So when you hear the various speeches, allow yourself to abide in the heart and ask, “What is really behind the words? What do ones really want?” You will find that each and every one wants the very same thing, wants to come Home again to that place of love where there is acceptance, where there is everything needed for the out-picturing of divinity. How it is approached varies, and sometimes it seems that this approach is far distant from another approach.

- 2018-0203-014 But when you ask, "What truly is being asked for, what is the bottom line?" No matter if it is, "Well, I must have the golden coins in order to know that I am worthy," and some will feel this, that that is their measure. If they have enough of the golden coins, if they are the one percent as it is called, then that makes them say, "Well, I am worthy. I am doing what I am supposed to do," at least in one incarnation.
- 2018-0203-015 If ones define it differently, then the language will be different, but the goal, to find the divine union, is the same: to feel, "I've made it. I am worthy." But how that gets to be defined depends on how it is seen, how it is worded, how it is out-pictured, and how in every lifetime it changes. Because you listening to these words have had many lifetimes where you have been the one at the very top who cared for the ones who didn't seem to have as much, or you have been the one at the top who said, "Hey, I've really made it." Then you turn around and have another incarnation where you might start at the bottom so that you can experience all.
- 2018-0203-016 So it behooves one not to get too uppity about what they are seeing for themselves as to how worthy they are, because, as you have a saying in your world, it is pride that goeth before a fall, because as you have seen incarnations, you have been the top and you have been at the bottom, and it is all truly a union of One.
- 2018-0203-017 So when you get past the words and you get past the mind and the analysis of what did they mean by this and how do I define certain things, you find that everyone is asking, wanting to know the very same thing, "Am I loved of my Father/Mother/God?" This is really the bottom line, the bottom question, and how they define success, or being loved, varies from lifetime to lifetime. It varies from even one section of a lifetime to another section of a lifetime.
- 2018-0203-018 But your union with the divinity of you is forever and always beyond the concept of time. So, that is your State of the Union speech.
- 2018-0203-019 This evening it is going to be a wee bit different, because we are going to speak to one who has returned to you, one who has been on a far journey and who has had many experiences. We are going to see how this pilgrim has progressed, how this pilgrim went on a great trek, experienced much, even beyond the realm of what you ordinarily would feel to be a lifetime, and has returned to you; returned because there was a calling that went out in the form of many prayers that you were offering and asking this one to return. There was much in the collective consciousness of the grouping of friends who wanted to see this one hale and hearty and back laughing and sharing, sharing experiences that have happened in the past weeks since we last met.

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- 2018-0203-020 Beloved one, on your trip you went to many different countries, and I speak here of the geographical locations, yes. You went to a far country known as Italy. You went to one of the ancient cities where you had lived in other lifetimes, where you had been one of the senators of the governing bodies several lifetimes, where you knew ones who were living at that time, and you had the experience of living and working and having friends in that body.
- 2018-0203-021 You also knew how to be the peasant, the beggar, if you will, that sat at the temple door and asked of anyone passing by if they could share with you. So you felt in this lifetime a desire to go back and pick up certain remembrances of things. There was a calling within you that said, "Let us go back and see how it feels. Let us go back and experience the older buildings," the ones that truly you had walked in other lifetimes, and see what you would feel in those buildings now approaching from this lifetime, this perspective.
- 2018-0203-022 And I will ask of you, did you feel any of the ancient history?
- 2018-0203-023 Jerry: Yes, I did. I did feel like I had been there before.
- 2018-0203-024 Right, many lifetimes. It was truly an area where you experienced much of the human condition; as I have said, both being the statesman and being the beggar and everything in between as well. It was for you a review. It was for you a homecoming just to feel that you had been there before, and how it could have been and was in another lifetime.
- 2018-0203-025 Because, as you have experienced, there are many in this day and time who do not believe that you have different lifetimes, reincarnation. When one goes to visit a place that is historic and have certain feeling within you, remembrances or even just a vague feeling of, "I've been here before," it is what ones term evidence that, yes, life is on-going, and it shifts and changes and has nuances even within a lifetime.
- 2018-0203-026 Did it feel wealthy to you? (Yes, it felt wealthy.) Yes, and you looked at it from this perspective, this lifetime, and you enjoyed seeing the beautiful artwork that truly you had a hand in making, because several of the lifetimes you were the artisan who worked with the metals and worked even with the stone that was carved in various intricate patterns.
- 2018-0203-027 This is true for all of you when you go to visit what is known as antiquities, other countries, even in this country in historic proportions, and you get a feeling of, "I understand how it would be to fashion that. My hands understand something that my head perhaps doesn't understand, but my hands have a certain feeling."
- 2018-0203-028 Or when you visit a certain sacred place and you know that this means something to you beyond just the feeling in this lifetime for it, there is a deeper meaning in

it. Did you experience that? (I felt that, like I'd been there before.) Yes, very true.

- 2018-0203-029 Then you made for yourself a most exciting change. You decided that you would do something quite different so that you would see both sides of life. Where were you in the time after the eyes rolled back into the head? You were sitting, but where were you? Not the physical body, but you? (In antiquity) Yes (And I came to in a six hundred year old hospital) Right. Actually a building that you helped build. And that was one of the purposes of being there, was to connect with it.
- 2018-0203-030 But the interval between the time when you felt that the body wasn't really strong enough, and the time in between there and being in the ambulance, where were you in that time? (I was present, I was there, I could feel it.) You could feel the ambulance, yes. Would it surprise you to know that in the interval, that split second of time when you were sitting and you felt a certain feeling of release, would it surprise you to know that you died in that time? (That wouldn't surprise me, no.)
- 2018-0203-031 You did, but the dying itself only takes what you would call a split second. It doesn't take long, and you left. You had a meeting with your group of soul advisors, and you asked if you could come back and experience more in this lifetime. All of this passed in a split second; not even a whole second, but a split second, because it was a thought, a feeling that was expressed in feeling, and the permission—not that you actually needed permission—was given that, yes, this would be an interesting thing for you to do, to have the experience of heaven for a moment or so or less, and then to come back and pick up where you left off.
- 2018-0203-032 Now, granted, the body has undergone a few changes, and you are still working with putting it back together where it was prior to the experience, but there was more the experience to be had in that six hundred year old building known as the hospital. There was more experience to be had, and as you lay there allowing the body to breathe and resurrect itself, there was much that was going on at a deep level within you.
- 2018-0203-033 And I speak to this for the rest of you, because there is going to come a time in everyone's lifetime when you give permission to leave the body, because you don't want to drag the body around any longer. You don't need to drag the body around any longer. In a split second there is that feeling of release, and sometimes, as in the case of beloved brother, there is a feeling of, "I'm not finished." You had that very strong feeling, "I'm not finished. I don't want to leave just yet."
- 2018-0203-034 Now, I have said to you many, many times in talking about the releasement of the body that it is always a choice. The body can never be taken from you. It can be

made to look—the evidence of it—that probably you need to leave it behind, but it is always a choice, and in a split second outside of time you either say yes or you say no.

- 2018-0203-035 In your case, you had already completed what your soul group had put together as a plan for this lifetime. You had already completed that; however, being the maverick that you are, you had started on a new plan. So there was a timing to see if this truly was the route that you wanted to take for a while, and to meet with the soul group—the masters, the guides, whatever you want to call them—and see how they felt about this; not that it would have mattered, because the choice is yours. But you were kind of checking in to see. The feeling was, “Go for it.”
- 2018-0203-036 Jerry: I wanted to come back.
- 2018-0203-037 You wanted to come back. There was a very strong feeling on your part, “I want to come back.” So they said, “So be it,” and you’re here. Very good. It is most wondrous to be able to look through these eyes and to see the physicality of you, because truly it was in doubt for a while. That is why there were so many prayers that were offered up as to, well, divine order, but maybe it would be nice to bring him back if that is permissible. (I could feel all the prayers.) You could feel all the prayers, yes. There were many ones praying for you, many ones who gave you permission to do whatever you needed to do, but were also asking, “Can he be allowed to come back? I wasn’t quite finished playing with him.”
- 2018-0203-038 It is true for all of you, and I use this as an example. There will come a time when you will feel the opportunity to let go of the physicality, or not. And you may very strongly feel that, “I’m not finished yet. There are areas that I haven’t experienced with the grouping that I’m with in this time.” No one and no thing can stand in your way.
- 2018-0203-039 You are the maker of your reality. You are the maker of your body. You are the maker of your life, of that reality—lower case “r”. You are the maker of it. We have spoken many times that it is your Reality with a capital “R” that allows you to make the lower case “r” and to live it to the fullest. And if you are not finished with it, you just opt out for a second and then you come back.
- 2018-0203-040 You did give your adopted son, the one who loves you dearly, a moment of pause when he saw the eyes roll back into the head and he wondered what was happening. He wondered, “What do I do now?” But he did the right things, of course, and you have a stronger than ever bond with him because of the shared experience.

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- 2018-0203-041 All of you have been through experiences with another one that have strengthened what was already a very good bond, but has strengthened it in another aspect, another degree. Sometimes you set these up ahead of time in order to be able to feel Oneness with another one, to be able to go beyond the usual association with ones who are in your family, because you want to know the truth of your being. You want to know, "Who am I, really? What power do I really have? Can I really let go of the body for a second or so and then rejuvenate it?"
- 2018-0203-042 Of course. You do that moment by moment with every breath that you take. If you didn't take the next breath, the body would expire.
- 2018-0203-043 Most wondrous experience, and it is one that you will share with ones later going down the road, because, again, one of the things the soul group said to you and you agreed with is that you have a chapter of being teacher. Now, you have been teacher all of this lifetime by example, by the love that you have given to ones, ones who seemingly were not perhaps as well off as you and needed a helping hand at the time, and you said, "Sure, I will give you a helping hand. Whatever you need, I will give." You have done that freely, because you have seen yourself in the other one; in other words, the innocent one who is struggling to make the best of everything.
- 2018-0203-044 So you have been teacher, if they were open to seeing it, but now you are going to speak some words to ones just in passing; not going to be a very formal sort of thing. It can be, but doesn't have to be. But you are going to share with other ones, "You know, this death thing, this dying thing, it's really no big deal. You don't have to be afraid of it. And if you get to death's door and you don't feel like going through it, you don't have to." You are going to say this to ones. "I know. I've been there."
- 2018-0203-045 Yes, it is going to surprise a few people, but that is okay, because truly everyone you meet is someone who has invited you to be right in front of them at that time to give them a word or two that they need to hear. Sometimes they will accept it, and sometimes they won't, but you just give it freely, and they may find themselves later coming back for... "Remember when you said such and such to me? What did you mean by that? Did you mean that you can actually die and come back again?" You'll say, "Yes, our Savior, Lord, the one we walked with two thousand years ago, he did it a bit more dramatic." But that was my scripting, you see.
- 2018-0203-046 "I've been there, I've done it," you say "and no big deal." Ones in your time frame right now, and for quite a while back, are afraid of letting go of the body. They have been taught or have read that you may suffer because you've been such a

bad person in a lifetime, even if you didn't know that you were being bad, and it's only bad according to somebody else's rules, not the rule of the heart. So they hope that they won't suffer too much. They hope that there will still be people who will remember them and love them. And of course you will. You have experienced for yourself how it feels when a loved one seemingly disappears from your sight.

- 2018-0203-047 But as we have spoken many times, you bring in front of you the picture that you know of them, and in truth they are right there with you. Now, you have not been taught that. A lot of times you have said, "Out of sight, out of mind, out of body, gone forever." No. In truth, there is nowhere else to go. Once you begin to get a handle on that part, then you realize that everyone you have ever walked with is still walking with you, and if you want to speak with them, go ahead. Speak with them. And then, as I have said to you several times, listen, because they may, and probably will, answer you back. And you say, "Hm. What was that?"
- 2018-0203-048 Because you never ever decrease being. You never ever end. You are forever on-going. So you take a deep breath and say, "Well, okay, that kind of changes everything. Maybe I can still go surfing," or whatever you want to do. You put it on your To Do List and go as the young one. There is nothing ever keeping you from being the young one. There is an unconscious thought, but you can make it conscious, that as you bring more years to yourself, then the body gets a little more stiff and it has a few more aches and pains. Maybe it doesn't feel quite as good. There's not quite the same pep in the step that you used to have when you were younger, you know.
- 2018-0203-049 But that's all in the mind. That's all generational teaching, and you don't need it anymore. You are as young now as you have ever been. Let that sink in. So if you want to get up and walk easily, if you want to do the calisthenics and get strong, go for it, whatever you want to do.
- 2018-0203-050 You have already set for yourself a good example, because you have said that even in the medical building here you were out walking in the corridor so that you would strengthen the legs. You were not going to just lie in the bed until the legs were like spaghetti. You said, "No, that's not for me. I came back." At that point you were not really cognizant of having been somewhere else and coming back, but you figured, "Well, here I am, and I want to be doing. I have things I want to do yet." I heard you say that.
- 2018-0203-051 And yes, this is true for all of you. You do not have to say, "Well, I have reached a certain age, and I guess, oh, my goodness, that's my expiration date. Oh, dear. Well, you know, maybe I can live beyond my expiration date." And you do. Every

morning when you awaken, you have made the choice to live beyond your expiration date; every morning. So if you practice that every morning, you must be an expert at it.

- 2018-0203-052 So you wake up in the morning. You get out of the bed. You say, "Wow, oh, that felt so good." I see you stretching sometimes. "That was so, so good, ah, wow." You do the exercises and get a little more limber; you get those hips moving around, you know. You can be like your singer star, the one with the special moves (Elvis) Elvis, that's the name, yes. He did not like the appellation that was given him of "Elvis the Pelvis". He said that's not what he was trying to do. He said he just felt the movement of the music so much that he could not stand still and sing. He was filled with the energy of the music.
- 2018-0203-053 Allow yourself to be filled every morning with the energy of the universe. Feel yourself to be as young as you've ever been, because you are. Feel yourself to be quite limber, doing whatever you want to do. Yes, there you go. Pretty soon you are going to be showing us the heels when you jump up and click the heels together. Perhaps next meeting we will see that? (Maybe) Perhaps next meeting we will see that? (Maybe) Perhaps next meeting we will see that? (Most likely) Very good, very good, most likely; you will work on it. You will have fun with it.
- 2018-0203-054 And this is the bottom line for all of you, no matter how many years you have had in this lifetime, this incarnation. The bottom line is joy—your favorite word, yes, joy. The bottom line is just to have fun with it. And in having fun with life, it is contagious. You love to make jokes, to put things together in a certain way that allows other ones to look beyond what they have had with the tunnel vision, and you allow them to expand their thinking, their feeling.
- 2018-0203-055 You allow them with the vibrations of the bowls to get into a certain other energetic feeling where they are free. And as they do that, as they are free, they begin to think, "You know, maybe I don't have to be all stiff and tightened up, and so forth. You know, it doesn't feel good to be all tightened up." So they begin to relax. They begin to expand.
- 2018-0203-056 All of you are wondrous teachers, because your friends, your associates have seen you being human in all degrees. But they have seen you take on certain years and act a certain way because it was expected of you. Now when you go out and you are feeling very flexible and very joyful, they'll do the double-take. They will wonder, "What secret does she know? I want to know her secret. I want to know how she can grow such beautiful hair; most wondrous. I want to know how he can be so strong. Does he practice? Does he lift weights? Or does he just know that he is the strength that he needs?"

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- 2018-0203-057 Because ones watch you as you are hefting things around from time to time as it is called for, and they see, “Well, he looks a bit rotund. Do you think he’s got those muscles?” They see you lift up this big heavy shelving or this big heavy television set or whatever is in the box and you put it in the back of their car like it is nothing, and they do a double-take. It’s like, “Hm, I don’t think I could do that (Strong in this place—the head—levers and pulleys) Yes, the upstairs is strong. And then the other part of the body responds.
- 2018-0203-058 You are all wondrous teachers, because everyone can identify with you. And if they see you getting younger year by year, which is happening, they think perhaps there’s a chance they can get younger, or at least they can try it out for size. They can go traveling different places, they can meet new people, they can smile and encourage, as you do. (Can they go to work again?) Well, if they enjoy it, yes. They may not want to do the same thing they thought they had to do, because oftentimes the “work” that ones do, they think that’s all they can do, and they are looking forward so much to the retirement.
- 2018-0203-059 I love the new definition of that, the re-tiring, as putting new tires on the car. I like your wording. I like your language, the way it can be used for teaching. But yes, then they get to retire and perhaps do what they always wanted to do (And re-create) And re-create, yes, recreate, have fun going to an island somewhere and basking in the sun, to leave the most wondrous watering hole—the rain that you have here—and to have quite a few days in the sunshine. Hm, well, that felt good.
- 2018-0203-060 You have freedom. Ones are not taught as little ones. You start teaching them very soon when they are very small as to how things should be. Then they go to school and learn more things that they should do, how they should behave, how they should think. Every once in a while you find one who is outside of the mold, and after a while he gets a little bit of the pushing, sometimes subtle, sometimes not subtle, to fit into the mold. Then later on, if they are well-spirited, they break out of the mold, thank goodness.
- 2018-0203-061 That is what all of you have done; otherwise, you would not be sitting here listening to what seems to be a mystery of energy that is coming through, speaking to you what my beloved friend and teacher would not be saying, because it is not her experience. But you have broken out of the mold and said, “There must be more. There must be other ways of looking at things. I want to know. I want to be challenged.” That is what all of you are saying, and that is why you are here in this evening. That is why you are listening to the sound of my voice. You want to be challenged. You want to know, “What more is there?”

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- 2018-0203-062 That was you at the moment that you died. You said, "I want to know more. I'm not finished yet. Can I go back?" Of course you can. It's a choice. So here you are, feeling as young as the sunrise (Thank you) I thank you, because you are the one who is going to be exemplifying for other ones how it can be done. Because they have seen you, you know, adding the years on and so forth. They have seen you "human", so if you can make such a wondrous recovery, as they call it—well, you didn't do much of a recovery, because you didn't stay away very long, thank goodness; for you, it's easier if you come immediately back.
- 2018-0203-063 So you are going to be teaching. You're actually going to be speaking some words to ones who need to hear it. There are ones who are suffering because they think they are finished. They don't have to be finished. What happens is, if they make decision to be finished, then very soon they turn around and come back so they can experience again the human lifetime.
- 2018-0203-064 Most interesting. We will talk about that some evening, about the sequence of time and time itself. Put that on the calendar for next time perhaps: Time, the concept of time. That is a fun one to play with.
- 2018-0203-065 But all of you have moved outside of the box, outside of what others have said is possible. If you were to speak with them on the morrow and say, "I listened to Jesus last night," they'll say, "Well, yes, what church did you go to?"
- 2018-0203-066 "Oh, it wasn't really a church. It was a friend's home." "Oh, and Jesus was there?" "Yes, he really was, and he spoke to me. He looked me straight in the eye and told me how strong I am, and I laughed with him, because I know what a bullhead I am".
- 2018-0203-067 It is a joy to be with you. It is a joy to speak, to be able to interact with each other. Know you what a pleasure it is to be alive? Yes, you know. You've been there. You been to the door, opened the door and said, "Hm, not yet. I have more living to do." Good place to be.
- 2018-0203-068 It is a joy to be with you. Each and every one of you are on your journey, and you are having the courage to make changes, having the courage to say, "Well, maybe that's how it is for other ones, but I, for myself, I choose life. I choose to be limber. I choose to have the smile on the face. I choose to make a joke."
- 2018-0203-069 Know you the energy that changes when you make a joke? Ones have to stop for a moment and think, "What did he mean by that? Oh, that's what he meant by that. Oh, okay," and they begin to laugh. Laughter is so healing; laughter and the joy of living. Laugh often. Laugh deeply. Laugh with the whole body, and I will meet you there. So be it.

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