

# THE EXPANDED SELF

2018-03-03

- 2018-0303-001 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 Light, divine, from before time began, before you even thought of time, always and forever the Light of love come to express and to experience. The love-light from your eyes shines forth a very strong ray. Each and every one of you, allow yourself to feel the love that you are. Feel the love that is coming from you to the person next to you and across the room. You are held in love.
- 2018-0303-002 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. Always I live in great joy. I have tried it otherwise, didn't like it that much, decided that I would live in joy. I would do that which brings me into the place of true aliveness, truly doing that which I love to do. And what do I love to do? I love to love. I love to look, to see the Child of the one Source, and to know that that one is expressing the divinity of All.
- 2018-0303-003 You think that you are just the body. You get caught up in time schedules. Will you get to the meeting on time? Will you get to the appointment in time? Will you get to anywhere you have a certain agreement to be? I feel your energy as you feel a bit constrained from time to time, and then if something surprises you, something comes up a little bit different, it's like, "Oh, my goodness, what do I do?"
- 2018-0303-004 I see you. Your energy changes at that moment. It becomes truly a different vibration. It becomes truly a different color, if you were to equate vibration with color. And you feel sometimes...I have heard my beloved friend and teacher say, "I feel like a chicken running around without the head on," and not knowing which direction she thinks she's going. But then, with a remembrance of the deep breath, you can come Home once again.
- 2018-0303-005 So often nowadays, not always, but so often nowadays you find that you get to where you think you have to be at the same time that you would have gotten there if you had just relaxed, because the greater Self of you knows and is truly directing you. But the mind, which your great invention, will come up with all

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kinds of detours, question marks, all kinds of pressure as to where you should be, how you should be, what you should be thinking, all of the “shoulds”.

- 2018-0303-006 Then you remember. You stop and breathe, and you find that you are right now where you were supposed to be. Maybe five minutes have gone by, maybe even five hours have gone by, but there is a divineness that puts you in the right place at the right time. So you do not have to struggle. I know that the world says to you that you have to, you should be on time, you should remember everything that you have to do, you should...all of the shoulds that you have heard from the time that you were knee high to a grasshopper, all of the shoulds.
- 2018-0303-007 Yet I say unto you, throw them out the window, all of the shoulds. Do only that which you want to do, because the secret is, you are going to want to do that which is the proper and right and healing thing for you and for the ones that you are interacting with. So do not worry. There is in truth no great referee in the sky somewhere judging you for every thought that you have, for every appointment that you might have been a little bit late for, or for any thought, apart from what you put into the body as a constraint. You are not being punished.
- 2018-0303-008 You are not being punished by being here. This is truly a gift, this lifetime that you are making for yourself, so enjoy it. Be in the place of joy with it. Yes, there is one or more in this room who takes as the slogan to be in joy with everything.
- 2018-0303-009 Truly you are in joy from the moment that you take the first breath in the divine expression of life itself. The small one does what the body suggests. The small one breathes. The small one knows that there are certain things that do not need to be judged, do not need to be in the mind, that the body truly will be taken care of and will be in order. And you may trust, no matter how many years you have garnered to yourself, that you are new in every moment.
- 2018-0303-010 So therefore do not worry that, “Oh, I’m getting so old, and pretty soon I won’t be able to move.” Allow yourself to feel young, because you are. In every moment you are born anew. In every moment you can choose for yourself to be the Irishman who enjoys the laughter, enjoys being another person, personality. In every moment you can choose to be that which you want to be.
- 2018-0303-012 There are constraints that the world would suggest to you, but you don’t have to take the suggestions. Live according to your choices as to what you love to do, how you love to be. I will share with you that if you do that, even the body will not age.
- 2018-0303-013 Now, this evening we are going to have fun, because we are going to move beyond the physical. The physical for you, all of the years of this lifetime, has been quite a heavy voice. It has spoken to you many, many times how you must take care of

certain aspects of the physicality. But you have a power within you that goes beyond the physical. It is the power that allows you to make the physical, to make the moves that you move, to do that which would be the smile on the face, the eyes that twinkle. It is the power within you that goes beyond what the body knows.

- 2018-0303-014 As I speak to you, you are attending to the words, the ideas, and yet in between those words and ideas your mind has gone off to something else, as to what you have to do tomorrow, what you have to do yet tonight before you lay the head on the pillow, and you ask of yourself, "Why did he say that to me? Why did she say that to me? What was going on?" And you play with all different scenarios, because you can.
- 2018-0303-015 But you are more than that. If you were to see in a space of...we will call it a jigsaw puzzle, of pieces coming together, you would see how intricately you use the mind, how intricately everything truly fits together. Even the parts that you feel don't fit together, they do, and you would know that truly you are the one who is in charge.
- 2018-0303-016 I know that generational teaching says to you, "There's a lot that you have to attend to, and you have to pay attention to the body." The body will yell and scream at you sometimes to get your attention, and yet you are the master of it, and there are times when you can put the body on the shelf and allow the joy of the heart to come forward. It has to, because you are the master. You are the one who is creating this life. You are the one who is creating all of the ups and downs, the conflicts, the joys, the time when you find, "Oh, that really worked out. I thought I was going to be late, but I wasn't late. I thought I didn't know how to get there, but I got there," etc.; all of the good answers that seem like miracles when they happen.
- 2018-0303-017 Allow yourself in this moment to visualize a field of being. Now, you can think of this field as a grassy field or you can think of this field as some of your theoreticians look at it, as a vast field of energy, which truly it is. Allow yourself to visualize in the mind's eye this energy field that you live in. See yourself as a point of light in this vast field of energy, and see yourself interacting with other points of light. See how there is a certain order. Even as lights come very close to colliding, they do not. And if they did, they would pass right through each other; in other words, there is not a problem like with your vehicles running into each other with hard and fast form.
- 2018-0303-018 Feel yourself to be energy. Visualize this great sea of energy. Visualize yourself as a point of light within this vast field of energy. Visualize what you would see to be the universe, as you understand physical universe, and know that truly you

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have a part in it. You are in this universe that you are making. Visualize it in the mind's eye, and see how you are going in it, because you are. You are going as to what you would call thought travel, always and forever the energy of being.

- 2018-0303-019 For truly, once you release the body, you will know yourself to still be as you are, but the body serves you for a time period, and after that it is not necessary.
- 2018-0303-020 Allow yourself to take the deep breath. Feel the expansion of the body as you take the deep breath. As you take the deep breath, visualize a great field of being, of energy, a grassy meadow if you want to put it that way, and it stretches as far as you can imagine and even farther.
- 2018-0303-021 With another deep breath, visualize yourself to be in what you would call outer space beyond the grassy meadow, beyond anything that is of the physical. It is physical in that it is energy, and yet it is beyond.
- 2018-0303-022 Know that truly you are the expanded Mind. You are the expansion of all that is, ever has been, ever will be. That is how immense you are. Know that truly you move and have your being in eternity and beyond. You move and have your being outside of time. You move and have your being even beyond the limits of thought, into the place of pure Isness, just being, without any thought of time, limitation, definition. You are the Allness of All.
- 2018-0303-023 Take another deep breath. Feel yourself going as a great stream of light into the Allness that you do not have to define, into the Allness that is as the deep breath, expansive. Know that truly you live and move in that expansiveness and that you have come to play within the physicality in order to know creation. But in truth, you are beyond creation even as you are creating. You are the vast Mind of infinite being.
- 2018-0303-024 This is why you can express as the personality that you call yourself in this day and time, and at the same time you can assume another personality, another being, another name. I come to you as one Yeshu'a. I come to you as one Jeshua, one Jesus, by whatever name you want to call me. I come to you in the essence of true being, and I meet you in that place of true being. I meet you in the place of infinite possibilities.
- 2018-0303-025 I have been called many names, depending on the language, depending on the heritage of the language, depending on the belief system, but I Am That Which I Am, always will be, and always have been, the same as you, for you have always been and you will always be. You will be having experiences that you understand. You will be having experiences that need no understanding. You will be going forth as the Light which you are into what you yet see to be a vastness of darkness, and yet when you are going through it, there is only Light, because you are that Light.

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- 2018-0303-026    Everywhere you go, you are the Light, and it is not even defined with limitation. It is beyond limitation. It is the Isness of All, so that in some of your trains of thinking, your streams of thinking, I have had various names. I have come and been known by many different names according to language, according to custom, and yet there has been a certain commonality running through all of it. And if you will think, what is the commonality that runs through everything, it is the expression of love.
- 2018-0303-027    Know you how it feels to be in love? Know you how expansive you feel in love? When you look upon a loved one and your heart opens, when you look upon the four-footed ones that you love and your heart opens, you are that and more.
- 2018-0303-028    You make for yourself within the physicality certain identification, and within certain limitations it is true, but you are more than that. You are the Allness of anything you can think of, anything you can visualize. As you will claim it, you are walking, living, breathing love. That is why you feel so alive when you meet the loved one and see the smile on their face. You light up inside because you feel the Light that they are and the corresponding Light that you are.
- 2018-0303-029    Every one of your friends, when you meet up with them and there is the smile upon the face and you feel the Light from the eyes, you feel the Light that you are, you come alive in that moment; more alive than perhaps you were the moment before when you were thinking about all the things you had to do. You come alive in love.
- 2018-0303-030    Take that idea, that feeling of aliveness in love, and multiply it by the greatest number you can think of; that is you and even more. You are powerful being that is so powerful that you have taken what is infinite and made it finite so that you can experience what it feels like to have limitation, to be finite. Sometimes you have said, "It doesn't feel good. I don't like it. I want to be out there somewhere. I want to be much more. I know I can be much more. I know I feel it. It streams through me. It is as a certain illumination that I feel," that you feel when you are speaking and there is what you call the download, and you feel alive in it. For a moment or so or longer, you feel that there are no limitations.
- 2018-0303-031    "I am truly alive. I Am That Which I Am and have always been." And you are and always will be. You are the only one who puts boundaries around it. You have said "Well, this is me, and I have certain characteristics and certain attributes and certain failings that I haven't quite overcome yet." There are no failings to overcome. There are only experiences of creativity.
- 2018-0303-032    Do not judge. Do not judge yourself or others. Look at how creative they can be. When you see the small one throwing a temper tantrum and you think, "Oh, that shouldn't be happening," yes, it should. That was being very creative. That one is feeling how the energy can be used in different ways.

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- 2018-0303-033 Your four-footed ones do that from time to time. They test you, you say. They see what the limitations might be. "If I make a puddle on the floor, what's he going to do about it?" And yes, they do think. Yes, they do have cognition. They do wonder what's going to be the next moment or so. They don't worry very much about it, but it runs through the mind as to, "What's going to happen?" And they may say, "Well, what the heck?"
- 2018-0303-034 Be like that. Look for the creativity, and celebrate the creativity. Now, if the small one is beating up on something or someone, then you may want to advise them that it would be more loving not to take out their anger on another being. The same thing with the four-footed ones; there is certain training that you do with them, because it's easier to live together if there is certain training.
- 2018-0303-035 But apart from that, enjoy. Be in joy with every creative expression, because that's truly all and what it is. Rejoice. Hear that word well. Re—again—be in joy. Rejoice. Be in joy again.
- 2018-0303-036 When were you last in joy? "Well, there were certain times in this lifetime when I really felt in joy," and you can bring that memory back with you. But the true joy of you is not contained within the physicality, not contained within the physical world, not contained with any definition. The true joy is the breath of spirit, that place where you know that you are One with everything. Even the eyesight for a moment changes.
- 2018-0303-037 You have had experience where you have been looking and something has changed; it has looked different. You can see the molecules moving, just for an instant probably, and you have said, "Oh," and you rub your eyes. "What's going on here?" or "Where are my glasses?" etc.
- 2018-0303-038 You have moved beyond the limitation of what has been taught to you as a limitation. You have moved into the great sea of being where you know yourself to be One with that energy; not energy that is contained, but energy that goes beyond the form of the body. Those of you who are scientists have studied energy. You know how it flows. You know that energy cannot be contained.
- 2018-0303-039 Energy of itself, by very definition, has to be vibration, has to be moving, has to be expressing. It is not static. It is not going to stay. It is going to be always the vibration of a stream of happening. That is what and who you are. You are a stream of happening. From one moment to another, you are not the same. You may think, "Well, you know, the body looks the same. I thought I was going to lose a couple of pounds, I was going to get a little more upper body. No, it hasn't happened."

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- 2018-0303-040 But you are the energy flow of being, and as a thought comes to you, others can read it. There are ones of your friends who think that they can pull a mask over themselves and that you will not know what they are thinking, and yet the very body vibration is screaming what they are thinking and what they are feeling. If you are standing within their field of energy, you get a blast of it sometimes, and it's like, "What happened? Where did that come from?"
- 2018-0303-041 You can feel when you walk into a room whether there is good energy that is higher, easier, flows more easily, or if there is energy that you would term "stuck" or wants to be released. Sometimes ones have been taught that they have to hold this energy and they cannot express it, until finally, at some point, there is a point where there is a bit of a crack, and the energy pours forth, because you are not meant to be static. You are never static, in truth. You are always expressing. Even when you sit and are totally relaxed and aren't even thinking about what you are thinking about, you are expressing energy, always.
- 2018-0303-042 You are expressing energy even if you are not expressing physicality, if you have released the body and said, "Well, that was a great experience, but I want to try something else. I want to try something new." So you release the body, but you are still being. You still have consciousness. It's a surprise to many. They release the body and think, "Okay, that's it. Now I can just sleep forever," and they find that they have thoughts. They find that they have energy interaction. There are loved ones that they recognize. It's like, "I know you are Aunt Mathilda. You don't have the same body, but I can feel your energy."
- 2018-0303-043 Yes. Life is. Various forms, yes. Then sometimes you go through a lifetime and say, "Well, this lifetime I want to be the perfection of physicality. I am going to be the Arnold Schwarzenegger of muscle. Okay, I'm going to work out. I'm going to be (whatever your idol is, or the female version)." Other times you say, "Well, that really doesn't matter. What I want to be is, I want to have lots of people love me. I want to be popular. I want people to recognize my value. Now, I don't always see my value, but I want them to see it and then mirror it back to me." You know that feeling. That's a very common one in physicality.
- 2018-0303-044 All of the time you are being the divine one who is creating exactly what you are experiencing and then judging it. Create, stand back from it, love your creations, every single one of them. And if you have an experience that seems to be, "Well, I would have chosen something different," love it too. It is your expression of life. It's okay.



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- 2018-0303-045 Sometimes life gets messy. In fact, that's one of the things it does best; messy in terms of physicality and messy in terms of emotion. But it proves to you, if you need proof, that you are alive. So you're having experiences, and you say to yourself, "Well, I must be alive," and you kind of pinch yourself. "Yes, I felt that. I guess I'm alive. Or, you know, what she said to me really, really hurt; I guess I'm alive. I don't like it, but..." etc. You do it on different levels; physical levels, emotional levels, different feedback you call it, to prove that, "Yes, I am still living, I am still creating."
- 2018-0303-046 And it is true. You are creating. Even after you release the body, you will still be creating. That is how expanded you are. So you might as well make friends with yourself. And the laughter is good.
- 2018-0303-047 Know that at any moment you can release the focus upon the body. I'm not saying release the body, but release the focus and go into an expanded awareness. There are ones of your brothers/sisters who are very adept at doing this. They have come through a tradition called meditation, or whatever name you want to say, where they are able to know that they are expressing in physicality, and yet they have opened the mind and the heart to understand Allness.
- 2018-0303-048 They have come to the place where they know themselves to Be, just Be, and in that space of expanded awareness, expanded Beingness, they are expressing still, partially, that which they are. And there is a joy about it that the world of judgment does not know. There is a sense of connection with the Allness that goes beyond anything you know in physicality.
- 2018-0303-049 It is truly what you yearn for. It is why you search for love, coming back to you supposedly from another one. It is why you feel a sense of love when you are in love with someone. You can let go of some of the limitations and just Be.
- 2018-0303-050 You meet up with someone and you feel a kinship with them. You feel a Oneness with them. You feel that there is no judgment. They are not judging you for anything, and you feel that you can just Be. It is such a gift that you give yourself in that space of connecting with the true Beingness of you, the true Beingness that, "I Am That Which I Am, and it is good enough."
- 2018-0303-051 I would suggest that you write that out on one of your small cards and put it up where you will see it every day. I Am That Which I Am, and I am good enough; not only good enough, but good, period. Not on the scale of judgment, but just the Isness, without having to judge.
- 2018-0303-052 Allow yourself a trip into the Allness of you. Allow yourself to sit with the vastness of Who and What you are. Oftentimes I say to you to take five minutes. Okay, I will say that again. Take five minutes in every day to throw off all



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limitations of who you think you are, what you think you are, what you think you have to do. Throw off all of the limitations. Breathe, imagine, see the vast extension of you. Visualize outer space as far as you can imagine. Know yourself to be traveling between stars. Feel yourself to be traveling between stars, waving to them as you go by. Know that truly you are at home with any of them, because you are in your own being the energy of a star.

2018-0303-053      “Hm, that’s a rather freeing thought. I could be a star, the energy of a star?”  
Yes, you are, that and more. Take five minutes and imagine yourself to be a star. You are a star in your own drama ,but more than that, you are a star in the universe.

2018-0303-054      Breathe. Be. Choose for yourself infinite Being, and know truly that is the truth of your being, and I will meet you there. So be it.