

# ASCENSION 101

2019-10-05

- 2019-1005-001 Beloved and holy and only Child of our heavenly Father, Children 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, holy, beloved from before time began.
- 2019-1005-002 Yes, allow yourself to rejoice, to be in joy over and over again, for truly, as you will allow yourself to know joy, you come into a place of great Light, into a place of recognizing Who and What you are. Once you feel turned on as the Light which you are, there is no holding it back. You feel it. Others feel it as well when they are with you, and their Light turns on, and then their Light turns on, and then your Light turns on, and so forth, around and around until, in truth, ones come Home once again back to the Source of Being, back to the Source which is the Light of you, as you understand physicality. And then you have opportunity to merge into the Light which you are and know ascension.
- 2019-1005-003 That is what we will be speaking of in this evening. Ones have been asking, “What is this thing about ascension? Why should I be interested in ascending? I kind of like my life here. I mean, there are a few parts of the body that sometimes speak to me and don’t make me feel exactly comfortable, but I like the physical life. I’ve chosen it, and why would I want to ascend out of it? And heavens, if I ascend out of it, how do I find my way back, and is there possibility that I can find my way back?”
- 2019-1005-004 Yes. If you ascend and take the particles of Light which you are and allow them to rise up, you can as well bring them back into physicality and activate the same body or, if you want, it is possible that you can change the body form. Ones have done this, so that they walk the Earth with a new body, sometimes not even recognizable as that which they have been before.
- 2019-1005-005 I will tell you a story of one who came to me wanting to be healed. He could not walk. He was sitting there on the corner and had not walked since birth. He wanted to get up and run with the other boys when he was young, but it was not possible. He wanted to be able to earn his way working, but it was not possible, because he could not move. He could not get up and walk; he could not use the arms.

2019-10-05 Oakbridge University Channeled by Judith Coates

- 2019-1005-006 He sat by the temple door, and as I came near, he cried out to me that he wanted to be able to move. I looked him straight in the eye and said to him, "Brother, you are able to move." He saw through my eyes and his eyes the truth of being, that he was in that moment creating that which he believed to be himself, but that it could be changed. And in that moment, there was an aliveness within the body, within the muscles of the body, so that he was able to leap up; not just stand up and walk, but leap up in joy. The ones around who had known him from birth were amazed that this could happen.
- 2019-1005-007 He wanted then, because he knew the feeling of exhilaration, the feeling of activating the body and having it move, which was such a miracle after twenty-some years of sitting there begging at the temple door...he was energized to the place where for a moment in physical time he ascended the body, and ones watched as the molecules of the body became the Light that he is—that you are—became the Light, and was so light that gravity could not hold him to the Earth, and he started to ascend in joy.
- 2019-1005-008 In a moment he felt a feeling of love, a feeling of love of the Earth and his fellow brothers and sisters and wanted to be with them. He knew the ascension to be possible at that moment because there he was—the particles were ascending—he knew he could do that at any time. As you, any time there is need for it and desire for it, you can do it. But he did not want to leave the physicality now that he could move the body around. He wanted to play with it for a while before he would ascend. So he descended to keep the body together for a while to enjoy—in joy—to play with the physicality as the gift that it is.
- 2019-1005-009 Now, I know that there are some days—not you here, not you listening to the sound of my voice—you never feel this way, but there are some ones who say they do not want to be in physicality because it is too heavy, too painful, too whatever—you fill in the blank—and they want to and desire very much to ascend out of it. But that doesn't usually propel ones. It is the joy of knowing that you are activating the body, that joy that rises up and takes you with it, that takes you into the ascension.
- 2019-1005-010 Do you have to stay there? No. I will share with you that all of you in this room, all of you within the sound of my voice, you have ascended some night times when you have put the body to rest and have gone somewhere. I don't know where your consciousness went. You have allowed the body to ascend. You didn't need it. You were off in some beautiful dream, felt very happy.

You came back to this consciousness and someone said to you, "Well, how did you sleep last night?" "Well," you say, "on my side," or whatever.

- 2019-1005-012 During the time that you were in another realm, what was the body doing? "Well, I suppose it was just lying there." Well, you suppose. Those of you who have had the sleep studies done and have the video camera watching the body, the body has stayed there. Okay, I don't want to upset anybody, but this is not always true. There are times when the body ascends. It's not being used, and all of a sudden there is a feeling that you want to wake up. Perhaps the small room calls to you. Perhaps the telephone does its thing and you come quickly right back, and you feel that the body has been there the whole time.
- 2019-1005-013 You may contemplate that. Has it been there the whole time? (Audience: **Sometimes it doesn't feel like it has.**) Exactly, and that's because it hasn't. It hasn't been needed. You have not been consciously pulling the molecules together to make the body, so therefore the body ascends, and then perhaps the alarm clock sounds and immediately there is the waking up and, "Where am I?" You have all felt that. "Where am I?" Especially if you travel and find yourself sleeping in a different room different nights, and you wake up and look out, "Where am I? Oh, right, I'm right here; okay."
- 2019-1005-014 So you have clues. You have times when you have experienced something a little bit different, but not scary. And ascension is not scary, because I say to you that one cannot ascend unless you are in a place of joy. You do not ascend if you are in a place of despair, and I know that is at the time when you want to ascend and get out of here, but that's not going to happen.
- 2019-1005-015 Ascension has to have the energy of joy, the energy of Knowing—capital "K"—the joy of feeling, really knowing deep within yourself, "I am creating my reality"—lower case "r". Reality—capital "R"—is forever ongoing, whether it is in physicality or another way to be.
- 2019-1005-016 Life upon holy Mother Earth is an experiment. It's an experience of physicality, of how to bring the molecules of the energy that you are together into a somewhat solid state. And with practice you can move it around. You can even run up and down the football field and run into each other and almost knock each other out—I have seen the games on your screen and how ones come together like two bulls that are banging heads together or bodies together; most interesting, your pastimes. It is one thing

to watch it sitting in your comfortable chair. It's another thing to be out there doing it and surviving.

- 2019-1005-017 We had—but I digress—we had the gladiators in my day and time. We had the ones who would prove their strength and how they could be stronger than the other one, although they did not want to truly do what they were instructed to have to do; in other words, to kill the opposing person. They did not want to do that, and in truth—take this to heart—they did not kill the other one. The other one chose to deace the body. Truly no one can take from you your creation. They can make it seem that you don't have any choice, and then your reality seems to be, "Okay, I let the body go." But it is always a choice, and it is always your choice, but as I have said, the evidence that comes before it sometimes is quite compelling. But you have, as you have seen, two men standing together. Both of them are hit by a propellant of some sort. One will be deaced and the other one will be okay. What's the difference? Consciousness, choice. Okay, I did digress.
- 2019-1005-018 Ascension is something that has come to the forefront in these times. Ones have wanted to know, "How can I ascend? And if I ascend, where do I go? And can I get it all back together again?" The answer is, "Yes, you do." As I have already said, each morning truly you put it all back together again. You get up and look in your looking glass and say, "Oh, my goodness."
- 2019-1005-019 But it is always a choice, and it is your creation that you do. Even as you sit here listening to me, you are creating the body. It is an on-going creation until at some point you say, "I wonder what else there could be." And then you start contemplating; not to actually deace the body, but to play around with a new way of being, with the ascension.
- 2019-1005-020 It is fascinating to ones, and that is why it has come to the forefront now with ones wanting to know about ascension. So, alright, we will speak of it. In truth, it is no more of a miracle than what you do every morning; no more of a miracle than what you do every time you move the body. That is in itself a miracle. You think, "Well, it's nothing. I just think to do it, and the body moves." Of course, that is because you have trained it.
- 2019-1005-021 In the very beginning when you are the small one you do not have the coordination, and you have to practice a few months or even years until you get to the place where you can balance on two feet. Then you think you are smarter than the four-footed ones, but I have news for you. This one on four feet, this little black cat washing herself right now, she is tuned in,

mind to mind, and she is saying, "That's boring stuff. I know that already. I will just wash a bit of the fur and get it clean, and they can go on talking."

- 2019-1005-022 You know yourself how to tune in, mind to mind. Sometimes you will do this and say the very same word that another person is thinking or beginning to say. You laugh about it and say, "Oh, how tuned in we are." Well, yes, you are. You are on the same wavelength, you say, and it is true, the same vibration. That is why sometimes you will walk into a roomful of friends, or a gathering of ones anyway, and it feels really happy, really good. They are laughing, they are talking, and there is a feeling of being welcome, whether or not they say that. Other times you can walk into a room and you feel hostility. You feel the antagonistic vibrations, and you feel like, "Okay, I don't think I'm going to stay very long," and you don't. It doesn't feel good.
- 2019-1005-023 Everything is vibration. In this physical reality, everything is vibration. So in ascension, what you do is to change your vibration. You do it by feeling light; light-hearted, joyful, feeling that everything is in order and is being taken care of, and you are allowed to rise up out of it; to be happy, yes, to be in love; to be in that space that feels other-worldly, and it is truly another space.
- 2019-1005-024 You allow, and then the same as with the body, where you have to feed it to have the physical energy, the ascension requires some feeding as well, and you feed it with happy thoughts, happy memories perhaps to begin it. It begins in a mental stage. Everything in this reality is based upon mind. It starts with the mind, with something that is a thought. And from that, then you advance, as you would call it, but you move into a different space of allowing that which you have brought into being to follow a pattern that you are visualizing.
- 2019-1005-025 Now, visualizing has more to it than just the seeing of image. Visualizing pertains to a feeling of the body as well. How would it feel to feel so light-hearted that you begin to rise up and see things from a different perspective? Know you, that is ascension as well. When you are able to have a new perspective on something, that is ascension in its own way. Ones do not exactly equate it with ascension, but it is, because you are viewing whatever is going on in your life from a new viewpoint. You are allowing yourself to ascend out of the pit of despair—please do—to a place where you feel light-hearted.
- 2019-1005-026 Ones will ask of you, and this has already happened, "How can you be happy when there is so much sorrow in the world? There is so much sadness,

struggle, strife; how can you be happy? Isn't that a bit of a sin to be happy if other people are suffering?"

- 2019-1005-027 No. In truth, as you rise up, you will draw all men/women to you. That is why ascension is of value, the ascension that takes you out of that deep pit of despair, that deep pit that says, "Well, that's the way politics are. That's the way the world is, and if it's going to be so bad and in such strife, I'm going to strive with it."
- 2019-1005-028 Why? Try it. And you say, "Well, I have." And you have. Did you like it? "No, not really." Did you want to stay there? "No, but I thought I had to." Well, I say unto you, you do not have to stay there any longer. Allow yourself to ascend out of the pit of despair. Know that truly you can make for yourself all of the years of this life happy and long. You do not have to follow a pattern that says, "Well, when you get to be of a certain age, then you should be walking a little bit bent over and a little bit not too happy, and the world is going to wrack and ruin." You can be there if you want to be, and you have. All of you have tried it. It doesn't really feel all that great.
- 2019-1005-029 I sometimes give homework, and the homework is to buy a book of jokes and to read at least one every day, to read a funny every day and to laugh, especially if you can get one that has a good bit of the belly laugh, where you can really put the whole body into it and feel, "Oh, ho, that's so funny. I haven't heard anything that funny in a long time. My God." And your God answers you, in joy. Try it. I know you have.
- 2019-1005-030 The feeling that goes to the body is not especially what causes ascension, but it is the feeling of wholeness, the feeling of healing, the feeling of lubricating every part of the body with joy. Many of the brothers and sisters—and you have seen this to be true—walk with a certain stiffness and a feeling of heavy weight upon the back, a heavy weight upon the heart. They feel no joy, or maybe just a small bit. They are really looking for love. They are looking for acceptance. They are looking for ones who will see past the physicality and be able to see the small, and yet large, Christ within what seems to be the physicality.
- 2019-1005-031 When you allow yourself to come Home in a moment of laughter, all of the cells of the body expand. "Oh, but Jeshua, I don't want to be any bigger. I'm trying to lose weight." (Laughter) Do not worry about size and weight, not physical weight. Think about the heaviness of the heart, perhaps, and change that. Get yourself that joke book and start reading until finally one

of the stories hits you in a certain way and you can't help yourself; you just have to be rolling in laughter. How long has it been since you actually rolled in laughter? Probably a while. (Audience: **About six hours**) Okay, good; that is good. Find yourself a comfortable place if you're going to roll on the floor. Find yourself a carpeted place. You could roll on the wooden floor if you want to, but the carpet feels better; but you know that.

- 2019-1005-032 That is all part of ascension. You know, ones think that ascension is always such a holy thing, and it is. It is whole—w-h-o-l-e. It is bringing all of your parts into that joy, the wholeness of joy. So it is a holy place, yes, but it is not the sanctified, church-ordained place that sometimes ones think, "Well, if it's something religious, it must be serious." You'll probably have to say a whole lot of "Hail, Mary's" to get her to pay attention. I will share with you, she actually—yes, I have her permission—she actually gets tired of hearing her name being called when ones do not really want to talk with her.
- 2019-1005-033 So, there you are. Ascension truly happens in every moment when you are in joy, when you feel yourself to be lighter than you were the moment before. Ascension begins with the mind, with the mental; nothing wrong with the mental. You have built the mind into this reality to serve you. So when ones say, "Oh, well, if I'm going to do anything close to ascension, then I can't use the mind, because it's beyond the mind." Yes, it is beyond the mind, but you have to start somewhere, and you start with, "What would it feel like to ascend?"
- 2019-1005-034 "Well, I think probably I'd feel lighter, and I think probably...." And you close your eyes, because it's easier to imagine with your eyes closed". And if I am in a very relaxed state and a happy thought comes to me, and a smile comes across the face...and I remember when she said to me...and it was just so warming, and it felt so good...and relaxing...you know, that feels very light ".That is the beginning of ascension.
- 2019-1005-035 Then after you have ascended a few times, you don't have to go back to square one and start over. But in the beginning you will use the facilities, the faculties that you have. I'm sorry, but that just reminded me that sometimes you do need to use the facilities first; you don't have to take it all with you. (Laughter) Okay, I digress. I am sorry. Well, I'm not sorry; it causes a laugh, and laughter is a good place to start.

- 2019-1005-036 Allow yourself to feel happy. Allow yourself to believe that all of the cells of the body are laughing, and how it feels when someone tickles you, tickles you perhaps not in a physical way, but with a thought that makes you feel a smile on the face, the happiness. And you feel that a moment before, "I was feeling really like, you know, I don't have enough time in the day to get all this work done, and I feel really heavy about it. But, you know, he smiled at me. When he smiled at me, all of that disappeared, and for a moment I felt really loved, really happy."
- 2019-1005-037 And in that moment, everything of the body chemistry, everything of the body physicality changed. You say, "Well, Jeshua, I've done that a few times. I know that feeling." Well, that's the beginning of ascension. So many times ones have said, "Well, the ascension is something really holy and is something beyond me; it's something I can read about and I can worship, but it's beyond what I can do."
- 2019-1005-038 And yet I say unto you, in every day you have a moment, and maybe more than one, of feeling ascended, of allowing the body to feel comfortable, to feel light. And then you progress from that point. So, you see, that is why we called the ascension parties "parties", because they were happy times. They were times when we told funny stories, the happy stories. They were the times when we allowed the body to come alive. Perhaps we did a few exercises to start with; ah, physical, yes, great; it gets all of the cells of the body moving, all of the vibrations moving again.
- 2019-1005-039 "But Jeshua, I thought if you were going to do ascension, you would probably sit in the chair perhaps with the feet underneath in a certain way and hands over the heart chakra." No, only if you want to. That is not what you are going to be focusing on. What you are going to be focusing on is nothing; in other words, if you're focusing on something, that's where your attention is going to be, and that's where you're going to stay.
- 2019-1005-040 So you allow the focus to be expanded to the place where you remember, "You know, it felt really happy when she looked at me and smiled at me, and I knew that I was the most important light in her life. At that point I felt so happy."
- 2019-1005-041 That was part of ascension. You felt lighter. You know that feeling, where you feel accepted, like you're worth something. And you are; each and every one of you is worth more than your weight in gold. "Oh, you mean I don't have to lose weight?" I have seen ones of you so focused, even in this day, "



Oh, I have to lose a few pounds. I really weigh too much." No, you are perfect as you are.

- 2019-1005-042 Be happy with what you are creating. Allow yourself when you look in the mirror to say, "Oh, who is that beautiful one?" Try it. I know you have. And then I've seen the laughter afterwards. But that is good. That is the first step. And allow yourself to be lighter. You are a great ray of light. That is the truth of your being. Allow yourself to live from that space, a great ray of light having a human experience, a good one.
- 2019-1005-043 Each and every one of you is creating what you call your reality. You change it from time to time and throw in a little bit of salt and pepper just to spice it up a bit, and then you say, "Oh, I'm glad that's over," or, "Hey, I like that. Maybe we can have more." And that happens too.
- 2019-1005-044 You are the ones who are in process of ascending. You will in this lifetime—I make you a promise—you will ascend the body and join the angels that you know. Will you stay there? Probably not, unless you feel that your work is finished here. But probably you will enjoy it, and you will then activate the body again, the same as you do in the mornings when you wake up. And you will feel yourself to be lighter, knowing mentally that you are the Light of the world.
- 2019-1005-045 Now, are you ready for a small experiment? Allow yourself to be comfortable on the chair or wherever you are. Taking a deep breath, allow the body to be comfortable. Then taking another easy breath, feel yourself melting into a puddle of butter; very, very relaxed; into a puddle of butter; cream. Feel yourself to be without definitive form.
- 2019-1005-046 Imagine a grassy knoll, a pasture perhaps where there are cows and horses grazing, paying no attention to you. You are walking through the green grass feeling the vibration of life around you. You walk up the grassy knoll to the tree that grows on top of the knoll. You look around at the view encompassing everything that you are creating. For a moment or so you stand and breathe, because it feels so easy, so relaxed.
- 2019-1005-047 Taking another easy breath, you feel yourself alive. You feel the toes on your feet vibrating, the ankles vibrating, the calves of your legs vibrating. You feel at peace. And in that moment you remember something that happened that felt very good, when someone looked at you and smiled and you felt the smiles melding together and you felt that there was nothing to think about, just being. And you felt yourself to be the grass. You felt

yourself to be the joy of the breeze passing by. You felt yourself to be alive as Light.

- 2019-1005-048 And in that moment you remembered love, the feeling of being loved, the feeling of loving, the feeling of knowing that you are Home, that you are held in the arms of love, that everything around you is bowing down to you. Everything around you loves you, values you, as you value it. And you breathe easily.
- 2019-1005-049 There is a feeling that you are now from the viewpoint of the top of the tree looking out. You have ascended to the top of the tree. You are still physical. You are still you, but you are expanded. You know yourself to be alive, vibrant, and a smile comes across your face because it feels so easy.
- 2019-1005-050 You feel so valued, so at-One with everything you see. You close your eyes and you still see, and you are One with everything. A sigh escapes your lips, and you feel yourself uplifted to the cloud, looking down at the tree, looking down at the grassy knoll, looking down at the pathway. Know yourself to have been ascended.
- 2019-1005-051 The smile that comes across your face is so illumined that you are the sun in the heavens. You are vibrantly alive, and you stay there as long as it feels happy, peaceful, One, One with all vibration.
- 2019-1005-052 After a passage of time, you find that you want to come back to the top of the tree, to the grassy knoll, to the pathway that runs along through the pasture, through the cows and the horses, to the place of awakening. So be it.
- 2019-1005-053 Welcome, brother. Come in and join us. You may move the cat. We have just done a small meditation in ascending. It was in truth just a small case, and it felt like the doorway to sleeping, to peace. It was not what you would call the physical ascension. It was the beginning of mental ascension, knowing the peace that passes the understanding of the world. It was that place that allows you to put all of the world's cares and vibrations aside just for the space of a few minutes and to feel at Home once again. It is what I have termed for this evening Ascension 101, because truly the body has not ascended, or maybe it did. How do I know?
- 2019-1005-054 Each and every one of you has had your own experience in those five minutes. Each and every one of you went somewhere. Each and every one of you felt happy with it, felt relaxed, felt like more. "I would like more." And this evening when you put the body on the bed, allow yourself to feel that space of peace that you felt as you sat upon the cloud.

2019-10-05 Oakbridge University Channeled by Judith Coates

- 2019-1005-055 In other times we will work with the vibration of ascension so that truly as you want to move the body out of this space of reality, you will, and you will know that you have. This evening was just, as you would call it, putting the toe in the water, just trying out the relaxation and the peace before the ascension.
- 2019-1005-056 Now, ones have said, "Well, certainly with the ascension, all the vibration, of course, is risen to a higher level," and in some way it is. But the way that you get there, the way that you get to Carnegie Hall, is by practice, allowing yourself to feel somewhat transported, somewhat in a different space.
- 2019-1005-057 This is not so true for the group so gathered in this evening or for the ones who are attuned to my voice, but many in your world do not even know the little space of peace that you just touched. They do not know how to take that deep breath and visualize themselves to be on the cloud looking down, to feel the body relaxed and happy. Many just rush through everything that has to be done, or they think it has to be done.
- 2019-1005-058 You know well the meditative process. You know well to breathe a few breaths, and instantly the body calms down and you are in that space that feels apart from the hurriedness of the world. But many of the brothers and sisters do not know that space.
- 2019-1005-059 Allow yourself to visit that space quite often. I know that you do. Sometimes you get so busy with things that there is a feeling of, "Stop already, and breathe," because you forget to breathe. You get so caught up in what the computer is telling you that you forget to breathe. Stop, breathe, relax, feel the rejuvenation that comes with a single breath, as you know well.
- 2019-1005-060 In another evening, or day perhaps, we will take this as a starting point. There will be the going to the cloud, and then there will be the activation of the vibrations. It will not be just one more time; it will be several, because it is something that you develop.
- 2019-1005-061 When you first came to physicality, there were a number of years where you had to acclimate yourself to it, how to feel yourself to be separate and to make all the body parts move and not fall over each time you tried to stand on the two feet instead of the four, etc. So it was a process, and with the ascension, it is something that you know how to do. You can imagine it. You can feel it. But as far as doing it vibrationally, that sometimes—most often—takes practice. However, now that it is in your

**2019-10-05      Oakbridge University      Channeled by Judith Coates**

evening time for those of you so gathered here, the exercise that we just did will put you in a good space for a good sleep in this evening.

2019-1005-062 Know that the important thing is the ascension in consciousness, the ascension that says, "I am in the world but I am not of the world. The world is of my making, and all of the hecticness of the world, again, is of my making, and I can turn it on or I can turn it off and take a rest, as some of you know.

2019-1005-063 It is important to allow the body a balance. It is important for you to allow the emotions a balance and to feel so loved that you cannot keep it to yourself, but you have to share it. In that space I will take my adieu—to go with God; yes, adieu, and to say that I bid you great love. So be it.