

YOUR GIFT TO YOURSELF

2020-10-03

- 2020-1003-1 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.
- 2020-1003-2 I am the one known as Jeshua ben Joseph, and I greet you in love and in joy, because I know the vibrations that are circling around you and within you. I know that there is much that is happening within you, in the mind and in the body, and much that is happening in your world that has been turned a bit upside down with the announcements that come through every day.
- 2020-1003-3 I have heard your questioning. I have heard your turmoil. I have heard you calling out for peace. "How do I find peace?" you ask. "How do I find order in what seems to be an unordered world? How do I find my path through all of the turmoil and questioning?"
- 2020-1003-4 Because it feels like every day things that you thought were steady get turned upside down, and you get to look at the bottom of them and the top of them and throughout every stream of consciousness within the world and within yourself. Your square box brings you many versions of truth—lower case "t"—much drama, many questions. "Is this really happening? Is this really true? Can I believe what I hear?"
- 2020-1003-5 Then you look on your device that brings you the messages from other parts of the world and you get different messages and different questions, and you are asking, "What is true? What can I believe in? That which I thought was established has been turned upside down. And some of what I hear on my far-vision..." I am just contemplating the far-vision and wondering why it is not far-audio. Anyway, a very deep philosophical question.
- 2020-1003-6 And you question, "What is going on around me? What can I believe in that is steady? Will we come through this to a place of peace?" So I know there are many energies that are revolving around you, many energies within you, many questions. So this evening we will speak to the main question, but we will also speak to the gift that you are giving to yourself.
- 2020-1003-7 First of all, I have been hearing on your square box about how it is time to be at the outlets that sell the gifting for the holidays. Ones, because they are now interrupted in their usual pattern of the work and activities that have been the norm for such a long time, have been turned upside down, and ones are looking to something that they can celebrate, something that has

been from year to year a tradition of the Christmas gifting, the holiday gifting, and to look a little further past the day to day upending.

- 2020-1003-8 So I would speak with you first about the gift that you give to yourself, and then you will see how this ties in with the day to day happenings. What you will want to be gifting to yourself is a piece of peace, knowing what is truly steadfast, knowing that the Christ-light of you is from before time began, creative holy Child that you are, and the Christ-light goes before you making everything illuminated, making everything make at least a little bit of sense, even though the world is turned upside down from time to time.
- 2020-1003-9 What you will be doing is putting aside a piece of peace for yourself. It would be as you would take the gift box, and it has your name on it, to be opened at a later date during the holidays, and every day you are going to put into it a treasure, a treasure of knowing the true Self of you, that place of peace that you can return unto no matter what the world says to you is happening in the outer.
- 2020-1003-10 And this gift box that you are making for yourself for when the holy days come is your treasure. It is that place where your true Self abides, where your true Self can be found. Every day you will put a piece of yourself, your consciousness, that which you envision yourSelf—capital “S”—to be, into that box to be opened at the holiday time.
- 2020-1003-11 Now, I will share with you that by the time you get to your holiday time you are going to find that you already are One with the Christ Self. You have what is seen to be several weeks of timing before you get to the very sacred day of your holy days, and you are going to be nurturing the true Self of you.
- 2020-1003-12 For too long, including this day, you have been caught up in the world issues. You turn on your square box and it tells you what to think. You turn on your square box and it gives you the news, and in truth, nothing is new. It is a repeat dressed up in different costumes each day; different players, different actors, different actresses perhaps, but the theme is one of, “You must attend to this. You must make everything right.”
- 2020-1003-13 And what you will be gifting to yourself is the realization of that which is real and true, the Christ Self that abides forever from before time was created and past the usage of time, that place of peace. And as you will put into the gift box each day a place and a portion of peace, when you get closer to the time of gifting, you are going to know that truly what you are gifting to yourself is the holy Self—h-o-l-y; w-h-o-l-l-y.

- 2020-1003-14 Because you are going to come to a realization that that which you have worried about has already been solved; that which you have been so in turmoil about—I have seen you, some of you—to the place where there has been such worry that you have been holding the innards of you, the stomach of you, the head, in a place where there is hurt; pain perhaps.
- 2020-1003-15 “What is going to happen to me? What is going to happen to our country? What is going to happen in the next day?” And you put the worry right here, and sometimes up here, so that you get what I have heard termed the splitting headache, where you feel that the head is being split because you are so worried, upset at the unease that you are feeling.
- 2020-1003-16 Now, not all of you, because you have been practicing for some years now to find that place of peace within that does not change with the changeability of the world. The world is going to change. You have said that you are creative, and you are going to create all kinds of worlds. You have done this, and you continue to do this day by day. And many of you have come to the place where you know the peace—p-e-a-c-e—of that still-point within.
- 2020-1003-17 I exhort you, advise you, to set aside at least five minutes every day to breathe deeply, to breathe of the peace that you are. And if you are in a place where you have fifteen minutes, even twenty minutes, allow that to be a gift that you give to self, to spend it in peace, in a place of meditation that is meditating not upon your worries—I see you doing this, and you are very good at it—but a place that acknowledges the peace that passes the understanding of the mind. The mind, for the first moment or so, is going to worry. “Have I got everything in order for this day, all the preparations? Oh, my goodness, I have to do this and I have to go there, etc.”
- 2020-1003-18 For five minutes, to start with—and you will find that you want to extend this, because it’s going to feel better than the world—for five minutes to begin with, breathe deeply. It will do a body good. And you will find that, “Oh, I have an extra couple of minutes. I don’t have to be at such and such a place yet. I have a few more minutes to breathe and to take in the peace that surrounds me,” as you will call it to yourself.
- 2020-1003-19 Allow yourself to breathe deeply. Allow yourself to stay conscious, because I know in the beginning sometimes when you start to breathe deeply, it is very easy just to opt out and come back later. That will come with the advanced course, but in the beginning try to keep yourself connected to the rest of you.
- 2020-1003-20 Be aware of the breathing. If you want to count as you go, that will help you concentrate. If you want to sit just in quietness and allow yourself the

gift of not having to rush somewhere—now, I know, I have seen this with my beloved friend and teacher, the one you know as Judith—to sit in quietness and, “Oh, yes, I have to do such and such. I’ll write that down mentally.” And then another moment or so goes by and, “Oh, yes, don’t forget to...” whatever.

- 2020-1003-21 Allow yourself to concentrate on the breathing. I know that in the beginning when you are going over the threshold from the place of world consciousness into the place of peace, there is much that will come rushing into the mind. When you allow yourself to discipline and say, “I will concentrate on the breath,” you will find a deep abiding peace that will stay with you all day, and night, for that matter. It may actually help with your sleeping.
- 2020-1003-22 Therefore, to begin with, starting on the morrow, which is your Sabbath for some of you, it is the first day of the week, and you allow yourself that feeling of connecting, take the holy five minutes—h-o-l-y; w-h-o-l-l-y—of knowing that I Am. If you need something to focus upon, focus upon “I Am”, and breathe; and breathe; and breathe. And when you feel complete, take one more breath; take one more for the road, as they say, and then do what you need to do in the rest of the twenty-three hours and fifty-five minutes; or fifty minutes; or forty-five. Build into each day a time for yourself.
- 2020-1003-23 You are approaching a time now when there are many activities coming up. There is, as has been announced, the time when I am going to be with you in what has been called an Intensive, because we are going to be intense about packing in a whole lot of peace into those hours we spend together so that you will feel refreshed, you will feel renewed. It is a short bit in time, but it is going to be most precious.
- 2020-1003-24 And then you are going to get into what are called the holy days. And every year, as you have seen, when you are in those holy days, there is not usually too much time to be holy because you are so busy with the world, with activities you have made for yourself in this year especially, because the world is going to be very much with you and knocking upon the door of your mind. Already you have seen this in the last few months. Already you have seen this in the last few days.
- 2020-1003-25 There is going to be much that is coming to your doorstep of consciousness that is saying, “Pay attention to me. There is much that you have to be aware of.” But in truth, breathe, feel peace; breathe, feel peace; breathe, feel peace. Make that your mantra.

- 2020-1003-26 Okay. Now, I know that there are many of you who are wondering, "What has happened in the last few days? Why has this happened in the last few days? Why have the activities of the world structured themselves the way they have so that it seems to be a pressurized cooker?" Those of you who are of the certain number of years remember the new invention of the pressure cooker, and you feel sometimes in these days that you are being cooked with too much pressure; the world is under a lot of pressure.
- 2020-1003-27 This is why I have spoken to you of the necessity for coming Home to yourSelf in peace, every day setting up a certain routine, whether you have already done this—and I know that some of you have, and some of you haven't, and some of you have been calling out to me and saying, "Yeshu'a, Jeshua, Jesus, where are you? Where is my peace? What is the world doing? Why is the world doing what it is? And how are we going to get through it?"
- 2020-1003-28 Well, as you have seen, you will get through it. But I have news for you. You, as the creative holy One that you are, have structured in the next two or three months of world timing much of drama because you enjoy feeling alive. If there's drama going on, you know you're alive, and if there's drama going on, you know you have to breathe through it.
- 2020-1003-29 When you find that you are gulping the air, stop, relax, and breathe easy. The world is going to throw at you in the next few months of your timing many opportunities to feel assaulted. Many of you are going to feel that it is your duty to worry. If the world is going through such turmoil, you are going to feel yourself at the edges of turmoil, and some of you are going to look into that chasm of worry and fall into it from time to time.
- 2020-1003-30 But the good news is, you will find your way up out of the chasm. You are going to find your way to peace.
- 2020-1003-31 You would like for me and the other masters and the angels to make everything right for you. "Just come in here, Jeshua, and put everything in order, like you did with the money changers in the temple. Clear everything off. Let's have a new start. Clear the tables."
- 2020-1003-32 Well, yes, the tables are going to get cleared, but it is not because I am doing it for you. It is because you are going to wake up to what is True—capital "T"—and know that peace—p-e-a-c-e—is with you in every moment as you will claim it. It is not that the world is untrue. It is true—lower case "t"—with much of drama, and sometimes you are going to ask, "Where are the commercials? At least we can have a break in the world drama and have a commercial."

- 2020-1003-33 Well, you can have a break for peace. Allow yourself to put the brakes on and say, "No. I'm going to breathe." Because as it is seen now, for many of you, you are going to feel caught up in the world drama. But you don't need to be. That is the blessing of it; you don't need to be. You have the tools at your disposal. You have the tools that we have been talking about many, many lifetimes.
- 2020-1003-34 You know how to find Home, that place of peace within. You know, because you have experienced many lifetimes where there has been drama and you have cried out to me. I understand, because I have had human lifetimes. I know how the world can clamor and can call to you that this you should be attending to. You should solve this. You should...all of the "shoulds".
- 2020-1003-35 But in truth, what you will do now that you know, you are going to breathe. You are going to breathe the breath of peace into every situation. And if someone comes up to you and says, "This is happening and that is happening, and it's so bad, and it's so terrible, and I'm so worried," you are going to say, "Breathe with me. Take a deep breath." Yes, let's do that. And hold it...and let it go.
- 2020-1003-36 You are going to find many of the brothers and sisters who are going to be upset, some for this reason, some for this other reason, and opposed to each other. Already you have seen some of that. And because you are friends with this one, and you are friends with that one, you are going to say, "I love you. Let's breathe." You will be pleasantly surprised after they stop doing the mental gymnastics and breathe. You will be pleasantly surprised, and they will also, about the peace that comes in.
- 2020-1003-37 It doesn't mean that you are trying to change them. It doesn't mean that they have to let go of their belief system of what they feel is right and proper. It just means, "Please be good to the body. Let it breathe." Because as you have experienced, when you are in that place of feeling really tense about something, you constrict everything in the body. The body is not happy with that. The body will scream at you, and sometimes you will wonder, and your friends will wonder, "Why do I have a pain in the head?" Because you have been putting too much energy into the head. You have been constricting everything. So allow yourself a moment of peace.
- 2020-1003-38 Suggest unto one who is not breathing that they envision for themselves the cool drink of water. If you carry with you something that is of liquid that can be a cool drink of water, offer it to them. Allow there to be an interruption in all of the brain waves that are going very, very quickly across. Allow them to breathe. Offer them a drink of cool water. Offer them a smile. Know you the healing properties of a smile? You have one in

your audience who is very good at smiling. In fact, I believe he is going to talk with you at some point in the future about the smile and how easy it is. Ah, there you go; beautiful smile.

- 2020-1003-39 The whole body responds to the smile; not the grimace where you are grinding your teeth. No. Allow yourself to smile, to see humor in no matter what is going on in the world. The world will give you messages that say, "You must attend to this. You must solve this, and you have to do it within a certain time period."
- 2020-1003-40 And you say, "Who says?" And you breathe. If you like, get yourself the cool drink of water and allow yourself to feel refreshed. They have a saying in your world, "It does the body good to breathe and to drink." I will drink to that.
- 2020-1003-41 So—as it is seen now—what you have been feeling as energy that has been growing in the world is going to continue to accelerate. However, it does not mean that you have to accelerate with it. You now know and have the tools to change it, to change the energy of the world. "Oh, who? Me? I'm not that powerful. I couldn't do that."
- 2020-1003-42 Well, yes, you can do that, and you can do it by allowing yourself to feel in love. Allow yourself to take some love object and feel where you don't have to make any decision. It is okay, is it not? Yes, it's okay. Are you happy? Yes, you're happy. Okay. You have a smile on your face. See, there is a smile on the face. See, this one is happy.
- 2020-1003-43 Allow yourself to become as the little child. If you want, find a little furry stuffed animal, or a real one, for that matter, who has left you for the food, I see. But allow yourself to find an object of love, something that you can love that allows a break in the stream of the very energetic worry that everything is going to wrack and ruin, in a handbasket. I don't really know what a handbasket is. I suppose it's a basket you carry in your hand, huh? So there is that saying in the world about going to a very fiery place in a handbasket; crazy, huh? You don't believe in that. No. There is much wisdom in these little things. You just smile through it all. Very good. Much wisdom.
- 2020-1003-44 Whenever you get into a place where you are worrying about something, and it is not something that you can actually solve in the moment, allow yourself a little thing that is smiling to be your companion. I would suggest that you give to each other on your holy day something, if not before, because you may need it before, something that can be loved and can love you back, just by being; something that you don't have to take care of.

- 2020-1003-45 You're not especially...you don't have to make this one be healthy. You're already healthy. But some object that you can feel at One with, that you can love, that you can feel is at peace. It doesn't even matter...you know, if you get really, really angry at something, at some piece of the news perhaps, which is never new anyway, and you allow the voice to be raised a few decibels, does this one worry about that? No. This one just waits for you to come back, in peace.
- 2020-1003-46 Be like your love object. Abide. Know that truly that which seems to be deeply, deeply serious is going to be passing. Next year in your timing you are going to be at a place where all of this will be as memory, and that's all. And you're going to say, "Hm, glad that's finished." And then what do you do? Some of the brothers and sisters are going to say, "Okay, what else can I worry about?"
- 2020-1003-47 I have seen the human nature. "If there is not something to worry about, then what's my job? It's my job to worry about, to take charge." No, it is not. It is to be peaceful, steadfast; be love, always giving love, you see? I will give to you a love object.
- 2020-1003-48 If you do not already have a love object like that—I'm not talking about a person; I'm talking about what you call a stuffed animal—go out on the morrow or the next day and purchase for yourself something that calls to you, that allows your heart to open, something that you don't have to take care of. You can do one that walks on four feet if you want to, but it does not even need to require that much care; something that you can love and that loves you back, not asking for anything, just to hold, to love. Throw it up in the air and catch it, and be in love.
- 2020-1003-49 I recommend it very strongly, because the days ahead, short term, are going to be ones where you're going to want to have the little thing to talk to and say, "You know, there's a lot going on in the world, but you and I, we have it straight. We know what's important. It is the feeling of peace.
- 2020-1003-50 Okay, beloved ones, how about if we take a break, and then we will come back in what you call fifteen minutes, and then we will take the questions, because I know on this evening there are many questions and answers. So be it.