

You Are Not Limited

2004-03

Beloved one, you are the Light of God. You are the Love of God. You are the embodiment of God principle, walking forth, opening the arms, hugging the other ones, smiling or sometimes putting your hands up and saying, "No, I will have peace for a moment or so -- or longer." You are the activated form of Love, walking on two feet; walking on one foot; walking on four feet, flying, being that which you have designed to be in a certain moment of time. En-joy -- be in joy. Because in Truth, you are activating whatever you want to feel and to be - and to know that activation.

Always, beloved one, know that you walk with me. You walk as me. You talk with ones and you share your love -- my love, yes, but it is not separate from your love. When you will look upon another one and see that they are questioning, wondering, sometimes bewildered as you have been in times of this lifetime and other lifetimes as well. Sometimes when you have turned to the beloved pet and you have said, "I know you know much more than I do." And they do. They hear your thoughts. They feel your emotions. And they are there to walk with you in all situations.

Even when someone will be in what seems to be an angry place, they are exuding love in another form. And as you will stand and smile at them, it does what you term a miracle -- because it makes the other person stop and realize, "Oh, perhaps there was even a little bit of love in all of that shouting." And there is. Sometimes it is a call for love. Oftentimes when ones are shouting and they seem to be emoting, in one way or another, what they are really asking for is your love, your understanding, your calm. And as you will breathe and be the essence of peace, you allow ones to work through whatever they need to say, to be, to do -- to come to that place of Allness. As the beloved pet will do from time to time.

Beloved one, you are the maker of time. You are the ones who have said, "I will live, act, be within the circumstances/circumscribing of time in this reality, lowercase "r." You come from the Reality of your essence, the true being of you, to make for yourself an experience within time. And sometimes you rail against it. And you say, "I'm running out of time." And that is okay. Be aware that you are the maker of time. Anytime that you need to have more time, stop and breathe. Know that truly you are the essence of time having the human experience. And if you would know "more time," claim it.

Know that truly you are the maker of the reality that you are experiencing. And you are the one who then judges that. Because in Truth, even the most seemingly terrible

realities, lowercase "r," that you make as human beings, you are the one who is writing the drama. And you are the one who can stop at any moment and say, "Yeah, how ridiculous this is. I am all upset about a very small little thing. And it really does bother me, Jeshua. But you know, I take pleasure in emoting." And yes, there you are. You are always portraying what you desire to experience. And if you do not like what you are experiencing, stop and breathe. Choose anew.

You are in every moment, as in this moment, making the message that you are receiving. And sometimes it is the message that is being spoken. And sometimes it is the message that you need to, want to hear. And it is all okay however it goes. Allow yourself always the deep breath that says, "Wherever I am, I am." And you do not have to judge it. And if you do judge it, do not keep on judging self.

I knew all emotions of humanhood. As a small one, growing in stature and growing in experience, there were times when things did not go the way I thought they should or that I wanted them to. And yes, I know that feeling. As a small one, there were times that I was not entirely happy. You have stories about me and about my infancy and growing up. And all of them have a bit of the whitewashing that have said, "Oh, but this one was so sweet. This one never lost his temper. This one never felt anger." And yet you have stories in your history when I did lose and get into the anger – as with the money changers in the temple. There are times when there is a place for the energy. And there are places and times when love is called for even through the display of anger. There are times where the only thing that is understood by the ones around and the ones who are recording is the energy of anger -- where ones have to stop and say, "But Jeshua, you are the essence of peace? How can you be angry?" Are you not of the God essence? Yes.

Allow yourself to be in every moment the true essence and do not judge falsely. In other words, if there is something at some point where you feel very strongly about something and it may be that the way it gets portrayed and given to others is through the seeming anger. You have what is termed "righteous anger" which means "Stop and breathe, look at the wholeness of what is going on." And then choose anew.

Was God ever angry? Yes. There are times when -- and this is true for all -- it is the anger, as it is called "righteous anger," that stops ones in their tracks long enough to say, "But what is going on here? Why am I feeling the energy?" And to take that deep breath. And to come to a place of understanding, knowing truly the god essence.

You are all, as the essence of God, perfect. "God does not make junk." You have that saying in your world, and it is very true. Energy, yes, has to be evaluated. And to take the deep breath and to step back from it. The deep breath is your gift to yourself.

Use it often. And there are times when energy is called for. Sometimes that is all that another one who is interacting with you can understand for the moment -- only for the moment. And then love: the smile takes over.

Allow yourself not to judge self harshly. Know that truly there are times when there is righteous anger, which is, perhaps at that moment, all that others will understand. Stop and consider where you are coming from and what you want to give. Do you want to give a hard time? Did I ever do that? I did. When I was in the temple with the money changers. I did not say to them meekly. "Oh, you're not doing the right thing. You shouldn't charge all that money..." No, I needed to call attention. And there are times when you in your interaction with others, however loving you are, must get their attention first.

Every good teacher knows that if you are going to teach ones, you must get their attention first. And you try the avenues of love and soft spoken-ness. And if that does not get their attention, then you are the drama king. And I have seen all of you, drama king, drama queen. And it works. You try first the approach of love and soft spoken. But when that does not get the attention, and ones do not understand where and what you are asking, then -- as the actors upon the stage which you are, you call in well-meaning anger. It is not so much anger as it is energy. And then you come from the place of love, wanting to say and to show and to have the other one accept a new viewpoint, a new way of looking at something.

You are the essence of Love on two feet, four feet, swimming, flying. However your expression of life is, you are the essence of life energy. You are the one who writes the play you are playing in. You are the one who feels the righteous anger and judges it to be righteous.

Allow yourself to be easy with self. I see many of you, trying to be so holy that you do not allow the human expression of yourself. You have chosen -- it was not thrust upon you. You have chosen to have the human life, to be the little baby. And to express, push out all of that energy of human. And to know in exchange I am expressing love. And that little one in arms, who does not have the words, is expressing love of self. In other words, "I am hungry. How else do I let you know?" It is the expression asking for love asking for food, asking for attention.

This is true as you grow in stature. And you get to be a bit taller and older and so forth. And you get to be the tall one, and you're still desiring something. And if you don't get it right away, then you ask for it in another way. And hopefully you will receive it on

a peaceful term as opposed to having to shout to the heavens. But if you have to shout to the heavens, shout to the heavens. The heavens will let you have it back.

Allow yourself always to come from love. "Well Jeshua, when I'm emoting is that coming from love?" In truth, it is. You are allowing yourself to express that which you don't know another way to do it. So do not judge self to the place where you feel that you are a tiny little nothing here and everything is against you. That does not allow love to be given, to be expressed, to be felt. If you have to do it, and there are times ... why did I spend a good few years out in the wilderness getting in touch with myself? Because I could that way not harm someone else, even with the energy of it.

Take that as a lesson. Sometimes, you are feeling so frustrated and seeing no way to change things that there is energy that you have to express. Doggone! Okay! Go somewhere where you can emote if that's what you need to do. To the place where you get to the place as I did. I did not have to go out in the wilderness and shout until I had a sore throat. I tried that you know. I got really, really angry because my God that I knew at that point, was not bringing me what I thought I wanted. Now, in truth, what I thought I wanted was not going to take me to the place that I truly wanted to be. But I didn't know that. And I wanted what I wanted. And I want it now.

Ever felt that way? Sure, I've heard you say it. Okay. Exactly. I want patience and I want it now -- of course. And it doesn't always come that way.

Allow yourself to know that you are having a human experience because you have chosen to have a human experience. Do not take it out on another one. In other words, don't go and beat up someone because you are angry. They did not do anything except perhaps to be in your presence should you need that energy. Allow yourself to work through whatever it is, in perhaps a room by yourself. And you will find that the healing that you are asking for will come because the human self -- I have experienced this -- the human self will get tired. And the human self will say, "Hmm, I really don't need to do this any longer." Blessed be when you reach that place where you stop, you breathe, and you say "I am all that my Creator created me to be." And your Creator is not apart from you. It is within you as you. And at that point you can be peaceful. And you can reach out and pet the beloved pet because you know you are One, capital "O." You are one with all of nature. You are one with the stars in the heavens. You are one with the sun. You are one with the beloved animals. And you are one with your Self, capital "S," and come home. And you do -- you come home in that space that puts a smile on the face.

And there is peace at least momentarily until something else happens. And that's okay. For once, I have heard my beloved friend and teacher, the one you know is Judith