

## Living The Happy Life

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Beloved and holy and only child of our Heavenly Father, child of the One Source, child of Light and love, divine. That is who you are. Take it deeply within the consciousness and contemplate what that means. Child of Light, not the darkness anymore, but the Light, the Light of knowing from whence you have come and from whence you are going to whence you are going. For indeed, the Christ of you is always alive and well, always adventuring, always asking, what more is there? And I have heard you asking questions, wanting to know the truth of being, and calling out to me, "Yeshua, Jeshua, Jesus, what is the truth of being? Why am I here? Why do I suffer?" Because that is one of the human questions. And in truth, you are suffering because you believe that there could be such. But beloved ones, you can turn your thinking around, as I was taught to do.

Now, your scriptures are most wondrous, and they outline a lot of what I told you, a lot of the inspiration that is yours to drink of the holy waters and to know that the truth of your being, but there is more. It is not by accident that you have the advertising that says, "And there is more". For in truth you are calling it forth. You want to know what is beyond the written words: What is beyond some of the inspired words that are spoken: What more is there? And I will say unto you that you stand upon the brink of bringing the total awareness of the more-ness to yourself. For indeed, all of you, activating the bodies at this time, hear this well, are going to come into illumination, into that realization, making real in your understanding and knowing, the realization of the Christ of you, not just one Christ, known as Jeshua, Ben-Joseph. No, more than that, the Christ of **you** as you live your life. Yes, in this time period! For indeed, as your history will tell you, you have had many other lifetimes where you have searched and found a bit of the holiness. This lifetime, if you will receive it, you are going to know in full measure the Christ of you.

"Oh my God, Jeshua. Can I really do that and still survive?"

Of course. It is your true nature to know the Christ of you and to come home, home to the Father, home to reality with a capital "R", home to your true being and to live in that knowing. To walk with the human feet, yes, to speak with the human tones, and to share the smile and the exuberance. Look that word up. It is you. It is your true nature to be the exuberant Christ that you are. Allow it to shine forth. Allow it to be on the tip of the tongue and to say, "How great I Am."

“Oh, but Jeshua, I can't say that. I've made so many mistakes in this lifetime and so many choices that led me down roads and pathways and they weren't all that pleasant.”

That is good. Then they are finished and done with and you need not worry about them. But go on with the Christ Light that you are. Go on in the smile on the face and knowing that I Am. And you are. You have chosen human life. You have chosen to be the Christ incarnate.

“Oh my God, that sounds like a heavy.”

In truth, it isn't. It is a celebratory term. It is for you to know your true nature, your true being. You are the Christ walking on two feet. Suffering the slings and arrows of human life. Yes, I know, I see you as you go home in the evening sometimes, or you wake up in the morning sometimes, and it's like, “Oh my God, why did I say that to him? Why did I make that decision? Why did I sign up for whatever you signed up for?” It is to bring you home once again to your true nature, as the happy Christ that you are. Write that out for yourself. Put it on your mirror somewhere. I am the happy Christ.

“But Jeshua, I'm not always happy.”

It's okay. The happy Christ of you is alive and well. Focus on that. Even when there are the questions of, “I don't have enough of the golden coins to pay for such and such, and I have this ache in my back and it really hurts, and sometimes I don't feel all that energetic.”

Okay. Stop. Breathe. Know that you are the Christ in body form, in physical form. The body makes itself known, but allow yourself to know, to really revel in, “I am this and more” — because you are! You draw the personality that you call yourself from the Allness that you are. The technology that you have brought forth to be as your servant, you have thought that up. Even if you say, “Well, somebody else invented it and put it together,” you are the ones who know how to turn it on, how to use it. Otherwise, you would not be using it in this moment of time. Give yourself what are called the top marks, because yes, you are human. Yes, you feel like, “Well, I only know a certain amount, probably this much.”

You are everything. Allow yourself to take that in, and as the Christ that you are, to walk forward with a smile on the face, saying, “If I do not consciously know it right now, I will!” And you will. I guarantee this to you. Take this deeply within, that before you breathe your last breath, you will know the Christ of you.

Yes, it is a fore-written conclusion and beginning to what you will call the next life, whether in body or in spirit form. You are preparing even now as you have the questions, even now as you use the mind to wonder, what is this all about? You are preparing for your next, as you would call it, lifetime, whether it be incarnate or spiritual only. Because incarnate is fun. — A challenge, yes. (Tell me about a challenge!) But know you that in this lifetime, you can call upon the remembrance of many other lifetimes and bring the Christ of you into actualization at that moment.

Or in truth, you have known the crucifixion. When you read about that in your holy scriptures, there is a knowing that says, "Oh, okay!" You've been there, you've done that, you've felt that. And you have felt not only the physical pain, but the pain of disappointment that the brothers and sisters could not see the Christ of you. Or if they did, they wanted to get rid of it. You are the living, walking, breathing Christ. Write that out on a piece of paper. Write it out 10 times. Probably 10 not enough. Write it out 100 times.

"But Jeshua, I don't have time to do that."

What else do you have time for? Write it out: "I am the living, walking, breathing Christ." — Because you are. And know that that is forever ongoing. The nature, the God nature, Goddess, whichever, you are the living, breathing example of ongoing life. Because I share with you, as I found out, as I had been told, and it is true, that when you lay down the physical You have a big wondrous surprise. "I am still alive!" This is what you have known in other lifetimes as well. There has been a surprise.

"I'm still alive. I'm not activating the body. There's the body. But I'm still alive." And you are and you will be forever past the knowing of time.

So you might as well get your act together and be happy. You've already done all of the suffering that you have been required to do, for in truth you are not required to do any suffering. But you already put your, as it is called, time in, in doing the suffering, whether it just be the suffering of mind that says, "I'm not good enough. They don't like me. They say nasty things about me. They throw stones at me." And you have known lifetimes when this has been the truth of your human being. When I say throwing stones, and you've been the one who has been hit by the stone, you can imagine how that feels. But it is not the physical stone that has hurt you as much as, "They don't know who I am."

And that is because you do not know sometimes who you are. Pray for enlightenment. Read the books that come from enlightened ones who say, "Hey, even the human life is worth living." And there have been lifetimes when you have said, "Let me out

of here. Human life hurts.!" Even in this lifetime, you have said, in your sorrow, in your disappointment, perhaps, "What is there good about human life?" It depends on perspective, does it not? It depends on what you are looking for, because whatever you are looking for, you are going to find. So search for holy knowing, for knowing that "I am the child of God." Well, yes, you are. "I am happy."

Take upon yourself the role of the happy traveler. You have this lifetime. You are traveling through the lifetime. You're having experiences. You have fellow journeymen and women. You have friends. And sometimes human life can be a bit challenging. The one you have loved has passed on, perhaps. It's not activating the body. Now in truth they are still alive. In truth you can still speak to them and you can hear them. They will speak back to you. So don't be in such a hurry to pray to them or to say to them as they come to mind, "Yes, I remember you and I wish you were here." And all the time they are saying, "But I am right beside you!" And they do walk right beside you. Play-act for a moment or so with them and say, "OK, yes, you're right beside me, but I don't feel you." Imagine. Be the actor. Be the actress. Act as though this could be true, that the one that you have loved the most is not gone from you. In truth, capital T, there is nowhere else to go. So they may not be activating the body and you may not see them with the physical eyes, but they are right with you. And I know that many have experienced the feeling of talking to one who has laid down the body, and then there has come a thought. And they said such and such: "I'm not dead. I may be not activating the body, but I'm right here with you. What do you mean you can't see me? I can see you." And they do. Talk to them, because they are with you. There is nowhere else to go.

"Well, I thought they went to heaven." Where are you? "Well, I'm not in heaven. Doesn't feel like heaven."

Make-believe. There's a lot of power in that, those two words. Make-believe. And as you make-believe, it will become more and more believable. The truth of your being is you are forever.

I had the fortunate life of being taught this as a little one. I studied with masters of the Far East who were knowing a larger, more open understanding of life.

You can do that, no matter how many years you have garnered unto yourself. You are still the Holy Child. Start today reading some of the texts that are written of the beliefs from the Far East, as you call it. That was a term that we did not know because everything was within the Allness.

I had the fortune, good fortune, to live in various parts of the world as a small one growing up. You have everything at your beck and call with what is called your far

vision, your television, the books that come to you, the books that talk about life in another geographical part of the whole world. It is yours for the searching. You have the technological means of bringing it right in front of you as a story, perhaps, of a young lad living in another country or a young woman. Allow yourself to do a bit of what is called the search, the research, and bring to your knowing how it could be as a small one in a different culture, a different belief system. You will find it most enlightening. And by that I mean it will take the heaviness off of the shoulders where you feel, "Oh, I'm weighed down by human life. And it's not very good. And the best I can think of, it would be to die." You've gone to all of the labor of being born into physicality. Make the most of it. See what you can do with the hands, most wondrous appendages that can grasp, reach out, hug, love.

See what you have brought together. You have a saying in your scriptures, your holy scriptures, to behold what God, the Holy Spirit of you, the whole, W-H-O-L-E, spirit, have manifested, made for you. It is you. You are bringing together your life. You are bringing together the four wheels that brought you to this physical place. You are bringing together the technology that says you can sit in your office room and on your screen you can see what is going on anywhere on planet Earth. In truth, you bring together what seems to previous generations miracles. You can talk with someone who is all the way around on the other side of Holy Mother Earth through your technology now. You put in your numbers and whatever, and they go in a certain order, and you speak with someone who is halfway across the planet in another time zone, and it is a miracle what you do.

How can you bring that consciousness right here to your doorstep, right here to your ears, right here to where you speak? Yes, the sounds may be different, what you call language, but there are those of you who have studied the foreign languages and you have knowledge of how to read them and how they may sound so that you can try, which is most interesting when you first try another language and you are pronouncing something and it's like, "this sounds weird." But it has meaning. And after a small bit of time, you begin to understand, oh, this sound means such and such, this sound means, and if it goes up a little bit, it may be a question, et cetera. You have much knowledge to bring to anything in this day and time. And your light gets turned on at that moment where there is the "Aha, I see. Before I was in darkness, but now I see." And it comes to a place where it's like it's a whole new world. "I didn't know that I can actually speak with someone who is halfway around Holy Mother Earth on this device that I put up to my ear, and it has a mouthpiece, or on the screen I can type in words, and there can be a language that is written and understood by my brother, sister, who may be thousands of miles away."

And you have said, I have seen you, I have heard you say, "It's a miracle." And it is. It is what you have brought to this lifetime. You do not have to get on your camel and ride for days on end to reach another country. You can pick up your device and you can speak into it, dial into it, whatever, and you will talk with a brother or sister who is miles away geographically as you measure the physical mass. It is a miracle, which is what you have said in the beginning. This is a miracle. And it is. You are the ones who live in a miracle time.

Now, in truth, all lifetimes are miracles. A tiny little sperm and an egg come together and say, "Hey, let's do something together." And after nine months, you come as a physical body and you say, "Oh, why am I here?" You are here to bring the Christ consciousness, awareness, into the physical form and to celebrate, not to suffer. Although you can celebrate being in suffering, — that has its side of reality, as you call it. If you suffer enough, I've heard one say this, "If I suffer enough, I'll know that this is true." If you have to have that avenue, go for it. But actually, you can know your true self by being happy. Try it, you might like it. You have a saying in your world, "Try it, you might like it." And in truth, you make at any moment your reality as you are experiencing it. And in the next half second, you judge it. Bring it to your awareness and know the blessing that it brings you. I see this happen with ones of you as you see a friend and you smile. The friend smiles back at you. And those of you who are into hugs, the next thing you know, you are hugging body to body, cheek to cheek sometimes, and saying how good it is to be alive in the physical form.

Now in truth you are alive at any time, in any form. Even the form of the groundhog that wakes up and says, "daylight, only six more weeks." Well, the groundhog doesn't say that. But oftentimes the human says it. And then you come to this time of the year and you say, "Hey, there's more light. In the evening it's staying light a lot longer and boy, in the morning, it gets daylight so early and it comes in my window and it wakes me up." Well, that's a good thing to wake you up.

And you go with a lot of daylight so that in the changing of seasons you come to a time when it gets dark earlier in the evening. And it is a miracle that you do. And you think nothing of it because, well, it just happens. And that is a miracle. That it just keeps on happening because you have set it into motion.

You are miracle workers. Every moment of your time is a miracle. Each breath that you draw is a miracle. You bring in the oxygen that the body is calling for. You breathe in some of the moisture that the body needs. It is a miracle that you do. And you think nothing of it: "Of course it's going to happen!". And it does. You live and move in miracles, even with a cough. You are the Christ.



We have spoken oftentimes of who and what you are. Hear this well: You are the Christ living a human life, Suffering the slings and arrows of human life. Sometimes when the leg doesn't work quite right, or the knee doesn't want to bend, or the back aches, or the head, whatever. Or perhaps there's something in the throat, whatever. The body is a most wondrous invention that you have brought together in order to express. Now, what are you expressing? Sometimes with all of the talking the throat gets a bit full. And you know the feeling. And then the elixir of life, otherwise known as the two little pieces, parts of hydrogen and one of oxygen, come together and it is so rewarding. Life Every moment of life is a miracle. What you are bringing together is a miracle. Day by day, moment by moment, the eyesight that you have, the tones of the voice, the walking forward, hopefully you think nothing of it. In other words, it is automatic and it is a gift that you gift to yourself. And you say, "Well, of course. This is what it has been from the time I was an infant. I learned how to use the arms and how to cry for something, make sound so that somebody would come and attend to my needs." And even now, in this day and time, you do the same thing. If you are sad and you want something changed, different, sometimes the eyes get a bit wet and the breathing gets a bit changed, and one looks upon you and says, "Are you suffering?" And you laugh and you say, "How could you tell?" And yes, you can tell.

Human life is a miracle. And you think so little about it, but you do it moment by moment. Even when the eyes are closed and the breathing is steady and you are far, far away somewhere, it is a miracle that you do.

Sleep is a miracle. Ones who have trouble sleeping, they will tell you, "Oh, I had two hours of the most wondrous sleep. It was a miracle!" And yes, it is. It is a gift that you give to yourself. From the time that you have a little one and you did not know sounds as language, but you knew how to make a sound that says, "I need, I want." And hopefully, a friend, parent, relative, babysitter, whatever it is called, they come to your aid. And they ask, "What do you need?" And sometimes you don't know the words, but you say, "Oh, that's what you need, okay." And there is a mind-to-mind language. You are most wondrous beings. To have the physicality to express with the tones of the voice, the learning that has come from ear to replication with the mouth, the tones. The mobility, the sign language. You are most inventive and you know how to be one with another one and to ask for what you need. Now sometimes there is not the courage of the heart to actually ask for what you need. But beloved one, Yes, you know who you are. You deserve to speak with the tones of sound and ask for what you feel you need. If it be warmth, if it be a drink of the healing waters, if it be a hug, or a look from eye to eye that says, "I understand." You know how to ask and you know how to give. For as you have experienced, when you ask for a hug and you are given a hug, what automatically

happens with your arms? They go around as well. And you give a hug. You give a smile. If you have been in tears and it has been the worst awful day and someone comes up and puts their arm around your shoulder and says, "It will get better," you feel yourself smiling, heart to heart, hoping that what they say is true. And it is true, because it does get better. That is how wealthy you are. For you can bring to yourself, even if you live a solitary life in the cave somewhere, all by yourself, and you do not have another ones to interact with, you will find, and you have known this in previous lifetimes, you will find comfort in what seem to be the, I will call them spirits, that live in that cave with you.

You never walk alone. Now, yes, sometimes you are. All of the time you are alone. If you break that down as to all-one, And you take the deep breath and you know that whenever you call out to me, always I will answer, always I do answer. Sometimes you are so busy suffering that you do not listen or you do not know, feel the hug. But in truth, beloved one, we are all-One, capital O, And I feel your sorrow. I feel your calling. I am there with you. For in Truth, capital T, there is no separation. This was a knowing that I had been taught as a small one. Now I had a gifting to me of being raised in different cultures, different belief systems, where I knew that yes, I was an independent being, yes, but I knew that I was part of the whole, W-H-O-L-E, living perhaps in my perception in a hole, H-O-L-E, all by myself, But no, very soon I had wise ones sharing with me and letting me know that never am I alone. All-One, yes, but not alone as singular. Always, beloved ones, I am with you, even in the times when you feel most alone. That is when you have opportunity to feel my presence. Sometimes you will make for yourself the opportunity to feel alone.

"But Jeshua, nobody loves me. Nobody cares what I do or say or think." That is never true. Always, beloved one, always I am with you. Does it not say that in your holy scriptures? There is no place that you can be that I am not. Always I am with you. Always I am calling to you. To look up, to look around, to know that truly you are not abandoned.

Yes, I know there are times when you have suffered greatly because you thought, nobody cares. "Everybody is so busy with their own life that nobody cares what I do or say or where I go." And those are times where you are most surrounded by the angelic beings. Stop. Breathe. And say, "OK, if you are with me, let me know it." And then be prepared for an onrushing of knowing that, "Hey, I'm not alone. I thought I was." Never can you be alone as solitary. You can be alone as all-One, capital O, because that is what you are and who you are. And that is what you are striving to know, even in the moment of most sorrow and feeling devastated. You have at your fingertips, shoulders, behind you, in front of you, the angelic presence of angels.



It is written in your holy scriptures, and they will attend unto you. They are ready, willing, and able to be with you in full knowledge. "So shut up Almighty!" I have heard my beloved friend and teacher say that from time to time to the voices in her head that would speak of suffering. "Shut up, Almighty. I want to know the truth of my being. I want to know oneness. I want to know love."

And the easiest first step to knowing love is this self hug.

"You mean it could be that simple, Jeshua?"

Try it. It works wonders. And if anybody walks in the room when you are doing this in front of the mirror, say, "Hey, I've just discovered something. I'm not alone." And they will say, "hmm" – which is good. You are most wondrous beings. Seemingly plural, but all One. You are coming home in that realization, making that real in your awareness.

Practice knowing, "I am not a singular being. Good God, the population of the world. I read it somewhere. I couldn't believe that there are so many millions upon thousands upon whatever of the two-footed ones. And then there are the four-footed ones. And then there are the ones without the feet that go slithering through the jungles. And the ones who fly. I thought it was just human." Know you, practice, you will need to practice this, that you can speak unto the winged ones and they will understand, especially if you speak with love. They will come unto you. So have your breadcrumbs and whatever ready because they will come. And will they eat out of your hand? They will if you are in love with them, in that space of love.

"Oh, I don't think so, Jeshua. And besides, that would feel really strange to have one pecking at my hand." Try it. You might like it or not. You are never alone as feeling solitary. You are always alone as All-One because everything is joined. That which is alive and moving, that which is alive and not moving, that which is alive as a thought, a thought being. Everything is alive and willing to share with you the wisdom of the ages, the wisdom of being. When you get too wrapped up in yourself, and I see this happening from time to time, you feel abandoned, you feel solitary, you feel like nobody cares, and yet you have 15 people standing in front of you who care, who are saying something to you, and you are not hearing them. You, beloved one, you are the one to accept their love. They care about you. Yes, they do. And they care about themselves. So there are times when you need to be the one giving the love and the companionship. And sometimes you know the ones that you associate with.

Sometimes they get to a place where "I don't think there's any daylight in life. I think things are all a struggle." And you say, "Well, you can have your belief, but I like you." "Well, you're crazy!" And you have been there, done this, where after a while, there

is the laughter, because you have put it out there. And you have said, "I care about you."  
— Because you do. And they can feel it. And you can feel it.

When you are asking for companionship, when you're asking, "Someone, understand me. You don't have to make it better for me, but just kind of understand where I'm coming from." And you do understand that because you are human. They are human having a human experience. And there are some days that feel like there is nothing worth celebrating. But then the next day maybe the sun comes out and maybe someone looks at you and smiles and you think, "why did she smile at me? Did she see something that I don't know? Maybe I have two different shoes on and she's laughing" But no. Allow yourself to give the smile and allow yourself to receive the smile. Because there is much to smile about, even if it is in a place of ridiculousness. Allow yourself to come alive in the smile, in the laughter, in the laughter from the belly. Allow yourself to have the deep belly laugh about something, because truly, I laugh with you.

There are times in life when you are feeling the heaviness, of course. That is part of human life. But there are times when you can reach out and hug one and say, "This too, shall pass. This too will come walking in as the sunshine blooms, as the sunshine comes to share with you. Allow yourself to rise up and smile."

Each and every one of you have gifts that come to you that make you smile. Gifts that perhaps you didn't know that something on four feet was going to be such a blessing and such a trial from time to time.

Everything comes to you wanting your blessing. Everything comes to you to lift up your experience of life. Whether it be on four feet, two feet. (Sometimes the two feet are more challenging than the four feet.) Sometimes on the wings. Everything that you experience in life is what you have brought into proximity to lift you up. Even if there is what you see to be the gift of the dog, you have to clean it up. Blessing upon you. It is a gift they have given you. Very true. Sometimes they put it in the most visible place and other times they put it in the most hidden place until you step on it.

You know, each and every one of you know, love. You know the gift of friendship, whether it be on the two feet, or the four feet, or the wings, or the one that swims in the water. I know ones of you have kept what is called the aquarium. Or the bowl, the goldfish bowl. And you have been fascinated by how the goldfish can go so easily through the water. And you think, "Wow, that looks so easy. And yet when I try to do it, I'm heavy." But for the goldfish it's no trouble. You have been the goldfish. You have been the bird. You have been the snake. You have been the raccoon. You have been the beloved pet. You have experienced all forms of physicality. All forms. Take that to heart. Understand

that when you see the little goldfish in the water, you know the feeling of changing the body form and going easily through the water. “Not with this body, Jeshua!” You are the most talented, I will use that word, in what you can imagine. And the reason you can do this is because you have experienced all life forms. You have done the human many times. You have done the four-footed one many, many times. You have done the winged one many, many times. So that when you look upon another form, you can imagine. And to make real in your imagination, how that feels. There is nothing – Take this to heart. – There is no thing, no way of being that you have not already tried, manifested, and experienced.

“Wow, Jeshua, that's a biggie”. Sure. But you are God, the God Self in action. You have wanted to know, “how does it feel? What can I do with a different form? How can I express love?” How does a goldfish express love? By swimming up to another goldfish and swimming in rhythm. How does the beloved dog? Ah, they are most, what is the word I want? Ambitious. All different ways they can show you that they care about you. All different ways that they want to know that you care about them. And they will make a lot of noise and exhilaration until you pay attention.

Does the small little earthworm care? In truth, it does. It needs certain physicality to be exhibiting life, and it will seek it out. And sometimes you disturb it in its seeking because it is making its pathway underneath your favorite plant, and you say, “That's not where you belong, but that is okay.”

Stop for a moment and look at life in all of its forms. It is most exquisite. The variety, the shape, the forms, the patterns, the way it can move or not move. You look at a very tall tree that has been growing for a long, long time. And you stand in awe at how tall it is, how robust it is. And you say, “Oh, I don't think I was ever a tree. Well, maybe I was.” Of course, you have wanted to know life in all of its forms. And then you come to this human life and you say, “How would it feel to be a tree, to be able to look down on these little bitty humans scurrying around?” And then you say, “Hmm. Oh, I thought I was important, but maybe not so important.” And the tree says, “When you've lived as long as I have,” 200, or 300 years like your redwoods south of here, “You get to see a whole lot. You get to feel life in motion.” Because the trees do feel. They know. When you pick a leaf off of a tree, does the tree feel it? Yes. Is the tree okay with that? For the most part, yes. because the tree knows that it is life, “I am life, who will make another leaf.”. And it does. In some ways, it is more living than the human form, because sometimes when you have an appendage that has been taken away, there is the imaginary form, but not the physical form. The tree says, “I can make another branch, I can make another leaf. Life is

wonderful." You see the expression of life anywhere and everywhere. Next time you are out taking a walk, look to the top of your tree.

Imagine how that feels to look at these little things scurrying about or driving the vehicle somewhere and have reverence for life in all of its forms. Most miracles, you, the God Self of you, has brought it all together so that you can have reverence, respect, and love for all forms of life, and even non-life.

You are surrounded by beauty in all of its different forms. There is abundance of beauty around you. And I see you as you are looking upon your flowers – this term, the flowers and the plants – and I see you stop for a moment and say, "Hey, you're doing pretty well with that, aren't you? All of those new leaves that you brought out this springtime, they're doing really well." And the plant, does it respond? Yes, it does. It knows oneness. It knows reverence and respect. It can feel.

I am reminded here of something that my beloved friend and teacher, the one you know as Judith, has awakened to, that if you are in a place of feeling dejected, not happy about something, take yourself out in nature and breathe of the Allness, of the plant life in front of you and around you. See how they take themselves. Alive, being, looking to heaven.

Have you ever studied how a plant grows? For the most part, it grows up. Searching for something. For sunlight, yes. For rain, perhaps, yes. And it does some of the sideways growing as well. And then what does it do? It starts to grow up again. Your trees are most wondrous examples. Growing towards the sun. You also are doing this on the spiritual level. You want to know how does it feel to know that I am more than just the body, more than just the little personality that sometimes struggles, that wants to know am I worth anything. All of you from the time you were born, "I've been asking that question. Am I worth anything? Will anybody stop for a moment and recognize the God Self of me when sometimes I don't recognize it?" Aha! There's a clue in that. Allow yourself to come home to that place that says, "I Am. I am life. I am worthy." – And you are. If you find one of your friends or part of the basic family feeling worthless, and some of your families do feel this, –the family members – allow yourself to say, "Hey, you know, I really respect what you are doing." Allow yourself to smile at them. And after a while they would say, "What are you smiling about?" "I am smiling because you are a beautiful example of life that doesn't know who and what it is." "Oh. Thanks a lot." And you reach out and you say, "Come." And there is love in that. Because each and every one walking around on two feet is asking for knowing that they're worth being, expressing. Each and every one wants to receive the warmth of a smile. The best gift you can give to anyone is to smile at them. Because so often as human beings, you get up, you get

dressed, you think, "Oh my God, I have to see so-and-so today. And that one always says the wrong thing, and just...", et cetera. And you know who I'm talking about. And there are ones who, yes, they seem to take it as their role in life to make life for another person a little bit challenging. I use that word advisedly. And yes, they will do their darndest to make you stop. So take a deep breath and say, either inwardly or sometimes outwardly, "I love you anyway". Or you don't have to put the anyway on you. "I love you."

And you will say, "What are you talking about?" "Well, I just thought I'd tell you how I feel." "Well, I don't want to know it."

You know the feeling of interaction with another human being who is going through life not feeling really happy about life. But that is okay. Push their buttons, as it is called. Let them know that you understand that life is not an easy thing sometimes. But it is a humorous thing. And they will have to stop for a moment and see the Light, hopefully see the Light, and know that truly life is worth living. Because you have said, by the smile on your face when you see them, that you know they are worth a smile. It changes the vibration in the day. So, you smile at ones, and whether they accept it or not, that is not your result. In other words, how they accept it or not, that is their choice. But allow yourself to live in that space of, "I think you're a most wondrous being," even if you say that because you think they are the most stupid person.

But you say to them, "Yes, I think you are the most wondrous person." And they think, "She must see something that I don't see Or what?" And it makes that day much easier for you, and it makes that day much more worthwhile for them. Because someone has seen something, and they didn't think they were showing anything, except how hard life is. So you put a smile on your face, whether you're feeling it or not. And sometimes, as we have said previously, they will wonder, "what is she smiling about? Is my shirt untouched?" Know that Life is for living. You have that saying. Life is for smiling. Life feels much better with a smile.

So allow yourself to share smiles. And if you catch yourself in a place of saying, "Boy, that one, she is so dumb. She has everything. And look at her ranting and raving about whatever." Stop. Smile. And allow her to know that you have found something worthwhile, and she will be curious, or he will be curious, "How can she smile? How can he smile? What is there good in this life?" It's there. You all know how to be the play actor, actress, and you do it very well. And sometimes you are hurting on the inside and the last thing you want to do is smile at somebody. You want to bite their head off. So turn around to the mirror and bite that head off. Then, okay, you've done your bit. Turn around and walk out with a smile on your face. And the next person seeing you smiling is

going to say, "what is she, he smiling at?" And you have pulled the wool over and you are showing them the smiley face.

Life is basic nature. Life is good. And yes, I know there are times, there were times I had opportunity to think, "Why don't they see the truth? Why do they want to get rid of me when I'm only trying to share a gift with them?" And I had to stop and see that they were sharing a gift with me, allowing me to know that in truth, everything has worth, has value.

Even the stone that was thrown at me and hit me in the head, hurt. Do you know, some of the rocks that they threw at me, they were big. And they hit me to the place where, yes, I could really feel it. And I really wish they would stop. Being stoned to death is not a very pleasant way to go. And I was not stoned to death because they wanted to save a piece of me to go up on the cross. So it was no favor that they were doing me, stoning me, until I felt like, in a human way, that life was not worth living if this is how it had to be. But I did not stay there. I knew that life is forever. I knew that life, whether in physical form or not, it was a gift to live it, to feel it, to be able to know that I am forever and always ongoing. Physical or not, I Am. And I proved this to myself and to others on the cross.

Other times when I was being stoned and the blood was flowing down my face and my head, my shoulders hurt and my legs were ready to give out for I was weak. And if I did not walk, I got another stone or rock thrown at me, maybe several. So I kept on walking as best I could. And I felt their judgment. But only for a moment of pain, only for a moment of judgment, because I knew that that judgment was not me. It was their judgment and their gift to themselves. So therefore, yes, there was physicality, but no, I did not take the judgment because they did not know me. I was tempted to say, "Well, obviously they know me and they think I'm not worth anything, so they're going to get rid of me, and they throw these things. It really hurt."

And nowadays, you know, people will say things sometimes to you, unthinking. It really hurts. And you think, "Don't they know that that hurts?" No. "They haven't stopped a thing. They're just doing it. And do they mean to hurt me? Not really. They are just getting rid of old thinking. And they have thrown some of that old thinking at me. But I don't buy it. I don't take it. But yeah, the head hurts." So yes, the physicality is one thing. But the true being, the true essence, does not hurt because you realize, you make real in your awareness, that they are only coming from a place of unknowing. A lot of times ones will blurt out something and they'll say, "Well, that was a stupid thing to say." And at first you feel like, "Well, I didn't think it was that stupid. Why are they getting on my case?" And then you take the deep breath and you think, "That's just where they are. But



that's not where I am." And you let it go. There is strength in letting it go. Take strength to say, "That's just how they see it, how they feel. But they're not right." And the smile comes back to your face, to your being. For your Maker knows that which you are made of, and you are made of Love. So in that moment you say, "They don't know their true nature, they don't know my true nature. It is Love, and I give them Love." And then it brushes off your shoulders, and you do not have to walk with it as heavy judgment. You let it go. And they wonder, "How can she still be happy? I really told her who she is, where she comes from, and where she can take herself. And I don't think she heard me." And in truth, you will not hear them in a hurtful way. You will hear them, yes, but you will say, "That's just where he/she is coming from. That's too bad. I think I'll live in my Love. Love feels better, happier."

And you know, and then you say to the next person, "I read somewhere this story about this man who was going to market with his cow..." Or you have a story that comes up, and you share the story. And all of a sudden the energy changes. Because you want to know, "What about this man going to market with his cow?" Et cetera.

And the other energy is as a no-thing. You are very good at this. You know how you have done it, where you have changed the subject, and they have gone like "This one, didn't he hear me? Didn't she know what I was saying?" No. Gone. You have power in that moment to accept or let it go. They have no power over you. You have choice. Live in the place of feeling happy. Why not? It's free. Allow yourself to come home in that feeling of joy, the feeling of knowing, "I have worth. I am worth something. I'm not exactly sure what it is." And that is OK, because you are living a life of the detective and finding out, "Who, what, am I? Why?" I hear this question so often. "Why am I?" It is to live the love that you are — The humor. Insert some humor into every day. I have a friend, my beloved friend and teacher, a friend who keeps always in his pocket a book of jokes, of funny stories. And if he comes through something that feels heavy on the heart, he pulls out the book and reads. "Oh, well, that wasn't very funny" And then he turns the page over until he finds one that speaks to him and uplifts the energy. Find yourself a book of funny stories and read one, two, three, ten, thirty of them until you find one that gets to you. That's actually funny. And it changes the energy of your day. You've all been there. You've all felt this. You know how it feels to feel lighter, to find some humor, even if it is ridiculous. You look at this and say, "That's not funny,. Ho, ho", and you're laughing at the same time, because it does speak to humor in life.

Life has a lot of humor in it. If you're looking for it, you will find it. Not humor at somebody's expense, that you are saying they are stupid or whatever, but just the way things come together in a certain way, and you say, you know, I wouldn't have thought of

that, but that just kind of tickles my insides, and you get to laughing. It is a good way to go through life. You can take it seriously at first and then say, "How else could I see this? Oh!" And it changes the energy.

Allow yourself to know you are the Makers, — and you are — of your reality. You are the makers. And if you do not like one reality, throw it out the door and say, "That's one way of looking at it, but you know, I can look at it a different way." And you've tossed out the old one that felt heavy. Because you don't have to live with heaviness. There is nothing that says to you that you have to suffer and be in a down place all the time. You have friends that go through life day by day, feeling down, that nothing is really good, everything has a bad point to it. Yes, everything, if you're looking for it, you're going to find something that probably isn't the best. But do you want to remain there? No, not really. How else can you see it then? Turn it around. You can do it. You are the makers of what you find to be real. Laugh at self, the human self. Because in truth, the human self is funny. And you know this to be true. I have seen you get into such a place of, "Oh gee, Oh wow, doggone, I think I'll be happy!" With that, the energy changes. You decree how it is going to be. Look for the humor and you will find it.

Beloved ones, you are moving now into a new time. I have been asked to speak to this new age that is happening.

Now in what is called your time of light, the Summer, you are moving into a time of more physical light, but also a time of more enlightenment. You have looked at the heaviness of the world and you have said, "It's true," lowercase "t", "and yes, I feel a heaviness of making decisions, where to go, what to do, how to be. And sometimes I don't know what to choose." Choose for the Light.

You are moving into now a season of lightness, when you are feeling the days getting light earlier and staying light longer. And this is as a clue. It is a way of reminding yourself that you have come through times of darkness. The winter, yes, but also times of darkness as to human life and what seem to be disappointments, which seem to be "The loved one has passed on and he's not here to give me a hug. She's not here to give me a word of advice. Or maybe she is giving me advice, but I don't hear it. Maybe I feel alone. And I do from time to time. And forgive me, Lord, but life right now is hard. I don't find much of joy. Well, yes, actually, I do have a few friends and they are saying to me the truth that this too shall pass. And yes, I am mourning the loss of my beloved one, but I don't feel that right now." Allow them to hold that knowing for you. Know that you are going to feel the wholeness of life, the holiness, but also the wholeness, that there is good to it. Allow yourself to come home to my arms. I, one Jeshua ben Joseph, stand always ready and willing to take you to my heart and to comfort you, to tell you that you

do not walk the human life alone. This was something that I needed to know in my lifetime, and there were ones who spoke to me and said, "Always we hold you in love. We care about you." And you have friends who care about you. Physical friends. Ones you can call on your far phone, your telephone. Ones you can write to. Ones who walk side by side, you can hold their hand, ones who say, "Come here, I want to love you, to give you the hug of love. I care about you."

And each and every one of you, do not walk alone. You do not. You cannot. You have much of up-liftment of ones who care about you. Even if it be just this solitary dandelion that says, "I bloom for you."

"Oh, Jeshua, that's just crazy that I should go out and look at a dandelion and know that a dandelion loves me."

Why not? It's better than some of the ones walking on two feet who have nothing but criticism and swear words.

"Well, when you put it that way."

You are well-loved by your Maker.

"My Maker? Who's my Maker?"

Love. The Love essence that has brought you into being.

"Oh, well, I didn't know I had that in my life."

Well, you do. Allow yourself to be the bearer of good tidings to your friends and neighbors. Smile, even if you speak not a word. Smile. And then you will find that there probably is something to be said, to be shared. For you all walk the path of humanhood. And then you are going to come to an aha moment that says, "Hey, it's not just humanhood, it's the ones on four feet. They want to have love as well. The ones who are the winged ones, they want to be admired and even talked to. The ones who come up to your bird feeder and they are happy to find that you have refilled the bird feeder." Yes, there is much of life all around you that is asking for your acknowledgement and your love in that acknowledgement. When you go in your vehicles and you travel through the countryside and you see the one on the four feet, the cow, the steer, the goat perhaps, bless them and say, "Thank you for being in my world. It is very good that I am not walking this path alone. Hey, I never thought of it that way, but you are my companion. Oh, I have so many companions!" — and you do. Life is all around you. Life is blooming and saying to you, "Wake up and smell the roses. Wake up and smile." It will come back to you, the smile. Wake up. And rejoice, re-live in joy. So be it.