



The Expanding Viewpoint

Jeshua Speaks About: YOUR GIFT TO YOURSELF

NOVEMBER 2020

Beloved one, I have heard you 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?”

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?”

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 which have been the norm for such a long time, are looking for something that they can celebrate, something that has been from year to year a tradition of the holiday gifting, and to look a little further past the day to day pending.

So I would speak with you now 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 knowing that the Christ-light goes before you making everything illuminated, allowing everything to make at least a little bit of sense, even though the world is turned upside down from time to time.

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, the place of peace where you can return to no matter what the world says is happening in the outer.

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.

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

BEING THANKFUL

Many countries have a holiday set aside each year for Giving Thanks. Here in the United States the holiday comes on the fourth Thursday of November.

Thanksgiving has always been a special time in our family. My mother’s birthday was around Thanksgiving, either before, on, or the day after, so it was always a double celebration. Now that she has passed on, it is even more special to remember her and be thankful for all that she taught us: thankfulness grows.

This year will be again a remembrance of all that family means; not just biological family (although that is great), but the family of friends garnered through the years and treasured one by one. We will be in touch by telephone with family (and friends who have become family) across the miles: with having had the pleasure of taking Jeshua’s message to various parts of this country and abroad, the telephone calls will be far-ranging. It reminds me that anywhere and everywhere, “We are family.”

Lastly, but not least, we will celebrate here at home with our Oakbridge family, friends of the heart, whom we treasure every day of the year. I give thanks for having YOU in my life. Happy Thanksgiving to you and your family!

--Judith

ANGELS

Gold Angels:

\$500 - \$1000 per month

Lynne & Gerry Cox; Benita Woody

Silver Angels:

\$100 - \$500 per month

Judith Coates, Bill Evans, Darrell Gray; Robert & Shirley Ippolito, Pat & Charles Mawson

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\$50 - \$100 per month

Bronwyn Brock, Connie Cummins, Josie Johnson-Rogers, Victoria Maunton, Eva McGinnis, Diana Nicholson, Kenna Raymond, Trudi & Don Robinson, Carl Joseph Sabol, Alvin Schultz, Irene Stewart, Judy Sumrell

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are going to be nurturing the true Self of you.

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."

What you will be gifting to yourself is the realization of that which is real and true, the Christ Self which abides forever from before time was created and past the usage of time: the place of peace. And as you will put into the gift box each day 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.

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 stomach of you, or the head, in a place where there is hurt: pain perhaps.

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 the gift that you give to self, to spend it in peace, in a place of meditation which is meditating not upon your worries—I see you doing this, and you are very good at it—but a place which acknowledges the peace that passes the understanding of the mind. The mind, for the first moment or so, is going to worry. "Do I have everything in order for this day, all the preparations? Oh, my goodness, I have to do this and I have to go there, etc."

For five minutes, to start with—and you will find that you want to extend this, because it is 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 do not 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.

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

Upcoming Meetings and Events

Nov 7 7:00 p.m. Evening with Jeshua (via Zoom) \$25 "The Coin"
No in-person attendance. Thank you.

Nov 4, 18 Book Study: Jeshua's Volume VII: *Absolute Love, Infinite Light*
3-5 p.m. Pacific Time Chapters 19 & 20; 21 & 22.

Dec 5 7:00 p.m. Evening with Jeshua (via Zoom) \$25 "The Holy Days"

beginning try to keep yourself connected to the rest of you.

Be aware of the breathing. If you want to count as you go, that may help you concentrate. Or just sit in quietness and allow yourself the gift of not having to rush somewhere.

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 which will stay with you all day, and night, for that matter. It may actually help with your sleeping.

Therefore, starting on the morrow, 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 day. Build into each day a time for yourSelf.

Soon you are going to come 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. There is going to be much that is coming to your doorstep of consciousness, saying "Pay attention to me. There is much that you have to do." But in truth, all you have to do is breathe, feel peace; breathe, feel peace; breathe, feel peace. Make that your mantra.

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 is drama going on, you know you are alive, and if there is

drama going on, you know you can breathe through it.

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.



But the good news is, you will find your way up out of the chasm. You will find your way to peace. You are going to wake up to what is True—capital "T"—and know that peace is with you in every moment as you will claim it. Allow yourself to 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 do not need to be. You have the tools that we have been talking about many, many lifetimes.

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, do it now. And hold it...and let it go.

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." They 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 which comes in.

It does not mean that you are trying to change them. It does not 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." As you have experienced, when you are in the 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, "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.

Suggest unto one who is angry or anxious that they envision for themselves the cool drink of water. Allow there to be an interruption in the brain waves which are very rapid. Allow them to breathe. Offer them a drink of cool water. Offer them a smile. Know you the healing properties of a smile? The whole body responds to a smile.

So—as it is seen now—what you have been feeling as energy which 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. "Who? Me? I'm not that powerful. I couldn't do that."

Well, yes, you can do that, and you can do it by allowing yourself to feel

in love. Whenever you get into a place where you are worrying about something and it is not something that you can solve in the moment, allow yourself a little stuffed animal that is smiling to be your companion. I would suggest that you give something to each other on your holy day—if not before, because you may need it before—something that can be loved just by being, such as the stuffed animal toy.



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 you are going to say, “Hmm, 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?”

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, to take charge.” No, it is not. It is to be peaceful, steadfast; be love, always giving love.

If you do not already have a love object—I am not talking about a person; I am talking about what you call the stuffed animal—go out on the morrow or the next day and purchase for yourself something which calls to you, which allows your heart to open, something which you do not have to take care of. You can do one which walks on four feet, alive, if you want to, but it does not need to require that much care; something that you can

love, not asking for anything, just to hold, to love.

I recommend it very strongly, because the days ahead, short term, are going to be ones where you are 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.”

So be it!

JESHUA Q&A

ASCENSION VS. OPERATING AT SOUL LEVEL

What is the difference between ascension and operating at the soul level?

Oh, there is quite a difference. The ascension is when you know yourself to be activating the body, but you know yourself not to be the body. One acknowledges the true source of your being, the true experience and energies of the Christ going forward. The other is more of the world. So how do you get there? Practice, my boy, practice.

Practice breathing. That is your lifeline. That is your connection to spirit. That keeps you and the body happy and safe, the ones who want to be safe. The breath will, in truth, keep you safe. “But Yeshua, that’s too easy.”

No, it’s actually hard with the mask on.

This is true. It is a bit more difficult when you have the mask across the face. But I say unto you, allow yourself to show that you care about oth-

ers; not that you are being afraid and you want to keep them away, out of you, but that you care about them. And then if you are at all what they call a carrier, then you are thinking about them and masking up. It is an outward show of your love. If you look upon it that way, what’s the problem? It does not say that you are a weakling. It says, “I am strong enough to choose. I am strong enough to make an outward sign that I care about you.”

Because it has been already told to you that the mask upon the face does not filter what is coming into you, but it keeps your moisture right here, right in front of you. So it is a favor that you are doing to others, and it shows outwardly that you care about them. So maybe the ones who do not mask up, maybe they don’t care. That’s the message they are sending, and perhaps it is true. I just throw that out as an idea. Take it or leave it.



AT-ONE-MENT

I have heard you say that you are the head of at-One-ment, or atonement. Do you mean you as Jeshua or you as the Christ, and what is our role for the at-One-ment in relationship to you?

I am an example of the at-One-ment, but it is not something that is only attributed to me. It is your nature as well. You are at-One when you take that deep breath and abide in the place of peace. You are at that moment aton-

ing for any ideas of separation. You are taking the breath, you are One with the breath, deeper and deeper Oneness with the breath. So you are the example of at-One-ment, of atone-ment.

Are you atoning for your sins? Yes, you are. You are atoning for all of the time that you have thought, “Oh, poor me. I’m all by myself. I’m open to whatever is out there that is going to attack me.” That is an untruth. And when you come to the place of the deep breath and know Oneness with the breath, nothing can come nigh your dwelling place; nothing that is going to be attacking.

That is how strong the breath is, and I do not mean after you have eaten the onion. Sorry about that. I have experienced being on the other side of the onion breath. Yes, a mask would be very good for one after eating onions, but we digress.

WE ARE ET

I have heard that we have new resources coming in to help us with this transition from the other stars. Can you tell us about this?

In truth, you as a whole, the ones who are waking up to the Allness that you are, you are remembering your lifetimes on other star bodies, other planetary bodies. You are saying, “Well, if I were an ET,…” and I assure you that you were, each and every one of you; each and every one of you who is within the sound of my voice and beyond; everyone who walks the face of our holy Mother Earth has walked the face of many other planetary bodies. You don’t have to remember that, though. It might get in the way of what you are experiencing here and now. But just tuck it away in the back of your mind.

Know that you are much more than the body that you claim in this lifetime. You are much more than the mind that you use to connect with other examples of lifetimes. You are much more than the personality that says, “Oh, I hope I’m good enough. Would Jeshua actually speak to me? I don’t know...if he knew...oh, my goodness, he knows...oh, no...what I have thought about another one.” Of course.

What you have thought about another one is as plain as on your face whenever you have talked of another one, thought of another one. Hear me well: nothing is ever hidden. However, it is not something that you have to be in turmoil about: “Please, Jeshua, forgive me.” No, that is not the reason for remembering all of the lifetimes, be they of a second or a thousand years. It is to know how vast the one holy Child is.



Hear that well: the one holy Child, which is you and you and you and you and you and you; everyone within the sound of my voice and beyond. You are vaster than you have ever acknowledged; smarter, stupider, joyful, sad. You have experienced all for the sheer fun of experiencing; so that you could write home about it and say, “Hey, remember that lifetime when I was so and so and I beheaded all these people because they didn’t believe like I did? Remember that lifetime

when I was the simple shepherd and I took care of the sheep and I loved each sheep, I knew the names of all of the sheep? Remember that lifetime when I was king? Remember that lifetime when I was the beggar at the temple door?” Yes, a myriad of experiences. Why? Because you can.

Yes, we love being able to do and be. And in Book VII that a group of us are studying, you say that there was a time before the big bang. Can you tell us a little bit more about what that might have been like?

That was an Isness that defies limitation, delineation. It was an Isness of just Isness. And then there was a thought, a collective thought by the One to experience everything. And from that one thought came all of creation.

One scientist called it, instead of a big bang, a big breath.

That’s a good way to describe it, yes. What is the creative One—capital “O”—going to do except create, with the thought to create? What you would call an energy rising up, it could not be denied. Postponed, but not denied. So, like the flickers of light in the dark, creation. Anything you can imagine and everything, and you are still doing it. **We** are still doing it. *Because the thought is still there.* Yes, to create. *Wonderful. Everything is our creation.* Yes, so make it happy. Breathe and declare, “From this moment on, I am happy,” and then this little voice: “Says who?” “**I** say.” And that is strong. That has power.

“I declare. From this moment on, **I**.” Well, who is I? I is your Being, the one true Being. “I declare.” And so, all universes have come forth and continue to come forth. **We**, as the

One, are still creating. Why not? Why stop? Sometimes there's a pause, because we get a bit bored and tired, and you say, "Well, I think I'll rest here for a while." That's basically what you are doing on Mother Earth, is taking a rest, a time out, if you will.

But at the same time you are thinking of new projects, new people to interact with, new places to go, new things to do. Yes, there are places you want to go, people you want to meet up with. In every moment there is that creative urge. "What new hiking trail can I find? And along that trail, what am I going to see that I haven't seen yet? Perhaps there's a new type of goat that is going to show itself." Whatever. Discovery.



And know you—this blows the mind a bit—that discovery was not there the moment before you discovered it. That is how creative you are. But we will put that off for a day or so and say, "Well, it just happened to be there and I happened to go down that trail." Well, what happened if you went down another trail? You'd probably create something similar. You see, it's a wide open field. That's the exciting part about it. It has not been created yet. Wow.

Every day when you awaken in the morning, every day you have what is called the *tabula rasa*; in other words, it has not been written yet, you are going to write that day what you experience. And when you come to the evening time, or if you are working evenings and you have the day to

sleep, when you put the head upon the pillow, you are going to say, "I experienced X, Y, and Z. You know, X and Y weren't very fun, but Z, ha ha, that I enjoyed," or vice versa.

So you see, you are the creator at work, every moment. You are creating this evening. This was not here before you brought it to experience; same with the four-footed ones. A four-footed one heard the call and said, "Hm, I wonder what they're doing now. Do you suppose they are eating again?"

So when we create, what about a whole creation of the whole planet, like in this Covid crisis? Did we all decide to create holograms that have this reality in it? Yes. Millions of us? Billions of us? Yes, because there is only One. Separation is a story to play with, and when you get tired of playing with it and you feel like you have experienced everything that separation has to give you, then you will come Home and say, "Well, that was fun, but what else can we do?"

It boggles the mind, Jeshua, every time. Yes, and that is the purpose of it, to boggle the mind to the place where you come and say, "This is Who I am, the One, having an adventure, and I didn't want to do it by myself. I've tried that, and it was kind of lackluster. So I decided that all of us would do it together." You and you and you and you and you and you—every one of us. You will travel with me and have similar, not the same, but similar experiences, and then we will get together on a certain evening at a certain time and we will share. Have you been to such and such a place? Have you experienced the lowest you could possibly feel? Have you experienced being on a mountaintop where you knew that you were One with God, as you understood God to be? Have you

known the child's laughter? Have you known the softness of a cat's fur, or a dog, whatever; all of the experiences of life?

"And I didn't want to do it all by myself, so I created with you and you; yes, all of you, to play. "But Jeshua, I'm much more than just your creation. I have a mother and a father. I even have a sister and a brother. How can you say you created me?" In the reality that we share, I have created you. After that reality clicks off, where are you? Where am I? It is all Oneness, yes, all Oneness. After we finish this evening, where are you? Where am I? In memory. Ponder than one for a while.

ANOTHER INCARNATION FOR JESHUA?

Jeshua, are you participating in another incarnation, a physical reincarnation to help us in these difficult times?

Most wondrous question, and the answer is yes, but I will not say who and where, because this one wants to be the Christ and to do that without fanfare. Because as soon as your news media would get a hold of it, there would be a great picture on your square box, and it would disrupt the natural healing that this one is able to do by being just ordinary. And yet there is nothing ordinary about the Christ.

Would it be someone we would recognize?

You will, by their essence of love. So next question, is there just one doing this? No, but I will not give you a number. That will be for you to discern. Perfect question; perfect.