



The Expanding Viewpoint

Jeshua Speaks About: THE OCEAN OF BEING

MARCH 2021

Beloved one, now we are going to expand into the Isness of you. This is something that you knew a long, long time ago. You knew from whence you had come. Now you have said, “Well, it’s out there somewhere, and they—being the authorities, whoever they are—have said that I can tune in to it sometime if I use the right words or if I read the right book or if I listen to the right speaker.”

And this has begun to happen for you, because there have been times when you have been turned on by something that you read, turned on by something that you have felt within you which was beyond the reality that everyone accepts day to day. And you have said, “Oh, that feels good. Imagine...can that really be true?” Yes, it can be and is true.

This is all well and good. It allows you to have discourse back and forth with the brothers and sisters. Even your technology is showing how far you can go now, as you would measure the miles. You are expanding into the Isness of you as you will allow all of the barriers to come crashing down. And do not worry; you can pick them up again later, so you will not be lost somewhere.

I have heard ones say, “But Yeshua, if I’m into a really deep meditation and I feel like all of the barriers of what has been are melting away, will I get lost? Will I lose myself?” No, you will always be able to recapture the self that you feel to be you. And yet even at

that moment you are going to know that there is more to you.

This is something that you have known deep within the soul of you as the small one, even the babe in arms, before you were taught that the world is a harsh place and you must follow the rules. Little by little you have been molded and shaped by the world, by the parents, by the ones who were looking after you and feeding you what you needed for the physicality. But at the same time, there has been a knowing deep within you that there is more.

“I have come from more than what I see right now. I cannot quite define it, cannot quite explain it, but I know that there is more.” This is what you have said to yourself, and then you have said it out loud to perhaps the mother/father/siblings and they have said, “Ah, you’re daydreaming. This is all there is. You get to play with what there is here, and you’d better behave. There are certain rules in this house, and you had better behave accordingly.” You have heard that a few times.

So you have learned to put yourself into the mold where you would not stand out too brightly because that might get the slap on the rear, and you did not want that. So you have learned to encase yourself in what other ones have told you is reality. It is not your total reality. It is only a slice of what you are making up in order to go

MAKING WAVES

Jeshua’s recent message to us about the Ocean of Being is a total game-changer. No longer do we need to believe in a God “Up There” in the sky or the heavens, looking down on us, judging us (at the least), and (at the most) guiding us, but is the Source of our everlasting Being, from Whom (yes, capital W for the divinity of *us*) we can never be apart. “There is no separation.” (Have you heard this from Jeshua?) No longer do we have to be (in our thinking) the lowly supplicant. “You make your own reality moment by moment.” (Have you heard him say this?) What a new way to look at life, with power *and* responsibility, and a bit of awe-inspired humility. Play with these ideas in your next quiet time. (You will be glad you did!)(and hold onto your chair...).

Advance news: the summer Advance with Jeshua and Company will be the week of July 18th through the 23rd both in person, for those who can make it and on Zoom. It will be held at the Center for Spiritual Living in Port Angeles, Washington. The theme of this year’s Advance will be “Waving.”

And last, but far from least, is the news that, after many years of anticipation, Oakbridge University is working on establishing a Master of Arts degree program in Transformative Spirituality (more news to come later). Stay tuned!

--Judith

ANGELS

Gold Angels:

\$500 - \$1000 per month

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\$100 - \$500 per month

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rather peaceably—sometimes more peaceably than other times—in the world.

So now we are going to take off some of those limitations and allow you to begin to claim, to feel once again, the Allness of the holy extension of Isness. I will not even call you the holy Child, because you are not a child. You are an Isness of Being.

You are allowing yourself now to know that you are much more than what you have been told. But there has always been the question, “Well, I know that there has to be more. I feel that. I know that. But I don’t know what it is, and I don’t know how to access it.”

You access it by the stillness of what you term meditation; by the breath; by the peace that comes with the deep breath. “Oh, but Jeshua, if I do that...I have all this work to do and I have all of these papers and I’ve got people asking me questions and I have to get back to them. I would love to sit in quietness, but you know, that’s not going to work, and it’s not going to get things done. And if I don’t attend to what I’ve got already to do, I’m going to have even more on the morrow that I have to do. And what can I do? I have to...”

No, you do not have to. You, moment by moment, make choice as to where you will allow your reality to be and

how your reality feels. I am asking you, on the morrow set aside five minutes by the clock; not just saying, “Okay, five minutes. Okay, I’m sure it’s been two minutes now. Maybe three minutes. Ah, now it’s five minutes. Now I can get back to the computer.”

Five minutes by the clock; breathing; nothing else. Breathing; remember to breathe. As they say, it does a body good. Allow the body *and mind* to be at peace for five minutes. You will find that it feels really good. “It feels like more. I would really like to do more.”

Okay, but not in the beginning. Allow yourself to be in that still point for at least the five minutes. You can spare five minutes. Breathe. Relax. Everything that you have to attend to will still be there when you come back. Just breathe. Focus on the breath. Feel yourself immersed in the breath. Feel yourself to be the breath; breathing in, and breathing out. Breathing in, and breathing out, for five minutes by the clock. All that you want to do, all that you have to do, will still be waiting for you.

Allow yourself to dissolve into the breath. At first, imagine yourself in the breath. Later you will be the breath. No thoughts; they will still be there waiting for you. Just breathing in, and breathing out; breathing in, and breathing out.

Upcoming Meetings and Events

March 6 7:00 p.m. Saturday Night Live With Jeshua “The Tsunami”
\$25 (Via Zoom) No in-person attendance. Thank you.

March 20 3 – 4:30 p.m. “What Touched Your Heart?” On Zoom
Monetary free-will donation.

April 3 7:00 p.m. SNLWJ \$25

April 17 3 – 4:30 p.m. “What Touched Your Heart?” On Zoom

July 18–23 The Jeshua & Family **Advance** in Port Angeles . In person and on Zoom. Hugs!

Oakbridge University Center: 101 Emerald Highlands Way, Sequim

“Oh, I just thought of something.” That’s okay. Put it to the side. Come back to it. Breathing in, and breathing out. Breathing in, and breathing out. “Oh, it’s been six minutes already.”

Later in the day if you want to repeat, it is okay, but you do not have to. You will find that you enjoy being in that peaceful place, so that you will want to go to the place of silence; no thoughts; nothing that you have to do, except stay awake. Allow yourself the joy of being, just being.

I want to say congratulations to you for having the courage to come one more time into the world to do that which you have said you will do. And the fun of it is, that which you have agreed to do is to come Home, to come to that realization of Who and What you are. That requires no doing, only breathing, only Being, and being awake in it; not to the place where it is a chore, but to the place where it is peace.

Know yourself to be the One—capital “O”. That from which you have sprung is as the ocean of Being, the ocean of Allness. And if you need a visual aid, think of it as you are the wave on top of the ocean, rising up as the wave. Feel yourself to be the motion of the ocean. Feel yourself to be in the ocean of Being. And all of the ones that you play with, they are as the whitecaps, the waves of the ocean creating that which they see themselves to be. Again, from the ocean of Being.

When you get tired of what you are doing with a certain physicality, you will still be the essence of the ocean of Being. So you do not have to worry about eating the right foods, prolonging the physical life, knowing or believing that you are going to lose yourself at the end of this life. All you will do is expand.

The friends, the ones you have related to who have laid down the body, they have expanded back into the Being of

the ocean, and at any moment, if they want to express themselves to you, they can do that, and sometimes they do. And you say, “Oh, that reminds me of so and so. That was a song, that was a melody that he/she played on the piano. Are you here? I can’t quite hear you, but there’s a knowing, a feeling.” Of course there is, because it is all part of the ocean of Being, and you are all related together as One—capital “O”—of the ocean.



How fortuitous that we use the word “ocean” to express that which you are; the “O” of the ocean, the “O” of the One. If ever you are wondering, “What is this all about?” think of yourself as the wave which rises up, looks around and says, “Oh, look.” And then after you are tired of looking around, you can fade back into the Allness, or you may have a few little ripples of the wave and you express as a being to other ones if they are calling to you; if you want to.

There are some ones—you have felt them—who come and tug at the heart-strings and say, “I’m here. I’ve gone nowhere away from you.” In truth, they cannot. You are all part of the ocean of Being, and you are all the waves of the ocean even as you think for a space of time that you are an individualized wave, whitecap, on the ocean.

And you revel in it. “Ah, I am so good. I have made this piece of music, and everyone is playing it. It’s on all of the radio and TV stations. I’ve really come into my own.” Or, “I have written a book. I have done the high jump. I’ve played in the Games, and I am really strong. I can do...I.”

And after a while, as the wave, it falls back, is immersed once again in the Allness of the ocean until there is

again the feeling, “I’m going to come and express myself as an individuality for a time being.” Never ever are you lost. Never ever are you separate. You are always part of the vast ocean of Being.

So do not fear the laying down of the body. Spread the word to all of your friends/neighbors/ones who will listen that what you do when you release the individuality is to go back into the ocean, as a wave does, and come forward again sometime, whenever the desire is there for it.

With your technology, you prove you are never separate. You have devised ways to speak to one on the other side of holy Mother Earth, and in truth, to speak to the space brothers and sisters. Whatever thought you put out there is received. There is no thought which falls into nothingness. It goes out as what you call your radio and TV waves.

“Oh, I’ve got an idea. Oh, I wish I had somebody to tell this to.” In that moment when you come alive in an idea, it charges, as the electrical energy, the wave that you are, and it is picked up by other waves. There is no separation. If you have a thought for a poem and it comes to your mind and you can see it and you feel the vibration in your heart, as you sit to write it or to type it out on your computer, it goes out as energy to other ones who have their antennas turned on. They pick up a feeling; maybe not the words, but a feeling of something that you have seen and you want to express. They feel it. If they are into visual, they may even receive a picture of something.

When I say to you, “Hurricane Ridge,” you see the mountain. The words mean something to you, even a visualization. There is a receptor. It is the same for all the different places on holy Mother Earth, depending on where you have been and what you want to put out there. And to ones who are receptive, to say, “Oh, yes, I

remember being there. That was fun. I stood there, and I could see for miles. And I know the feeling of looking down into the valley and wondering what is down there. I see something.”

It comes back. Every memory you have ever had is kept. No memory is ever lost. You may wonder, “How do I access it?” and sometimes it takes a little longer. But every memory, every place you have ever been, every conversation you have ever had, every emotion you have ever had is registered somewhere within the whitecap of the wave. Nothing is ever lost.

It is all there: all the memories from childhood; all the good memories and all the rather painful memories—painful at the time—that you have allowed to be forgotten, neutralized.

You have a vast amount of storage space, and you never really truly run out of it. Sometimes you are saying, “Oh, but I’ve got so much in here. Yeshua, you know, I am 95 years old as we measure it on the calendar, and I’ve been a lot of places and talked to a lot of people, and I can’t always bring it up to the forefront to remember it.” That’s okay. If it is important and you need it, it will come. Sometimes it is just a feeling.

Do you remember your first boyfriend? Do you remember your first girlfriend? Yes, you do. There is a certain feeling of emotional energy, energy in motion, e-motion; that energy of being, that place where if someone says the name to you, you will say, “Oh, yes, he was really fun. I really liked him. But, well, there were things that he had to do and things that I had to do. I wonder where he is now.”

Have you ever played that game with yourself? Of course, you have. Everyone has. You remember something and somebody, and you wonder, “Did they actually go on to be what they wanted to be? I wonder if they are still activating the body. I wonder if

they’re still alive.” Now, yes, they are still alive, but are they still activating the body? Ah, good question.



Sometimes you have ways of activating the historical records, and there are times when you will get the telephone call seemingly out of the blue and someone says, “Do you remember me? We sat next to each other in English class in high school. Would you like to get together for coffee?” It happens. The memory comes back, and you call it a miracle.

All of life is a miracle. Everything that you create—the mountains, the snow, the oatmeal that you cook—everything that you create is a miracle. One moment it is not there. In the next few moments you create it. Or someone comes back into your life and you say, “Oh, I remember you. We had the most fun. Remember that day when we went to the park and you rode on the merry-go-round that went up and down?” You can still see it in your mind’s eye, and you can still feel it as it moved around and as you went up and down on the horse or the giraffe or whatever you were riding. You can feel that as I speak of it. There is a memory which comes to you.

And you say, “Yes, that was really special,” and it was. Every moment of your life is special. Now, as you go through life and you are making your scrapbook of memories, allow your-

self to be in joy. Be happy about what you are creating, even if it seems to be mud. There is a purpose to mud. Have you ever needed a mudpack on a part of the body to allow it to heal, to bring warmth to a certain part of the body?

Everything you create has purpose, a good purpose; otherwise, it would not happen. And you say, “Well, you know, Yeshua, there are times when things happen and they don’t seem to be so good. Ones are injured, perhaps, and they have to walk with some aid to get around.”

But look at the creativity that ones make for themselves in having an aid which helps them to walk. Look at the creativity of the wheeled chair, so that one does not have to sit in the same place forever, although there is much to be gained from sitting in the same place and allowing the mind to explore. So even for ones who seemed to be without movement, perhaps bed-ridden...riding the bed; ever thought about it that way? Bed-ridden?

Even if the ease of movement is not there, the mind is still free to create. The mind is still free to roam. And oh, the places we go in the mind to experience; not having to drag the body around, but just being free. Have you ever read—and I know that you have—a travel book which talks about a far country? You read it and say, “Oh, I can imagine growing up in a place where there are mountains and mountain goats and the vistas that ones would see.”

Maybe you live in the river delta which is pretty flat but with lots of energy as the river comes and meets the ocean. So you look at where you are and what you are seeing, and you become alive in what you are creating. Then later on someone says, “Well, why don’t you come and visit me. I am in these mountains, and you want to see mountains. Come.” And at some point you go to see what the mountains look like.

Every moment you create. Every moment. Even in what you call your sleep, you are creating. The body is breathing. The mind may be in a dream somewhere. The breath is doing its thing, either easily or not so easily, but it is doing its thing. You may be miles away, and you have miles to go before you wake.

You like to adventure. You like to explore. You want to see, “What is there in life that I can still get excited about?” And every day the fact that you wake up in the morning is an adventure. Count it all as blessing.

Life experience is wondrous, and that is where you find your joy, because there is such variety. Every day there is variety. You write in your journal at the end of day that thought which has come to you during the day, the experience which has been a little bit different than where you have been on other days.

There is plenty of drama in the world, and there are some of you who play your dramatic bits a lot louder—I will not say better, but a lot louder than others. Some are more on the quiet side, but oh, how they suffer. You know ones. Each one is playing their own symphony, their theme music, as it were.



It all comes out of the ocean of Being, the vast ocean, which is why we can say, “There is no separation.” You cannot separate one wave from another. Yes, they seem to be as two separate things rising up, but they are joined in the Isness of the composition of the molecules of creativity, the molecules below the foam of the wave and the molecules of the foam.

A wave does not stand still for you. A wave is forever moving, and that is what you are doing. You are expressing, you are moving, you are allowing the life force to go forward. And when you have played it out as far as you want to, then you allow it to relax back into the ocean until the next push, when you say, “I want to try that again. You know, I can do that much better this time. I can be much more of the foam and energy, and I can push that log a little farther along up onto the shore.”

So, okay, you do it. You express. You Be; You create. You enjoy. Remember that part: Be in joy. Every good memory you have of the camping trips that you have taken, every time when the campfire that you were trying to make, the spark lit, and ah, success. Every moment of energy; every moment of your life is energy.

Visualize, feel, express the Being that you are, the energy of Being, the whitecap of the wave. And be in joy. So be it.

JESHUA Q&A FEELING SEPARATE

Jeshua, help me to find what I can do to stop my tendencies of separation and to understand when it is really separation or just my feelings of energy that I do not feel right.

Whenever you are feeling separate, allow yourself to breathe deeply. Then ask of yourself, “Who is breathing? Who is doing this? Is it just me as a small individual, or is there more to the human experience than what I have known so far?” This is the answer to any feeling of depression, is to say, “Okay, have I experienced everything that Life—capital “L”—has to offer? Have I been there, done that, everything? Well, no, there’s a little bit I haven’t experienced.”

Well, I say to you that that the soul of you is going to be curious as to how it would be if you experienced whatever it is you are acknowledging that you have not experienced to the n^{th} degree. “Well, I suppose at some point I’d probably be curious.” Yes, you would be curious. “Would I have to be born and come through the experience in order to be finished with it?” Only if you decree such is true. “Well, can I say that I am completely complete with human life and I don’t ever have to come back again?” Yes, you can say that. “Can I say that I’ll never ever embody a form again?” Yes, you can say that.

But I share with you from experience that you will have a desire to know, “How would it feel to ride a roller coaster?” And if you have done that once, how would it feel to ride it again, not knowing whether it’s actually going to stay on the tracks or not, because sometimes it goes off the track. And sometimes you in your creativity go off the track a bit just to experience it. Or, the method that I like the best, imagine how it would be. You don’t actually have to take the body. But if you want the thrill of it, maybe one time you do, go for it.

I will say to any of you who are feeling depressed to get you out and take a walk. Get you out and go on the roller coaster as soon as they start going. Put it down on paper and put it up in front of your looking glass: “I am going on the roller coaster as soon as it is running.” Look at it every day and say, “Okay, I’m a little bit afraid of it, but I don’t have to deal with that right now, because it’s not running yet.” But when it does run, go experience.

That is why ideas come to you, so that you can have the experience, first of all, to imagine, and second of all, to

go and do it and see if what you have imagined is the same as doing it. I guarantee it will be close, but not the same. I know from experience.

I did this one lifetime. I wanted to know. I saw people yelling and screaming and having a lot of fun on the roller coaster, and I thought, “Well, don’t they know that it’s going to stay on the track and it will come to an end? You go up and you go down and around and so forth, and you’ll feel the gravity, and you’ll feel the gravity, and you’ll feel the gravity some more, and you may go over a hump and you get thrown out of the seat and it’s like, “Oh, my, what’s going to happen?”

Well, I tried it. It was fun! (*Did you scream?*) Yes, you cannot help it. There is a feeling that rises up and you find yourself voicing what you didn’t even know was within you. It is exhilaration, because you wanted to know, “What’s it going to feel like? Oh, my goodness, what if I fall out?”

It is why we make the body. It is to use it in many, many different ways, but to enjoy it.

CAN WE CHANGE DESTINY?

Does destiny exist, and if we come to Earth with a plan that’s agreed upon, what freedom do we have here?

Ah, at any moment you can change that which has been seen, and only seen in your acknowledgment, to be already destined and foreordained. In truth, the only thing that is foreordained is that the GodSelf of you is going to have an experience—full stop, period. Now, what that experience is, you are going to say what it is and also how you experience it.

If it means that you are going to saw off two of your fingers in an “accident”, which was actually no accident, you are using that as a teaching for ones to say, “Hey, I am in charge of this hand of mine. I am the maker of it. I Am—understand those two words—I Am. So, if you imagine that you are working with, say, three and a half, I don’t see you losing any weight over it. I jest with you.



RESONATING WITH MUSIC

When we listen to music, we feel this incredible attraction that stirs us at the soul level. We’ve been talking a lot about Light—capital “L”—Mind—capital “M”. Could you talk a little bit about the Sound current—capital “S”—the Soul current—capital “S”?

When you listen to a piece of music, the tones and vibration, as you become One with it, there is a rising up of the Life energy that you are, and even the very plants will resonate with that vibration. That is why some places play harmonious music; not the disharmonious ones, because the plants will react to that and they may not like it any better than you do. Anyway, there is a resonance that you feel, and it uplifts you. Even if you are in a bad mood to start with, music can put you in another space, an easier, happier space.

So some have called this the angelic presence, where the angels are singing to you, and you can feel that peacefulness, the energy of it, and it puts you into another very healthy place;

healthy for the body and healthy for the soul, where you feel that there is harmony, where before perhaps you were arguing within yourself about, “Should I do this? Should I do that? He said such and such. She said such and such, etc.” and the mind is very, very busy.

But as you will be in tune, in One with the music and the tones of the music and even the certain rhythm of it, it allows the whole body, the energy of the body and even the flow of blood within the body, to become calmer, to become more in order, a peaceful order. Or, you can put on the certain what is called...(*heavy metal?*) Ha ha, I wasn’t thinking that far, but yes. I was thinking about the march tunes that have a certain rhythm that picks up the energy and makes you want to move with that energy. But heavy metal, nah, that is heavy. But it serves a good purpose, because it does stir every cell in the body, whether you like it or not, and it allows a contrast. So everything that you create serves the purpose of allowing you to know the God that you are.



ADAM AND EVE

I got to thinking, if you were a reincarnation of the person we call Adam, was Mary Magdalene a reincarnation of the person we call Eve? I was just wondering about that, because it seems to me that that would be bringing back together what was separated at one time.

Yes, and this is true. Very good question.