



The Expanding Viewpoint

Jeshua Speaks About: EXPECTATION AND EXPRESSION

JULY-AUGUST 2021

Beloved one, some time ago, as you measure time in this dimension, we spoke about the Ocean of Being and how you draw your energy as the wave coming off of the ocean: you draw your energy from what is perceived to be the Allness of you. And this is true, but it is even more true than what you can perceive in this point of focus, because truly never are you separate, even when the wave will diminish coming upon the shore. The energy still is vibrant, never lost. Even when you get to the place where you have acquiesced to supposedly laying down the body, deceasing the body, your energy is still there, always going forward, always allowing yourself to Be.

Form is to play with, but form is not all that you are. Energy is what activates the form and will truly bring into being that which you want to express. You never lose That Which you are, even when you allow the form to be back as the original energy in the ocean. Never do you lose the opportunity to take form.

When ones in this dimension will lay down the body, as you call it, and go on as you have seen recently with a friend, the energy still keeps on being, and there can be instantaneous reactivation. Or a time of rest, as you have known down through the ages, a time of saying, “Okay, I have done that which I was asked to do or that which I asked to do,” and to take time out, as you measure it, because

outside of reality—lower case “r”—time does not exist.

When I have heard ones of you saying, “I am running out of time,” I have said to you, “So be it, and congratulations.” Because truly you are the makers of time, and quite often you allow that idea to run your life, to say, “I have to be physically somewhere at such and such a time.” Time can be your friend, your companion, or seemingly your master if you allow it to play that part.

But in all times you are the one who is deciding who and what and where you want to be. Truly you are activating what you call reality—lower case “r”—and you are using the upper case “R” Reality in order to play with any and all realities—lower case “r”—that you think of. As you spend time in your meditative hours, you can go and gather to yourself the realities—lower case “r”—of what you have wanted to manifest.

You sometimes sit and say, “I am daydreaming.” Or then you get a little more advanced in your thinking and say, “I am meditating.” It is all the same, and you may call it what you want to call it.

Nighttime dreaming is a reality—lower case “r”—and daytime dreaming is a reality—lower case “r”. What allows you to have the dream is your Reality—capital “R”—the Ocean

CELEBRATING 26 YEARS

This summer’s Jeshua and Family Advance marks the 26th annual Advance Oakbridge University has held. Every July since 1995 we have met for a week of messages and hugs with our Jeshua Family. Even with the Covid lockdown last year, we met on Zoom.

This year we will be meeting from Monday evening, July 19th, through Friday evening, July 23rd, both on Zoom and in person with those who can come to Port Angeles, Washington, for the week. The 2021 theme is *Waving: The Ocean of Being in Motion*, acknowledging the extension of Allness (the Ocean) come into form (the wave). Jeshua and Family will speak each evening; Friday will be the usual Q&A evening, the Diving Deeper evening, plus other questions you may have.

There will also be workshops several afternoons by, and including, Rev. Eva McGinnis, Rev. Dr. Kimberly Marrooney, and Rev. Niobe Weaver. Check out our website at www.oakbridgeuniversity.org for the schedule. We will be happy to see you again!

See you at the Ocean!

Judith

ANGELS

Gold Angels:

\$500 - \$1000 per month

Silver Angels:

\$100 - \$500 per month

Carmen Grace Blair, Bronwyn Brock, Judith Coates, Bill Evans, Gateway Community, Darrell Gray; Robert & Shirley Ippolito, Robert Keiffer, Pat & Charles Mawson, Victoria Maunton, Barry Peterson, Benita Woody

Sponsoring Angels:

\$50 - \$100 per month

Connie Cummins, Eva McGinnis, Diana Nicholson, Kenna Raymond, Trudi & Don Robinson, Josie Johnson-Rogers, Jennifer Pittman, Carl Joseph Sabol, Sa'ed Sadeghi, Alvin Schultz, JoAnn Stender, Irene Stewart, Judy Sumrell, Timothy West

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of Being out of which you fashion all of the daydreams and night dreams.

So I entreat you to have fun with it. Make for yourself the happy dreams. Fall in love; you have done this, and it feels good. You fall in love with another personage, you fall in love with a beloved animal, you fall in love with a space of nature, and you say, "This is where I exist, in all of the wonder of the Oneness that I Am."

When you go on your trek, your hike, you get to expand. You get to expand into the air waves, and you tune in to them sometimes. You get to expand into the Beingness that is joy because you are free. You no longer have the parents telling you what to do, how to be. "Stand up straight, etc." You no longer have society saying to you that you have to be such and such and observe the rules of timing to appear at the workplace at a certain time of day and then you are let free at another time of day.

And you say, "Well, now that I am retired..." I like that word. It is like you put new tread on the tires of your vehicles; you are retired; you can go for another million miles. When you are out in nature you do not have the restraints of society, of a boss telling you where you should be, what you should be working on, and then critiquing it and not always giving what you would call positive feedback. You are free to speak to the

wind and then to listen. And you have done this. There have been messages that have come to you on the wind, even on the soft breeze, that has said, "We are One." And you feel yourself to be One with nature.

I see my beloved friend and teacher bringing nature inside, what you call the flowers and the plants, and enjoying the color, the texture, the design of the different flowers, knowing truly that that is life in its beauty. All of life presents itself as a gift to you, like the furry animals—the big ones and the small ones that run behind the rock and watch this two-legged being walking and sometimes stopping to breathe; other times being in the mind. The furry ones look at you and wonder, "What is that animal doing? Why is that animal out here?"

You share Beingness. You share reality/Reality with all of the other activations that you pass on your hike or your walk. Your breathing time is what I have called it. When I would walk with my disciples—and we covered quite a few miles in walking—we would breathe together, oftentimes in synchronicity with each other, to know Oneness.

You can do this with whomever you meet on the trail or whomever you meet even when you are out doing the grocery shopping. You can know that truly...stop for a moment and just look at all of the other parts of you,

Upcoming Meetings and Events

July 10 5:00–6:30 p.m. Saturday Night Live With Jeshua. In person at 101 Emerald Highlands Way, Sequim, WA and via Zoom. Come meet with your friends and Jeshua. Hugs! **Note change of date.**

July 19–23 The Jeshua and Family **Advance** in Port Angeles, WA. In person and via Zoom.

Aug 7 5:00–6:30 p.m. **SNLWJ.** In person and via Zoom.

Aug 21 3–4:30 p.m. "Diving Deeper" In person and via Zoom.

Sept 11 5:00–6:30 p.m. SNLWJ In person and via Zoom. (**2nd** Saturday)

Oakbridge University Center: 101 Emerald Highlands Way, Sequim, WA

because you are making your reality—lower case “r”—out of the upper case “R”. And if you will stop and watch, you will see the gifting that you make for yourself.

When you get to a certain lookout point and you stop and behold everything which is in front of you, you come to a certain place of acknowledgment that, “I am taking in all of that which I am making as reality.” You stop and breathe and you thank the Lord God of your Being because your reality is so abundant, so varied.

Every time you go out for your hike it is different, is it not? The scenery is different, the animals are different, the clouds are different. Have you ever thought...I know we have had meditations where you have gone to sit on a cloud... but when you are out in what you call reality and you look up above at the clouds and they make a formation, you say, “Oh, that looks like my cousin John with his beard,” or whatever, and you stop for a moment and breathe in the treasure which lies in front of you that you are forming in that moment. You say to yourself and anyone else who is out there, “Look at how rich I am, and I don’t even have to take care of it.”

You have your plot of land that for some years you take care of, and it is where you live and you may do gardening. You take care of it to make it look beautiful—or what the mate says looks beautiful—and you join together to enrich your acknowledgment of the creativity of the Godhood which walks this Earth.

I know now on your square box they are talking about whether there are living beings in what you would call space beyond that of holy Mother Earth. What is your answer to that? Are there beings? Yes. No. Probably. Whatever you want to create as your reality is real—lower case “r”. Enjoy it.

If you put into your reality—lower case “r”—space beings, I highly suggest to you that you make them friendly, because before you make them, they can be anything you want them to be. Take that to heart. And when your square box says, “Oh, no, we have to arm ourselves some way against these beings,” you say, “No, that may be your truth, but it is not mine. Every being in my reality/Reality is made of love, of the ocean.



That perception changes the activity of the body at that moment. The body does not have to be protected. It can be in joy, enjoyed.

At all times you are creating your reality—lower case “r”—out of your Reality—capital “R”. When you want to change it, what you will want to do is to...well, imagine, first of all, how this would be, how perhaps if you wanted to be expansive, taking the deep breath and expanding even the lungs of the body and feeling yourself to be empowered by the breath—the deep breath which allows the body to expand. As your scientists can measure, your vibration expands when you take a deep breath, when you get in the space of knowing that you can be free.

And when ones take the photograph of your aura, they can see the Light and the extensiveness of the Light.

You take the photograph and you say, “See, this is me. I can actually produce Light, energy.”

Find yourself someone to fall in love with. Then take a photograph of yourself and/or perhaps with the other person, and then measure the Light energy. If you can take it far enough to fall in love with the one you see in the mirror, you are Light embodied.

Love everyone. Appreciate everyone. Speak to everyone. Share your dreams. If they are not in the same space that you are, just say either out loud or silently, depending on what you think the response is going to be, “That’s okay. You can think what you think, but I know that I am the cat’s pajamas.”

Now, do cats wear pajamas? Only a furry one perhaps. (Smile) If you want to know and change what you are seeing, if you want to know the miracle, allow yourself to imagine. At first it may say, “This can’t be real. I’m working on something.” All of you are working on something, a project of becoming more patient, more loving, more self-loving, more expansive, more peaceful.

Allow yourself to imagine, “How does that feel?” Step into that feeling. If you have always in this lifetime had ones saying, “You should be like your brother, you should be like your sister, you should be like...,” and they tell you where you may be falling down on something, speak in your self-talk how good you are, the things that are positive about you, how you are humorous, how you can uplift someone by telling a joke, by turning around whatever has been serious. Lighten up yourself and others. You know what happens when you do that? You can take yourself lightly as the Light which you are.

If you lighten up, you will suggest to other ones that perhaps there is another way to be. Now, they may not take the suggestion. It may, in truth,

be several lifetimes before they think, “Oh, you know, there might be something...I remember...I had a friend once, and she said to me I could take myself lightly. I didn’t think I could because, you know, life is serious, and if you don’t take it seriously, pretty soon somebody will trip you up.”

Well, that was your reality at that point. Now you have moved on and you say, “You know, there are times when I feel quite happy and I don’t even know why, but I just feel good. Today I am going to feel good.” And, blessing that it is, you get to bedtime and say, “You know, this day has been a mixture. There have been some of the heavier times, but there have also been light times and, you know, I feel happy.” And that is your gift to yourself.

If you want to see a miracle, envision how it would look. Envision how it would feel. If you want to do healing on some part of the body, you have built in to your reality—lower case “r”—a most wonderful gift, the gift of imagination. You break that down and it is “image action”.



So you imagine how it would feel to have any part of the body which is talking to you, imagine it whole, healed, happy, and speak to it. If you have a part of the body that is saying, “You know, it’s a little bit...well, it’s kind of sore,” talk to the body. Say, “I thank you for what you allow me to do.”

And then imagine how it would feel to have that part feeling happy, feeling whole, feeling restored. And you may say, “Well, Yeshua, I can’t even

remember how it would feel.” Well, if you cannot remember, imagine.

You have built into your creative powers all of the healing energy that you may need. You might say, “Well, Yeshua, I managed to take these two fingers and give them away somewhere, and I’ve found out how to live without them, but you know, it would be really fun to show my friends four fingers, putting two back again. That would really knock their socks off, especially if we did it with toes. But it would knock their mittens or gloves off, too.”

If you want to do healing of anything, imagine first of all how it would look. You can imagine. Second, how would it feel? You can remember, or if not, you can imagine how it would feel. Expect to feel, to see it whole.

You are the master of all that you create. That is why when you go out in the so-called wild, you feel expansive, because you are the master of all that you see. Even if you are out there and a very large four-footed one known as the cougar comes running out of the bushes at you, what would you do? (Stand there?) Yes, exactly. You would acknowledge that being. You would say, “Hmm, you have a pretty good costume in this lifetime. I’ll bet you enjoy it. I like mine as well, so let’s leave it the way it is,” not being in fear, but being in joy.

Expect that the cougar, or any other seemingly threatening aspect, will be at peace with you. Expect, know, that that one is at peace; abide in peace, in wholeness. That is how to heal/whole any situation: expect/know the miracle. Be the peace that you wish to see; express the peace, the wholeness of the situation.

Allow yourself to be happy. The only person who can take that from you is you. And I have good news for you. It is only temporary that you can take it away. Sometimes there are ones who go through life feeling, “Life is really

bad, you know. I was born into the wrong family. I had brothers who were older who beat me up all the time. I went to school and I wasn’t very bright.”

Okay, but that was yesterday. Who and what are you now? “Well, Yeshua, I’m the same as I was yesterday.” But no, you are not. When you awaken in the morning, you are a new person. You have the whole expanse of time—as you make time—of that day to be what you want to be. And, yes, there are ones who are going to say, “Is that the same person?”



Play act. Expect to be different. You have a good saying in your world, “Assume a virtue if you feel you have it not,” because truly you have a very full bag of tricks that you carry with you all of the time. You reach in there and say, “Today I’m going to feel like the court jester. I’m going to be silly and happy. And yes, if people don’t like it, that’s their problem,” and it is. Because they get to choose whether they are going to be happy or whether they are going to be critical. And as they allow themselves to stay in the place of criticism, what are they doing for themselves? They are imprisoning themselves in that judgment.

It does not touch you, in truth, unless you invite it in. And if you do invite it in, you can kick it out the next second. I have seen you do that. I have seen you hear criticism, and then you have said, “But what is that to me? That’s where they are coming from. And besides that, they are all wrong. They don’t know me the way I know me, the inside me.” However, you have used that saying too many times against yourself: “They don’t know me. I’m really a weakling inside. I don’t have any courage.” Not true.

Breathe. Live to the fullest. And when you get to the end of what you think this wave is, take another breath and surprise everyone and keep on going.

You have seen ones do this. They have been at the place where all the medical people have said, “You are finished. You’re going to exit the body.” And then that person has said, “I just remembered. There’s something I didn’t do yet. I did not go to see the Grand Canyon. I have to get well.” And they got well and went to the Grand Canyon and were having so much fun that they said, “I think I’ll stay longer.”

It has happened. I have done it. You see, when I was growing up in Palestine I was in the country of my birth and after I was freed of the body, crucified, I decided I would see the rest of the world. And I did go to what is now known as the Grand Canyon. Was it there then? Yes. Not as deep as it is now, because the river has kept on grooving, but I did go, and I did visit, and I did see the wonders, as you have, and I was in a place of ecstasy, which you can try, because it feels good.

When you stand at a vantage point and look out and see everything, you see where you have come from and what is in front of you, you can be in a place of ecstasy, a place that says, “My God, how wondrous it is. I wonder,” you have said, “was I here when this was formed?” What is your answer to that? (Probably not.) Okay, then you have come back in order to see how it looks now.

Play with your imagination. Play, imagine, envision, enjoy—be in joy. Expect a miracle and then express the miracle. So be it.



JESHUA Q&A

WALK WITH ME

How do we strengthen our walk with you?

By trusting. By speaking to me and knowing that I hear you. By speaking to me, pouring out your heart if you want to. If you are in a place where you have a question, coming and asking, “Jeshua, will you be my friend? Will you help me with this? I want to find an answer that is a true answer.” So then trust that I will play with you, and we will find the answer. And that is the value—the friendship.

I am always with you. There is no separation. There is no place that you can go that I am not. And vice versa, there is no place where I am that you are not. We are part of the vast ocean of Being.

LENGTH OF LIFE

You said we have choice about how long we want to keep our bodies. Why is it that the Biblical figures lived hundreds of years and we assume that angels live forever, and we have in our culture now that reaching a hundred years is a big deal. Is this all cultural influence on our consciousness?

Yes. In some times, especially the life of a flea, a few months is a very long life. You would say that perhaps the human life is approaching now the one hundred years as being quite a good length of time, but there are the stories of course that you have lived as the human form hundreds of years. It’s most interesting, because it comes back to a subjective view as to what is more valuable. Now, the life that is lived for say six hundred years had certain value, but the life of the flea with six hundred days is as valuable.

BLASPHEMY AGAINST THE HOLY SPIRIT

Regarding the teaching about blasphemy against the Holy Spirit, what is it, and why is it unforgivable?

Ha. It is unforgivable because you are not seeing the value in it, and it is as you would look upon the most beautiful sunset but you have the hands over the eyes and you say, “I can’t see anything. There’s nothing beautiful here at all.” That is blasphemy, because the beauty is right there. You are the one who is covering up and saying, “I don’t see any beauty here.” That’s blasphemy. The beauty is in the eye of the beholder.

TRANSMIGRATION OF SOULS?

Jeshua, you mentioned living as animals. I had a powerful experience recently where I saw flashes of my past lives. And when I pray, I am always told we don’t come back as animals, although like you said, it could be said that we are part of the same body of God. So the question is, do we go back and forth as species?

It is quite possible. All things are possible. It has been thought that it is more valuable to express as a human being or a lion or lioness than to express as a flea. But in truth, all life is precious. All life has value. And you have chosen to know all these other extensions of the one Principle of the wave. You have been the big wave. You have been the wavelet. You have been all feelings of energy, all expressions of energy in different forms. And all expression of life truly is of equal value.



Now, as you have been the tiny little flea living upon the dog and getting your sustenance from the dog, perhaps you should go and thank the dog—in your thinking, in your contemplation—and know that truly you have balanced it out, because you have been the dog that has been bothered by the flea in another expression of life, another wave. So do not feel yourself too haughty, too valuable; in other words, all is of equal value as life expression.

LIVING FROM SOUL LEVEL

What is the soul level? If I can sometimes seem like something separate from me...for example, I want to fly, but does my soul level want to fly? How do I live from the soul level?

You are always living from the soul level. In other words, whatever you do, whatever choices you make, is recorded in the soul. Nothing is ever lost or truly forgotten. It's always accounted for in the book of life, your life. So at the soul level, as you were asking about living from the soul level, it is being open to the experiences that you have had, the experiences that perhaps you would say, "Well, it's not something that I've done in this lifetime. I have wanted to do the sky diving and to jump out of an airplane and to feel that rush of, 'Oh, my god,' and then have the parachute open.

"I've imagined...if I've imagined, does that mean that in some lifetime I've already done it?" Yes, actually. And if you can imagine it and you want to do it again, go for it. You are never too old in any lifetime. Even if you say, "But Yeshua, I can't walk. I'm in a wheelchair. I have that experience in my mind that I want to feel. How does it feel, the first few instances of knowing that I am tumbling towards the Earth and I'm free of the wheelchair? But oh, my God, can I

still do this at my age?" Yes, if you choose to, you can, if you can get somebody to take you up there and push you out.

SURRENDERING TO LIFE

Given the truth of who we are and reality, why is there so much resistance to surrendering?

Because, first of all, enjoying each day and seeing the value in each thing that happens is not a surrender; it's a capturing and enjoying and being right there with, "This is my creation. I will be happy and enjoy it."

There are also nuances of teaching that have been taught when you were very, very little that life is hard and you don't need to try to enjoy it. You have to just get through it the best you can. It's a struggle. It's really, really hard. And the ones who are looked up to are the ones who have suffered but they've come through it. Well, balderdash. Enjoy it. Life is a gift. Enjoy. But if you enjoy suffering, okay.

There are some who do enjoy suffering, and they do it very well. We give a lot of points to people who suffer. And that's not to diminish or put anyone down for that path, but we can turn around and grab the joy on the other side. Try enjoying it. Try it; you might like it.

MAY I HAVE THIS DANCE?

If I imagine you and me dancing a waltz, does that mean that we did it before, or did I dance with someone else before?

Yes to all of the above. As you will think of it in your mind, it is happening. It does not have to be the hard and fast reality that the human mind thinks it has to be. So what you can

imagine, you can experience, and you do.

COINCIDENCE?

I have a sudden thought of another person. Does that mean that they have thought about me?

It is quite possible, yes, because there is no separation.

So if I get a thought of calling somebody or they just pop into my head, even though I haven't seen them in ages or thought about them, that's a clear message to reach out.

Reach out. And oftentimes you have heard them say, "Oh, I was just thinking about you." There is no separation.

ACCESSING PAST LIVES

Jeshua, you said everything is open to us. All that we have ever been is open to us. How can we access all of that?

By believing that you can. There is a growing belief in knowing certain techniques such as hypnosis that can take you back so that you can experience another so-called lifetime. So you access it through belief as to what you believe is possible.

REVITALIZING THE BODY

What truly is the key ingredient in revitalizing the body? Do you have a recipe?

Yes. Enjoy each moment. Look for the beauty. Look for the humor. Look for the love. As you look upon the tiny dandelion, see the beauty of each little petal. As you look for the value in a sunset, appreciate the nuances of color. Look for the variation of artistry that you have built into your everyday life. Live in joy.

