

Discussion Group

1993-07-30

- 1993-0730-001 Indeed, it is with great joy that I come to abide with you this evening, as I hope it is with great joy that you have chosen to come and spend, as you would see it, time with me this evening. It is definitely with great joy that I have been watching all of your activities in making this circle.
- 1993-0730-002 {Laughter.}
- 1993-0730-003 And I thank you, beloved brother Thomas, for hearing my suggestion of the circle, for it does make it easier to walk and be amongst you.
- 1993-0730-004 Beloved brother. How are you this evening?
- 1993-0730-005 **Fine. Couldn't be better. Just wonderful.**
- 1993-0730-006 Well spoken.
- 1993-0730-007 **Yes.**
- 1993-0730-008 This is true both in the molecules of physicality and in Spirit, is it not?
- 1993-0730-009 **Yes, it is.**
- 1993-0730-010 Are you feeling more joy in your life?
- 1993-0730-011 **Oh, yes. Much more joy.**
- 1993-0730-012 And more certain ones to share this with?
- 1993-0730-013 **Yes.**
- 1993-0730-014 Very good for you.
- 1993-0730-015 {To a young eight-year old boy}: We have the grand artist here tonight. This is not the first lifetime that you have loved to draw and to make markings upon the tablet.
- 1993-0730-016 How are you, beloved one?
- 1993-0730-017 **Good.**
- 1993-0730-018 I like the energy sharing {referring to the hug}. Already you are lighter in the body and in the soul. Is that not true?
- 1993-0730-019 **I think so.**
- 1993-0730-020 Yes, I can see it in the eyes.
- 1993-0730-021 **Oh, good.**
- 1993-0730-022 Yes.

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- 1993-0730-023 **I usually seem tired at night.**
- 1993-0730-024 You are very much alive, very much in the Spirit, very vital, yes. The work that you do with others in the sharing of energy with others is most important -- not only for them but for you. You know this. This is not a secret that I am telling you. This is something that you feel, as it keeps you in the flow. It is very healing for you and for others. Is there not getting to be more joy in your life, also?
- 1993-0730-025 **Yes.**
- 1993-0730-026 Yes, I can see. Do you know that the smile, the very smile upon your face, is even broader than it used to be?
- 1993-0730-027 **Really? {Laughing.}**
- 1993-0730-028 Truly. I would not speak an untruth to you. Such a beautiful laugh you have.
- 1993-0730-029 Firewalker. How is beloved Firewalker?
- 1993-0730-030 **Oh, the coals are getting too hot.**
- 1993-0730-031 {Laughter.}
- 1993-0730-032 And what would you have the cosmic fire fighters do?
- 1993-0730-033 **Well, put some water on them.**
- 1993-0730-034 I see. Are you dancing?
- 1993-0730-035 **I haven't been dancing for about three days. I forgot. That's not the problem.**
- 1993-0730-036 You are sure?
- 1993-0730-037 **Well, that's what I think. What the hell do I know what I mean.**
- 1993-0730-038 Beloved Firewalker, you know everything.
- 1993-0730-039 **Okay.**
- 1993-0730-040 Yes. If it is not within here {head}, it is at least within here {heart}. Do you see? Unlimited.
- 1993-0730-041 **Okay.**
- 1993-0730-042 All is available to you. Perhaps if the coals are too hot, you should dance upon the coals lightly.
- 1993-0730-043 **How do I do that?**
- 1993-0730-044 Lightly. In Spirit. Are you giving as good as you are taking?

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- 1993-0730-045 **Probably not. But in order to give you have to feel good to give.**
- 1993-0730-046 And then when you turn that around, as you give, do you not feel better and it is easier to keep the flow going?
- 1993-0730-047 **Right.**
- 1993-0730-048 Yes. Sometimes it is, as you would say, you have to prime the pump to keep that flow going.
- 1993-0730-049 **Yeah, that's true.**
- 1993-0730-050 Yes. We will see if we can work on that this evening.
- 1993-0730-051 **Okay.**
- 1993-0730-052 Beloved one, you have a new career.
- 1993-0730-053 **Yes.**
- 1993-0730-054 How is that going?
- 1993-0730-055 **Exciting. It's exciting and scary. I know what I'm doing with my days.**
- 1993-0730-056 Yes.
- 1993-0730-057 **I was a little afraid that I might not be physically strong enough to lift people in the six days' work that I need to do at a nursing home.**
- 1993-0730-058 Yes.
- 1993-0730-059 **But someone was at our class and showed us how to make moving someone feel like you are lifting no more than forty pounds. That worked pretty well. So I'm giving a little less!.**
- 1993-0730-060 Surprise, surprise. Know, of course, beloved one, where the strength comes from. It is not actually in the muscles of the body. It is not in the molecules of physicality. Where would it be?
- 1993-0730-061 **The strength?**
- 1993-0730-062 Yes, the strength.
- 1993-0730-063 **Inner? Inner strength.**
- 1993-0730-064 Yes, in your consciousness. You see, this is why there are the stories of, the actual happenings of what they call the one-hundred pound weakling who is lifting up the car in a moment of crisis. It is not actually the strength that is in the muscles and in what you would see as the body, the density of the body. It is within the consciousness.
- 1993-0730-065 So, you see, as they teach you various techniques, as it were, it changes the belief system, does it not?

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- 1993-0730-066 **Right.**
- 1993-0730-067 Yes, and then one is in a place of saying, "Well, I can do that."
- 1993-0730-068 **And you know what else? I have an instructor who you can tell when you listen to her that it is so important to her to take good care of people, and I am excited that I am going to be doing something that helps other people. It's not what I am used to doing, and it is something I want to do. So, I don't... however humble the position, I really don't care as long as I get to do it.**
- 1993-0730-069 It is a grand shift that has happened for you and within you, of the change of what you are seeing in the outer now. It is manifesting for you a change that has happened within your own consciousness and within your own heart. You are now coming from the heart. You are seeing the world from the heart. Is this not true?
- 1993-0730-070 **True.**
- 1993-0730-071 And it is not by accident that you are now taking, as you would call, the training from someone who is also coming from the heart and sees the values perhaps differently than the world would see them.
- 1993-0730-072 **I think so.**
- 1993-0730-073 Yes.
- 1993-0730-074 **She is wonderful.**
- 1993-0730-075 It is not by accident that you are there. There is much sharing that you are doing and will be doing with her as well. It is a two-way street, as they say.
- 1993-0730-076 **Good.**
- 1993-0730-077 Yes.
- 1993-0730-078 Sports Car Lover. How is the ? {Hugging muffles the sound.}
- 1993-0730-079 **Healing. Healing. In the process.**
- 1993-0730-080 When one is so much into the energy that you are in, the healing is instantaneous.
- 1993-0730-081 **And heavy until I let it go.**
- 1993-0730-082 Until you let it go. Well spoken, yes. There is much love energy that flows from you even when you are in a place of what you feel to be heaviness. You are one who has known in many lifetimes, the love, how to share this

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freely with others, and you have accepted and been in the flow of love with others. It is your nature.

- 1993-0730-083 There are times in this lifetime, as you would see it, that you tend to pull the veil around yourself and to feel that the flow of love is impeded. This is not true, beloved brother. Even though you might walk around in what you would feel a fog, others do not feel that with you. Take heart because what you feel is only a perception within your own mind and if it is to be found within your own mind, it can be changed. You can choose at any moment a new feeling. As you know, because you have practiced this. But sometimes you procrastinate in making a choice.
- 1993-0730-084 **Just a little.**
- 1993-0730-085 And sometimes longer.
- 1993-0730-086 **Uh huh.**
- 1993-0730-087 You are one who has great love to share and you share it freely with others. It would do you well to take a mirror, just to carry a small mirror with you at times, and when you are feeling like that to take the mirror out and to hold it in front of your own face so that you can see the love that you are projecting unto others.
- 1993-0730-088 **I thought that's what all my brothers and sisters are for.**
- 1993-0730-089 This is true, but it would be wise for you to carry a small mirror. It would remind you of the love that comes through your eyes even though just behind the eyes the mind might be sad. There is much joy and much love in the eyes. And do not throw the mirror in anger.
- 1993-0730-090 Beloved one, how is the healing?
- 1993-0730-091 **I should be on my feet in a couple of weeks.**
- 1993-0730-092 Can you stand?
- 1993-0730-093 **On one foot.**
- 1993-0730-094 Well, on one foot then. Do you dare?
- 1993-0730-095 {She stands on one foot. Jeshua holds her.}
- 1993-0730-096 Again, a demonstration of a small body {referring to earlier conversation about strength not being in the body, but in the consciousness. Judi's body is 5'2", 103 pounds}.
- 1993-0730-097 **I feel the tingling.**
- 1993-0730-098 Yes. Much energy. Expect rapid healing.

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- 1993-0730-099 **Oh, I really appreciate that.**
- 1993-0730-100 Expect rapid healing.
- 1993-0730-101 **Let's go for it.**
- 1993-0730-102 Yes.
- 1993-0730-103 **No brace, no crutches.**
- 1993-0730-104 Right. No need for them anymore.
- 1993-0730-105 **It's incredible.**
- 1993-0730-106 No, it is credible.
- 1993-0730-107 **Incredible.**
- 1993-0730-108 It is credible.
- 1993-0730-109 **Okay.**
- 1993-0730-110 It is believable because it is true.
- 1993-0730-111 **Yeah.**
- 1993-0730-112 You have come past the need for what you have seen the physical molecules to be doing. You have come past that. You are a new person.
- 1993-0730-113 **Uh huh. Seems like everything is kind of falling into place.**
- 1993-0730-114 Surprise. You have seen many miracles in the last year of your time, many miracles of shifts within consciousness that have been out-pictured in your environment, of people around you, things that have been happening, as you would see, in the outer around you. This has been showing you the shifts that have been going on in the inner. Getting your house in order, right?
- 1993-0730-115 **Yep, just about. Just got to get those floors done. They are just about done.**
- 1993-0730-116 Would the floors not symbolize what is going on with your floors here?
- 1993-0730-117 {Laughter.}
- 1993-0730-118 **They are supposed to do it. We are just waiting for them to come back.**
- 1993-0730-119 Yes. Much healing, much coming together.
- 1993-0730-120 **So, does that mean that I am going to be walking without all those things and the rest of my body is going to go into the right places in good shape?**
- 1993-0730-121 What say you?

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- 1993-0730-122 **I believe it. I can't tell everybody else that, only certain people that believe it.**
- 1993-0730-123 It need not be broadcast to the world if you know it within the heart. If it is in the heart, soon enough the others will see it. And you know this to be a grand Truth because you have proved this in other areas of your life.
- 1993-0730-124 **So the abundance is going to be falling into place, too?**
- 1993-0730-125 Of course. Would you doubt the word of God? Would you doubt the word of God, your word?
- 1993-0730-126 **Oh.**
- 1993-0730-127 You see.
- 1993-0730-128 **Yeah.**
- 1993-0730-129 What the Son decrees, comes to pass. What you feel within the heart and what you know within the heart manifests.
- 1993-0730-130 **Yeah, it sure did when I went to Florida. Incredible. Credible, excuse me.**
- 1993-0730-131 Credible. Keep feeling the energy. There is a grand flow around you. There is the energy that probably Sports Car Lover can feel. Do you feel it?
- 1993-0730-132 **Yes.**
- 1993-0730-133 Yes, it is not just here {body}.
- 1993-0730-134 **It's all around me.**
- 1993-0730-135 Yes. Very dynamic.
- 1993-0730-136 {Hugging.}
- 1993-0730-137 Where's my hug?
- 1993-0730-138 **I was going to say it but I didn't have to. Just do it.**
- 1993-0730-139 Well, one of us has to say it. How is the joy in your life?
- 1993-0730-140 **It's great.**
- 1993-0730-141 Getting better all the time?
- 1993-0730-142 **Uh huh.**
- 1993-0730-143 Any flowers in the garden?
- 1993-0730-144 **It all depends on what you are talking about. I'm hoping there will be.**

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- 1993-0730-145 Perhaps a few green shoots coming up. Perhaps a few buds. Many flowers to pick from in the garden.
- 1993-0730-146 **I hope so.**
- 1993-0730-147 Again, beloved one, it is as the Son/Daughter decrees. Will there be many flowers in your garden?
- 1993-0730-148 **Yes.**
- 1993-0730-149 Yes.
- 1993-0730-150 **I decree it.**
- 1993-0730-151 Yes. You have already seen the beginning.
- 1993-0730-152 **Okay.**
- 1993-0730-153 Yes.
- 1993-0730-154 How is the beloved Orca whale?
- 1993-0730-155 **Fine.**
- 1993-0730-156 Another grand artist. How are you this evening?
- 1993-0730-157 **Fine.**
- 1993-0730-158 Good answer, twice. Consistency.
- 1993-0730-159 How are you, beloved one?
- 1993-0730-160 **I am happy. I'm peaceful. I feel a lot of joy.**
- 1993-0730-161 You are joy incarnate, and more and more so. This is a grand time upon your plane, as you have been feeling, a grand time of awakening. And the awakening is not something that is done by reading many books or by going to many workshops or by studying or by grand effort. The awakening comes with the joy. The awakening is the joy. That's how simple it is.
- 1993-0730-162 Many philosophies there are, many teachers there are that would teach you grand complexities and would talk of the atonement or the at-one-ment and would say that it takes many lifetimes of dedicated study. You, beloved one, have done many lifetimes of dedicated study, and you have put that behind you because you have said, "This lifetime I will live in simplicity. I will live in joy." There is the secret. It is the pearl of great price.
- 1993-0730-163 You see, the Kingdom of God, the Kingdom of our Father, is not a far off Kingdom. It is not one that one has to strive for to attain entrance into the Kingdom. You are there at any time when you smile the smile and you laugh the laugh and you share the love with others. Instantly.

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- 1993-0730-164 That is why I have said and it has been quoted in your Holy Scriptures, "Suffer the little children to come unto me." Strange use of the word, suffer. It actually means to allow. But allow the little children to come unto me, "for of such is the Kingdom of Heaven." The spontaneity, the laughter, the joy.
- 1993-0730-165 You are a walking example of the little child. Keep on being that, beloved one.
- 1993-0730-166 **Thank you, Jeshua.**
- 1993-0730-167 How are you, beloved one, in this evening?
- 1993-0730-168 **Good.**
- 1993-0730-169 I know that to be a grand Truth. It is my great joy to be able to come amongst all of you and to be able to touch this way. Do you know that the grandest gift and the grandest use of the molecules of physicality, which I have called the bags of dust -- the bodies -- the grandest use is to be able to touch, to physically share the love, the energy of love. That is why it is my great joy to be able to walk amongst you easily this evening in this circle and to be able to touch each one and to share the energy, the healing energy that heals the very molecules of the body -- as with this one -- and the healing energy of love that heals whatever may be hidden within the soul.
- 1993-0730-170 You are free, beloved brother, to go as the wind, to follow your heart's desire, to follow the song that is within your heart, that vision, and to share it with others. There is such love, such love. Follow your grandest vision. It is possible.
- 1993-0730-171 Beloved brother, how are you?
- 1993-0730-172 **Wonderful, and yourself?**
- 1993-0730-173 Excellent, of course, as always.
- 1993-0730-174 **It is good to see you.**
- 1993-0730-175 It is good to be in touch.
- 1993-0730-176 **It is.**
- 1993-0730-177 One of the grandest sayings, quotations, you have in your world at this time is to "reach out and touch."
- 1993-0730-178 {Laughter.}
- 1993-0730-179 How is your work?

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- 1993-0730-180 **Great.**
- 1993-0730-181 That which you would term your work, is it pure joy?
- 1993-0730-182 **It is. It's not work.**
- 1993-0730-183 Well said. Well said and as it should be.
- 1993-0730-184 **Well blessed. It sure is.**
- 1993-0730-185 The gratitude, again, comes from the heart and is felt -- and if you would well receive it, the love energy of gratitude reaches the farthest star that you can imagine, because you are connected, and it is felt and received by that energy. And then, do you know what it does, beloved brother?
- 1993-0730-186 **It reflects back.**
- 1993-0730-187 Yes. It comes back multiplied ten-fold, which is why in the days when you live in grand joy and grand sharing with others it is why you feel so uplifted.
- 1993-0730-188 **That is true.**
- 1993-0730-189 It comes under the feet, as it were, and it lifts you up. Every molecule in the body it lifts up.
- 1993-0730-190 **It does.**
- 1993-0730-191 Do you know that in other lifetimes you had a grand beard?
- 1993-0730-192 **I had one in this lifetime.**
- 1993-0730-193 Yes. Very good.
- 1993-0730-194 Beloved Teacher of God, how is your life?
- 1993-0730-195 **Oh, exciting, confusing and all the above.**
- 1993-0730-196 And as they would say, all of the above.
- 1993-0730-197 **Yes.**
- 1993-0730-198 Has it not been true that there are many who are being sent unto you?
- 1993-0730-199 **Yes, indeed.**
- 1993-0730-200 Yes, and it is not a grand joy?
- 1993-0730-201 **Yes, it is.**
- 1993-0730-202 Many in your world would have heard that message and would have thought, "Oh, my, this is a burden. These are ones that I have to do something with, with great effort, or at least a sharing of myself, and how am I going to do

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that?" You did not hear it that way, beloved one, and now you see you have many flowers in your garden as well.

1993-0730-203 **Yes, I do.**

1993-0730-204 Ones who are bringing unto you the love and the sharing and the questioning. A grand exchange, as it were. There will be more coming unto you. Your circle, as it were, is going to be growing. You've already seen this happening.

1993-0730-205 **Great.**

1993-0730-206 It will be growing in joy and in fun.

1993-0730-207 **I'm all for that. Just need more time.**

1993-0730-208 Ah, beloved one, but who is the maker of the time?

1993-0730-209 **I guess we are.**

1993-0730-210 I guess we are when we are in the world, yes. Not I, because I do not have the time, but I will take the time.

1993-0730-211 How are you, beloved angel?

1993-0730-212 **I'm doing wonderful.**

1993-0730-213 You are one of grand beauty, yes. You are one of grand light and of the angelic realm. You have had many lifetimes of living upon this plane and you have demonstrated well bringing that Light to this plane. There have been many lifetimes of being the grand warrior because you like adventure.

1993-0730-214 **Yeah.**

1993-0730-215 But you are truly of the angelic realm -- but one of those who said, "I want to experience all and therefore, I will not just flit around being the Light that I am but I will bring it to a plane," and this not the only plane where you have been and are sharing the Light that you are. You have done this many lifetimes -- so much so that sometimes you get caught into thinking that the molecules of physicality are heavier than what your real nature is. But then, you are good at bringing yourself back to your true nature. Bless you.

1993-0730-216 **Bless you, too.**

1993-0730-217 How is the grand mother?

1993-0730-218 **Just fine. Being joyful today. Grateful.**

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- 1993-0730-219 You are one who has much love and does not keep it unto yourself. You have much love and you give it freely. You are the Father's true servant in this. There is much work that you are doing -- but it is not work, is it?
- 1993-0730-220 **No.**
- 1993-0730-221 No, it is a grand opening up of the heart. And as you have seen, when the heart is opened, there is a grand flow of love that flows through and you cannot help but feel that for yourself.
- 1993-0730-222 **Shall we dance?**
- 1993-0730-223 Yes.
- 1993-0730-224 {The two dance around the room.}
- 1993-0730-225 Yes, beloved one. Definitely we shall dance.
- 1993-0730-226 **I always wanted to dance with Jeshua.**
- 1993-0730-227 A sacred dance. Oh, yes.
- 1993-0730-228 **I love you.**
- 1993-0730-229 I love you, too, in the Spirit that you are, the joy that you are. Does that not tingle?
- 1993-0730-230 **Yes. My whole body is ooooooooooh.**
- 1993-0730-231 You see the energy that is here: the energy of Love.
- 1993-0730-232 Beautiful one, how are you this evening?
- 1993-0730-233 You are one of a gentle nature, one who also does much healing through your gentle nature, just by being who you are.
- 1993-0730-234 **I thought so.**
- 1993-0730-235 It is true, beloved one.
- 1993-0730-236 **That is my joy, so.**
- 1993-0730-237 It is being manifest and it is felt by many -- just by the Light that you are and the allowance that you are giving that expression. You will feel that even more in the days to come, much more of a fluidity of it, much more of a flow.
- 1993-0730-238 There will come a time and it will not be long from now when you will be so charged, as they say, with energy that you will be fairly bouncing from person to person and place to place with a grand joy.
- 1993-0730-239 **Feels pretty explosive right now.**

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- 1993-0730-240 Yes. This is just the beginning. Beautiful hands. These have been healing hands in many lifetimes. You know that; you can feel that. There is much energy in the hands and in the chakra that is known as the wrists. There is much energy. It is not only through the fingertips and the palms that the energy is transferred, but also of the wrist. Many times, if it is possible for you when you are touching another, if it is possible for you to touch this way -- with the wrist -- there is much transference of energy that happens. It is not by accident that the pulse is often taken there and is right by the surface. There is much energy that can be transferred.
- 1993-0730-241 If you have the chance -- and it will not always happen, but sometimes -- do that with others with the clear intention of exchanging the love with them. It is most healing.
- 1993-0730-242 Do you know that this was something that was known in ancient times -- the energy places of the chakras, the hands and the healing at the wrist, the points of the wrist -- and this was why the wearing of the bracelets came to be. It was a way of binding the energy within and not letting it flow. This is why the bracelet that you would see around the wrist, that's how it came into being.
- 1993-0730-243 Now, thank goodness, the bracelets that you wear are much more free flowing and are not clasped tightly upon that energy point.
- 1993-0730-244 Thank you for the sharing that you do.
- 1993-0730-245 **Thank you.**
- 1993-0730-246 Now, beloved Firewalker, how is the energy going for you? Up, up on the feet.
- 1993-0730-247 **Better.**
- 1993-0730-248 Yes. Much better. {Hugging.} A hug as they would say, man to man, except that the body is a bit small. This one, not yours. Are you feeling more recharged?
- 1993-0730-249 **I am.**
- 1993-0730-250 Yes.
- 1993-0730-251 **I realize that I just blocked the love that I am. I don't extend it enough. That's the whole thing.**
- 1993-0730-252 Yes. Do not keep it bottled up. It is only in the sharing and in the flow that it become truly the energy that it is. It cannot be contained.

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- 1993-0730-253 **What happens is that -- what is the word? stuff -- stuff comes up and... deep stuff, and ...**
- 1993-0730-254 **Some of that stuff that you would call "holy shit."**
- 1993-0730-255 **{Laughter.}**
- 1993-0730-256 **Holy shit, exactly, and when that comes up, I just, I don't feel loving.**
- 1993-0730-257 **Yes.**
- 1993-0730-258 **And I'm real angry with it and upset and I don't like it when it comes up. I guess I'm not used to it. I feel like I'm living a lie.**
- 1993-0730-259 **This is true that you do not like it and it is not real. This is what you were truly feeling at the soul level. You know the lie of it. You know that it is not true. It is not your nature. This is why there is the conflict when it comes up.**
- 1993-0730-260 **But, you know, beloved brother, the best way to get that out is to just throw it out the window, to let it be holy shit and let it go, and do not judge yourself when you are into those feelings.**
- 1993-0730-261 **Can I throw temper tantrums?**
- 1993-0730-262 **Please do -- and get creative about it. A different way each day if it be necessary.**
- 1993-0730-263 **Okay.**
- 1993-0730-264 **Yes. You see, the emotions, not only what you would term the negative emotions but also the positive ones, must be expressed, and expressed freely and easily. Emotion, as we have talked about earlier, is energy in motion, and if you bottle it up -- you know the feeling. It feels constricted, it feels constrained, it feels like death.**
- 1993-0730-265 **The thing is, though, for me to express it, not to hurt anybody else. That's where the awareness, I imagine, comes in.**
- 1993-0730-266 **Exactly. Yes. Do you have what would be called a soundproof room within your house?**
- 1993-0730-267 **No, but there are not many neighbors.**
- 1993-0730-268 **Good. And this beloved one that lives with you will allow you to be creative. She will just stand back far enough, yes, at a distance. Throw the temper tantrum. Throw whatever feels good to throw -- preferably a pillow or so, something soft.**

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- 1993-0730-269 **Yeah, I guess that's what our relationships are for -- to bring that stuff up.**
- 1993-0730-270 **Yes, and to release it, beloved brother. To let it be in motion.**
- 1993-0730-271 **How do you release it? It comes up.... Is that a thought in the mind, to release it or what, or not identify with it?**
- 1993-0730-272 **No, don't even get the mind into it. Just go for it. If those feelings are coming up for you, just be into them as a grand actor would be into them. Imagine yourself to be Laurence Olivier and go for it. If you are into anger, just go for it and be into anger. If you are into sorrow and the tears come, let the tears come until there are no more. And do not fear that they will devour you, that they will completely take you over and you will be lost in them. This is not true. You cannot be lost. Your Spirit, who you are, cannot be lost and cannot be overtaken by any of the energy in motion.**
- 1993-0730-273 **The only way that you kill, de cease, even the joy of the Spirit is to try to contain the emotions. Let them go, beloved brother, and be into them. Because do you know what follows right on the heels of all of that energy? A grand peace. If it takes three days in your timing to cry and cry and cry, until the eyes themselves would cry out to you to stop because they are so swollen, go for the three days -- as long as it takes to get through that emotion -- because on the other side of that there is a grand peace.**
- 1993-0730-274 **Many are the lifetimes that you have stuffed, as they would say, the emotions. You have lived many lifetimes as the monk, as the very spiritual one who would not be in touch with anything that was not spiritual. This is not the first lifetime that you have felt a searching for who you truly are, but you have searched for it in other ways, and other lifetimes you have denied the body. You have denied the emotions. So in the very cells of this physical being that you are expressing through now there is much heaviness in the cells. It is what you have felt all of your lifetime up until just recently and now you are learning to let that go. And I encourage you with that.**
- 1993-0730-275 **Another grand word in your vocabulary, your language -- "encourage" -- because it comes from "the heart." I encourage you to be in the heart with these emotions and to let them flow freely. Be as the little child. Be down on the floor banging the fists on the floor, doing what needs to be done -- kicking the heels, screaming. Scream until the throat says, "I cannot scream another sound," and what comes after that is a grand peace.**
- 1993-0730-276 **I tell you and I share with you what I have experienced for myself. When I was a young lad, under the age of five, I experienced feelings of jealousy,**

feelings of unworthiness and feelings of jealousy. I did not recognize and label them as such, those feelings, but what began to happen for me was a grand congestion in the head -- what you would know as a cold, a stuffiness in the head, a congestion. It was not only in the head but in the chest, the heart. And my father, who had and still has and is great wisdom, said unto me to go out and to rid myself of the emotions that were making this congestion. And I went out into the field near where we lived and I cried and I screamed.

- 1993-0730-277 A story that is not told in many circles because, after all, it would not be saintly, but a true story nonetheless. And I discovered for myself the grand freedom that comes and the grand peace that comes after the emotions, that energy in motion, is allowed to be in motion, and I came back later a bit hoarse in the throat but clear.
- 1993-0730-278 **Jeshua, what happens is, I take the emotion or the feeling, and then in order to get rid of it or transcend it, I feel that I need to do something, like some type of... not what you are sharing here, but alter my life script of my life plan. In other words, if I change this or I do something else, then I'll be able to transcend these emotions or these feelings. But I... I mean, that's a strong belief.**
- 1993-0730-279 Yes, and you have spoken well there.
- 1993-0730-280 **Now, on some level I know that that's not true, because it will go with me -- no matter what arena I play in.**
- 1993-0730-281 This is a grand ploy of the ego: to keep you so busy thinking that "if I change this in my life or if I change that in my life, then I will feel differently." The feeling needs to come first. Then it will out-picture, perhaps, in different circumstances your life. But first you must deal with the feeling.
- 1993-0730-282 **Where you are at?**
- 1993-0730-283 Exactly, where you are at. What it comes down to, the basic bottom line, beloved brother, as you have probably already discovered -- it's probably been occurring to you around the cracks -- is a basic feeling of unworthiness, a basic feeling of separation from our Heavenly Father. Because once one feels and knows -- as you have had glimpses, so this is not new to you -- as you have had that feeling of being one with the Heavenly Father, then the feeling of worthiness, of course, is there because you know you are your Father's only Holy child. But it is in times of feeling separate, when you feel that the Heavenly Father is off somewhere there, and "I must have sinned a lot because I sure feel bad about myself," and we get -

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- "we," because I can identify that as when I was the child below five years old -- into the feelings of unworthiness, then is the time to deal with that feeling, to allow it to come up and get into it truly, until you come to that place of grand peace.

1993-0730-284 **The feeling of unworthiness?**

1993-0730-285 Yes, and to cry and to scream and whatever else comes with that -- whatever needs to be expressed, ex-pressed with grand force, you see.

1993-0730-286 Your world in this day and time has taught you to hold in emotions and to only express those that are socially acceptable. It has taught you even in your exchange of energies, even in talking, to keep the voice moderated -- not to be into great sound and energy {said loudly}. It does wake up the cells of the body, right?

1993-0730-287 **Yes!**

1993-0730-288 Yes. Thank you. Gets the vibrations stirred up and going. This is what we are talking about with the energy in motion. Very needed for the very cells of the body to feel that vibration -- to get it charged up -- because what has happened when you are in that place of depression, you have brought the vibration of the very cells of the body, the Light that they are, you have brought the vibration down. And what will turn that around, beloved brother?

1993-0730-289 **A GOOD SHOUT!**

1993-0730-290 {Laughter.}

1993-0730-291 **Well, again the teachings go, like, turning things over to the Holy Spirit, and that's an intellectual process. "The Course in Miracles" teaches that. So there must be some balance in there between the two?**

1993-0730-292 Yes, that is what comes into play after -- "in to play" -- after you have gone through the energy in motion. When you have come to that place of peace. Then you see that the Holy Spirit will come in and will order what needs to be ordered in your life in a way that will give you what you are asking for. But it is no good to stand in that place and do it intellectually with the mind when the feelings are still bubbling up and still raging within one. Go through the emotions to that place of peace, then the Holy Spirit will speak. The Holy Spirit -- which is the activity of the whole Mind of God working in your life for you and as you -- cannot work with you as long as you have this block of the energy.

1993-0730-293 This is what has been meant by "the still, small Voice." Do you see?

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- 1993-0730-294 **Yeah, I hear what you are saying.**
- 1993-0730-295 **Yes.**
- 1993-0730-296 **It seems so in tune to listen to what you say to him and remember what once you said to me at one point in time, which was to go to someone who could -- I can't remember your exact words but -- counsel you, love you, be very gentle and kind with you. Now I feel like -- although at the time I really didn't want to do this -- now I feel that you were sending me to a person like that so that I could feel the feelings that I had stuffed down inside of me for so long, because I couldn't get past them, get around them or over them or under them. And in the time that I have gone to see Eva, I would like to express that it is... I had no idea, not a clue, that I had as much energy inside me as I do have. And when I see the energy coming out, I'm just blown away. But I do feel myself opening up a lot, and I feel like Howard and I are a lot alike. We tend to get depressed a lot, which I think is repressing feelings and intellectualizing our heads off.**
- 1993-0730-297 **Yes. The world has taught you for a long, long time -- not only this lifetime but many lifetimes -- please, do not upset the boat. Do not rattle the cage. Do not make too much noise. Please don't upset the system. If you do -- other lifetimes -- off with the head. That does silence one.**
- 1993-0730-298 **Yes.**
- 1993-0730-299 **Yes. So, as we have said many times, the world is diametrically opposed to the Kingdom. The Kingdom is one of great peace, of grand joy, of grand feeling that flows easily and is expressed easily. The laughter. But one does not get to the Kingdom by intellectualizing and by sitting upon the feelings. One gets into it by coming through the feelings, as you have seen.**
- 1993-0730-300 **And this is why we sent you unto one who would be nurturing for you, who would make a safe place for you so that you could express those feelings and to get that energy free-flowing. Many there are in your world who would be much healthier, not into such dis-ease, if they would express with great force who they are -- even to the point of waking up in the morning and just saying -- with great force -- your name.**
- 1993-0730-301 **Grand feet. Grand feet.**
- 1993-0730-302 **When I walked the earth, I had feet such as these. Yes.**
- 1993-0730-303 **Well, I hope you clipped your toenails.**

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- 1993-0730-304 We had in those days, we had a sharp, what you would call a type of stone, which we used.
- 1993-0730-305 **Pumice.**
- 1993-0730-306 Yes, to smooth off the toenails. Yes, you still have that.
- 1993-0730-307 The feet often got very dusty. One of the grand things that was a great joy unto me was to have my feet washed and also to share with others the love of washing their feet.
- 1993-0730-308 **I haven't found any willing yet.**
- 1993-0730-309 Ah, but beloved brother, where does it start?
- 1993-0730-310 **Touché.**
- 1993-0730-311 Yes. It would be fun to have a party of foot-washing, no?
- 1993-0730-312 **Yes. We could do that at our drumming party.**
- 1993-0730-313 A very good idea. And the drumming, as you know, is a very good way to get the vibrations going, too. Yes, very healing, as you have felt. I thank you for the work that you are doing -- which you have not even felt was work -- in sharing with others those vibrations. And you thought it was just play -- which it is.
- 1993-0730-314 **It's been very healing for me. Very helpful. And what you were speaking to Howard about, you know I just went through, and I was expressing great anger, and then processing that, and I discovered that all I was doing was holding on to hurt.**
- 1993-0730-315 Yes.
- 1993-0730-316 **So I cried for many hours.**
- 1993-0730-317 And did you come to that place of peace?
- 1993-0730-318 **I think there is still some there that I'm holding, still some hurt.**
- 1993-0730-319 But getting closer and closer.
- 1993-0730-320 **Very much so, yes.**
- 1993-0730-321 Again, many lifetimes of hurt.
- 1993-0730-322 **Not just this one?**
- 1993-0730-323 Not just this one, beloved brother.
- 1993-0730-324 **I just don't have to blame one person then?**
- 1993-0730-325 If the truth be told, beloved brother, there is just one person.

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- 1993-0730-326 {Hugging that person.}
- 1993-0730-327 And that person is in the process of releasing the hurt.
- 1993-0730-328 **Yes.**
- 1993-0730-329 Yes.
- 1993-0730-330 **Thank you.**
- 1993-0730-331 My pleasure, as they say.
- 1993-0730-332 **Jeshua, can I say one more thing?**
- 1993-0730-333 Yes. Speak up, beloved brother. Energy.
- 1993-0730-334 **All right. I was feeling some anger with Jon Marc. There was no closure. I felt... even though I know that you are available to everybody all the time and...**
- 1993-0730-335 Yes, my cosmic telephone is always available.
- 1993-0730-336 **I still was feeling... well, it's like when you first came there was like... you were supposed to be here... he's channeling through Marc now, I'm talking about....**
- 1993-0730-337 Yes.
- 1993-0730-338 **Okay.**
- 1993-0730-339 Who's he?
- 1993-0730-340 **What?**
- 1993-0730-341 He. You said, "He's channeling through Marc." Who is he?
- 1993-0730-342 **Jeshua coming through Jon Marc, okay.**
- 1993-0730-343 I am pulling your leg, beloved brother.
- 1993-0730-344 **I know that and I am serious. Okay. Well, this is not easy for me to share this.**
- 1993-0730-345 I'm sorry. One will be serious here.
- 1993-0730-346 **No, I don't want to be serious. Anyway, I was feeling some anger there that there was no closure. I didn't feel any closure and also....**
- 1993-0730-347 That is because, beloved brother, it is not closed. It is not finished. There will be more. It is not like your beloved brother, Jon Marc, and Anastasia are already gone. There will be closure before they go. You will feel that. They also feel an incompleteness at this point. There is closure that needs to happen for them as well.

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- 1993-0730-348 **Okay.**
- 1993-0730-349 Yes. It is something that you have felt and it is something that they are feeling, as well. So what was announced a few weeks ago here was, as you would say, a forerunner, but it was not the finishing.
- 1993-0730-350 **I realize that I can't cling but it was just the sign that this anger was coming up of no closure and I felt like some desertion. It was a feeling and it was real.**
- 1993-0730-351 A very good feeling to be in touch with, a feeling of desertion. Yes, deal with that one from time to time and see where that comes from. You will have remembrances. It is not just this lifetime, as you know. Yes. It deals with that very famous lifetime that we all have shared. But more than that, it deals with the feeling of separation and being out of the Kingdom.
- 1993-0730-352 Deal with it step by step, but do deal with it -- the feeling of desertion. It is a very important one, not only for you but for all of mankind. All of mankind in the feeling of separation is feeling deserted by the Heavenly Father, feeling deserted by the Love that you know must be out there somewhere for you, and you have gone searching many lifetimes, many, many lifetimes for it.
- 1993-0730-353 **I want to say, "Come on, God; get going here. Now. I'm doing my share," or at least, "Come on; it doesn't have to be that difficult."**
- 1993-0730-354 Exactly. It does not have to be that difficult.
- 1993-0730-355 **I mean, there's an anger there that I feel it's too much, seems like too much energy. I mean, if the commitment is there in your heart to want to heal the separation, let's get on with it. Let's not make it so difficult.**
- 1993-0730-356 And who, beloved one, is making it difficult?
- 1993-0730-357 **Well, I know intellectually I am going to say I'm the one who is making it difficult, but on some level of my mind I'm saying, "Is God doing His part?" I mean, that's how I'm feeling, you know.**
- 1993-0730-358 That is a good feeling to be in touch with, exactly, and there are tinges of anger around the corners.
- 1993-0730-359 **Right, exactly.**
- 1993-0730-360 "I have been deserted and, god dammit, I deserve better than this," right? Yes.
- 1993-0730-361 **There is some anger there and I don't want to deny it.**

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- 1993-0730-362 Exactly, don't deny it. Be with it. Go through it and feel it.
- 1993-0730-363 **Coming over here tonight I said, "Okay, Jeshua, come on." I just said, "Come on; just get out there. Do it."**
- 1993-0730-364 I am not only out there, I am within there. I am you and you are me. There is not the separation. I have heard your calls and I have felt your confusion.
- 1993-0730-365 If you would receive it, beloved brother, you are in a place of great blessing. You are this close. Do you see how close? {Holding two fingers tightly together.} That close to finding the secret of your happiness.
- 1993-0730-366 **Also you say "a twinkling of an eye," but that goes on for thousands and thousands of years, that twinkling of an eye. So that close... how many light years is this close?**
- 1993-0730-367 How close would you like it to be? However, I have meant it is that close. Yes. You are one who is upon the threshold. You have heard that said many times. One of these days you are going to knock yourself over the threshold, and you will be most surprised you will be on the other side of it.
- 1993-0730-368 **And I'll invite you for a beer. We will go have a beer together.**
- 1993-0730-369 Exactly, as we have done in other lifetimes.
- 1993-0730-370 **I see.**
- 1993-0730-371 Yes. One of my favorite places to be, in the tavern.
- 1993-0730-372 **Well, you need the understanding... that is, to gravitate toward those areas of your life that is bringing up those emotion and these feelings so they can be healed?**
- 1993-0730-373 One does not need to gravitate, but as they come up for you, do not deny them and do not try to intellectualize until you have allowed that energy to be expressed. Then the heart will be open and then the mind can be the servant of the heart. This is not to deny the mind. The mind has great power but it works in conjunction with the heart, and the heart, beloved brother, cannot work, cannot do its function while it is being heavily held down by the emotions. This is why we have said to come through it, even if it takes three days in your timing of the wellsprings of water.
- 1993-0730-374 **I appreciate that.**
- 1993-0730-375 Yes. You are doing very well with it.
- 1993-0730-376 **Yes. Thanks for the encouragement.**
- 1993-0730-377 My pleasure.

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- 1993-0730-378 Grand energy, no? Yes.
- 1993-0730-379 **I can't get rid of it all.**
- 1993-0730-380 Well, you just share it freely, of course. Freely.
- 1993-0730-381 **I had two wonderful experiences since the picnic. I was not able to walk the Wetlands boardwalk during the picnic but I have done that now, two weeks in a row, and each time it has been really a rewarding thing, because I get there about one o'clock in the afternoon and there is nobody there. So I walk out on this beautiful boardwalk and, of course, it's been raining and everything is wet, and as I look ahead, I can see the various leaves that have fallen on the boardwalk and the different patterns that they make, and I can feel the energy of the living things all around me, and I can breathe in the added oxygen that is coming from such a concentrated foliage. And I turn a corner and here's a big uprooted tree that, as I turn another corner, I can look back and see the underside of the ball of the roots, and it's almost like something that I shouldn't be seeing. It really excited me. So I did all of that, and as I was leaving the last time, I looked down and here was a big old brown, what in California we used to call a banana slug, but a big, big slug.**
- 1993-0730-382 Yes.
- 1993-0730-383 **I looked down at the little slug and I said, I sensed to him, "Boy, am I glad that I was not born a banana slug." And as I sensed that we were communicating, I was getting back from the banana slug things like, "I'm really a very happy creature. I live in an environment that's to my liking. Everything is here for me. All I have to do is reach out. I live a very calm life. I have absolutely no stress." And then the last thing he said to me, "I certainly am glad I was not born a human."**
- 1993-0730-384 {Laughter.}
- 1993-0730-385 Grand insight, beloved brother.
- 1993-0730-386 **Yes, so I am having wonderful little walks in the Wetlands.**
- 1993-0730-387 Yes, and your Holy Mother is sharing with you Her grand secrets: the uprooted tree, areas that you do not normally see in the workings of the tree.
- 1993-0730-388 **Yeah. Really a sight.**
- 1993-0730-389 Exactly. As you have seen, you are one with all life. This one {pointing to Judi} also came upon that secret when she was out every morning talking

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with her tree. And for the first six months she talked a grand spiel unto the tree, never bothering to stop and listen -- until one day she finally got done with her grand spiel and stood there for a moment to receive the wisdom. As you have just shared with us, with the slug. Yes.

- 1993-0730-390 Everything, as you know, is energy. Everything is light. Everything is love. It is Light experienced as Love -- even the grand slug upon the ground, who lives such a life of simplicity.
- 1993-0730-391 **He was a happy person.**
- 1993-0730-392 Yes, a happy camper. Do you know he even is able to reproduce without having to ask another slug?
- 1993-0730-393 **I didn't want to ask him about that.**
- 1993-0730-394 {Laughter.}
- 1993-0730-395 Grand simplicity.
- 1993-0730-396 **That was the last thing he said, but I didn't want to mention it.**
- 1993-0730-397 I see. Well, we seem to have no secrets here tonight.
- 1993-0730-398 **I guess not.**
- 1993-0730-399 It is a grand joy for me to look at your faces and to see the smiles. Yes, even with beloved Firewalker. My goodness, in spite of yourself, there is this smile.
- 1993-0730-400 **It was that slug.**
- 1993-0730-401 It was undoubtedly. The slug would do it.
- 1993-0730-402 **I want to be a slug the next time.**
- 1993-0730-403 Well, as the Son decrees, yes? Be careful what you ask for, as they say.
- 1993-0730-404 **Yeah, true.**
- 1993-0730-405 It would be wise if we take a short break. Put some water into the bodies - - and discharge some water -- and then we will come back in ten minutes of your timing and we will converse some more. It is my pleasure. It is a grand party every time you invite me to come and be with you. We will do some more of this. So be it.
- 1993-0730-406 {Break.}
- 1993-0730-407 Indeed, does everyone feel refreshed?
- 1993-0730-408 **Yes.**
- 1993-0730-409 Was that the pause that refreshes?

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- 1993-0730-410 **Yes.**
- 1993-0730-411 Yes. You feel restored and renewed. How about you, Firewalker? Are you restored and renewed?
- 1993-0730-412 **It feels good to go to the bathroom.**
- 1993-0730-413 Good for you. You are the caretaker of those physical molecules.
- 1993-0730-414 **Right.**
- 1993-0730-415 They would not keep on expressing and being your grand servant if you did not sometimes listen to them.
- 1993-0730-416 **Right. No one is going to do it for me, right?**
- 1993-0730-417 Not usually. Not usually.
- 1993-0730-418 **Jeshua?**
- 1993-0730-419 Yes, beloved one.
- 1993-0730-420 **I've been wanting to ask you something. Jeshua, I do love you very, very much.**
- 1993-0730-421 It is a love that we share because we are that Love.
- 1993-0730-422 **Jeshua, is there something that you need to talk to me about, about Howard and I, our relationship? Is it going the way it should? That's my question, I think.**
- 1993-0730-423 Beloved one, it is not for me to decree how the relationship between you and beloved Firewalker is going to be going. It is the two of you who will decree and will manifest the mirrors unto each other.
- 1993-0730-424 You are as grand playmates for each other. As you have seen, you are on this playground and there are times when you are both upon what is called the seesaw, and hopefully when beloved Firewalker may be in the down position, you are in the up position. The seesaw will not work if both of you are in the down position at the same time, right?
- 1993-0730-425 **That's right.**
- 1993-0730-426 Yes, you have learned the balance or are learning the balance, thereof. It takes a grand sensitivity of two souls living together and expressing with the molecules of physicality, it takes a grand sensitivity to be in balance with each other and to allow. Both of you are grand adventurers in that you have taken on someone else who is a grand adventurer. Is this not true?
- 1993-0730-427 **It's true. It's true.**

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- 1993-0730-428 Yes, you've signed on for a grand ride.
- 1993-0730-429 **I believe that, really, but it's great.**
- 1993-0730-430 Yes, it is because you do not only have the times of the roller coaster coming down to the bottom, but you also have the times of the great heights where the grand love is shared and the insights are shared and where the souls truly open to each other. Yes, there is much of value that you are sharing with each other.
- 1993-0730-431 There is much that is coming out of this, not only for yourself but for others who are, as you would say, on the sidelines, watching. Those of your family are watching. There are times that they turn their attention to you kind of quizzically, like, "What are you doing?" Yes, and they are watching. They will not come out and say so in so many words but they are very interested in this experiment, as they see it.
- 1993-0730-432 So there is much that is coming about -- not only for the two of you in being the grand playmates, but there is much that is being shared for others. The light that you are sharing with each other is being seen by many more. Yes, there are times of grand turmoil, grand support, one for the other. Sometimes you may feel it's more on one side than the other, but there is support from both, both sides for the other. Much love that is shared and much of value.
- 1993-0730-433 So, yes, to get back to your question -- a long answer to a short question here but -- to get back to your question, yes, it is going as it should be going because the two of you are decreeing how it is going. It is not some outside referee who is saying how it should be going. It is your own unfolding.
- 1993-0730-434 **Thank you, Jeshua.**
- 1993-0730-435 I thank you for the Love that you are.
- 1993-0730-436 Are you going to be a songbird for us? Do you have a song that you could share with us tonight or is this too soon?
- 1993-0730-437 **I feel more comfortable with my guitar.**
- 1993-0730-438 Yes. I know we have my beloved brother's guitar here but I think it's a left-handed one and probably doesn't fit. Some other evening then. Will you make me that promise?
- 1993-0730-439 **Sure.**
- 1993-0730-440 I love grand music. One of the things that I loved to do when I walked the earth was to go unto what you would term now your taverns, to be there

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with the singing and with the joy and the sharing from heart to heart. There is much sharing that comes through with the singing, because when one is in the energy of singing, one forgets all of the heaviness that one brought in to the room. You know this to be a grand truth. Much raising of the vibrations with the music.

- 1993-0730-441 I have said unto your beloved Tom and to this one {Judi} to put more music in on the Sunday mornings because it does raise the vibrations. There will be more.
- 1993-0730-442 Beloved teacher, what would you ask of me tonight?
- 1993-0730-443 **What do you want me to do with all of these flowers {men in her life} in my garden?**
- 1993-0730-444 **Send them to me!**
- 1993-0730-445 There you have an answer. Just to enjoy the beauty, the colors, the fragrance. Perhaps not to pick them but just let them grow. There will be a wide variety and yes, you will be able to share them with others.
- 1993-0730-446 {Laughter.}
- 1993-0730-447 **Good.**
- 1993-0730-448 What brings you joy, beloved one?
- 1993-0730-449 **Being in your presence.**
- 1993-0730-450 And why is that?
- 1993-0730-451 **Because I'm in the awareness of my wholeness when I am with you.**
- 1993-0730-452 This is true. It is that expanded awareness of the Love that we are. This is what is being felt within this room this evening.
- 1993-0730-453 **Indeed.**
- 1993-0730-454 Most healing. Most joyous, experiencing the energies that you are. All of you have chosen to utilize the molecules of physicality of the body. That is why you are here manifesting what you are manifesting. Do it with grand joy, honoring always the Heart that you are, honoring who you are -- the Christ -- and honoring the Christ in others.
- 1993-0730-455 **It's getting easier and easier.**
- 1993-0730-456 Yes, you are beholding the Light that you are.
- 1993-0730-457 We will come and we will talk of what you have been talking about earlier, this grand community, this vision of community. Yes. There is coming now, as you have felt, a time of readiness for the vision that many of you have seen

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of a community. Many of you have held that within your hearts, and it is already manifesting. What you are seeing in this circle this evening is a community: a communion of the energy that you are, of the Love that you are and a coming together in joy.

1993-0730-458 That is truly what community is all about. It matters not whether you are physically living in the same geographical location and sharing, as you would know, the bathroom, with each other.

1993-0730-459 **Sounds like fun.**

1993-0730-460 What matters is the communion of love from heart to heart, the sharing of one's self freely.

1993-0730-461 But there will be a physical location of a community that all of you are going to be instrumental in setting up and developing, and the time is now coming when it will be appropriate to find a physical location.

1993-0730-462 It will be a healing community in the broad sense of healing because there will be much joy in it. Much healing that will be done just through who you are and the sharing of the Love that you are with others. Others will feel this as they walk upon the grounds and come within the energy field, as it were, that you are providing there. It will be charged -- and yet the charge for one staying there will be minimal.

1993-0730-463 I have instructed various members of you to go and stand upon the ground barefoot and to feel the vibrations of the ground in various places in this state of your Washington and to be very vigilant as to the energies that are there. There will be a time when this information, as it were, will be shared -- what has been researched, as it were, and the information brought back.

1993-0730-464 But I wish to share with you this evening a broad vision of what the community will be serving. It will be a place, as you all have envisioned, of great beauty, a place very much in tune with your Holy Mother, a place in nature with the green of the trees, the green of the fields, and the flowing water.

1993-0730-465 There will be much peace upon this land. Already there is much peace there, and there will be a peace that you will bring unto it. It will be a place that some of you will be called unto to live. You will physically take yourself and your belongings and move unto that place because you wish to be there. There are others of you who will stay in the location where you are now, doing the work where you are needed now. But you will travel to that community from time to time and offer your services there.

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- 1993-0730-466 Many of what you would see as the general population will come unto that community and spend some time, either a weekend or a week or a month -- whatever is appropriate -- in being upon the grounds and healing. It will be as a sanctuary for others to come. There will be this location {Federal Way} still and there will be the healing community at a distance from here. Not that far. Beloved Sports Car Driver can drive there in a few hours -- especially if he's flying low.
- 1993-0730-467 I like that expression in your language -- of flying low -- especially the flying part.
- 1993-0730-468 **What does it mean?**
- 1993-0730-469 Being free to fly with the Light that you are. You see, not being so grounded in heaviness, being able to fly. Even if one must fly low, it is still flying. In between the radar, I suppose, beloved Firewalker. But, of course, you would not know anything about that, would you?
- 1993-0730-470 **No, not me.**
- 1993-0730-471 This will be a place of great music. There will be music, healing music, the simplicity of music which will be as a remembrance for others of the tones and frequencies that they are. It will be a place of great beauty, as you have seen. There will be the flowing water and there will also be the manmade structures that will house and allow to flow freely the water in what you would perhaps term crystal pyramids.
- 1993-0730-472 Those of you who are remembering the healing properties of colors know that there will be healing with colors -- actually being within the frequency of light of different colors. There will be many methods of healing. But the grandest of all is the joy that all of you are feeling this evening and have shared with each other. The grandest of joy will be felt upon that land because of the freedom of expression. It will no longer be necessary to hold the voice at a subdued level. You will be out among nature, and if one wishes to call unto the treetops, one will call. If one wishes to whisper unto the birds, one will whisper unto the birds. Much attunement with nature.
- 1993-0730-473 What you have been feeling at a subtle level and as dreams will come in the fullness of time -- and it will not be that long. It will come to be the grand vision and expression of who you are. And you will come unto a place where there is no longer time to feel sad because the hands will be so busy at what will be work but will be joy.
- 1993-0730-474 You are a grand builder. It is time that your talents will be used.
- 1993-0730-475 **Tire houses.**

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- 1993-0730-476 This will be one of the forms, but I would say unto you not to limit. Allow the heart to dictate to the individuals who wish to be part of the community, allow them to vision and to see what they want to be surrounded by.
- 1993-0730-477 **You mean I can't control it?**
- 1993-0730-478 And where has control ever brought you?
- 1993-0730-479 **Where has it brought me or what has it brought me?**
- 1993-0730-480 Where and what?
- 1993-0730-481 **No where.**
- 1993-0730-482 It has brought you grand constriction and frustration. Yes. A rhetorical question. Yes.
- 1993-0730-483 **I feel this place.**
- 1993-0730-484 Yes.
- 1993-0730-485 **Very much so. At times it scares me to think about going there.**
- 1993-0730-486 Why is that?
- 1993-0730-487 **My ideas of how I think something should be. My fears about what I think I'm giving up.**
- 1993-0730-488 Interesting insight, beloved brother.
- 1993-0730-489 **There are more.**
- 1993-0730-490 Why would one need to give up something?
- 1993-0730-491 **Because I think that there are things that will, around the corner in the world, will somehow save me.**
- 1993-0730-492 You are a grand one who wants to keep the foot on one side of the stream and on the other side of the stream at the same time.
- 1993-0730-493 **Yes.**
- 1993-0730-494 Yes. Hopefully you will not stretch too far from bank to bank and not fall in.
- 1993-0730-495 **I've done that occasionally.**
- 1993-0730-496 Yes, you have. You will find a balance, beloved brother, where you will be able to keep the things that are important to you, so that you will not be giving up, as it were, anything that is important to you. But this is not to say that there will not be a shifting of perceptions as to what is important. But it will not be a wrenching. It will be with ease. You will make the shifts

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and you will see, as things go along, what is important and what you truly desire, so when the time comes for making a change, you will not feel that you are losing anything. You will be so happy to be going onto the added onto's that you will not even think of what is behind. Besides, with the consciousness that you have, you are taking all of value with you.

1993-0730-497 **Jeshua?**

1993-0730-498 Yes.

1993-0730-499 **About two and a half years ago in our time we talked about community. You talked about community, and a lot of energy was put into that and yet, as of now... I'm talking about the physical community, a physical location, a place, that for one reason or another it has never manifested. Hasn't manifested. And where I am at, I'm feeling like little disillusioned around community, and even though some place in my heart that's where I want to be, I've lost my energy to try and make... get involved with that.**

1993-0730-500 Yes.

1993-0730-501 **Because it didn't happen in the two and half years. People talked and talked, and nothing happened.**

1993-0730-502 Beloved brother, in the range of eons of time, as you would see it, how long is two and a half years?

1993-0730-503 **Yeah.**

1993-0730-504 You would say, it is all relative.

1993-0730-505 **It's short, but still it's two and half years of... it's pretty present because it was the last two and a half years.**

1993-0730-506 Exactly. And it is right here with you right now.

1993-0730-507 **Right in my face.**

1993-0730-508 Two and a half years ago when I asked those of you who had the vision of community to stand up and be counted...

1993-0730-509 **I remember that.**

1993-0730-510 it was to start the energy flowing. It was to, as you would see, to plant the seeds and to get it acknowledged in conscious awareness that there were others besides just one who had this vision of community, you see. That is what it brought together at that time. It was also a grand -- as you have seen -- mirror for many to look at and to see what is important for them and where they want to be. There were many who felt that it would be a

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good idea, a great concept, but did not feel a resonance within the heart. And so, for a time there were grand words spoken with the mouth and with the mind, but not with the heart.

1993-0730-511 And so what has transpired has been a process of allowing many who were called unto this idea to see what they truly felt, where they were with this vision. It has been, as always, a free choice. There is no referee saying that you have to choose to be upon the fifty yard line with it and to carry the ball. It is always a choice.

1993-0730-512 But the seeds have been planted and the process is well under way, and, as you have seen, it is a process of the heart. There need not be many who will start this, but you will be surprised: there will be more than what you have expected to see that will be as the core of this. There are others around your state who are also called unto this vision of community. Ones, brothers and sisters, that you have not yet, in physical form, met, but you will be meeting them. They are being called, as it were, unto the family picnic, the grand reunion that I have talked about, and they will be coming within your presence in a short time. It will not take another two and a half years, so take heart.

1993-0730-513 **I want to see this community before I die.**

1993-0730-514 Well, beloved Firewalker, you must hang in there, as they say.

1993-0730-515 {Laughter.}

1993-0730-516 **Okay.**

1993-0730-517 Yes, beloved Firewalker, you have had this vision and it is not a new one in this lifetime. There are many communities that you have been a part of and that you have helped found. So this is not new with this lifetime. This is also why you are feeling a bit of impatience with it -- because at a below surface level, you very much know what community feels like and how it comes together, and there is a big part of you that is jumping up and down, saying to others -- not especially ones in this room -- but saying unto others, "Get with it. Let's do it." I think perhaps I've heard you say those words. Yes.

1993-0730-518 But it has been a process, and the one that I have called the Grand Weaver has been very much at work weaving the threads of the tapestry together. But the picture, beloved one, is coming together. This is why I am addressing this topic this evening, because it has been something that has been close to your hearts for some time and you have been asking of me, "When is this going to manifest?" And you have been steadfast in holding this vision.

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- 1993-0730-519 So I have come this evening as I come so often: to be your cheerleader, to be that encouragement, and to say unto you that you are well upon the path. Do not doubt. It is in its process and is unfolding, and the time now grows short.
- 1993-0730-520 There will be much work -- which will not be work -- even after the land is found, but you will not be alone in doing this because there are others who are already feeling the tug at the heart to be involved with this, and there are others who have the golden coins, who will be wanting to assist in this venture. I know that some of you have questioned and have wondered and have said at a certain level, "I know that my Heavenly Father will provide, but I'd certainly like to see it."
- 1993-0730-521 {Laughter.}
- 1993-0730-522 **It is coming.**
- 1993-0730-523 It is coming, beloved one. There is much activity, as you would see it or perhaps not see it, behind the scenes. All is in order. And it is going to be a grand place.
- 1993-0730-524 **Is it going to be near a mall?**
- 1993-0730-525 Beloved one, if you decree it. Malls are grand places. They are almost as much fun as taverns.
- 1993-0730-526 **Almost.**
- 1993-0730-527 They are grand places for the mirrors of your brothers and sisters, and grand places, in their own way, of the expression of energy.
- 1993-0730-528 If you desire the mall, beloved brother, we will put you in charge.
- 1993-0730-529 **All right.**
- 1993-0730-530 Will this be a mini-mall or...?
- 1993-0730-531 **Maxi.**
- 1993-0730-532 Maxi. I see. I see already the vision is taking place, getting a bit more concrete, as you say -- although I would say unto you: please do not put too much concrete into it. There is already enough concrete upon your Holy Mother.
- 1993-0730-533 **I saw that at Grand Coulee. I went camping last week at the dam and that brings to mind something with my children. I'm seeing, my children and I are seeming to go on a different path and I have had a lot of letting go and tears about that.**

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- 1993-0730-534 Yes.
- 1993-0730-535 **I came to the point where I said, "This is my path," and it's sad not to have them with me.**
- 1993-0730-536 Yes, but know, beloved one, that this is a temporary place. This will not always be so. There will come a time when you will be so much at peace and so much into your oneness with the Heavenly Father that those that you see now as going away on another path will be drawn unto you. This is a temporary chapter.
- 1993-0730-537 **Yes, I was quite complaining on Saturday night and crying to my Heavenly Father, God within me, about how things were going with my family.**
- 1993-0730-538 Yes, it was heard, beloved one. But know that as there are many chapters within a book, this is just one chapter and if you could skip farther on, oh, say four or five chapters ahead, you would see that this changes. Yes. There will be much of joy in your life and those that you love will be with you.
- 1993-0730-539 **Jeshua, I've happily come here for a long time now, almost two years, to be with you and hear you speak and I've never had enough courage to ask you about someone in my life who I have allowed to create a lot of chaos, and that's my friend, John, who's been in my life for fifteen years, and if I look back over the expanse of fifteen years, I know we have had good things in our life, but it seems from this perspective that most, much more than half of it, has been very difficult things. And now, in selling my house and moving, I anticipate -- or maybe I should say, I fear -- a big emotional confrontation with him, and he is going to rage and rage at me or whatever.**
- 1993-0730-540 I see you have already written the script.
- 1993-0730-541 **I know he doesn't want me to move, and I know he is very explosive, so I've sort of been imagining what could come up, and I don't want to feel guilty about doing what my heart wants me to do. On the other hand, I really don't want to be unkind to John. So what I need to ask you is, is there something that I have left out in my long term relationship with him that would have turned things around?**
- 1993-0730-542 The kindest thing, beloved one, that you can do for this other one known as John is to be clear in your heart as to who you are and as to who he is. But to be with great clarity as to where you want to walk, and to come from that place of peace and love with great strength. This is one of the things

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that he has been asking from you for this period of time and still awaits to see: the place of great peace and strength, this place where you know who you are. This is coming.

- 1993-0730-543 **I really feel like it's coming and... but I still have this little feeling of responsibility to him, like, that makes me say I'm sort of deserving him. But really if I am very clear to him what I want to do and where I am supposed to be, he's going to... I haven't talked to him for about a month now, but there will be some sort of confrontation and he will see if I am wavering or if I am committed.**
- 1993-0730-544 It would be wise, beloved one, in your quiet times to visualize, as they say, the meeting with this one and to visualize how you would like it to go. You have already visualized the fear, the confrontation, the possibility and, in your mind, the probability of how it could go. It is now time for you to sit in quietness and to visualize quite specifically how you want it to go. Because I say unto you in great Truth: how you truly desire it to go is how it will go.
- 1993-0730-545 **That sounds great.**
- 1993-0730-546 This one has been in your life and you have been in his life for a process of mirroring, as we have just talked, certain qualities that you were manifesting and he was allowing you to work through. But you have come past that. You are in a place now that is very much different from where you were fifteen years ago. You know this to be a grand truth. You are no longer the person that you visualized and saw yourself to be fifteen years ago.
- 1993-0730-547 What he is waiting for is that place of surety that you are coming from. This is why he has been your grand teacher. He is still waiting, but, as I say, it is very close and will be transpiring within the next couple of months of your time. You are coming unto a grand awareness of your strength and this will be visible for all to see.
- 1993-0730-548 **Great. That's nice to know. Thank you.**
- 1993-0730-549 Sometimes one is so close to the forest that one cannot see the trees. This is what has been happening for you. You have had glimpses of the trees, but you are so much within the forest and so close to it that sometimes you do not even, cannot see the whole picture. There is grand strength within you, beloved one, and it is coming to the forefront.
- 1993-0730-550 **It sure is.**

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- 1993-0730-551 It will not be difficult with this one. He is only awaiting your strength. And when he sees that you have chosen and that there is no wavering because you know within your heart, and when he sees that you still care about him and that you still carry him with love in your heart, there will not be the confrontation that might have occurred. Do you see what we say?
- 1993-0730-552 **Uh huh. So, creative visualization on how I would like for it to be?**
- 1993-0730-553 Exactly. And very specific. Not something off in the clouds somewhere, but very specific as to how you will be with him, what you will say, where it will be -- even down to what you are wearing. Very specific. It would be, as they say, a dress rehearsal.
- 1993-0730-554 **Thank you very much.**
- 1993-0730-555 You are welcome.
- 1993-0730-556 **I have a question. In the last couple of months I have felt... I have been having some remembrances of specific past lives, and I feel like with the body work that I've had after my accident, that things were, like, right up to the surface and that, like, things are going to start falling apart. And I want to get through this as untraumatically as I can. I am sure there will be trauma, but....**
- 1993-0730-557 Ah, what are you decreeing? It does not need to be trauma. Again, as I have spoken unto this one, visualize. Visualize the trauma in the circle with a line through it. You know those signs with the circle and the line through it? No trauma. No trauma allowed here. Okay.
- 1993-0730-558 What you are feeling, and you have described it as all of this falling apart, is a grand releasing, but it is not going to be on a major dramatic traumatic scale. It is going to be bubbling up and released piece by piece easily for you. You have gone through your traumas.
- 1993-0730-559 **Oh, good.**
- 1993-0730-560 And they have brought you great blessings, but it is no longer needful that the releasing be done in a traumatic fashion. It can be piece by peace. And I say that word with a "pie" and a "peace." Yes, piece by peace.
- 1993-0730-561 **That was my feeling when I made arrangements with a friend in San Diego. I felt like that was going to be a major part in it.**
- 1993-0730-562 Yes, there will be much of benefit in this. You are one who is very much open to guidance, and you are hearing your guidance and you are getting more trustful of it. And that is a grand blessing. Piece by peace, beloved one.

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- 1993-0730-563 **"Pie" by "pea."**
- 1993-0730-564 Yes, and it would be well for you to visualize, as I have said unto this one, to visualize the pieces just bubbling up and being evaporated easily. You see, when the ice turns into water, there is no grand trauma involved. It is a transformation that happens. And when the water evaporates unto the clouds, again there is no grand trauma. It is with ease that it is released. Visualize this for yourself.
- 1993-0730-565 **Okay.**
- 1993-0730-566 **Jeshua?**
- 1993-0730-567 Yes.
- 1993-0730-568 **I have a couple of things. My mother had a stroke a couple of years ago, and our family has wanted to help her, but she is also married to this man,**
- 1993-0730-569 Energy up.
- 1993-0730-570 **In a legal... total control of this situation, that we know in some ways she is not taking care of herself. I would like to see her take care of herself. Was there a purpose for this stroke that she had? Is there a way that she can heal?**
- 1993-0730-571 Yes. This one, in manifesting a stroke, was calling out for help. She saw no other way to do it and so she has manifested within the physical molecules the constriction and the pain and the coming together in a hardness, you see. It puts her in a place where she is able to say -- without words -- she is able to say, "I need help." And this is what she is calling out for.
- 1993-0730-572 But at the same time, this one will not receive the help on the conscious level, on the direct level as well. What would be very beneficial here is, because of your grand intent to be of support for her, to speak unto this one from your heart mentally -- you know how to do this -- and to speak unto this one often of your love.
- 1993-0730-573 **She knows. Whenever I call, I tell her.**
- 1993-0730-574 Yes, and many times during the day when she comes to mind, hold this one in love as you would hold... as you would see her upon a soft cloud. See her enveloped in a softness that she has not felt her life to be.
- 1993-0730-575 **She's had a hard life.**
- 1993-0730-576 Yes. See her upon that pillow, as it were, of the cloud and send the very vibrations of that softness and of that love to her upon the cosmic waves.

It will be received, beloved one. This will be most healing for her. It is something that she needs to allow for herself and to decide for herself. It is not something that can be done from the outside for her, but as you send her the softness of this love, it will make it easier for her to see that there are alternatives.

- 1993-0730-577 **So it's on that level. On the physical level there is not really....**
- 1993-0730-578 No, much healing happens on the non-physical level, as you know. The healing first has to be on the non-physical level.
- 1993-0730-579 **Okay. There was a lady who came into my life whose daughter is working for me right now doing cleaning. Her house just got broken into last night and had holes in the walls. She is staying at my house tonight because she's too scared to go home. What can I do to help her?**
- 1993-0730-580 Exactly what you are doing: helping on the physical level and also helping with the peace. This one is in a trauma state right now, of what you would call shock. She needs a lot of love and a lot of security, which you will be giving unto her just by the very presence that you are and letting her know that you are there for her whenever she needs it. She will not need it for a long time, but it is important for her to know at this point that it is always available for her. You will know what to do on the physical level.
- 1993-0730-581 **Is she safe to go home?**
- 1993-0730-582 She will be, yes. Yes. But in the time that she feels safe to go. Give her some time. And thank you for doing what you are: for sharing the love which you are with her. It is a grand gift that you give unto this one, because, again, this one manifested these circumstances in order to know that there is love and support for her. I know it seems like a convoluted way to prove that to one's self, but often mankind will go unto quite the complexities to learn something which could be quite simple.
- 1993-0730-583 **She wouldn't understand that?**
- 1993-0730-584 No, at this point she would not understand that. You will not share that with her but it is for your understanding. Just share the love with her and the friendship.
- 1993-0730-585 **Jeshua, I have a clarification I'd like. I'm talking about the community itself. It is going to be a great joy, so thank you for expressing that. It's going to be a helluva lot of fun.**
- 1993-0730-586 You bet, brother.

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- 1993-0730-587 **And you touched on an issue for me that... when I said about a lot of tire houses and you said "allow each one their vision."**
- 1993-0730-588 **Yes.**
- 1993-0730-589 **And so on one level I make it a right or wrong situation. On another level it's control. On another level it's guilt or what's happened to the Mother Earth. On another level it's hurt about what's happened. So could you...?**
- 1993-0730-590 **The physical structures that you will be putting upon that land and into that land will be in harmony with Mother Earth. The terrain will lend itself unto what you have seen as the tire houses and it will also have some flat land that will lend itself unto other structures. This will be a process of allowing others to come with their visions as well, and not to be excluded. But the main thing you have already seen: the main thing is to be in harmony with Mother Earth. There are other structures besides the tire houses, as you know, that can be in harmony with Mother Earth. So what I have said unto you is not to exclude others because their ideas may be different.**
- 1993-0730-591 **Okay.**
- 1993-0730-592 **Yes.**
- 1993-0730-593 **So the hurt that I feel about what's happening on the Holy Mother Earth is okay to... I have trouble seeing wood being used or a lot of wood and the continuing, what I see, as destruction.**
- 1993-0730-594 **Yes. Here we are at a very basic question of communication and of oneness with your Mother Earth. There are certain products, as you would see, that are provided for your use if it is done with honor and respect. A tree, as you see it, does not know death. It does not look at itself and know that at age forty-five, or whatever, it plans to die. The tree lives until there is a cessation of the fluids that keep it alive. The tree itself is energy manifesting in physical form. The tree is one with you and can be communicated with, as you know. And if you have need -- and definitely, as you have stated, beloved brother, in moderation -- if you have need of what the tree has to offer, one will go unto the tree and ask it, and the tree will provide.**
- 1993-0730-595 **But as you have known and as you have seen, it must be done with the communion of oneness of all life, with respect and with honor, honoring the life that it is in a form which is seen to be different than your form, but life, nonetheless, manifesting in another form. Do you see?**

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- 1993-0730-596 **I see.**
- 1993-0730-597 Yes, done with honor and respect. But the tree will give of itself because it knows that the seeds, the pine cones, the whatever, have already provided for the ongoingness. There is much balance and great wisdom in your Mother Earth, as you know. It takes only the working with, instead of the working against without the respect and honor. When you work with, there is great harmony and great joy.
- 1993-0730-598 You do a great service for your brothers and sisters in bringing up these issues. Sometimes they are not aware. Many of mankind run willy-nilly, as it were, through the world, doing whatever, and having no thought for Mother Nature or for their fellowman. And so it is well that you bring these issues up. At the same time, allow others to come to their place of the heart, too. It will come together in great harmony.
- 1993-0730-599 **That was the hard part when they were working on my house, because I believed in not using chemicals and things, and they would want to. I'd say, "You must respect it. I want to use these things that are healthy for where I live," and they had no consciousness of it.**
- 1993-0730-600 Yes, and again you were the grand teacher for them. You were planting seeds, as it were, for them.
- 1993-0730-601 **I know.**
- 1993-0730-602 Yes. Thank you.
- 1993-0730-603 It is all about oneness. I and my Father are one. You and my Father are one. You and your Father are one. We are one and we are one with Mother Earth, which is why when one is working in communion -- which is very necessary when one wants to establish a community -- it is necessary to be in communion not only with the brothers and sisters at the heart level, as you know, but also to be in communion with the land and what is growing upon the land.
- 1993-0730-604 That is why it is a great lesson, a process of out-picturing the oneness. So it will not be that immediately you will find the land, then you will just plop the structures upon it and put up your sign and say, "we are now in business." It will be a process of being in harmony. But it will come with ease if you first go unto the heart and ask.
- 1993-0730-605 This is why we have talked so often of the heart: because there is a grand peace and a grand wisdom that is to be found within the peace of the heart. Whenever you are troubled about anything, when there is a question about anything, go unto the heart and find the peace, and then ask. And

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then, the next step -- which is so often forgotten by your fellow brothers and sisters -- the next step is to listen.

1993-0730-606 Many there are, as you know, who pray unto me and pour out their hearts, focusing upon the problems and the troubles, and then before there is a chance to have an interchange where I would share my love with them, they are off and I am left knocking upon the door. Go always unto the heart and then listen.

1993-0730-607 **I wanted to ask you... I'm not exactly sure what I want to ask. There is a healing process I am going through right now involving my teeth, and I just went to the dentist after not going for awhile. He came up with all of this stuff that needs to be done, and for the first time, I looked at it and I said that I don't have to accept his beliefs and that I can do it on my own and heal my own teeth. And part of me says, "Nonsense," that I should just go and get it done and get it over with, and at the same time I can picture my teeth and in the past few weeks I've noticed them getting whiter. I guess I just wanted some feedback that they are healing and that this is possible, that I don't... I am wondering if I need to go back or...?**

1993-0730-608 This has been a lesson unto you and a grand insight that you are now sharing with us, that you do have the wisdom within the heart to say that "I do not have to go unto another and accept everything that is told to me by another."

1993-0730-609 The body is the perfect servant of the mind, and you have seen in the last few weeks the power of your mind. It will manifest what you picture in the mind and what you know at the heart level to be true. You are progressing very nicely with this... this project, we will call it. This has come for you because it is time for the surety of the knowledge within the heart. You wish to prove this to yourself upon a physical level, a tangible level, and that is what you are doing. Go always unto the heart, into that quiet place and listen. It is not by accident that you are asking this question right at this time.

1993-0730-610 The wisdom that comes from that place of peace may direct you unto certain products that you can use, certain visualization techniques as you know them, certain experts that you might call them who can help with it. You will know. The importance in this for you is to go to the heart and to listen, and then to come from that place wherever you are directed to go. But to answer your question: yes, you are progressing nicely.

1993-0730-611 **Thank you.**

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- 1993-0730-612 It is interesting that the questions always seem to have a paragraph attached to them. It is because there are many levels of answers. The questions that you ask are, as you would see, the tip of the iceberg because there is more that you are asking to know and to understand. And so, yes, we answer your questions as you have asked them, but we would also share with you what is below the surface.
- 1993-0730-613 Much love in the feet. Much love. Great feet.
- 1993-0730-614 **Very good feet.**
- 1993-0730-615 Yes, good feet. Good for dancing. Even upon the hot coals.
- 1993-0730-616 I would like for us to take a few moments and to do what you would term perhaps a healing meditation: healing for issues that are within the body, healing for issues that would be termed within the emotions, within the heart, and also healing for Mother Earth. As you know, there is much cleansing and much balancing that is going on just now with the energies of Mother Earth-- not only in your country as it is being seen, but around the world.
- 1993-0730-617 So, for a few moments let's just get comfortable. I am always in comfort but perhaps you need to shift around a bit. And to take a deep breath and to let the eyes softly and gently close as it feels comfortable for you.
- 1993-0730-618 Take another deep breath, and as you inhale, breathe in that golden white Light that you are.
- 1993-0730-619 Take a deep breath of the golden white Light that you are and, as you exhale, see this golden Light being spread upon those who have asked for your healing, and see it being spread to the farthest corners of this, your Mother Earth.
- 1993-0730-620 Breathe with me. Breathe in the golden white Light that you are. Breathe out the Light that you are unto the world. See it reaching unto others who may be in a troubled place in their emotions, in their physical locations, and see this golden Light coming down around them as a mantle of peace.
- 1993-0730-621 Breathe in the golden Light that you are. Expand the heart and feel the Light at the heart level expanding out unto all of your brothers and sisters.
- 1993-0730-622 Visualize yourself in this ball of golden Light that you are. See it flowing down from the crown of the head, over the shoulders, over the limbs, down to the feet. See yourself enveloped in the golden Light that you are. See it energizing every cell of the body and turning on the Light, as it were, within

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every cell of your body. Feel the very pores of the skin opening and allowing this Light to expand and radiate from you.

- 1993-0730-623 Feel this Light that you are expanding, touching those within your city, within your state, across this vast country that you call your country, across the oceans unto the other countries upon planet Earth. See this golden Light as a peace descending upon all of the turmoil that may be felt upon Mother Earth.
- 1993-0730-624 Breathe in the golden Light that you are. Breathe out the healing Light that you are. Know that you are this golden Light and that your boundaries are unlimited. Know that the energy and the Light that you are extends as far as the farthest universe. Know that the peace that you are is felt upon the whole of your planet Earth whenever you take the time to focus upon the peace and the Light that you are.
- 1993-0730-625 All minds are joined and all hearts are joined. There is no separation. Breathe in the golden Light that you are and extend it unto your brothers and sisters. Extend it to your Holy Mother, Who awaits only your awareness of Her holiness.
- 1993-0730-626 Breathe in the golden Light that you are. Feel the energy that you are in every cell of your body and feel it radiating out through the very pores of the cells of your skin, beyond the body, beyond what you would see as the energy field of the body, and know that your energy intermingles with the energy of all because all is one.
- 1993-0730-627 You are the Light and the Love of our Heavenly Father. You are the peace of this Love. It is in grand joy that you feel this peace and that you extend this unto others. Know that there is grand healing in the Light that you are.
- 1993-0730-628 Breathe in the golden Light that you are. And in that space of perfect peace speak unto your brothers and sisters, though you know not their names, speak unto them who they are.
- 1993-0730-629 Breathe in the golden Light that you are.
- 1993-0730-630 And now, when it feels comfortable for you, bring your consciousness back to the chair upon which you are resting. When it is comfortable for you, let the eyes of the body open slowly. When it is comfortable for you, look with love upon those that you find within this room, sharing their golden white Light with you.
- 1993-0730-631 Can you not feel a grand peace within this room? A grand dynamic peace that is not static, because you are not static. You are dynamic and ever ongoing.

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- 1993-0730-632 And now, in closing, I am going to share with this one on my left a blessing, and she in turn will share that blessing with the one on her left, and it will be passed around the circle. A grand blessing for each of you.
- 1993-0730-633 {Jeshua hugs the one on his left, whispering into her ear}: "You are the Light of the world. Go in peace."
- 1993-0730-634 {This blessing was passed around the circle, each one hugging each other.}
- 1993-0730-635 You are the Light of the world. Go in peace.
- 1993-0730-636 So be it.