

# Kauai, Thursday

1998-02-19

- 1998-0219-001 Beloved and holy and only child of our Heavenly Father, child of the one Source, child of light divine. That is who you are. Radiant, vibrant, dynamic Christ. I am the one known as Jeshua ben Joseph -- Jesus, you have called me and it is in great joy that I come to abide with you this evening in your timing as you have chosen once again to call me forth.
- 1998-0219-002 Did you not feel the resonance of joy in the last moment or so of the vibration? Could you feel yourself uplifted in the vibration of joy, the vibration of oneness? Using the tones of the body to manifest in an outer form that which is your very nature. The vibration of true joy, the vibration of true energy, the Christ activated.
- 1998-0219-003 We have spoken in your last evenings of remembering the Christ. We have spoken at these gatherings, these Advances as you call them, are the Christos Intensives to remember the Christ that you are. To do this in remembrance of me. Not so much to do this in remembrance of me as one Jeshua, one Jesus, but to do this in remembrance of the Christ. And to walk this life, the journey of this life as the Christ that you are and to remember it in everyday, who and what you are.
- 1998-0219-004 As you will allow yourself to be in the vibration of sound, it is a great gift that you have brought forth upon this plane. As you will allow yourself to be in the vibration of sound, you can know the oneness of Christ. You can touch that place that is as the drop of water in the ocean that knows itself to be a drop of water, yes, to have an individuality and yet to be the vast ocean as well. When you join your tone with the tone of the one next to you and next to you and next to you, there is a sense of individuality, yes, for you know that you are manifesting tone, vibration, sound. You are alive in what you are manifesting. But there is also a blending to the place where the individuality is lost in oneness.
- 1998-0219-005 As you will allow yourself more and more practice of the toning, the vibration, you will feel yourself uplifted past the place of individuality to the place that knows Christ consciousness. To the place we spoke of last evening, where you go from the contemplation of what is individual to the contemplation of what is one. To the place where you no longer contemplate but you experience, You feel yourself to be one.
- 1998-0219-006 How many of you communed with a grain of sand? Yes. How many of you had a dialogue with a grain of sand? And the grain of sand spoke to you and revealed its treasures? Yes.

**1998-02-19      Oakbridge University      Channeled by Judith Coates**

- 1998-0219-007 Again, looking upon a grain of sand as individuality, individuality yet, among a multitude of other grains of sand upon the beach. And knowing your oneness as the energy in manifest form, the same as the grain of sand is Christ energy come forth into a form, coalesced into a form upon this plane. Expressing and experiencing the Christ as well.
- 1998-0219-008 Now perhaps you have never thought of a grain of sand as having experience. There is much that you have not thought of yet. Everything that is upon this plane and beyond experiences and expresses. It is all part of what you would call the Cosmic Mind, the one mind, the universal mind, the mind of the Christ and yes, a grain of sand experiences as well as expresses the Christ, the Christ energy.
- 1998-0219-009 That is why you may have a dialogue with a grain of sand and it will set you back on your heels a bit. The same as your dialogue with the blade of grass. Your dialogue with the tree, with the bird, with a sunrise, sunset. All of it is Christ manifest. All of it is experiencing. And who has put it here? You have. Yes. You have put it here to know that you are not alone. You are companion on every side, top and bottom by the Christ energy all around you.
- 1998-0219-010 We spoke the other evening that in times when you feel most alone, the small ego will speak to you that you have been abandoned and yet the very opposite is the truth. When you feel most alone it is the time to claim your "al-oneness", all-one, and to look about with new eyes the same as the newborn and to see where and what is companionship you in the oneness of the divine energy.
- 1998-0219-012 To pause, to take that deep breath and to look for the Christ. For Christ is all around you. Christ has never been lost. Your focus of attention has been turned away from it, yes, from time to time in your adventure. And you have made many adventures when you have said that the Christ must be forgotten, must be hidden away, must be searched for, must be difficult to find.
- 1998-0219-013 But now you are coming to the place where you say, "I want to know. With simplicity, I want to know who and what is the Christ?" And you begin to find the Christ all around you in the simplest of manifestations.
- 1998-0219-014 I would set for you upon your morrow, a time again, only the five minutes to be upon your beach, to be in oneness with the grains of sand and to tone a vibration with that grain of sand. To sing to the grain of sand, one tone. And then if you feel so moved, to do a myriad to tones. Up and down the scale as it would be, to sing to the heavens, to sing to the waves, to sing to the clouds, the wind and to allow all of nature to sing to you. To be open and receptive to the vibration of Christ all around you.
- 1998-0219-015 Five minutes. Now, you say, "But what if other people hear me?" Well they may. And they may want to join in. It is your gift that you give to the universe, all

**1998-02-19 Oakbridge University Channeled by Judith Coates**

that you receive from the universe. And as you stand as the joyous Christ upon the beach, there will be others who are touched by your lack of fear.

- 1998-0219-016 Know you the feeling of fear? Yes, you all do. That feeling that keeps you constricted and you think, "What if? What will they say about me?" What do you care? And let us examine that for a moment. In all practicality what do you care? You are here for a time interval, a short time interval and then you will be going back to your dwelling places, probably never seeing the ones that you are imagining are judging you.
- 1998-0219-017 In all practicality, what do you care? In truth, they will not be judging you at all. They will say there is a beautiful angel that is walking the beach feeling most happy. And they may feel a bit envious and they may even join you. They may hum. They may not do it with a full voice, but they may hum. That is how you transform your world, is by walking through each little ring of fear claiming the joy of the Christ and allowing others to know it is safe. Come on in the water is fine. It is safe to tone, one tone. Pick your tone. If it feels most heart-resonate for you, and to begin with that tone and sing to the grain of sand. Sing to the grains of sand upon the beach and sing to the waves.
- 1998-0219-018 Close your eyes and listen and you will feel an answer. An answering that you will take home in the heart when you go back to your dwelling places and your places of employment later. And answering that will see through some of the challenges of the world's activity. It will be as a gem that you store away for yourself.
- 1998-0219-019 How many of you practiced how it feels to be Christ? Yes. What would Christ do in this situation, you said to yourself. How does the cloak of the Christ feel? And you allowed yourself for a moment or so or much longer during the day to feel free, to feel happy and to make miracles, for the Christ makes miracles. The Christ expects miracles to the place where they are no longer miracles, they are just natural.
- 1998-0219-020 When you go into your great shopping malls, when you go into your stores, go as the Christ. Go radiant with the smile on the face. Greet everyone that is in that store, that shopping mall with a smile of the Christ. Greet them as an old friend whether you do with the words of the language or whether you do with the eyes. Let them know that you are happy to see them once again. Happy to find them upon this plane once again.
- 1998-0219-021 For I will share with you that there is no one you will meet who is a stranger to you. Everyone that you meet, everyone that you have interchange with, you have known before in the adventure. You have shared many adventures together and you come together in this time to renew old acquaintances, old friendships and to be in the heart with great joy. As I observed you doing earlier this evening when

**1998-02-19      Oakbridge University      Channeled by Judith Coates**

you came and you saw and greeted each other once again. A feeling of upliftment, a feeling of freedom of the heart, a feeling of healing.

- 1998-0219-022 So when you go into your places, your public places with the brothers and sisters greet them as old friends. Recognize the Christ of them. Look for the Christ. Look deep into their eyes and see the Christ-light that is there. Honor that Christ-light. Revere it, and know that as you see it in another one's eyes, it is within you as well. Otherwise you could not behold it.
- 1998-0219-023 Give unto them the gift of greeting the Christ. Speak with them. Look into their eyes. For so many in this day and time go with the eyes cast down and do not think that anyone will acknowledge them. So many want to be acknowledged and yet they "know" that everyone is going to be too busy and so they do not even look for the acknowledgement, the value that you will give to them.
- 1998-0219-024 Honor each one that you meet as the Christ, for indeed they are. And commune with them through words, but especially through the language of the eyes.
- 1998-0219-025 As you have been practicing in this week, the contemplation of what it means to be Christ, what it feels like to be Christ, what it feels like to leave the past behind, all of the entanglements of the past. You have touched from time to time that place of true Christhood, that place of peace, that place of healing, that place of holy vision.
- 1998-0219-026 It has been something that you have prayed for throughout many lifetimes. It is something that you have devoutly desired and you have sought from all of your wise ones, how to find that place of the Christ, how to find that place of love, how to find that place of peace where you know that forever and always you will be taken care of and loved and honored and valued.
- 1998-0219-027 You have sought from all of your wise ones the magic. You have asked them to teach you the magic. And they have taught you the magic that they knew. For the magic that has been passed down to them from generation to generation, hoping that it was magic. Trusting that no one would see through it and say, "But this is artificial magic." Now I ask of you, what is artificial magic? Anything that the Christ child brings forth is true.
- 1998-0219-028 But you have sought outside of yourself for the magic. And yet the Christ is the one who is walking, journeying, seeking and even coming up with all reasons why he/she cannot find the magic. It is the power of the Christ that allows you to say that it could be afar off. And it is now the power of the Christ to say, I will claim it. I know it to be me. I am the Christ which I seek. I am the magic. For everyday you work magic.
- 1998-0219-029 You worked wonderful magic to bring the bodies over to this beautiful island. Even in the worldly activities of how to get all of the arrangements made, how to get

**1998-02-19      Oakbridge University      Channeled by Judith Coates**

all of the golden coins together to do certain miracle of arrangement. You worked magic. And then you have thought in your consciousness how to take the body across vast distances of our Holy Mother, the Earth so that you could be together once again with the heart family. And you worked great magic.

- 1998-0219-030 You knew, you held in your mind, you visualized, you knew that you would be here with the rest of the family. For a long time or a short time, you visualized, you knew that it would come true. And magic, they have come true. You find yourselves together again with those you hold most dear. You are great magicians.
- 1998-0219-031 As you are practicing how it feels to be Christ, as you are practicing the contemplation of what it means to be Christ, from time to time you slip into that place most natural place where the laughter bubbles up from deep within you in such as the small furry creature. Most contagious. Have you noticed that the energy of laughter is most contagious? When one starts laughing, you don't even have to know what the reason is, but it catches you right here and you begin to do the belly laugh yourself and you think, "Well what am I laughing at? Well it doesn't matter. It just feels good." And you go on with the laughter and the laughter until the tears, the tears begin to run down the cheek and you have to have one of your handkerchiefs and you say, "Oh, I must wipe those tears away." And you laugh and you laugh and you laugh until there is a certain sense of peace that comes over you.
- 1998-0219-032 The Christ knows laughter. The Christ lives in the place of great joy. The Christ celebrates every moment and reveres everything that is happening. The Christ looks for that which is divine in every moment and celebrates the divinity of a small furry one.
- 1998-0219-033 We have spoken this week that this level, as you call levels, is most important in a certain integration of realizing the Christ presence that you are. We have been speaking in other times when we met this way, about the Christ, about the commitment to discipleship, about honoring and knowing oneness with all of the creations. And about knowing the joy and the gratitude and the beauty of all of your creations.
- 1998-0219-034 But what brings it now to a certain integration, what brings it now to a certain capping, if you will, is to know true communion with everything that is around you and within you. True communion of the Christ. And for this communion it takes a certain willingness to set aside the voice of the world and to choose for peace. To choose for quiet. To choose for silence. To choose for the inner wisdom.
- 1998-0219-035 You have all felt the voice of the world that will pull you hither and yon. You have all heard all of the opinions, advice of brothers and sisters as they will tell you, "This is good for you. This is not good for you. You must go here. You must go

1998-02-19 Oakbridge University Channeled by Judith Coates

there." And no matter what you choose there is always someone either outside of you or most definitely within you that will judge whatever you have chosen.

- 1998-0219-036 You know the voice of the world that will pull you in all directions until you feel very frayed, at loose ends. To know true communion with the Christ which you are, demands the willingness to choose peace above all. It is the discipline that we spoke of earlier in this week. The disciple. To know true communion with the Christ that you are, demands that you choose peace in every instant.
- 1998-0219-037 For the Christ is to be found in silence. The Christ is to be found in peace. And from that place then wells up the joy that is expressed. It sounds a bit like you would have a conundrum, but it is not. Choose you first for peace. Choose you first for the silence and listen.
- 1998-0219-038 And from that certain sense of peace and deep, deep wisdom will come a joy then that can be and is often expressed not so much in silence. It cannot be contained. It cannot be held back. But choose you first the peace in each moment.
- 1998-0219-039 As you go through your world there are many, many distractions. More and more in this day and time because you are decreeing that there will be an acceleration, an abundance of all things. Therefore, you will be experiencing more and more options, more and more choices, more and more of the voices. For you have decreed that you want to know the Christ and you want to know that which is like Christ and that which is not. And it is becoming clearer and clearer to you that which is not like Christ. That which does not feel like Christ. That which does not feel peaceful, joyous, healing.
- 1998-0219-040 You have not sinned in bringing about this acceleration. It is not something to heap guilt upon your shoulders and say, "Well how foolish I have been. How stupid I have been." The Christ which you are in your infinite wisdom, you have said, "I will burst the shell that has kept the inner splendor, has kept it within. I will burst it with a certain sense of pressure," and many of you have known pressure. You have felt such pressure that you have had to choose for sanities sake, you have said, "I have to choose for peace."
- 1998-0219-041 All of you have felt that in the last few months of your timing. You have come to a certain place where you have had to choose for peace in order to know some sanity, as you have called it.
- 1998-0219-042 The Christ has great wisdom as she brings all of this together into a certain pressure cooker, as it would be. As he brings it together with all of his technology to force the seed to open, to grow, to sprout and to blossom. To know the Christ.
- 1998-0219-043 So all that you have set in motion, it is by divine plan. Not because you have been stupid. Not because of any judgment that the small ego will make of it, but



**1998-02-19      Oakbridge University      Channeled by Judith Coates**

because it is part of your divine plan upon this plane. In order to come to that place of recognizing that which is Christ and that which is unlike Christ. And having a great clarity about it.

- 1998-0219-044 You have come to a place of great clarity as to what feels like Christ and what feels peaceful, and what does not feel. You have tried twisting yourself into the pretzels to please other ones, to do what you think they want you to do. To hold a certain image and as soon as you've gotten that image down rather pat, then they have changed and they have said, "Oh well, that is not the image we want. We want you to be more like such and such." And you say, "Oh, okay. I can do that." And there you go again accommodating yourself to the world.
- 1998-0219-045 But all the while the still small voice within has spoken to you and said, "This does not feel like Christ. This does not feel like my true self. Surely I am good enough as the Christ that I am. I don't have to make myself over into someone else's idea of Christ."
- 1998-0219-046 And you have begun slowly, gradually releasing all of the old self-image, all of the shoulds of society for you have found they don't work anyway. And you have left all of that old baggage behind. And where does it bring you? It brings you to a place of great freedom where you say, "I live now in this now moment as the Christ that I am."
- 1998-0219-047 And then you find that there is a whole universe that opens to you, a whole reality that you hoped might be there and you find that that reality is alive and well. It is here to serve you as the Christ. No longer do you have to twist yourself to serve a reality, a harsh reality. But you find that you can leave the old baggage behind and the new reality serves you.
- 1998-0219-048 It takes but your willingness to choose for peace. It takes but your willingness to choose for silence. To know true communion with the Christ means that you must go within first to that place of silence. That place of love. That place of nurturing, of the child that you are.
- 1998-0219-049 All of you have the small child within that has seemingly been abandoned. It has been wounded. In this lifetime and many other lifetimes. All of you know that small child within that calls out to be loved, to be nurtured, to be dialogued with and to be told that he/she is okay. That you are the most wonderful child of your Father, which you are. But you are most creative, divine, wondrous being.
- 1998-0219-050 The child within you calls out to be acknowledged, to be loved. No matter how many years you would see that you have put upon this plane in this lifetime, the small child within you still calls to you to be loved, to be nurtured, to be valued. To be recognized as the Christ child.

1998-02-19 Oakbridge University Channeled by Judith Coates

- 1998-0219-051 As you choose in your willingness to go within, to choose for peace, to choose for silence you will meet the Christ child of you and it will be an encounter most revelatory. For first of all, there will be gifts that the Christ child will give to you, the small child. Gift which you have forgotten. There will be much that will be shared with you and much that you will share with the small child as well.
- 1998-0219-052 For you in the wisdom that you now claiming, have a certain perspective that you can share with the small child. A certain healing perspective, a holy perspective. And there needs be a time of communion with the Christ child within for too long that connection has been set aside. Not severed, but set aside. And the child within needs to be acknowledged, needs to be heard, needs to be nurtured.
- 1998-0219-053 And very quickly you will find that there is nurturing that the Christ child then gives to you. It is not that you will have to spend decades nurturing the wounded Christ child. The Christ child in truth is not wounded, but there is what you would see as layering that you have put there by belief. And it will not take long for that layering to be discarded, released. And then there will be nurturing that you will feel, conscious nurturing. It will not be a disconnected companion. You will feel true companionship.
- 1998-0219-054 Choose to know the Christ child of you. And if that seems a far distant concept to speak of the Christ child, picture for yourself an object, a living object of something that you feel in love with. Perhaps a small child, a granddaughter, grandson, niece, nephew, small infant. One with whom you can be in love, total open love without judgment, but just with the heart opening. Or with a beloved pet. Picture the beloved pet as being within you as the Christ child. The love that you feel for the beloved pet.
- 1998-0219-055 Again, without judgment but just in love. Any example of a love object, a loved one. If it is hard for you to take a cold concept of the Christ child and to feel a love with that concept, then take something that you know, that you feel, that you can lose yourself in, in love. And that that within you as symbolic of the Christ child within.
- 1998-0219-056 It is important that you move from the place of concept to the place of feeling. So picture the beloved pet, how it feels to put the arms around the beloved pet. To borrow the head into the neck of that beloved pet and to feel one with that beloved pet. So much in love. To hold that beloved pet in your arms to feel the softness. To look into the eyes of the newborn grandson, grandchild and to feel such innocence and such love and to lose yourself in that space.
- 1998-0219-057 To know the love of the birds that sing. To feel yourself in love. And allow that to be taken deep within you as the Christ child within. Feel yourself so loved.
- 1998-0219-058 For too often the voice of the world calls to you and is distracted. It has been necessary in the design of things for you to know the world, for the world has



**1998-02-19 Oakbridge University Channeled by Judith Coates**

been your creation and you have wanted to know intimately. Now you have known it intimately. But now you want to know the Christ which is all powerful, the Christ which has brought forth all worlds and all adventures.

- 1998-0219-059 You want to know the true communion with all saints. Now who are all the saints? In truth, it is you. The ones you would see in your history as you count linear history, you have lived those lifetimes. You have been priests, priestess, goddess, god, the ones who were worshipped by the brothers and sisters. You have been the sages, the wise ones who have written the ancient texts, the ancient scriptures.
- 1998-0219-060 You are the ones who have been and are the ascended masters. But you say, "But ascended masters they are still ascended from where and I speak to them and I pray to them and I know they are above me somewhere. They are ascended and I am here." Okay, this is not all of you. This point of focus that you call your personality, this is not all of you. This is but a small point of focus. A small point in the awareness of the Christ expressing.
- 1998-0219-061 The ascended masters, they are you in your ascended state, in your higher state as you would see levels and acknowledge levels. They are available to you of course, because as you expand your consciousness, your awareness of who you are, you know dialogue with them and all of their wisdom is available to you. All of their love is available to you. All of their healing. Do they heal? Yes, they heal. Of course they heal. Most powerful healers, as you are. As you claim that healing.
- 1998-0219-062 So the communion of all saints, that is you when you will open your consciousness to the place where you say, "I am all. I am one with all. I am the Christ which I seek. I know communion with all saints, but I am not separate from any one. I play. I have drama. I have a reality within this adventure that says I am separate and that there are levels, and that I must strive and pray and hope." But in truth, it is the Christ that gives you the power to have that drama and that reality and to play with it for yet a small bit of time.
- 1998-0219-063 For you stand upon the brink of a most wonderful threshold. That is why we are having what is called the Christos Intensives. That is why we are doing this in remembrance of me. Because you stand upon the threshold of a most wondrous reality. A reality when you will know yourself to be playing within the adventure, and you will know that you are the one who is orchestrating the adventure all at the same time.
- 1998-0219-064 You are the playwright, the scriptwriters, you are playing the roles. You are directing and you are even sitting in the front row of seats watching it all at the same time. Applauding, critiquing. You are very good at critiquing. You are saying, "I could do that better. I'll try that one more time." And that is what you have

**1998-02-19      Oakbridge University      Channeled by Judith Coates**

done. So you have done one more lifetime. Now you are saying, "Wow! How wondrous I am. I play this role really well." And you do.

- 1998-0219-065 Choose you for peace. Choose you to know true communion. Choose you for the silence of the inner wisdom. It is not by accident that in this week, in the beginning of this week many of you participated in a silent retreat. Where you went within and found treasure that the world does not know. It is not by accident that you have one in your midst this evening who reveres silence and knows the power of silence.
- 1998-0219-066 It is not by accident that you find yourselves gathered in this evening to experience communion with all things. The communion with one another. It is not by accident at all. It is by divine design of the creative holy Child.
- 1998-0219-067 I would ask of you that for the remainder of this evening and until you come together again in this gathering in the morrow, in the morning, apart from the five minutes on the beach with the toning, that you hold your silence. That you go within to that silent place of inner wisdom. That you commune with yourself and with all of the saints to be found within you. And that if there be conversation to be had with another one, you do it with the eyes. Perhaps with the gestures if necessary, but that you keep your peace and your silence and allow yourself to know the treasure within.
- 1998-0219-068 Now it will be a bit of a challenge to the small ego. For there is much of habit of speaking, of sound, of not listening because you are so busy attending to the outer. But I would ask you, for the remainder of this evening and until you are so gathered in the morning together, that you keep in silence and you do the communion with another one through the eyes.
- 1998-0219-069 For those of you who have practiced already in this week, you know how much is conveyed through the eyes. It is not that you are going to be cut off from other ones. In truth, you will feel yourself more joined for there will not be the sound barrier, as it would be, in between.
- 1998-0219-070 And if you slip for a moment and you say something, do not let the small ego get in there and judge you. Bless yourself and keep the silence. Do you think you can do that? I know that you can do that.
- 1998-0219-071 Now for the remainder of this time that we spend together in this evening I would share with you what is called a guidance.
- 1998-0219-072 {Meditation}
- 1998-0219-073 I would ask of you to take a deep breath.
- 1998-0219-074 {silence}

**1998-02-19      Oakbridge University      Channeled by Judith Coates**

- 1998-0219-075 Take another deep breath and see yourself surrounded by golden white light, the radiant energy of the Christ. Feel yourself enveloped in the Christ light, dynamic, pulsating, radiant, golden white light.
- 1998-0219-076 Feel it activating every cell of the body, and extending out from the body as far as you can imagine. See it enveloping this whole beautiful island.
- 1998-0219-077 Feel yourself totally immersed in the Christ light.
- 1998-0219-078 And in this space of sunshine allow yourself a visualization of walking in a green meadow. A very lush tropical meadow. Feel the blades of grass under the feet, the bare feet. Feel the aliveness of energy of every blade of grass.
- 1998-0219-079 Feel yourself walking easily without effort. Gliding perhaps, toward a structure that you see on a distant hilltop. Feel it calling to you. Feel yourself approaching the structure on top of the hill.
- 1998-0219-080 Visualize and see this flora around it. The colors. The texture. The perfumes. Hear the sounds. Visualize what fauna there may be around.
- 1998-0219-081 And again, feel the energy of oneness, the vibration of the Christ in expression through the flora and the fauna, everything that is around. See all of it as radiating the golden white light. Know yourself to be one in that light.
- 1998-0219-082 Behold everything that you visualize in great sacredness. Reach out the hand and touch whatever it is that you visualize in front of you. Stroke it. Feel the texture. Feel the energy.
- 1998-0219-083 And then lift up your eyes to the structure that you have approached, the temple that is set upon the top of the hill. And see how this temple is built. What is the material out of which it has been built?
- 1998-0219-084 Look at the geometric proportions. What is the form, the shape? Feel yourself gliding again as the ball of light that you are into the temple and behold what is within the temple.
- 1998-0219-085 Are there fixtures? Is there furniture? Is there an altar? How does it feel, this temple that is your most sacred space?
- 1998-0219-086 Is it fabric. Is it rich, luxurious? Is it as thin as gossamer? What colors are there?
- 1998-0219-087 What is the floor like? How does it feel under the feet? How large is it? Is there a perfume, is there an aroma? Is there sound? Do you hear music? Are there voices? Are there others that are in this temple with you?
- 1998-0219-088 Look up above. What is the ceiling of the temple? What is the design? Is it open? Is it closed? How does it feel? What would you create in this temple that would allow you to feel at home? What would make it home for you? For you as the creative one may put whatever you wish into this temple for it is yours.

**1998-02-19      Oakbridge University      Channeled by Judith Coates**

- 1998-0219-089    And now out of one of the alcoves comes a wise one walking towards you. A wise one, radiant, smiling. Very happy to welcome you. And with hands outstretched they come and embrace you and ask you to receive it. And to speak to them of your deepest desires of the heart. To ask whatever you will, whatever the heart desires. To sit in communion with them and to allow the heart to be open. And to share with them that which you have never dared to share with anyone else.
- 1998-0219-090    And they listen and they ask, "Tell me more." And they listen and they ask, "What else? What do you truly desire?" For in this sacred temple it is a place of truth, a place where desires can be spoken and can be fulfilled.
- 1998-0219-091    And you speak of all of the journey, all of the heaviness that has been on the journey. And you speak of the lightness that you desire to know, the lightness that you want to carry with you from now on the journey. The lightness that is your true nature.
- 1998-0219-092    And they bid you rise and they take you to a certain part of the temple where there is flowing water and all of the heaviness is washed away.
- 1998-0219-093    And you stand in the flowing water feeling as the newborn, cleansed, revitalized, renewed. And you breathe of the sacred peace that is in the temple.
- 1998-0219-094    And stepping out of the water they give you the most radiant robe. Pure white robe emblazoned with your own design.
- 1998-0219-095    And with the most loving smile they tell you that this is your temple. It is your home. And anytime you wish to become renewed and revitalized you may come here and stand in the flowing water of the Christ.
- 1998-0219-096    Anytime you wish to know the peace of the Christ, this temple is your sacred space. Always with you and within you.
- 1998-0219-097    You sit for a moment by the flowing waters feeling healed, feeling holy knowing the true communion with the Christ that you are. And it seems that a great time passes and yet no time at all. And you rise up and you leave the temple and you walk back down the hill knowing that at anytime you can return to the temple for it is yours. You have made it yours.
- 1998-0219-098    And you go back into the world forever changed. For now you know the strength and the peace of the Christ. Take this peace with you into the rest of this evening, into your morrow, into the rest of your journey for it is your divine inheritance. It is your divine Self.
- 1998-0219-099    Know that you are the blessed one, loved from before time began and that you are the Christ that you would seek.

**1998-02-19      Oakbridge University      Channeled by Judith Coates**

- 1998-0219-100    Allow yourself now to take another deep breath and to come gently back to this reality. To come gently back to this room and to take another deep breath, a peaceful breath, a loving breath remembering to take the temple that is within.
- 1998-0219-101    And look around you and greet the Christ and celebrate the sacredness of the Christ which you are.
- 1998-0219-102    So be it.