

## Moving Into Interdimensional Consciousness

1998-08-14

- 1998-0814-001 Beloved and holy and only child of our Heavenly Father, child of the one Source, Child of light divine. That is who you are, contemplate it well. 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. Great joy. It is your true nature. Your divine nature to be in great joy even though there may be all of the challenges of the world about you.
- 1998-0814-002 To be in great joy and to claim that no matter what the voice of ego will say to you. No matter what the voice of judgment may give you to gnaw on. To claim the joy of your birthright to live as the Son, -- sun, son, and daughter -- of the one creator and to live the love of your Father incarnate.
- 1998-0814-003 For indeed that is who you are. That is what you are. It is the love, the light of the Father come once again unto this plane. You are an extension of the Father. We have spoken of that in previous times, that you are yes, the child of the Father. The holy Child, most creative, but you are not even separate as you would see child and parent to be. You are an extension of the Isness of the Father, a grand extension. I and the Father are one. It is true of you.
- 1998-0814-004 What you bring forth into this consciousness is but part of the totality of the Isness of you and it is a most remarkable miracle that you do, that you focus so intensely upon individuality that you can put aside momentarily the remembrance of all that you are.
- 1998-0814-005 For you have said, "I will devise a most wonderful drama, an adventure," if you will, "that I will play. A most wonderful drama. I will script it along with a collective agreement of brothers and sisters with whom, from whom I am not separate. I will script it and I will play it to the best of my ability." And your ability is quite creative.
- 1998-0814-006 And part of the drama you have written in has been a momentary forgetting, a momentary setting aside of the remembrance of the Allness which you are, and yet all around you, you put symbolism to remind you. You have brought forth in your grand technology in this day and time what you call the television set. Before that it was the wireless, the radio upon which, through which you may receive many channels, much information, many programs and now month by month, day by day you see an increase in the technology that allows you more and more channels, more and more programs to watch and you are all of these programs and more.

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- 1998-0814-007 You have about you the most wonderful reminders for you have written into your script, there will be a time of realization of oneness, a time of awakening. A time of coming Home. Not to lay down the body and come Home, not to have to wait until you have released the focus on the body and then to know oneness. But you have said in your scripting, there will be a time of awakening and that time approaches now quickly.
- 1998-0814-008 For indeed you have decreed that you are completing all that you have felt was not yet complete. You are having in everyday certain challenges, certain issues that come up to be looked upon. There is no day that goes by without its issues so that you can know completion with every issue.
- 1998-0814-009 And when we speak of issue it does not have to be something painful. It does not have to be something you have to learn or come up over. Issues can be joyous ones as well. Issues of friendship. Issues of knowing your worth. Issues of feeling good about yourself and what you are doing.
- 1998-0814-010 For indeed long enough you have scripted into your adventure the voice of ego that would say that issues had to be something most heavy and something very difficult to deal with.
- 1998-0814-012 But I say unto you this evening that you are completing issues that are joyful ones as well. Feeling good about yourself. Saying yes, that was perhaps an occurrence, an opportunity where I could have in past times felt bad about myself. But you know, this time I felt okay. I smiled at that other one and I said, I will allow you whatever your judgement, whatever your opinion is and I will love you anyway.
- 1998-0814-013 All kinds of opportunities in everyday as you will sit in your vehicle and you will go somewhere, provide for yourself many opportunities for beholding the brothers and sisters and having opportunity either to judge them or self as to driving skill and courtesy. I watch you.
- 1998-0814-014 If truth be told, I ride with you and when you feel yourself to be perhaps off somewhere, the guardian angel -- sometimes known as me -- slips in and will drive awhile for you. For indeed we are not separate.
- 1998-0814-015 This is a time, a most wondrous time, a time of completion, a time of awareness. No longer are you content to go through life just existing. No longer are the brothers and sisters content just to go through life existing, filling in every hour of the day by just what has been done in generations before. Filling in the days in order to earn enough of the golden coins to keep the body in some comfort and hoping that nobody is going to rock the boat.
- 1998-0814-016 Now you and many of the brothers and sisters are saying, "I want to know why I am here. What is it all about? Truly, I know that I have lived, experienced much

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and I want to know why, and where do I go after I finish with what I see this reality to be? What then?"

- 1998-0814-017 Even those of the brothers and sisters who are at a certain young age as they count the years, have thoughts, wonderments about what life is all about and what is after, after life? And they will ask, they will ask of the ones that they may have the answers. They may ask ones of the authority if they go to certain religious organizations they may inquire and sometimes the answers are satisfying and sometimes the answers leave more questions to be answered.
- 1998-0814-018 Many of the brothers and sisters are awakening in this day and time. There has been the sounding, the calling heard within humanity wanting to know, who am I? What is all of this about? And after all of "this" is finished, what then? Do I cease to exist as some authorities say? Do I flare up as a divine spark just for a short time and then I am extinguished? And the human self says hopefully not. If I am a divine spark hopefully it goes throughout eternity and I can't quite grasp what eternity is, but it must be a very long time. More than one lifetime.
- 1998-0814-019 You are coming to a most wondrous awakening, a most wonderful -- full of wonder -- time that you will see in the next two decades of your timing and you will not even need to wait all those years. Already the awakening is in full progress and process. That is why you find yourself surrounded by ones of like mind. That is why you seek out groups, friends who are also on the path of wanting to know.
- 1998-0814-020 This evening I will speak with you a continuation of what we have spoken previously the last time we met in this way. This evening we will speak of moving into interdimensional consciousness. Last time when we met in this way we spoke about the interdimensional you. We spoke of how there is focus, a most wonderful focus upon this reality and this individuality that you see yourself to be. A focus upon a certain dimension of reality. And we spoke about how you are also expressing and experiencing in other dimensions all at what you would see as the same slice of time. And we spoke also that you are experiencing and expressing in different dimensions that do not even know time. In a place, a reality of non-time.
- 1998-0814-021 Not just endless time, but non-time. With a concept of process, a concept of past and present and future does not exist for there is only the present Isness, only the Isness of Creator Being. And we spoke about how you as the individuated energy that you see yourself to be, has come forth out of Allness, the interdimensionality of you. That Isness that is not focused upon any dimension or any reality -- with a small "r". We spoke about how wonderful you are as an extension of all that the Father/Mother/One Source Is. And how you draw the power to experience any dimension from the place of the interdimensional you. For that is truly where you live. It is in that space between dimensions.

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- 1998-0814-022 You believe yourself to be having a dimensional experience and you are within a certain reality -- with a small "r" -- and you have scripted that there will be certain parameters to the dimension. That there will be with a collective consciousness, the agreement that there will be concept of time, there will be concept of space, there will be concepts of physicality and that there will be certain agreed upon laws that govern the physicality.
- 1998-0814-023 Now in truth, you are beyond any physicality. In truth you are the ones who are determining moment by moment if you will receive it, what the physicality means, what all of the physical "laws" mean. You are the ones in a collective mind who are agreeing moment by moment that there will be such a thing as gravity and you have your scientists who will explain why gravity works upon the bodies of energy and you agree that because of gravity there will be certain weight that will hold you upon the chair that you are sitting on.
- 1998-0814-024 You have also decreed that you will know sometimes weightlessness, that you will know non-gravity and you will decree what the rules and regulations are that govern non-gravity. Most wonderful beings.
- 1998-0814-025 This is a reality within a dimension. All of the agreed upon laws, all of the ideas that you have said that a certain reality has and you will feel yourself governed by those laws and rules to the point where you have often said that you do not have power over these laws that you are but a pawn, a victim sometimes, certainly governed by all of the laws of physicality.
- 1998-0814-026 And yet, you are the ones collectively who have decreed what the parameters are going to be. What this reality is going to be like and it is most wonderful what you do, most creative. This is a dimension of reality as we have spoken in previous times, it is based upon a collective belief in duality.
- 1998-0814-027 Everything has one side and the other side. There is good and there is non-good, there is light, there is dark. Everything you can think of it has an opposite does it not? This is a reality, a dimension that is based on the collective belief in duality and yet what you are seeking is to know your wholeness, to know your oneness. Not the duality that says I am separate, but the oneness which is truly your nature which you remember deep within you. The oneness that knows that I and the Father are one. I would not be here having this experience of duality were it not for the power of Oneness. Contemplate that for awhile. It is most wonderful.
- 1998-0814-028 And now within a reality, a dimension that is based upon a collective belief in duality you are changing the paradigm and you are saying, "I want to know my wholeness. I want to know my holiness. I want to know all of me." And then when you begin to get a glimpse of what more there might be of you the ego says, "Oh, better watch out. Oh, oh, you're losing your mind. What will people think? What will I think if I have all of my security, reality props in place?" And you have

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wondered that because you have glimpses sometimes that have taken you beyond what has been the safe and secure reality that the generations have taught you.

- 1998-0814-029 And yet there is a motivating force within you that will not allow you to be content with what the previous generations have told you. There is a motivating force that keeps pushing you to play with new ideas, to contemplate something outside of the box. To contemplate what more of me there can be.
- 1998-0814-030 And so it is a most miraculous, wondrous thing that you do as a bridge person. We have spoken of you, characterized you as a bridge person. All of you. For you know well how to be within this reality. It is not always comfortable but you know well what the rules and laws are even down to the shoulds and shouldn'ts of contemporary arbitrary society.
- 1998-0814-031 But you also are not content to stay at that place. You read, you discuss, you think, you meditate, you allow yourself to daydream. You allow yourself to go beyond for a moment or so, of what has been the usual thinking. And to go outside a bit and to see the miracles in your midst.
- 1998-0814-032 This evening as I am speaking, you have been going in and out of this dimension of reality. For as I am speaking you focus, yes, upon what I am saying, but there is also an idea that comes and you go off for a nanosecond onto a new idea for half a second there. You think about it and then you are back, or maybe for longer.
- 1998-0814-033 You go in and out even though it seems to be a continuum of focusing upon this reality. You will think about the ideas, the concepts that we are speaking of and then there is a glimpse of something else that comes in for a moment or there may be a remembrance of something you left at home, something you have to do on the morrow and it comes in and goes out. Even though you would say that you are attending to the message in a continuous fashion.
- 1998-0814-034 This evening as we are speaking of the interdimensional consciousness there is a focusing, a most wonderful focusing that you do upon a certain dimension this reality, this time, this here and now, but there is also part of you that is the beholder. Have you experienced the beholder? Have you felt yourself at times to be just somewhat removed from what was going on? Just enough to behold for a second or so or maybe longer, what was going on. And you felt yourself, you know yourself to be in conversation with someone and yet there was this part of you that stood about here at shoulder-side and was watching everything that was happening. Smiling a bit to yourself even though the individuality might be quite caught up in the conversation, discussion, argument, whatever that was going on at that time.
- 1998-0814-035 When you are in the space of the beholder you are allowing yourself to expand the consciousness into the interdimensional you. It is not the interdimensional you

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but it is a step in that process, if you want to call it. That process of knowing the interdimensional Isness.

- 1998-0814-036 When you are taken over by a sense of peace that does not make sense to the world, that is the beholder of you. That is the expanded Self of you beckoning to you to stay in that place of peace and allow all of the rest of the activity to be whatever it needs to be, but to allow yourself to abide in the peace that is your true nature.
- 1998-0814-037 So you have experienced the interdimensional consciousness and yet it has been your agreement so far that you would focus upon this reality and this dimension and your agreement has been by divine purpose, for a divine purpose. It is not a mistake. You have not failed. It is not something that you just didn't know enough. It has been to fulfill a divine purpose. To know intimately this dimension and this reality and to know completion with it.
- 1998-0814-038 You and the brothers and sisters, collectively, with whom you now share this dimension, this reality you agreed that you would focus most intimately upon a certain reality to the place where you would say, "I am now complete with that reality. I know how it feels to be happy. I know how it feels to be sad. I know how it feels to be on the mountaintop. I know how it feels to be in the pits. I know how it feels to love and be loved and I know how it feels to be as I perceive it, on the outside of love. And I am complete with the belief in duality."
- 1998-0814-039 So you have said by divine decree, your own decree that you would focus most intimately upon this reality, this dimension and yet all the while the still small voice has been speaking, has been saying to you in a whisper, "Remember this too shall pass. Remember you are more than what you have believed yourself to be. Remember and hope." Have you heard the still small voice of hope? Of course you have.
- 1998-0814-040 Sometimes in the most unexpected times and you have said, "How, how can I believe in hope when everything I see is showing me otherwise?" And yet there has been a very strong knowing of hope, of belief that someone I will come through all of this. And you have. Most wonderful beings.
- 1998-0814-041 So you have agreed that you will know this dimension and know it intimately. You will know all of the laws of the physicality. You will know how it feels to activate a coalescence of light energy known as body. You will know how it feels to activate various forms of body. Not only the human body, but all forms of life and you will come through a sense of separation that says, "I am here and all other forms of life are somewhere else." You will come through it to a grand place of knowing your oneness with all of life and all of its forms.



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- 1998-0814-042 For indeed you have been every form of life which you can imagine or think of, and it is time now that you begin to cultivate the remembrance and awareness once again of oneness with all of life.
- 1998-0814-043 There is a growing wave of teachers, of writings that speak to this very thing of oneness with all life. There is a wave that you are part of, which you are lending your energy to that says, "I am upon the water and yet the water would not be without me. I have seen myself as separate. I have seen the power of water as separate," and yet where does that power of water come from? And you have known yourself to be the power of water in a glimpse of revelation, a very quick one perhaps, but it has come, and a sense of oneness, a sense with the plants, the trees, the animals. A sense of knowing that I am not separate from any of life.
- 1998-0814-044 When you will allow yourself to expand the consciousness beyond the specific focus upon this dimension or any other dimension, you move into the Reality of you. That Reality which is the matrix of you. The matrix out of which you fashion every experience and expression.
- 1998-0814-045 In your process of awakening which is happening now, it is time and it is imperative that you practice, that you set aside some time in discipline in expanding the consciousness, in expanding the awareness beyond just the individuality you have seen yourself to be.
- 1998-0814-046 You are the ones who have agreed that you will be the bridge people, that you will be the light workers. That is a term that is in favor in this time. And indeed you are the light workers. You are the ones who are seeking the light. You are also the ones who know yourselves to be of the light, and you are also the ones who are remembering now that you have agreed to be the light even in the darkness of forgetfulness that is yet upon this plane, this reality.
- 1998-0814-047 In your agreement you have said that there will be a time when you will expand the consciousness beyond the individuality. That time is now. That is why you feel such a driving motivation within yourself to read, to study, to discuss, to contemplate, to seek, to want to know more. It is because you have said, "In the process of awakening there will come a time when I will know that I am much more than the body, much more than the personality I have seen myself to be, much more than the personality I keep working on to make better, much more than the individuality that I know is most wonderful and yet I can't quite always be happy with it.
- 1998-0814-048 "There will come a time and this is now, when I will begin to expand my consciousness to know the interdimensionality, the Reality of me. I will come to know and touch that space, the matrix, the Isness of me, the extension of the Father."

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- 1998-0814-049 We spoke in the last time when we met this way, then indeed when you come to the full realization that the matrix of you, the interdimensionality of you that is not focused upon a dimension or a reality, when you come to that realization that I and the Father are one, I am an extension of the Father, you come to realize that the matrix out of which you function and fashion everything that you experience is of the Isness of the Father. You become transformed. No longer can you look at all of the happenings in your world, in your life, in the same way.
- 1998-0814-050 For indeed you begin to look upon all of the activities of the world, in your world, all of your experiences through the eyes of the Father and that transforms everything you see. It transforms everything you experience. It transforms your image of you.
- 1998-0814-051 For indeed when you come from the matrix of the reality of you there is no longer any need for fear. Does the Father fear? There is nothing to fear that the Father would fear. And when you come from that matrix of knowing that I and the Father are one, there is nothing left to fear.
- 1998-0814-052 There is a great sense of joy that we spoke of earlier in this evening, the divine birthright and you begin to claim your joy. There is a great sense of power, of unlimitedness. Not power as the world understands it that is passing and temporal, but true power of being. There is a sense of having come Home. Having come to that place, that realization that I am so loved of my Father that never have I left Him, never has He left me. In truth I cannot for I am the Father. I, in the interdimensionality of me, I know my oneness with the Father. I am the Christ.
- 1998-0814-053 I speak that as one Jeshua, and I speak that as you for you are the Christ. You are of the matrix of the Father. The ocean, if you will, the ocean of beingness. That is how wonderful, how powerful, how great you are. And what is so wonderful, we have spoken many times, is how you can take all of that power and bring it into a most specific point of focus that would judge self and find self to be powerless. And yet you are all power otherwise you could not know powerlessness. Most interesting.
- 1998-0814-054 In the time that is now you have decreed that you will expand the consciousness to know the totality, the Reality of you and that it will not blow all of the circuits of you. That it will not blow all of the circuits. This has been a warning, a fear that the ego has spoken to you in times past. That if I want to know all of me I am going to lose my grip on reality and I am going to blow all of the circuits and I will be lost.
- 1998-0814-055 In truth you will never be lost. You cannot be. You can have the experience and the perception of being lost. You can have the experience and perception of having blown all of the circuits and have lost your grip on reality. Well that's okay if you lose your very tight grip on the constricted reality. But what happens



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in truth when you agree that you will expand your consciousness is that you begin to come Home. You begin to know unlimited peace, unlimited Isness, yes, but not a frenetic overload of Isness. A divine abiding peace. A divine abiding harmony. A divine abiding love. That is the matrix of you out of which you fashion all of the realities with a small "r".

- 1998-0814-056 Now, how do you begin to expand the consciousness into the interdimensionality of you? Already we have spoken of that moment or so of the beholder. That is a step in expanding the consciousness in allowing the very strict boundaries of individuality to be loosened, let down.
- 1998-0814-057 If you desire, and you will desire, to know expanded consciousness first of all, what do you do?
- 1998-0814-058 <MI>Breathe<d>
- 1998-0814-059 Thank you. Thank you. I knew you knew it. You breathe. You allow the expansion of the body, mind and soul that comes with a single deep breath. If ever you are in a constricted place of worry, breathe. Remind yourself, discipline yourself, do it. Make yourself the bumper sticker that says, "Breathe." Remind yourself and it takes a bit of discipline because you have to choose. Because now you know that when you breathe you are going to have opportunity for peace. And you do not always want to choose for peace. Let's be honest here. Sometimes you want to abide in the drama for awhile. You want to abide in that place, "I am right and they are wrong," or whatever and so you don't breathe for awhile. And the body will reinforce for you that it is an awful place to be and you're right to feel awful.
- 1998-0814-060 But when you choose to breathe then you have opportunity to know a moment of peace, a moment of expansion. Breathe. Take a deep breath. Drink deeply of a deep breath and feel the peace of you that rushes in and then breathe again.
- 1998-0814-061 Even though there may be many cares and concerns, decisions that have to be made, allow them to be put aside for the moment of a breath and breathe again. Feel the expansion that happens even within the body. Feel the very cells themselves expand and speak back to you in gratitude for you are allowing them to breathe, allowing them to be at peace within themselves.
- 1998-0814-062 All of the troubles of the world will be there waiting for you whenever you choose to go back and pick them up. But if you choose to abide in the peace of the breath they have no power over you, the concerns and worries of the world. They will wait until you attend to them and if you choose not to attend to them, they will have to keep on waiting and you may breathe and breathe to the place of just being. To the place of deep, deep peace. A healing peace. If the body is giving to you a message of constriction known as disease, you can breathe it into health. Throw a little joy in as well.

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- 1998-0814-063 For indeed as you breathe and you allow yourself to abide in peace after awhile there will come an idea, a humorous idea, crazy idea. It just comes and kind of tickles the soul. It is a place where you feel a little bit of joy bubbling up and it will heal the body if you will allow yourself to stay in that space.
- 1998-0814-064 You know the power of joy. You know the power of love. You know the power of peace in healing. That is what you give in your touch when you touch one. That is what you give when you give the hug. You extend love. You extend peace. You extend acceptance. That is the message of the hug, most wonderful.
- 1998-0814-065 Allow yourself now to take another deep breath. Take another deep breath and allow the body just to feel easy upon the chair and allow the eyes just to very gently go closed, very easily. You do not have to force, just allow them to be very soft and take another deep breath and feel the peace that comes in with that breath. again and feel yourself as light. Know that the body, yes, sits upon the chair but that the light of you surrounds the body, activating the body. Feel the light all around you. Very easy, golden white light that illuminates everything and yet is not harsh. A very soft gentle light. And breathe again and in that space begin to allow the receptors of the mind to extend, to reach out, to a loved one, one you have known. One perhaps who is not activating the body any longer or one who is activating the body. But allow the mind to expand, to reach out to that one. To be in communion without words but just in love, in peace and hold that one in the mind's eye gently, easily. Be with that one in light.
- 1998-0814-066 And then speak silently to that one whatever you would say. Speak silently to that one whatever your heart would say to their heart. The innermost being of you to their innermost being and feel the oneness, feel the communion, the togetherness.
- 1998-0814-067 And now listen. What does that one say to you? Receive what that one will give you.
- 1998-0814-068 Now bless that one with your love. Bless that one for coming to your awareness and know that anytime you wish to speak with that one there are no barriers to communion, to communication.
- 1998-0814-069 And allow the mind to expand to reach out into what you would see as perhaps a distant time, to a master, a teacher, a guide perhaps. One who has been with you throughout many lifetimes. One with whom you would speak, one with whom you would converse. And even if you do not know what this one might look like allow yourself to feel the presence of this one's intelligence, this one's being.
- 1998-0814-070 Embrace this one's presence with your awareness. And speak to this one if you want to, ask of this one whatever question you would be carrying. And then listen.

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- 1998-0814-071 You may feel the answer in words, you may feel the answers come in a picture, a vision. You may feel the answer just coming in a knowing.
- 1998-0814-072 And now bless this one for the friendship, for the communication, for the love and know again that anytime you would speak with this one they are there at your invitation. Anytime. Anyplace for indeed there is no separation. again a deep breath of spirit and allow the mind to expand. Throw it open and invite whoever would speak with you to be in your presence and in your awareness. Welcome them. Ask of them who they are. Why they have come. What message there would be for you. again and feel the expansion of the mind and heart in that place of oneness. Know that your mind expands far beyond this point of reality. Breathe and feel the deep, deep peace of the one Mind. The one Mind that is unlimited that knows no time or space.
- 1998-0814-073 Bless the one who has come to you and know that anytime you may pick up the strand of this communication again.
- 1998-0814-074 And now taking a deep breath allow yourself to feel the energy of you coming back to this point of focus. Be aware of the mind of you. Be aware of the body that you activate. Be aware of the room around you. Be aware of the peace which is you.
- 1998-0814-075 When it is comfortable for you open the eyes and know that you have touched that place of interdimensionality, that place that goes beyond the reality of this dimension.
- 1998-0814-076 When you allow yourself communication with ones whom you do not see with the physical eyes, you move beyond what has been seen to be the reality of this dimension. You expand the mind. You expand the possibility, the probability and the reality that you accept as the collective agreement. In other words you are transforming things even in this evening. For you have moved beyond the specific dimension, the specific focus upon a certain reality and you begin to know communication beyond this dimension.
- 1998-0814-077 What we have touched upon briefly you may expand. I suggest, I very strongly suggest that you expand it in your times of quiet. That you set aside time in everyday to be at peace, to breathe, to be at peace, to expand the mind, to speak with masters. Perhaps one master who with whom you have acquaintance, a familiarity and to nurture that friendship. That you be in communication with loved one whether they have released the body or are activating a body in this reality. It does not matter but that you be in communication with them beyond what you see as the body and the tones of the voice and that you set aside some time in everyday to be willing, to be of assistance to whom ever will come into your consciousness as you sit in that expanded state. That you put yourself as a beacon of light as it were, to help, to assist, to aid, to guide any consciousness,

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any being who may come seeking you in that place of light. Setting aside all sense of small self.

- 1998-0814-078 Now the time that we spent in this evening doing this it was not a long time. But it was a very deep time. You need not sit for what you would see as hours. Sit for ten minutes of your timing. You can find ten minutes. And if it feels good to you and you want to do twenty minutes that is okay, too.
- 1998-0814-079 But allow yourself to touch at least once a day that place of the matrix of you, the interdimensionality, the reality of you. That place of peace. That place of expanded mind that goes beyond even mind.\
- 1998-0814-080 Now in this evening we have taken the first step. In other evenings we will take it beyond even what has been understood to be concept of being, concept of energy. For in this evening we still spoke of concept of being that you would contact or receive contact of energy, of being beyond yourself.
- 1998-0814-081 In subsequent evenings we will speak of going beyond even concept of being into that place of Isness where there are no words, no concepts, only love. And we will come to understand that it is love and yet not love as the world defines it. But that will be a subsequent time.
- 1998-0814-082 Allow yourself, I suggest very strongly, ten minutes in everyday to expand the mind into the peace of you. Somewhat like you would see, Beloved Elder will explain to you, with the microphone that reaches out to find the sound. If there is sound the microphone focuses on that sound. If there is silence the microphone reaches out. It must find sound somewhere.
- 1998-0814-083 Allow yourself to be as that microphone that reaches out with the expanded mind and says, "I will expand my consciousness to know more of the energy of me. I will welcome communication with loved ones, communication with a master teacher, guide, an angel. I will even volunteer to be the expanded consciousness that will welcome another consciousness that is seeking the light. I will be of service in this way."
- 1998-0814-084 Allow yourself to know the great peace and the healing that is yours for the claiming. Allow yourself to know the peace of being, just of being for ten minutes and longer. For I guarantee that when you try it for ten minutes it is going to feel like, well perhaps more. More would be good, and you will expand the time. You will even take your most wonderful communicative tool off of its hook, the telephone and you will abide in silence, in the peace of that silence, in the nurturance of that silence for a long time because it feels good.
- 1998-0814-085 Know that you will find me in that place. Do not be surprised for I inhabit that space all of the time because it feels good. It is Home and I stand ready, willing, able to welcome you Home in that space whenever you will choose to turn the

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focus of your attention wide open and to feel the joy and the peace of your being.

1998-0814-086    So be it.