

San Diego Tuesday

1999-02-23

- 1999-0223-001 Beloved and holy and only child of our Heavenly Father, Child of the one Source, Child of light divine. That is who you are. Most wonderful being. 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. Hi. Yes, we are going to be, already we are on a high this evening. It is a very good expression that you have in your world in this time. Hi! Simplicity of a greeting with much symbolism in it, much of a catalyst for remembrance, to come up higher into the joy of the Christ, to celebrate true friendship, equals as you greet another in Christ.
- 1999-0223-002 Every time you speak to one remember the Christ. Look deep within their eyes even if it be only for an instant, and recognize the Christ that is activating the body, that is living that life expression, the Christ. And by that I do not mean just one Jeshua. I mean the Christ incarnate in this day and time as you.
- 1999-0223-003 Well now, on last evening you were given an assignment to spend some hours in silence. How did you do with that?
- 1999-0223-004 Great.
- 1999-0223-005 Very good. Was it difficult? No. Did you find that there was a bit of chatter in the mind? Some, but not too much. For indeed as you will put a bit of restriction upon the verbalization then you become aware of the mental chatter that is going on. Most of the time you are very busy, very quickly thinking of something you are going to say and immediately it comes out and you do not hear all of the mind talk that you do with yourself.
- 1999-0223-006 But in a time of silence when you are not speaking there is opportunity to come to the place of awareness of the mind talk, the mind chatter and the feelings that go with all of that mind talk. Many times when you are so busy trying to verbalize you put into the background of awareness what the feelings are. Now the feelings we have spoken many times, the emotions are energy in motion. They are what motivate what you then are verbalizing. But many times there is not the conscious recognition of what has motivated what you are saying or want to be saying.
- 1999-0223-007 So in a time of silence you have opportunity to listen to the self -- with the small "s" -- and also to listen to the Self -- with the capital "S" -- to come into true communion, that place of common union, the awareness of One. And as you do that you will find that there is a pathway, a roadway, if you will, an avenue where you will go through several stages of awareness. One being the discipline

of communicating one with another in different creative ways. The smile. The eye contact. The gestures. Even the writing of pencil and paper when the gestures have somewhat been confusing and you resort to writing to get your message across.

- 1999-0223-008 And then you go on that avenue a bit further to the place where you are aware of how much you would say to another one if you were allowing the verbalization and you find that there is a certain holding back of what you would really like to say to another one which allows a certain valuation at one minute past your noon time and all of this energy comes pouring out, tumbling out so that you may speak to another one what has been in your heart all morning. And you find there is an accentuation, a heightened awareness of what you truly want to say to another one. Not just to fill the void of time, not just to fill in with the chatter but truly to say to them what you realize you have been wanting to say to them for some time. In other words, you get much more honest.
- 1999-0223-009 It is true with the self for as you will listen to the mind chatter you become aware of how you speak to yourself, how you value or do not value yourself. How the separated ego gives you many messages of judgment. I watched you in this day and sometimes there were times when you wanted to communicate and you couldn't quite figure out how to do it and you felt a bit like the small kindergarten person first starting out in school and wondering, "What is all of this about? How do I communicate? How do I get across what I am feeling in a new way?" And the separated ego had much of opportunity to say to you, "Well now, if you had been a bit brighter you would have quickly thought of a way to do the certain sign language to let them know, or a certain gesture. You would have become more clear about what you wanted to communicate, etc." And so there were the conversations that went on within yourself with the separated ego and with the I Am Ego, the holy Ego of you that said, "No, it is okay. The heart of me is pure. The intention has been pure. The one I would communicate with knows that I love them and that is all that matters."
- 1999-0223-010 The discipline of silence, we spoke in last evening, had much of power. It allows much of opportunity first of all for clarity. Secondly, it allows the connection, the communion with as you have termed it, the Higher Self, the true Self, the One, the peace of the Christ and the guidance then that comes forth from that peace. Did you enjoy the exercise? Was it something you would like to try again? I see about half of the head nodding. A bit of reservation there. Well we will do it again sometime.
- 1999-0223-011 Not tonight.
- 1999-0223-012 No not on this evening we will not do that. However I will set for you a certain exercise for the morrow which will be a fun one. It goes along with the same idea we were speaking of, of the power of silence for I would say to you that in your

morning time and also from the time that again you leave this meeting I would say to you, to try a certain exercise of discipline for there was a certain flexibility in the instructions that I gave you last evening that if you had to speak to speak from the heart and to keep it simple. To know what you wanted to say and to express it simply and from the heart.

1999-0223-013 Now in the exercise that I would set for you from the time you leave this room in this evening until your noon time on the morrow that if you are the responder you answer simply yes or no. If you are the one who is asking the question or having certain information that you are imparting, do that again as simply as possible but it does not restrict you to a yes or no. But if you find yourself in the position of responder let your words be yes or no. Aye or Nay.

1999-0223-014 Now you will find that the one imparting the information or asking the question will become quite creative in how they ask the questions in order to find out exactly what they are trying to find out for you are going to be in the simplicity of yes or no. It will be fun to do. It will bring again clarity to what you want to ask and what you want to know.

1999-0223-015 Now, in this evening we are speaking about the next level in the Christos Intensives, as you have called these gatherings. We are speaking about the level which address true service to the Christ. We have spoken in other evenings of your commitment to discipleship. How you have already made that commitment to be disciple to the Christ, the Christ of your Self -- with a capital "S" -- the Christ of you and to follow as a disciple, to follow discipline in serving and remembering and loving.

1999-0223-016 We have spoken of that which is created for from the place of the Christ you have come in a singleness of focus to this plane of reality and you have created, beautifully you have created all that you see around you and all that you experience. And we spoke of honoring that which is created, that which you have brought forth celebrating the divinity of the creative one, you who has brought all of the creations for the divine purpose of knowing your creativity, for the purpose of remembering who has created, for remembering the Christ.

1999-0223-017 And we spoke in a previous evening of wholly understanding creations, not just seeing the creations in part and judging the creations as being imperfect because you were only viewing a part of that creation, that experience, but wholly understanding that which has been created and knowing the oneness as the creator which you are, the oneness with what you are creating. Not to divorce it and to disown it and to say, "I don't have any part in whatever that experience is. It has been foisted upon me. I am just a poor victim." But to wholly understand. To accept the responsibility, yes, and to wholly understand, "I am the one who is creating this experience. There is a gifting in it. There is a divinity in

it and if I do not see it at first, to look again, to choose anew and to ask for holy understanding. Allow me, Father, to see with holy vision what is going on."

- 1999-0223-018 Then we spoke in last evening as a natural progression from knowing oneness with the creations, of coming to that place of oneness within, the communion and the avenue to the communion, the avenue of silence. The taking of the deep breath, the feeling of the peace which comes with the deep breath and allowing the power of silence to be the avenue that transports us to that place of communion, oneness, the communion, the holy communion.
- 1999-0223-019 That is what holy communion is all about. It is not to celebrate as it has been made a ritual, to celebrate my supposed death on the cross. It is not to celebrate even a time of farewell. It is to realize the oneness of the holy Child. That is what holy communion is all about, it is to come to that place of knowing constant union with All created and uncreated.
- 1999-0223-020 And then in last evening and this morning you had the experiential time of the silence so that you could feel the power of the silence and the power of simplicity in your communion and communication for indeed communication comes from the root of communion does it not? Of course.
- 1999-0223-021 Now in this evening we will speak of true service to the Christ which comes out of the previous levels, the level of the communion. For once you have touched that place of holy communion, once you have touched that place of knowing true oneness with all around you, everything created and you also extend that then to the acknowledgment and realization of oneness with even what you can conceptualize as being uncreated although that is not True -- with a capital "T" -- everything is created.
- 1999-0223-022 Once you fully recognize and realize oneness there is nothing left for you to do except to be in true service to that Christ. You can't help yourself. You are so happy. You are so unlimited. You are so free. You are spontaneous. You are wise. You are allowing. You are loving that it transforms everything in your experience. It transforms everything you see, everything that you say, everything that you behold, everything that you manifest. When you are living in the space of holy communion you know your oneness with everyone and everything. When you are living in that space of holy communion there is no space or barrier, there is no separation. You feel what the other one is feeling and you uplift it to a place of holy understanding. You meet them at the place where you relate, yes, because you have known human experience. You can relate. You meet them at that place in oneness and lift up the experience into holy understanding. You may speak to them certain words of upliftment, of comfort, of nurturing but there are times when you will not speak at all but by your presence you will uplift them.
- 1999-0223-023 We have spoken in previous evenings of the energy, the Christ energy which you are, the energy that you bring into this focus point of a lifetime of the

individuality. We have spoken of the energy which you are which activates the body. It can be measured. You know that from your technology now, it can be even photographed, the aura as it is termed. You can see those of you who are now becoming more perceptive even in physical terms you can see the light around the bodies. You can behold the energy as ones perhaps are constricting it and bringing it in around themselves, a very tight aura. Other times when they are in love, in happiness where they feel quite unthreatened, quite happy, the aura expands. Great, great energy and you can see the certain rays of energy. If you behold one who is laughing, truly lost in laughter the great belly laugh where they lose themselves in it, if you were to photograph the energy in that moment it would go out and fill the whole room and beyond. It would go through the walls of your room. Great dynamic energy.

- 1999-0223-024 So as you are meeting the brothers and sisters and you relate to what they are going through, you may speak words of upliftment or you may just be the presence of love, the presence of joy which will uplift them and give them hope.
- 1999-0223-025 If you are to speak you will know the words. They will come. You need not rehearse. They will just come easily. It is not something that you have to sit and write out a script for, for you will speak from the heart in the moment that it is necessary. Already you have experienced that. You know how that feels, to be one with another person, another brother or sister and you know what they are going through and to want to help them, to uplift them, to take away some of the fear and you have opened the mouth and from the heart the words of love have come and there has been an upliftment in that moment that sometimes has helped them release the body and to go peacefully into another room of my Father's mansion.
- 1999-0223-026 You have already experienced that and it will be happening, if you allow it, more and more in the days to come because you have said you want to be true servants of the Christ. You want to be in service. You have said, "Father, here I am. What do you want me to do?"
- 1999-0223-027 When you are in a place of willingness such as that, then you will be guided, you will be told, you will be in the right place. You are always in the right place, and the words that are necessary will come forth and if there are no words to be spoken you will stand in silence and be the presence of love as you have done in this gathering being here in this time which was a crucial time. At a very deep level you agreed that you would come and be here, be the presence of Christ and by your being here you have altered some decisions.
- 1999-0223-028 True service to the Christ means remembering first of all who you are. It means going to that place, that sacred place of the Christ within and recognizing the Christ which you are. That takes only an instant. It takes only a deep breath and the practicing which you have been doing instantly you are in that space of the

Christ. It means then coming from that holy space brining your holiness to touch whatever is going on around you. It means helping all of life, all of life forms. Brothers and sisters, yes, those who have chosen the paths that are more arduous as they will allow you to help them. It means uplifting all of life forms upon this planet, the Christ of you greeting the Christ of every life form, all of nature as you call it, all of the animal forms, all of the forms that you would even call inanimate.

- 1999-0223-029 This is vibration. This is life. You call it a chair. You would say it is just a form inanimate. It is vibration of energy coalesced into a form which you are manifesting in your awareness. It has consciousness, it has intelligence, it has life. Why? Because you are imbuing it with your consciousness. Now remember we have said you are not separate from any of your creations. So even that which you call inanimate, the table, the chair, the floor, the carpeting, the wonderful draperies, the wall paper, all of your surroundings is alive. It is vibration alive with an intelligence and a consciousness which you can be in communion with.
- 1999-0223-030 Have you ever asked of a chair how it feels as you sit upon it? Have you ever thanked it for supporting your body? The bed on which you lay the body in a restful, peaceful sleep and it will be? The bed you can be in communion with the bed and thank it for what it is doing for you. And then thank yourself for what you are manifesting and know your oneness, the holy communion.
- 1999-0223-031 True service to the Christ means seeing no separation. True service to the Christ means allowing the concepts of the mind to be opened, expanded to the place where you see all of life around you and know that you are in an ocean of light and of life forms. Know you that there are life forms in this room which you do not see with the physical eyes? This room is full of life forms which you do not behold yet with the eyes.
- 1999-0223-032 True service to the Christ means seeing no separation. True service to the Christ means abiding in welcome. Welcoming those which are now coming into your conscious awareness through many of the writings. Those that are called the extra-terrestrials, the space brothers, the ones who live in the far constellations, the ones that are in communication with you now through various channels and seers. True service to the Christ means abiding in welcome not in fear. I will say that again, true service to the Christ means abiding in welcome, non-separation. It means abiding in love not in fear.
- 1999-0223-033 You have coming to your conscious mind now because you have invited it, much of information that comes from other realms such as the extra-terrestrials, the ones from other constellations, other universes, space brothers and the writings, some of them are most positive and some bring with it a message of fear.
- 1999-0223-034 The writings which are being received in this day and time come because you are inviting this information to come into your conscious awareness so that you can sit

with it and see where your belief system is abiding right now. You have certain writings that say that the space brothers are much above you in technology, much more advanced. That they are going to come in their holiness and swoop down upon this realm and gather up a chosen few and take you off to a most wonderful knowing.

- 1999-0223-035 Now in truth you are not separate from any life forms anywhere. You are not separate from any consciousness anywhere. In truth you are the Christ and it is all equal everywhere. Because you have lived for what you see as a long time in linear reckoning, in a belief that is based on duality, borne of the soil of separation, you see values higher and lower. You see either something that is good that you want to attract to yourself or something that would be harmful and you want to hold it away from yourself.
- 1999-0223-036 The writings that you have invited to come to you now are a mirror of where your consciousness, your belief system has been, has been. You are in process of evolving always changing, always coming up higher in the expanded wisdom of the Christ to the place where you know oneness, only oneness not separation but oneness.
- 1999-0223-037 So when you have the messages that speak of possible threat, possible fear praise those messages as having served you in the past. Praise those messages for being as a road map that says, "That is the town that I visited yesterday but now I have traveled a little further. I am now in a new town, a new consciousness, a new awareness.
- 1999-0223-038 Allow others who are still abiding in that town to have their truth -- with the small "t". You do not have to stand and do with them and say, "My truth is much more Christed than yours." For if you do that you are finding yourself back in that town. Allow them to have their truth. But if they pause for a moment or so and they see that you are not caught up in the fear and the drama, and if they ask of you, "Well how do you see it?" Then feel free to share with them the new perspective.
- 1999-0223-039 In truth there is nothing to fear. You have a saying in your world, "There is nothing to fear but fear itself." And that is true and you don't even need to fear fear itself, only to love it and to know it is a no thing which has served you in your adventure, in your scripting of what you wanted to create and to experience. But you are moving now into a most wondrous place where you do not have to fear anyone or anything or anyone's judgment of who you are or what you do or what you say. You are moving into accepting your Christhood. True service to the Christ means first of all, accepting your Christhood. For you cannot truly serve the Christ if you don't know what that is. Accepting it and claiming it and living in that space of love, in the simplicity of peace, in the simplicity of joy that the world does not know.

- 1999-0223-040 Now you have the world around you all the time. You have created it thus. You have the voices of the world clamoring at you although the voices are getting a little more quiet now as you are moving the self into the space of peace. But you will have all of the worldly activities going on around you, but you are listening now to a different drummer, a different beat. You are listening in truth to the heart beat, the beat of the heart and if you want to hear the divine heart beat there is again a very simple way to do that. It is to listen to your own heart beat within the body.
- 1999-0223-041 Most wondrous beings that you are, you have brought forth everything you need to remind you and to take you Home. The deep breath that we have spoken of many times, the first thing that you do as the newborn is to take the deep breath, to energize the body. Use the avenue of the physical heart beat to get you in tune with the divine heart beat. And you can let all of the chaos of the world do what it needs to do around you if you are listening to the heart beat.
- 1999-0223-042 Now it will take a bit of focus, a bit of discipline perhaps for there has been habitual choice to get embroiled in all of the drama of the world.
- 1999-0223-043 I will do a tangent here. Know you why you have enjoyed the drama of the world? Know you why you like to get pulled into all of that activity? There is a heightened sense of vibration that comes when you are very worried about something or you are very excited about something or you are very angry about something. There is a heightened vibration that you are aware of, that you bring into realization at that time.
- 1999-0223-044 Now the energy that you are bringing in, it is again the Christ creative energy and when you are in the drama of the world it becomes heightened in your awareness and you claim it. You live from that very alive space. That is why you have habitually chosen drama. It proves to you that you are alive, that you are energy. But know you, you can live in the space of heightened Christhood in peace, a very dynamic peace not a peace that has all the fizz gone out of it, but a very dynamic peace that knows it is vital. It is alive. It is life itself. That is what you are now moving into, is to know the power and the dynamic quality of the peace of Christ. The power of silence. The power of holy communion.
- 1999-0223-045 True service to the Christ means choosing in every moment to come from the space of holiness, to remember who you are, to remember the Christ. To take the deep breath. To listen to the heart beat. To go within to that space of sacred silence and then to come from that space as you are directed. Then to do in the outer yes, what you are directed to do. And if you do not have any directive then just to abide in that sacred space until there is directive.
- 1999-0223-046 For you have agreed that you will be the bridge between the holy Self, the Allness of you, the Christ of you and the world and that you will transform the world by your remembrance of the holy Self, the Christ. That is why you have

chosen once again to take the form, the physical form and to walk this plane. It is because you agreed even if you don't remember, you agreed that you would be visible Christ incarnate and that you will be the bridge and that you will bring your light into this plane and you will anchor it here for yourself in your remembrance and as a guiding light for others in their awakening.

- 1999-0223-047 True service to the Christ means choosing all that is good and beautiful and holy, positive, uplifting, peaceful, serene, loving, encouraging, supporting. All of the qualities that you can enumerate in this plane of duality, all of the positive qualities which allow you in your awareness to expand, to open the heart and to expand your light.
- 1999-0223-048 As you yet abide in the world, not of the world but in the world, choose you that which is beautiful, good and up-lifting. Yes, you will still see duality but you will know that you are living in a space of oneness. Serve the brothers and sisters. Serve the homeless. Serve the ones who need your comforting. Serve the ones who need the tutoring either in certain ways of the world, certainly in ways of remembering the peace of your soul. Serve in tangible ways, the community which you find yourself dwelling. Serve by teaching and that may be in a formal sense and more than that, always informally for always you are teaching as the example which you are.
- 1999-0223-049 Serve in your writing. Put the message out there that life is good, that there is much to believe in. Serve in bringing forth beauty in the world and encouraging others to look for the beauty and the positive vibrations of life. Speak your truth calmly, quietly but speak it. No longer do you have to hold back. You have taught yourself throughout various lifetimes that it is not safe to be different than the crowd of the brothers and sisters and you have been very good as the chameleons disguising yourself and keeping quiet at all costs. Many times paying a price of the constriction within the body. No longer do you need to keep silent.
- 1999-0223-050 True service to the Christ means bearing witness to the truth of your being. No longer disguising yourself as weak or weird or strange but coming out and saying.... yes, that is a good phrase, "Coming out of the closet." yes. Coming out of your hiding place and speaking what you know to be true, what you know has transformed your life. You don't have to take your Holy Scriptures and stand upon a soap box and thump the Holy Scriptures and shout at the brothers and sisters that they follow your way. That they need to follow your way in order to be saved.
- 1999-0223-051 But quietly and confidently speak your truth for it has transformed your life. It has brought you joy. It has brought you a knowing of love and of goodness in your life. If it has done that for you it will do that for the other brothers and sisters as well. Do not be afraid to speak your truth. Put it into writing. Send it out on your electronic technology, your communication. Write it in your journal and then

perhaps send it to the publication, the magazine you call it, the journal perhaps that then allows it to be seen and read by others to encourage them.

- 1999-0223-052 It is a time now that the butterfly is coming out of its cocoon. You may feel that you are the butterfly and that the wings are very fragile. But know you that as the butterfly emerges and begins to test the wings immediately the wings become stronger. You can trust the wings.
- 1999-0223-053 It is a time now for the truth to be spoken. To live your truth. To not keep your light under a bushel just because it makes somebody else happy. Long enough you have lived in darkness and you have experienced that by hiding your light under a bushel it has not pleased another and it has not allowed them to see their light and it certainly hasn't felt good to you. Now it is time to let your light shine, to bring out the Christ into visible manifest expression.
- 1999-0223-054 Now, in closing for this evening I would give unto you besides the exercise we spoke of earlier, the yay and nay which will be fun to do, I have assignments for you. Most wonderful assignments. Yes, but divine design you will choose one of the envelopes in the basket. Take on and pass it on. You may read it.
- 1999-0223-055 By divine design you have called to yourself your assignment. It is truly exciting. You are going to have fun with these assignments. Exactly, fantastic possibilities. What at first when you read the assignment there is going to be an initial understanding but that is not all there is to it. For as you will sit with this assignment and it will be in place for you now until the next time this group meets in an Advance. As you will sit with this assignment you will see that there are levels and levels of meaning, levels and levels of ways that this can be expressed.
- 1999-0223-056 There will be a deepening understanding that in truth your assignment is a way of service to the Christ. Have fun with them. Delve into the assignments deeply. Make them a joy for yourself and for others. These assignments are not intended to be heavy assignments. You may perceive them that way but hopefully even if you have perceived it as a bit serious and heavy in the beginning you will soon meditate upon it and see that there are other ways of perceiving.
- 1999-0223-057 The assignments are not intended to be heavy responsibility. Have fun with them. Find yourself in joy. Find yourself in creative joy with how you fulfill the assignment and then you will that there will be an evolution in your understanding and in the way it can be fulfilled and expressed.
- 1999-0223-058 For the Christ of you is most creative. The Christ of you desires to be in expression, to play, to have joy, to be joy in manifest experience. That is why you are here. Not to suffer, not to atone in a way that pays back for some sin, but to atone in a way where you know already your oneness of holy communion.

1999-02-23

Oakbridge University

Channeled by Judith Coates

1999-0223-059 Blessed art thou each and every one of you. Go forth now in peace. Go forth in joy. Go forth in love. Spread the good word that Christ is here now. Lives and reigns now in this reality. Now and forevermore.

1999-0223-060 So be it.