

The Secret of a Happy Life

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Beloved and holy and only child of our Heavenly Father, Child of the one Source, Child of Light divine. That is who you are. Take it deeply within the consciousness and contemplate what that means. 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 of reunion. Great joy of love. Great joy of light in your time of light. Have you not been enjoying this day? Yes. Most wonderful creator that you are. You have brought forth this day with the sole purpose en-joy-ment. To be in joy with your creation. Most wonderful.

And truly that is what I would speak with you about in this evening, creation, yes. In the beginning of this year of your timing we spoke that this is the year of conscious co-creation and we spoke about what it meant to be co-creator. It is a time that is widely used in your day and time, the circles that you run around in. Be co-creators. Co-creators with God and we spoke that in truth there is but one, one holy Creator and you as you see yourself to be an extension of the Father, you are a creator and you do co-create with what you see to be yet, levels of your Self. You would say higher Self, divine Self, God the Father, God the Mother. And yet we reminded you that the co-creation is in truth a misnomer and we invited you to contemplate that there is but One, only holy Child, an extension of the Father of All that Is, come unto this point of reality as your consciousness. Come into this point of reality to experience and to express all that which you are.

This is the year of conscious creation. It is a year not that I have labeled such, but the year that you have decreed that will be an awakening time. A time of realization that you create everything you experience, everything. Yes. And separated ego loves to get in there and to judge and to say, "Well a day such as this, yes, I will claim that I created a day such as this. Most wonderful. But all those conflicts, the co-workers, all of those problems with the body, health challenges you call them, I create those?" Separated ego says, "Oh, but if I create those how mistaken I am, misled I am. I must not know enough to create." But that is separated ego that serves you well as it brings for you very clearly right in front of you what your belief is about yourself and about what is happening with you. Separated ego is always very much suggesting to you judgment, value judgment.

In truth you create moment by moment all that you experience. You create moment by moment the very vehicle of the body that serves you so well. That is why we have spoke of this in previous times as well, that is why there can be the instantaneous healing. Because moment by moment you fashion the body. There is such a belief in time within this reality that you believe everything to be a process. Sometimes a speeded up process and sometimes a very long process.

The belief in process is a very deeply held belief in the collective consciousness within this reality. It is part of the rules of games that you said you would accept

within this reality — with a small “r”. And yet you are the ones, creative ones who are changing the rules. You are pushing out the boundaries of what collective consciousness has said truth to be. You have been playing with, “What would happen if I believed myself to be unlimited? What would happen if I believed myself to be in bliss? How would it feel? How would I know myself then? How would I walk this plane of reality?” Everything would be changed, in truth and is changed in the twinkling of an eye. That quickly. For it takes only the willingness to allow a perception to shift and in that instant everything is transformed.

You create moment by moment everything you experience. Be as your Father and call it good. That has been written in your holy scripture. Now separated ego will say, “There is good and there is not so good and there is good but there is better. And if I strive a bit more I can have the best.” And what happens when you reach what you have thought to be the best? There is always something more. Always something. It says to you, “Well where you are is very good perhaps but there’s something better.” And you go striving and striving.

Creative children of the One Creator, it is your nature to be creative. It is your holy nature. It is who you are in truth. You are creativity. You have to be by your divine nature, creative. You are as a stream of energy, divine energy. I will call it that because you understand energy as a concept — come forth from the Father, come forth from the Source of All.

And you have brought a most wonderful point of consciousness into this reality, into this time and you have called yourself an individual. You have taken upon yourself certain attributes, certain traits, personality traits that you claim make up who you are with the small “w”. We get into the small “r’s” and the small “w’s” here.

And why you can do such a miraculous thing is because you call forth from the All and the Who — with a capital “W” that you are — you call forth the divine energy which allows you to think yourself to be only a point of light, only an individual. And yet I say unto you within this grouping in this room as you will sit in quiet and in meditation you can know what others are feeling. You are tuned in to what others are experiencing.

When you allow the boundary of the small self to be expanded, when you sit with the eyes closed in a certain sense of expandedness what happens is your consciousness reaches out and when it does it reaches into what you yet see to be another individual consciousness. The same as this individual consciousness as you have the concept of it, reaching in to you. What you call yet “my consciousness.” Some of you say, “My consciousness is.... well perhaps a point within here. A point within here.”

Some of you have said, “Well my consciousness is perhaps this big.” Then you have gotten into a certain upliftment and you have said, “Ah, my consciousness fills this whole room. Oh, I feel so expanded.” And then from that point you have said, “My consciousness fills this whole neighborhood, as far as I can imagine. I know that it spreads out. It does, and it touches all living things within a certain radius.” It does that and more. Most wonderful creative being that you are. It is a miracle what you do in every moment to think yourself separate.

When you come to the point of releasing the body and this is not something to be feared. It in truth it is something to be anticipated with some joy. When you come to the place of releasing the body you have opportunity to move into an expanded state of understanding of Who you are —capital “W”. You have opportunity to allow the consciousness that you have thought to be you to expand into a place of knowing what is happening in that realm and what is happening in this realm and all other realms as well if you so desire.

When you come to the place of releasing the body and you have opportunity to look upon all realms you are still, if you choose, you are still involved with what is happening upon this plane if you want to be. It is not denied you. Because of the belief in separation which has been a belief in the collective consciousness for eons of time, you have felt that once there is the releasement of the body you ascend unto heaven, that you no longer have involvement in what is going on on this lower plane and that the ones who have deceased before you have ascended to the Father somewhere or perhaps to another place and you do not have the communication, a way of communicating with them and they are lost to you. That they no longer are interested in what you do. They no longer have a way of communicating with you and you with them and everything is severed. That is a belief that is based in the collective consciousness of separation but it is a non-truth belief.

When you release the body you have opportunity to know yourself to be expanded Self — capital “S” — and to play in all dimensions and realities as you choose. So those who have gone on before you have opportunity to be very much with you, present with you even as you walk through the remainder of this life experience. They have power to guide, to suggest, to have involvement in projects that have been dear to them while they were on this plane. There is not separation. I have heard it said, “I must hurry up and do whatever I am going to do in this lifetime because I don’t want to come to the point of death and not have accomplished x, y & z.”

Well, that is all very good. It gives you some motivation to get on with what you have been planning to do and that is good. But in truth many of you in this room, many of you within the sound of my voice are involved in visions and dreams, projects that will carry on long after you have chosen to release the body. And you will have opportunity, if you so desire, to continue involvement with those projects and visions and dreams.

Think you that the unseen ones have no power? That is not true. You do speak in this day and time of guides and angels, guardian angels. You do speak of energies that are around you that are very much in communion with you, unseen ones. In truth are able to focus more of the divine energy upon projects, dreams, visions because they do not have to focus upon the specific of a body.

So it is as you would see, a bit of freeing. Yes. So do not feel that there are certain things that you want to see and be involved with that you feel you cannot collapse into a certain time frame in order to see that done and that you will miss it. You will not miss it.

You will see the small one grow up, have the children. You will see the children's children if you want to. You will see the technology that will carry you even to the point that is now hinted at, the point of recognizing non-separation. You have most wonderful technology in this day and time that is proving to you that which has always been true, that instantaneously you are in communion with another being no matter how far they may be – the bodies – separate geographically. You are right there typing your message and beaming it up on the screen. "Ah, They're up there! Right there!" Of course they are right there. They are right there on your screen. They are right there in the mind, right here in the heart. Right in the consciousness that in that moment you allow to expand to take in all of this reality – with a small "r". Your technology is most wonderful what you are bringing forth creative one. Most wonderful.

So when you have released the body you will have opportunity to keep the involvement with all of the hopes and dreams and projects that you want to be involved with. It will not be denied you.

But if you do not want to and you say that it is for someone else they can take care of it, whatever, then most wonderful freedom. You don't have to be involved with it either and you can go on to whatever adventure pleases you.

This year of conscious co-creation, now we will do away with the "co" part because now you understand that that "co" part is One with all that you are. This year of conscious creation I would suggest to you that you play with accepting that which you create. Not in a place of judgment but in a place of knowing that in truth you create most divinely that which you know will serve the awakening. Your awakening as you see yourself to be an individual and the awakening of collective consciousness.

There is a wave of consciousness that is moving within this reality and it will not be denied. A wave of consciousness that desires to know all that it is. And to play with the unlimited possibilities of the holy child. You have felt this wave, you have felt the stirrings ever since you were a small one yourself. That is why you have been seeking. That is why you have been reading. That is why you have been asking the questions. That is why you have been contemplating.

There is a stirring deep within, what I will call the collective soul, to know that which it is and to come to a place of full realization.

In order to do that first of all you have to be comfortable as a beholder with all that you create. To speak to separated ego, "Okay you have done your part." For separated ego every moment comes to you and says, "Look, this is what you are believing. How do you feel about this now?" And it shows you in every moment what you believe about yourself and about the reality that you are working within.

And you will say to separated ego, "Okay, I understand. That has been my belief in the past. You have done your job. You may go off the stage for awhile and rest. I am going to be beholder. I am not going to judge and I am going to be beholder."

It is a discipline for as soon as you send separated ego to go off of the stage, zip, right back he will be with another message. Another message that says, "Are you sure?" And you say, "Yes, leave me. I am okay." Zip, right back. Over and over.

But you get to a place where you feel quite friendly with separated ego. Not in a place where you have to do battle. Not in a place where you feel separated ego is going to do you in or do you harm or take you on a detour somewhere. But you get to the place where you have just been in this conversation here of laughter, a bit of the humor and you say to separated ego, "Ha, I know you well. You have been my companion many, many, many lifetimes. More than I can count. I know you well. But now I'm going to try something new. I'm going to look upon all that I create, every little bit of it and I'm going to say, this must serve the atonement. This must serve the purpose for which I am here." And it does. Everything you create serve you in your awakening.

You cannot create that which does not serve you. Hear that well. You cannot create that which does not serve you in your awakening.

Therefore, even if you make the most horrendous stupid mistake that separated ego says was made, it isn't. Even if you said the most stupid thing to another person, even perhaps you chose wrongly, you didn't. Sit with that for awhile. It is a totally new way of looking at your life and separated ego will come running in from the wings even as you sit with it and say, "Well, maybe it wasn't a mistake." Separate ego will be there very fast and say, "What do you mean it wasn't a mistake?"

And you say, "Well I know that everything I create has to serve my awakening. Therefore, I am willing to look at it in a new light." Even as you feel the certain challenges of the body it serves your awakening does it not? You know this well. Every time the body cries out, Every time the body seems to be your master in truth it is as separated ego giving you a message that shows you where your belief has been. Important point, has been. It doesn't mean you have to carry it into the future. It shows you where your belief has been in the past. In that moment you are free to say, "Well, even if the body feels really like warmed over spaghetti I know that it serves my awakening and I am not going to beat myself up. I'm going to go with it, whatever. Go with the flow of it. I am going to be in the place of non-judgment. I am going to be in the place of healing."

Not healing as you see the instantaneous all of a sudden you are just wonderful again, energized and out there running around the track or something. Not that kind of healing. The healing that is deep within, the soul healing that says, "I am the holy Child of the Father. There is nothing wrong with me. And in truth there is nothing wrong with that which I create." That is true healing.

When you reach that place of true realization that I am the child of the Father. I am divine. I am perfect — and you are — for there is nothing wrong with me — and there isn't.

Everything else in your awareness transforms. It is a certain "click" that shifts everything and no longer does anything of the past matter. You are born anew. That is the true meaning of being born anew. It means that shift that happens just like that where you are born anew into the realization "I am the holy child." —And you are — "And everything I create serves my awakening, my realization."

Now as I have said, it takes a bit of the discipline for separated ego is very good at playing its role. After all it has practiced for eons of time. But as you will have discipline to take the deep breath and to abide in the place of the beholder claiming that everything I create serves my awakening. You will find that even the biggest problems become small ones to the place where they are not even within your consciousness.

Now as this is the year of conscious creation it behooves you to understand what it means to be conscious. A very important point. For eons of time the holy child within this reality has thought itself to be separate from its source, to be in existence, to try to preserve a certain existence and has been sleepwalking within the belief that says it is separate from All that Is.

Now it was not always so. For in the beginning even in this reality, this dimension as you call it upon our holy Mother the Earth, we knew ourselves to be the creators come forth from the One point of creation. And we knew that we created the trees, the animals, the flowers, the clouds, the mountains, the rivers, the streams. We knew that we were very much the creators of all that we beheld in front of us.

But through the enamourment with what we were creating there was a sense, a growing sense of distance from the source. And we became so enamored with the creations that we forgot that we are the ones who have created. And in that process within the belief in time many, many experiences known as lifetimes have been spent asleep, sleepwalking. There has been activity yes, there has been the activation of the bodies. Different forms of bodies. Many different forms. Forms that you now call mythological and you say, "Well that is just something in the deep recesses of the collective mind as a story. It didn't really happen." But yes, it did. Many different forms of the body. Because being the creative one you wanted to know how would it feel to be the magical unicorn? How would it feel to be all of the different animals that you now dimly remember in mythology?

Some animals that have been judged in this day and time to be an abomination, half man, half animal. "Oh, how terrible that man could be half animal." Not terrible at all. Most creative. Who, who judges it? To say that half man and half animal is lesser than you? Who judges it? Only the ones with constricted view of Reality — capital "R". So yes, many forms of body. For the sheer joy of the creativity of it. For the experience of it.

But for eons of time there has been a concern, an all consuming concern to save the creation forgetting that in truth you are the energy which has created it in the first place and there has been less and less joy known upon this plane. Less and less of the awareness of light. You have what are called in your linear time the dark ages and they were times when the darkness was more prevalent than the light. It does not mean that you did not have lifetimes that were lighter. It does not mean that you didn't remember deep within the heart of you the light of the Father.

But as the collective consciousness it was a time of focusing upon limitation, darkness, constriction, fear, superstition, feeling unempowered, feeling the victim of you didn't know what but something, anything was bigger than you so you thought.

But now you have come out of the dark ages. Again in what you see to be a process of time to a place where you are claiming more and more enlightenment. Know you how often the word "light" comes up now in conversation? How often the word enlightenment is used? It is a clue as to what is happening in the collective consciousness. There is a change that is happening.

It behooves you now to be conscious, aware of what you think, of what you feel, of what you envision, of what you hope for. It behooves you to be aware moment by moment of the thoughts that run through the mind. The mind chatter that happens all the time. To be awake.

Again, not to judge but to be aware. Again as you are in that place of growing awareness the separated ego is going to get in there and say, "Well, oh, how can you say such a thing? How can you think such a thing? You know better than that. If you are as spiritual as you say you are, why would you have such a thought?" Well why not? It doesn't mean you have to abide with it and live in that energy. It just means that it has come from a past belief, an old belief which now because of your awareness you are willing to look at again in a new light. And if you like it, you can keep it and if you don't like it you can throw it out. That is how powerful you are. There is no one, no thing, no power greater than you.

Now in some other ages that has been heresy. Even in this day and time some of your upbringing there are ones of your teachers, your authority figures that would say that is heresy. But in truth you are the child of the Father. Most divine child of the Father. Loved from before time began. You are the creator of time and there is no one and no thing that is greater than you.

Okay, what did separated ego just do? It said, "Well that sounded good but I'm not too sure." Okay, that is a beginning. It behooves you just to be conscious, to be aware of thoughts, feelings, judgments, small and large and not to judge the judgments. Just to allow them to be as a screen that runs in front of you. You see this going across the screen much the same as you would have it on your computer screen. You just have these messages going across. Some of those messages you would say, "Yes, okay. I agree with that." Some messages, "No, I don't need that. Delete!"

You can do that now.

As you will be disciplining yourself in an easy way because it is not difficult. It is not something.... you see when you bring judgment into anything that is when it gets difficult. But when you just play with something which is what I'm suggesting you do with the awareness, being conscious of your creations, as you will practice and abide with being conscious it works a certain magic to the place where you see your life transformed. You see it anew, in a new way. And the secret to a happy life is to be conscious that you are creating and then not to judge just to behold. To know that everything serves you. It cannot be otherwise. And if it serves you then how wonderful you must be. Even if you have what you see as a pile of manure in front of you it is serving you. And in that moment you see the pile of manure not as S H I T but as fertilizer. Something that helps you grow. And it is transformed.

The secret of a happy life, you know most of the brothers and sisters and most of you within this room, within the sound of my voice are seeking to know a happy life. To know, "What is my purpose here?" and to fulfill that purpose. To live in harmony with your divine nature. You are seeking that which will equate to a happy life and the secret of it is what we have just spoken of, to be conscious of what you are creating. Not to judge it. To know that it serves you in the most divine way. To be at peace with it and more than that, to be in joy with it, to celebrate it. And as you will practice being in joy with whatever you create you live a happy life. It is as simple as that.

For so long the collective consciousness has taught you that in order for a life to be worthwhile you must struggle. You must have all kinds of challenges and you must come up over those challenges. If you want the rewards of heaven you must suffer on earth and the more that you suffer greater is your reward. You have heard that passed down generation to generation.

But I say unto you, why wait? Why wait for heaven? Why not have it right here? Yes. You may struggle if you want to. The Father does not say, "Oh you can't do x, y & z." The Father allows because that is the creative energy that allows all creation. And if you want to struggle and you have, so be it. But if you are at a place and you are, of wanting to know what else can I create? I suggest to you that first of all you be conscious, you be aware of what you are creating and that you be in joy. True bliss. It is your divine nature by the way. It is who you truly are and when you get a moment of that, a piece of that for however long it will last that is a divine gift you have gifted to yourself. It is a piece of Reality – with a capital "R" – come into this reality as a wake up call to you and to all others that you will speak to to say, "Hey, you don't have to suffer. You can live the joyous life." All you have to do and separated ego will say, "Oh this is nonsense." But all you have to do is to call it a joyous life. Simple? Yes. Easy, um not so easy sometime. But simple, yes.

This is your year that you have decreed that you will come into full consciousness, a realization and an okayness that I do create everything I experience and if I create everything that I experience and it serves me, which it does, it has to be good. Therefore I am not going to fight it. And that takes a heck of a lot of the burden off of the shoulders and out of the life experience and you can go with a happy heart, a light heart.

And know you what happens when you put a light heart into a room of other hearts? It is as a yeast that expands and grows. Know you how contagious laughter is? Know you that there can be one and you have experienced this, who is laughing, giggling, carrying on like it is something that is so funny and you don't even know what is funny, but you start to laugh because it just gets you right here and you can't help but find yourself in that laughter as well. It is contagious. It is as a yeast. A lightness that happens.

So ones such as you who has experienced the joy unknown to the rest of the heavy world it is as a yeast, a leavening that lifts up all. Each and every one of you as you have moments of upliftment, moments where you say I feel really good. I don't

know why but I'm not even going to go there. I just really feel good today. You uplift all of the energies around you and since there is no separation that is unlimited. Yes.

Allow yourselves to laugh often. Have by your bedside, your table, your reading table, on your computer each day a bit of humor, stories that are funny. Start your day.... now I know it is most important as much of your teaching has it that you start your day with some prayer and meditation. That you start your day first of all thinking of the Father or me. But I suggest to you that you start your day with a joke. Something funny for that day. Share it with me. I enjoy a good joke.

Have something that is up-lifting. Not in a heavy way. There are good things that are uplifting but they are in a heavy way. Have something that is just so lighthearted, so silly that even separated ego says, "Oh my goodness. She's lost her marbles." So what. Lose those marbles, those heavy ones and replace it with light.

Have a joke by the bedside. Start the day. And as often as is appropriate throughout the day share it with someone. And if you can't remember the long stories that have finally the punch line to it, remember the one liners. There are plenty of those that are around.

You will need to do a bit of research but you will find what you need and it will be fun. You will be doing graduate work. If someone asks you if you happen to be at your place of where you keep all of the books known as the library. If you happen to be on your computer and tied into all of great mind and you are playing, finding something humorous and someone says, "What are you doing?" Say, "I'm doing graduate work. I'm doing research." It is the best graduate work you can do. And as you share it with others you allow them also to feel lighter about themselves and they begin to understand that in truth they are holy. They are wonderful. That they are here as punishment. So many of the brothers and sisters feel that either this is a place of punishment where you have to work out all of your karma, all of the mistakes that you ever made in another lifetime or even the mistakes you made in this lifetime you have to pay for them. Or there is a belief that if it isn't punishment it is at least a school where you are learning, experiencing. This is not even a school. This is in truth, this life experience if you will accept it, a playground. A place to play. To know the creativity of the holy child and to be in joy with your creations each and every one of them.

And if the beloved pet leaves you a gift on the carpet you will say, "Well, thank you so much for the generosity. How creative you were." And put a bit of humor into it as you go to the scrubbing. Or you may leave it there. Who says you have to scrub? New thought. Depends what you prefer.

The secret of a happy life it is to know that in truth you are already in harmony with that which you are. You are in harmony with the divine Self of you. All that you create you create for but one purpose. Not the purpose of punishment. Not the purpose of schooling. Not the purpose that there is yet something to learn, but the purpose of knowing true joy and celebration.

The secret of a happy life is to say, "I am the blessed one. How lucky I am." And to look upon everything you create and to call it a blessing. It is as simple as that. Ev-

everything. No exceptions. Everything. And you will go from that moment on as a transformed being. A Christed being. A being who knows who he is, in truth, and then you will know why you are here. Not to suffer. Not to endure. Remember that. A lifetime is not just to be endured. A lifetime is not measured in what you have endured. A lifetime truly is measured in the times of laughter, in times of light. Times of silliness when you found yourself to be transformed beyond the serious human. The secret of a happy life is to know that you are the blessed one and that which you create is blessed. And then there is nothing left to do except to be happy.

So be it.