

# WHAT ARE YOU DOING WITH YOUR LIFE?

2016-03-19

- 2016-0319-001 Beloved and holy and only Child of our heavenly Father, Child of the one Source, Child of Light, divine. That is who you are. Take it deeply within the consciousness and contemplate what that means. Child of Light, divine, radiant. Yes, you are; always; even in the moments that have been described as being "out there".
- 2016-0319-002 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. Most wondrous grouping in this evening. You have wondered why there are just a few of us. You are the nucleus of this group. You are ones who have been with me—and others as well—so many years ago, and you are the ones who have carried within your heart the message.
- 2016-0319-003 Even though there have been hard times when you thought that there was nothing worth living for, nothing to be celebrated, always you held deep within yourself the remembrance and the knowing that truly you are love and you are loved. There has always been a part of you, even in the hardest times, when you have known your worth.
- 2016-0319-004 Even when other ones tried to knock it out of you and tried to say you are not worthy, you knew at a very deep level, and there was great anger that came up, because they didn't seem to understand. They didn't know what you know about yourself, and they didn't see it. You wondered how they could be so blind, especially when you came as the purest of love.
- 2016-0319-005 And as you grew in stature and in wisdom, you began to see that they were blinded by their own what-they-would-call problems, their own baggage that they carried with them, to the point where they could not really truly see you. They did not see you as the loving entity that you truly are.
- 2016-0319-006 But you, at first as the small ones, you have taken the blows of the world. You have taken the judgments of others to be the truth of your being, and yet you have come to a place in your growing, the physical growing and the mental growing and the understanding of what you are, to the place where you have said, "They don't see all of me. They don't understand."
- 2016-0319-007 You knew this from the time you were small, that somewhere there was what you call in your world a disconnect; in other words, they were not seeing you truly as you are. And it has been difficult for you and for many of the brothers and sisters to shake off the judgment of the world, to shake off the image that other

ones have put upon you, and to claim for yourself, "I am worthy. I am made of really good stuff," and you are. And you have come into your own as you did that.

- 2016-0319-008 You have come into your own talents and your own abilities of what you had to share with others. You have grown very strong, because you had to, and you have grown very soft in the heart, which is a good place to be soft, and to love other ones, because you understand how it feels to be unloved, misunderstood. You know how it feels to be the outsider even in a circle of friends and family. You know how it feels to be somewhat different than the rest of the biological family.
- 2016-0319-009 So you have had to make your own way with it and to keep the treasure of your heart pure, knowing that truly you are that purity, you are that love, that truly no one can change that. No one can take it from you, and no one can change it. It is who and what you are, from the beginning, even before there was time.
- 2016-0319-010 You have known this, because you are all old masters, and you have come once again by agreement to be here at a time of a dark age. Is this a dark age? Yes, it is. You see many of the brothers and sisters being at war with each other and with themselves. They are at war with others, because they are at war with themselves.
- 2016-0319-011 So as you go through the days, remember who and what you are; not only who as you are in human terms, but who as you are as the divine being that has come to bring your Light to a dark time. This right now is a dark time, and as it is seen now, it will probably get a bit darker before it gets lighter. But you will hold onto the Light that you know, and you will share that with others.
- 2016-0319-012 There is much of prophecy right now that you are coming into a New Age. But before you come into what is truly a good prophecy, a true prophecy, before you get to seeing that, you are going to come through a dark tunnel. I would suggest to you that you keep the eye on the Light at the end of the tunnel, knowing that truly you are going to emerge into that Light, because you carry it with you, and it is going to be magnified a million-fold when you get to the end of the dark tunnel.
- 2016-0319-013 But you have seen the posturing of ones. You have seen the sorrow and the suffering of others. You have seen how there seems to be lack of understanding, lack of willingness to understand, and this is going to play out. You are going to watch it, and you may even be in a place to say to others, "This, too, shall pass. This is going to pass," because it is.
- 2016-0319-014 You have fore-ordained—you and the collective have fore-ordained that you are going to come through the dark times, the times when there does not seem to be understanding or compassion or even a willingness to look for something better. But you will come through it, and it will not be too long.

- 2016-0319-015 That is why you have many prophecies looking past this period that I describe as the tunnel. Your prophecies of a New Age, your prophecies of a new time coming, a golden time, they are true. But I want you to be prepared for coming through the tunnel part first. You can see how the ingredients are coming together for a riddance—and good riddance—of what will be a turmoil for a while. But it will not be for a long time.
- 2016-0319-016 I want you to take stock of what you have in your house. I do not mean the physical dwelling. My message is not one to say you have to store up the goods—the water, the foodstuffs, all of the necessities—I'm not saying that, but to take stock of what you have in your house, in your consciousness, in your knowing, in what you have read, in what has appealed to you as truth, what has come to you at the place where you have said, "This is what I want, this is what I believe, this is what I know can be."
- 2016-0319-017 I want you to take stock of that, and if you are of the type to journal or to write, make a list of what you know, what you believe in; bottom line, what you believe in. Because truly you wake each day and you go out and live that day based on what you believe. And I see you putting the smile upon the face. I see you bearing with whatever it has to be.
- 2016-0319-018 Sometimes the body will scream at you, or the body will say, "Well, you have to take care of me. There are certain things that have to be done with the body." But you know who and what activates the body, and you know the truth of your being, that you are not the body. You have a body, you use a body, you take care of the body, you are the spirit energy that activates the body, but you are not the body itself, and you are living a life of joy.
- 2016-0319-019 Now, ones will say, "Well, how can you say that when all around people are suffering?" I can say that because it is your nature. It is your basic nature to be in joy, to be the innocent Child, and to keep that knowing as you go through the so-called turmoil of the world. Because the next few months of your timing—perhaps twelve or sixteen—may be a bit of the upheaval, may be a bit dramatic, and there are ones who like to see drama.
- 2016-0319-020 There are ones who like to make drama. And so they will have it. But you will be steadfast. You will hold to the prophecy that there is Light at the end of the tunnel, because there is, and you will arrive there. That much you can put your golden coins on.
- 2016-0319-021 Alright. Now as we stand here in your timing, coming into what has been called Holy Week, you have the story of my life and what I did in the Holy Week, with coming to Jerusalem quite triumphant, in the world terms, and yet you have seen how quickly that turns around, how quickly things can change.

- 2016-0319-022 That is also how quickly things can change from dark to Light. It is not always the other way around. So you have seen what I did with my life. I knew, as you can know, what I agreed to do before the incarnation. I knew that I was to come, to teach, to show that we all are the spark of Light from the one Light. We all have come to be way-showers and to come back Home again as the One that we are.
- 2016-0319-023 So that was my mission, if you want to call it that. It was a mission that I understood only in part when I was smaller and when I was in the teen-age years. I knew from my studies that there had been ancient ones who had seen past the individuality of life and had remembered the Oneness of the All. And I knew that there had to be more to life than just the individual four score years and ten, or however long it could be. It does vary. I knew that there had to be much more, but I didn't know exactly how it was going to play out until we came nigh unto the last few months before Holy Week.
- 2016-0319-024 Then I had a glimpse of how it had to be. Did I ask my Father? Did I ask the one Source? Did I ask heaven, "Can it be another way?" Of course, I did, quite a few times, actually. You have one time written about in your holy writings, where in the Garden I prayed unto the Father and asked, "Can't we do this another way? Do we really have to go through this?"
- 2016-0319-025 I listened. And you have done this, as well, where you ask, and you listen, and nothing comes. No other answer. So I tried again. I said, "Well, hey, you know, this is how it looks like it's going to work out, but I'd really rather do it another way. Can't we do it another way?"
- 2016-0319-026 I listened. And there was no answer; no different answer. Did I try a third time? Yes, I did; I did, because I knew from some of the things I had been able to do, that I could just absent myself. I could make myself into the energy that I am and pass away through the trees, through the forest, anywhere. But that wasn't to be.
- 2016-0319-027 So I said, "Okay, Father, not my will, but thine. I will do it your way." Under some protest. Very little; very little protest. I knew truly that living in the world is difficult. I knew that when one identifies with the world, with physicality and the body, there can be all kinds of suffering. There can be physical suffering, of course. There can be emotional suffering. There can be the suffering that says I don't want to do this. But that passes away as you begin to see the larger picture, as you begin to see that you are infinite, that you live forever.
- 2016-0319-028 You take a body for a while, and you see how the body changes. There is a pattern that the body—in the collective consciousness—follows. There is a pattern. As you "age", there is a pattern. But at any time you can change that pattern.

And yet the important part of it is the energy of the spirit that activates the body, the knowing that I Am forever.

- 2016-0319-029 You have seen, in your knowing, different vessels for your energy; in other words, as you picture yourself in perhaps other lifetimes, you have identified that the physicality could be different. And you have. You have tried out all different forms, because you have wanted to know, "What does it feel like? What can I do as a woman? What can I do as a man? What can I do as a dinosaur? What can I do as the small lizard or the fruit fly, or the one that I really enjoy having, the gnat that lives a very short time?"
- 2016-0319-030 You have experienced everything you can imagine and more, because there are some things that are gone from memory that you have done, and there is much that you do remember that you have done, as you want to claim it. You have lived many, many lifetimes even in one lifetime, and you have seen this as you have gone through the various stages of life.
- 2016-0319-031 You have seen how your thinking has changed. When you were a small one, your world was a bit smaller. As you grew taller and you began to look to the opposite sex and you saw the most beautiful, handsome one with the dark glasses on...ah! The heart would beat, and you came truly alive in that. And again, sometimes, more than once.
- 2016-0319-032 You have seen the energy of life. You have been the energy, as you are now, of life. So I would ask you in this evening. You can see what I did with that lifetime. What are you doing with your life, this lifetime? What are you doing with this lifetime? Are you enjoying it? Good. Are you looking to every day and asking of it, "What am I going to experience in this day? Who am I going to see? Where am I going to go?"
- 2016-0319-033 Sometimes you don't know until the day seems to be over and you are putting yourself into a comfortable position to sleep. Then you look back on the day and you say, "Well, I didn't know I was going to see this person, but I had fun hanging out with that person. I had fun going," wherever you went. "I had fun reading a certain book. I had fun listening to music. I had fun solving that technical problem, and wow, did that feel good when I found the answer to that technical problem."
- 2016-0319-034 I have seen you. I have seen the frustration of my beloved friend and teacher, the one you know as Judith, the frustration with the technicalities, and calling upon certain entities to help her. And yet, when something falls into place, there is such a feeling of joy, such a feeling of, "That came together. That is so great," and you are elevated; elevated in consciousness, yes, and elevated sometimes even in the body. Ah, yes, it feels so good.

- 2016-0319-035 I would ask of you right now, off the top of your head, just to think what is most important in this life that you are doing. What do you find if you were to be at the place—and you are not—where you would be exiting this lifetime? What would be the greatest joy of this life? Where do you put your energy? Think upon it for a moment or so.
- 2016-0319-036 What is most important to you? Is it the love that you give to other ones, how you can be in association with other ones, and you will see a smile on their face because they are happy to be with you? Is it an accomplishment that you are working on, putting together? Is it just seeing someone who acknowledges Superman, and you see the smile on their face, and they come alive because they didn't expect to see Superman at WalMart, and there he is, taking care of everything.
- 2016-0319-037 Is it the smile on someone's face when you smile at this and give them a hug and you uplift them out of what they have been going around and around in their mind with, and you say to them, "It is okay." You can say, "It will be okay," and you can also say, "It is okay." And then they will give you ten reasons why it's not. And you will say, "But the eleventh reason is, you are all-powerful, and I love you."
- 2016-0319-038 And that usually brings a smile to the face. Because you do love everyone that you are in association with. They all have different talents. They all have different ways of approaching life and the problems that they see in life. They all have talents, each and every one of them. Sometimes you have to look a little bit deeper to find it, but it is there, and you can find it. And when you do, there is a feeling within you that feels joy, because each and every one of your friends brings you a gift. Sometimes it's not a gift that you want. It's like, "Keep your gift." Other times you say, "Oh, yes, I take that. I give you the hug. I accept your gift."
- 2016-0319-039 So as you go through your days in this incarnation, this lifetime, be aware of how you feel. If you're feeling snaggly about something, sit with it, breathe, breathe love into it. Say, "How can I see this differently?" If you truly want to see it differently, there are ways to work around it to find a different perspective.
- 2016-0319-040 You have techniques of the play-acting, where you can get out of yourself and act as another one to be able to see something different, to understand why, perhaps, a person is always going around complaining about something, that every time I see that person, they're complaining about something. And sometimes I walk to the other side of the street, because I don't want to have to listen to what they are complaining about.



- 2016-0319-041 Ask yourself, "Are they happy?" Of course not; otherwise, they would not be complaining about everything. You can give them a clue, and all you have to do is to be Superman, to smile. They may not accept it at first, because they haven't been in the habit of understanding a smile. But you keep on smiling, and after a while they are going to come right up in your face and they are going to say, "How can you smile when everything in the world is going wrong?" And you say to them...what would you say? (C: **That it feels good to smile**) Perfect, and you would say to them, "Try it. You might like it." And they will grumble a bit, but you know, when they walk away, you may find that they try smiling and say, "Hey, it didn't crack my face; that's okay." They try it once or twice, and perhaps they'll keep on smiling, because it does feel good.
- 2016-0319-042 You know, because we have talked about it, what your purpose is. Ask of yourself, "Why am I here? Why am I here? Not only here in this group this evening—that's a good question to start with—but also ask of yourself in the larger sense, "Why am I here?" Because all of you truly agreed that you would come and be incarnate at this time.
- 2016-0319-043 You have been told it was to usher in a New Age. You have been told that it is to bring your love and your Light and to share it with others to encourage them. Very good word—encourage; to be in the heart, en Coeur, to be in the heart, to be alive, truly alive; to be happy. That is why you are here.
- 2016-0319-044 "Ah, but that's such a small thing, Jeshua. It's very selfish, just to be happy ".It is not selfish in the small" s "sense. It is Selfish—with a capital" S—"because you are bringing the energy of Self, the divine Self, and sharing it, freely sharing it out there. You're being right out there with it .That is what people see when they run up against Superman. They see that there is a way to look at things differently .
- 2016-0319-045 Everything is not heavy. You have come to bring the Light and to make light of the things that seem heavy—for yourself and for others. So you do this by starting, first of all, with a smile. The first thing in the morning when you look in the looking glass...ah, I have seen you. I have seen the faces that you make. And you say, "Oh, the hair; it's such a mess. I have this bed head of hair. I have to get it all back into place. I have to make myself presentable."
- 2016-0319-046 And sometimes you laugh at self after a bit, because you realize, "It really doesn't matter. Ones are either going to like me, or not. It doesn't matter what the hair is going to be looking like." And it is so true. They look at you, and the first thing they see is what? (**The smile**) The smile. Very good. You are a very quick learner. Not a quick learner, but you knew it. It is a very integral part of you, that smile. (**Yes, he's a great emissary**) Yes, he is, as all of you are.

- 2016-0319-047 He works. He has asked if he should leave that employment and go somewhere else, and he got his answer: "No, not yet." Because there are still people who want to interact with you. They may not know it consciously, but yes, they enjoy your energy. They enjoy the smiles. They enjoy just the idea that there could be Superman, with all of the qualities of Superman right here in the midst. My goodness.
- 2016-0319-048 And that changes the door, the window. It opens the door and the window for them. It changes everything, because they see, "Well, you know, he's on his feet all day. He's running back and forth. He's taking care of all the complaints. He's keeping on top of all of these things. And he has a smile? What a teacher."
- 2016-0319-049 You all teach by being. You teach softly. You teach others that they don't have to be armored, and they don't have to feel that everything has to be really tight. But you can be soft about it. Your very nature speaks to them, and they know that there is a softness of acceptance within you. And they go away changed. Perhaps all of the lifetime to this point before they met you, everything has been really hard. Everyone has been saying to them in the family growing up, "You have to be a certain way. You have to be armored. The world is a very hard place to be."
- 2016-0319-050 And then you come along, and you are soft. You are the essence of softness. And, my goodness. I mean, you are going through tests, trials, things that you are experiencing, and you are soft and smiling? (P: And being demonstration) Yes, it's most wonderful. And it speaks volumes to other ones. You may not have to use a word, but by your very being, you give to them that which they need. By your very being, you give to them that which they are ready for. Some will accept it. Others may have to go around the block another time before they see it, but that's how it is. That's okay.
- 2016-0319-051 But by your very being, the essence of you, each one of you, as you have honed your personality—which you call your individuality—every one of you speaks a language; not in words; sometimes in words, but beyond words, to other ones who come in contact with you. And many times it is just by having eye to eye contact, being able to look someone in the eye and smile, and they turn away, because...Mmm, she really sees me. And they aren't quite sure how to take that. But what you will find is, they come back for more. They come back because they want to be seen, understood.
- 2016-0319-052 So by your very essence, you teach. You don't have to have the book learning, although that's okay. That is very interesting, and oftentimes you can share that with others. But what you share most of all with them is your outstanding trait,



the essence of you, the love of you, how you see them and you accept them, and how you are happy with them.

- 2016-0319-053 Maybe they have never felt that with another one, or if they did, it only lasted for a second, and then it was gone. But every time they meet you, there is a softness about you. You have an essence that is loving, and they feel that. Each one of you has a very distinct essence, a character trait that you have honed throughout this lifetime and probably other lifetimes as well, and it speaks more than the words that you say, although the words are important sometimes. But the very essence of you comes across and is healing.
- 2016-0319-054 Many of you feel that, "Well, I'm just living my life the best I know how, and I'm not really anything that will go down in history." And yet I say unto you, yes, you do change the course of history by your choices, by what you choose to do in each day. It changes history.
- 2016-0319-055 And even what we spoke of earlier in this evening, the dark time of the tunnel, you are changing that just because you say, "I want to see it differently." And so that which has been seen to be perhaps the twelve or sixteen months is getting shorter even in the time that we speak this evening, because you are seeing the power of your essence, the power of your being, the power that you have just by loving, just by saying, "I am the Light, and I bring Light to shine upon every seeming problem."
- 2016-0319-056 **(M: Be thou the rainbow to the storms of life)** Very good. Be thou the rainbow to the storms of life; exactly. Look for the beauty in everything, because it is there. Even with all of the trials and the seeming tests of life, the rainbow is there, the very essence of all of the variety. Some of you are the softness. Some of you are the spark of life, the spark that is turned on. Some of you are the smile, the intellectual part of you that you share with others, and then it all comes back to the smile.
- 2016-0319-057 All of you have your individual traits, characteristics, but the traits that you have honed. All of you have what comes naturally. You say, "Well, it just comes naturally." Of course, it does. It is something that you have lived with, and you like it. You are comfortable with it. And if you are not comfortable with it, you can change it. You can choose something different if you don't like what you are feeling, because you have built that into your model, into your role. You have built in choice.
- 2016-0319-058 Now, as an aside, in other existences, other life forms, there are ones who do not have the power of choice. They, and you—you have done this, so you know that which I speak of—have lived where there was not choice. But this human incarnation, all of the incarnations, you have said, "I am going to have choice. I

have lived the existences that were pre-programmed, and there wasn't choice, and I didn't even know what choice would be. But someone whispered in my ear and said, 'Perhaps you can change things.' I don't know where that thought came from," you say, "but I like it, and I'm going to build that into my next incarnation. I'm going to have choice."

- 2016-0319-059 And so with that thought, you see how powerful you are as manifesters? You have put it into this reality—lower case "r". You are changing your realities—lower case "r"—by choice, by freedom to be one way one day and another way another day, if it suits you. And some of you have been like that, where especially the family members have said, "I don't know where she's coming from. I don't know what he's thinking." But you have said, "I want to have choice."
- 2016-0319-060 What are you doing with your life? What is your soul purpose? How do you bring about that purpose? How do you bring about the feeling of knowing that it is worthwhile? How do you walk through a day without self-judgment? There's a good one, that you have made for yourself as a certain encumbrance, the self-judgment.
- 2016-0319-061 You have been taught by the generational teaching that you need to evaluate everything you choose. But you don't. You can just be. Others can say to you what they will say, but that's just where they are coming from, and it has no bearing, in truth, on you. It only speaks volumes as to where they are and what their value judgments are.
- 2016-0319-062 So you take stock of yourself, and if you haven't been very kind to yourself, you have the magic of choice, the magic of changing it right now in this instant. Because as you look through my eyes, and you can, you see the most beautiful flower. You see this being opening up to the radiance of her spiritual being. You breathe in all of the energy of spirit, and that which has seemed unhealed is now healed. That which has seemed to be unholy, judged to be not quite one hundred percent, now is healed to one hundred percent. And you do that for yourself.
- 2016-0319-063 You can suggest that to ones whom you meet, ones who are suffering, ones who are judging self and everyone else. You can say to them, "Stop for a moment and breathe. What if you had choice? What if, for a moment or so, you could feel one hundred percent worthy?" And then they'll give you ten thousand reasons why it can't be.
- 2016-0319-064 And then you come back and you say, "Well, I don't buy any of those, because I see you as worthy. I see you as holy. I see you as strong. I see you as the smile, the happy face that walks upon our holy Mother Earth. I see you changing

everything as you come in contact with it, because you know it can be and is whole. It can be and is everything that you have ever wanted. You can have it all, because you deserve it."

2016-0319-065 And they will say, "Oh, no, that can't be." And you say, "Well, I see it for you." And they say, "Well, she's a crazy lady. He's a crazy man. How can he see that? He doesn't really know me." But he does, and he smiles, and he says, "I like you just the way you are."

2016-0319-066 And that, beloved ones, is what you are making of your life. You are making it by choice into what you want to have it be, to be easy, to be loving, to be holy, to be healing—for everyone, for yourself—for everyone around you, and for yourself as well. Every smile that you give—take this deeply within—every smile that you give, heals. Every self-judgment that hurts, hurts, but can be forgiven; in other words, give love for. Every judgment that hurts can be loved into wholeness by a smile.

2016-0319-067 I suppose we should actually entitle this evening's message, "The Power of a Smile." Make that a subtitle. What are you doing with your life? You are using the power of a smile, of a rainbow, looking not to the clouds, but to the rainbows, to the beauty of this life, because if you will look for the beauty, you will find it. If you do not find it right away, choose again, and make it. So be it.

2016-0319-068 **Q&A EXCERPT**

2016-0319-069 The talk about twelve to sixteen months; I wondered, what is that? The mind started to go...I said, there I go again. It would be just another phase that we're going through (That's right) There won't be anything that might be shocking to many. I don't know what it's going to be, but it's just going to be another phase in this getting out of the dark.

2016-0319-070 If you will receive it, I threw that idea out there so that you could—you as a whole—how you could feel what the initial reaction is to that idea, where the mind wants to take one, where the questions come up, and then to do as you have just done, and to say, "Well, we've been here before. Okay, we came through that." That is why I threw that out there. That's why I said twelve to sixteen months, so that ones would feel that it's far enough out there that, "Oh, my goodness, what's going to happen between here where I think I am and this twelve to sixteen months, or maybe even longer." But no, I threw it out there as a choice. So for you, as you have done, to see where you are going to go with it.