

# YOU ARE NOT ALONE

2016-07-09

- 2016-0709-001 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.
- 2016-0709-002 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 once again in this evening to remember the friendship, the love that always we have shared.
- 2016-0709-003 One more time, and yet it is always a delight to behold you in this way, a delight to be in your presence in the Light that you are and to feel it deeply, as I know that you do; to be truly alive in that Light and to know that always that is Who and What you are.
- 2016-0709-004 No matter what the human mood may be, your Light is always shining, sometimes more brilliantly as you are feeling expansive, and then you come again to that place where you realize—make real in your awareness—the Light that you are, the expansiveness of that Light, and you take it and share it with everyone that you meet and other ones that you probably never in this lifetime will meet.
- 2016-0709-005 The Light is forever on-going, ever expansive, and you would see it to be shared with the ones in this room, and yet the ones who are touched by the message this evening will feel Light, because truly you are calling forth the message of this evening.
- 2016-0709-006 Now, this evening we are going to have a bit of fun, because we are going to speak of something different. Many times we have spoken of the divinity of you. Many times we have spoken of the Reality—capital "R"—of you. Many times we have spoken of some of the writings in the Scriptures, and we have brought them up to date into what you call modern understanding. But this evening we are going to proceed to something vastly different and yet within the paradigm of reality—lower case "r".
- 2016-0709-007 As we have spoken to you some time ago in your reality, we spoke of the hologram that you are making, as you have seen in some of your science fiction movies where the ones would be looking at the hologram of something happening in front of them. It would be very much alive, and yet they were observing it.
- 2016-0709-008 And truly, what you are living in this reality is a hologram of your own making. Ones quite often will ask me for a prophecy as to, "Master, when will such and such happen? Master, when will we come to that realization of all that we are?"

When am I going to win the lottery?" That's a favorite one. I do not prophesy, because the moment it is said, it can change.

- 2016-0709-009 You are always making and changing, perhaps fine-tuning your hologram, allowing other aspects to come in that you play with. And truly, the reality—lower case "r"—that you play with is very malleable; in other words, very soft, and you can play with it like the Play-Doh that the small ones play with. They will make the various objects, and then they don't like that, so okay, they mash it all together and start over; they make something new.
- 2016-0709-010 You do that with your lower case "r" reality. You remake it from time to time. If you do not like something that has happened in the past, where is that reality? Yes, it is in your mind, your memory, and who says that you can't go back and change a memory. You can.
- 2016-0709-011 Everything that you create can be changed. If you have had unhappy experiences, at least ones that you judge to be unhappy, you can go back and revisit and ask for a new way to view it, to see what the gift is in it, because every experience has a gift in it. Sometimes it doesn't feel much like a gift as you're coming through it, but as you go back and ask to see it differently, you will see that there has been a gifting in it.
- 2016-0709-012 Your reality—lower case "r"—is always shifting and changing, and you do this because you are masters at creating lower case "r" reality, moment by moment. You are creating right now what you are hearing. If you want to take that one step further, each one of you is hearing a slightly different message as your previous experience has allowed you to view what you are doing in this moment.
- 2016-0709-013 All of you have previous experiences, background experiences not only in what you term this lifetime, but what you call forth out of seemingly past lifetimes. So each one of you will be hearing tonight's message in a slightly different way, but hopefully in a way that expands your understanding of your creative power, because you are putting together the reality that you experience.
- 2016-0709-014 And as we have said many times, if you do not like the reality that you are living in, you can change it. There is no thing and nobody who is going to stop you from changing. Oftentimes you feel that the parents or the older ones of a generation have more authority over you, but in truth, the authority that they have is given by you in your belief, and you can change that. You have changed that, because as you have grown a wee bit more experienced, you have said to certain ones in your reality that, "No, I see things differently than what you are telling me," and you have molded and shaped your reality moment by moment.

- 2016-0709-015 So this evening we are going to be expanding the reality—lower case "r"—that you have accepted so far, and we're going to push out some of the boundaries of it. We are going to say that you are not alone. You say, "Well, okay, I've heard that before. I know I'm not alone. I know that there are guides, teachers, masters who walk with me. I know that I am being taken care of by unseen ones, angels," and this is true.
- 2016-0709-016 But there are other ones within this sphere of your understanding who are in your reality now as of this evening who are experiencing their own lifetimes in different ways. Ones that you have said are off-planet, are they for real? Yes, they are as real as your reality—lower case "r". They exist. They are having their experiences and they are observing you, watching to see how you answer some of the questions that may come up, watching to see the overall collective consciousness and the choices that are made.
- 2016-0709-017 Because as you are bringing forth this lower case "r" reality, you have decreed that there is now a shift that is happening. "Finally," you have said, "we're getting a bit more understanding, a bit more truth coming in, a bit more awareness of the Allness that I am. Finally we're getting to the meat of the situation, the truth of the situation."
- 2016-0709-018 So as you are doing that, you are going to be expanding your understanding of what it means to be the extension of the one Creator. You are creating this evening in a collective way. You are creating the message as we go along. The ones who share the extension of creativity are as adventuresome and as timid as you are. They are also experimenting with who and what they want to bring forth, and they are observing as you would observe some of the other living forms in your reality.
- 2016-0709-019 You have as small ones probably watched the anthills, and you have watched how the ants are very busy. You have watched the beehives, you have watched the bees and how they are very busy. They are part of a collective hive. So you have observed in your own way the extension of life, creativity, in a seemingly different form than what you are expressing with right now.
- 2016-0709-020 Well, the ones you have called the space brothers and sisters sometimes are checking in and observing how the collective consciousness here is working, how the community of ones who are waking up to the Allness that they are, how that expanded consciousness is affecting the choices that are made.
- 2016-0709-021 Now, I bring this to your attention this evening because I want you to know the expansiveness of the one creative energy going forth and how in truth you are not separate from any of it. You have ones who are coming to you now who are speaking of what seems to be a very unusual extension of yourself.

- 2016-0709-022 And you have wondered, you have asked, I have heard you asking, "Is it true that we are not alone in the universe?" It is true; you are not alone. Where would that idea come from if it were not coming from the truth of your being? For many of the brothers and sisters, that truth does not exist. They have what you have termed tunnel vision. They have enough to take care of in their lifetime as they see it and don't want to be bothered with fantastic stories.
- 2016-0709-023 But for some of you, you want to know, "What is the Allness of me? What more of me can there be?" You have looked at your reality here and you have said, "Well, I have the friends who are of like mind and like heart, and that feels good when I am with them, but could there be something beyond even what I have experienced when I have been up in the airplane and have been above the clouds?"
- 2016-0709-024 You have experienced what many of your ancestors would have thought to be impossible. You go to your stations where the birds come in, the metal birds, and you get onto the most vast airplane. It rises above the clouds, and you see the shape of the Earth below. Your ancestors would not have believed that. You, as the ancestor, would not have believed it. But now where you are, it is a miracle, and yet you take it for granted.
- 2016-0709-025 You say, "Well, I'm going to get on the metal bird in Sacramento and I'm going to have a couple of hours up above the clouds, and then I will land in another geographical place and I will get onto something that has the big wheels and I will go visit my friends." You take it almost for granted.
- 2016-0709-026 It is a bit of an effort, yes, to make travel, to make trek, but I say to you, it is much faster and easier than the camel. And yet in my day and time, and yours as well, because you were there with me, the mode of transportation, riding on the camel, was much faster than walking, and we thought that was great.
- 2016-0709-027 Now you look at what is happening and you say, "What more can there be?" You have the metal birds that have broken the sound barrier. They have gone so fast that they have been ahead of themselves. You listen to your scientists who record such things and you say, "Wow! That is amazing. How could that be?"
- 2016-0709-028 I will say to you, how could that not be, because you are creating. That is the bottom line of tonight's message. You are creating, and now you are wanting to know, "Is there more?" And I say to you, yes, there is much more. You are opening your minds and your hearts to take in more of the possibilities that there could be expanded Intelligence in other places who are having the experience of expressing in perhaps different form than what you see to be human, and they are procreating by different means than what you find useful in this reality.

- 2016-0709-029 They are living out their dreams the same as you are living out your dream. Some of them have come to the place of acknowledging that there must be intelligent life—well, sometimes they question that part—on other planets, other solar systems. As your scientists have been pointing out to you, there are many solar systems within the universe, many galaxies of star systems, many that are with the planets that rotate around the star such as your holy Mother Earth does.
- 2016-0709-030 In their reality—lower case "r"—everything is streaming forth from the one Reality—capital "R"—the expansiveness of the one idea come forth to create, to experience, to express, to adventure, to wonder.
- 2016-0709-031 Lifetimes ago you sat out under the stars and wondered, "What is out there? Is there anything else out there beyond my knowing?" Now you are coming to the threshold of having the interchange with yourSelf, ones that you have called the extra-terrestrials, because they are not walking—well, some of them are—on holy Mother Earth.
- 2016-0709-032 So you have wondered, "Well, those stories are interesting, but I don't think there's anything more than what I can see and feel and touch and have even the language not be a barrier. On holy Mother Earth you have the different sounds, languages, that mean something different, and some of you have studied languages so that you can understand other sounds, to know what they mean.
- 2016-0709-033 How is the discourse going to be with your brothers and sisters of space? It's going to be heart to heart, mind to mind, because that is going to be the next language, a knowing. You do that already, so when I refer to that, you understand that there are sometimes when you know what the other person is thinking, and they have not expressed it in the sounds, in words. But you know what they are thinking. Sometimes you can tell it by the facial expression, and sometimes you say, "Okay, I'm not staying around for that," and you leave and come back later when they are in a better mood, or whatever; I jest, but it makes a point.
- 2016-0709-034 You are going to have knowledge very soon now, where ones who have been asking for proof are going to have the interesting intersection of this reality with an expanded reality; not something to be feared, but something to be welcomed. Because truly—now, I say this so that you will have the balance of understanding—there are ones who are expressing in space in the universe who are still of the combative expression. But they are pretty much like the collective consciousness here that is caught up in itself, so they are not the ones that you are going to be meeting first.
- 2016-0709-035 The ones that you will be meeting first are going to be of loving mind and heart, because they are the ones who have completed with the combativeness, the aggressiveness, the ones who are into what I will call the small mind. They are

the ones who have been asking to have the experience of interacting with other ones who are open and receptive to understanding the expression of the One—capital "O"—Source—capital "S"—wanting to know, wanting to know what you are thinking, what you are feeling, what questions you are working with. This is happening right now.

- 2016-0709-036 You are being observed. You are being watched; not in a way that you have to get paranoid about it and say, "Oh, my goodness, I can't do anything; I'm being watched, and I can't have a thought; they'll read my mind, and whatever." No. They are coming in love. They are coming in a place of expansive questioning, wanting to know, "How do you see things? How is it on holy Mother Earth?"
- 2016-0709-037 And they do not come yet in a form that could be...well, it was tried some years ago, and they found from the adventurers who came and took form and wanted to have discourse with humans that humans weren't quite ready to meet them heart to heart, so they no longer come that way.
- 2016-0709-038 But you have company. You are not alone in the universe. There are ones who would say, "This is it. What we have here on Earth is the highest, the epitome of what can be," and then you look at the collective consciousness that is forever warring and you say, "Oh, my, this is the highest that it could be?" If you have any kind of rational mind and heart, you begin to say, "Well, I hope that there might be an evolution that would be more awake to the love of the one Source."
- 2016-0709-039 So you are being observed, but in a way that is not fearful or fearsome. You are not under the microscope. You are not being...well, there has been some of that, where you have been taken aboard the craft so that there could be the interchange of intelligence, but the ones who have come back with the fearful stories have had a propensity in their outlook to fear. So when they have been in an experience and then they come to relate the experience, they come from a fearful place, because everything is fearful.
- 2016-0709-040 But you have many who have had experience and have returned and know that they have been somewhere else, and they know that they have been taken care of in a good way. So I do not speak to you this evening in a way that is to generate fear. I speak to you this evening in a way where you will begin to be open to knowing that there is much more to the extension of the one creative Source than just this.
- 2016-0709-041 And you, as you will send out love, you will get love back. If you live in fear, that is what you are going to experience. So the ones who have come back with fearful stories have had the propensity to look upon things with fear. I am saying this to you now because there is going to be more exchange of information. You are on the threshold of the expansion of that.

- 2016-0709-042 Some of you are watching the signs in the fields and knowing that truly there's something going on there, and there is something that is beyond just this plane of reality—lower case "r"—and yes, it is a language. It is a language that says, "We are here too, and we come in peace. We come in love." It is a language that will in time be deciphered so that ones will know not by the scientific methods that have been put forth for so long, but the messages will be known by heart, by sitting in meditation, sitting in the place, as ones have done, and receiving the information in love.
- 2016-0709-043 You are not alone. Yes, your guides, teachers, masters, the ones who look after you, they are with you, of course, because there is no separation. There is no separation, and you are not separate from your space brothers and sisters, although in many times there is not gender differentiation. Yes, you have a question?
- 2016-0709-044 Mark: Star Trek. I'm not a Trekkie myself, but there is in Star Trek something called a Prime Directive, which is that there shall be no intervention for lesser beings. So is there some kind of debate going on among all of those other entities among us as to how to help us out with greater insight or coming forward more? Is that what's going on?
- 2016-0709-045 Yes. Your science fiction, as it is called, is truly not scientific and it is not fiction. And what has been portrayed in Star Trek with the different adventurers, they do work under the Prime Directive that you will do no harm, the same as your medical ones in this reality have taken an oath to do no harm. That is the Prime Directive, and yes, it is...there is nothing that can work outside of the Prime Directive; in other words, it has been tried, where ones would say, "Well, I'd like to take over this planet, because they have more gold or they have more of a substance that might be valuable in our reality."
- 2016-0709-046 They would want to wipe out the inhabitants and take over, but that cannot be, because there is the Oneness that will supersede any of the singlemindedness—lower case "s"—so it cannot happen. Now, having said that, ones can dream a dream, a nightmare, if you will, and they can say that it is reality, but it has not happened.
- 2016-0709-047 You get into a great philosophical point here, because what happens and what does not happen? In other words, are there rules to it? Yes, there is free will, but there is also a Prime Directive that works because you will not allow it. There has been agreement, yes, in what you understand to be a long time ago, from the beginning of time and before, because there has not always been time, and time is a concept here. But time is not a concept in other realities, and that boggles the mind a wee bit.



- 2016-0709-048 But there has been an agreement. Ones who are on the receiving end of the experience, if there is generational fear, if it has been a habit engrained in the collective consciousness of a grouping, there will be what I will call a dream where there could be the aggressiveness. But within the extension of the Prime Directive or the Prime Source, it does not exist.
- 2016-0709-049 You see, what I'm trying to say to you this evening is, you are vaster than you have ever thought yourself to be. You still see the ETs as separate from you. Even as I speak of them, there is a feeling of, "Okay, they're having a separate experience. They're different than I am. They're whatever." Yes, they are, and no, they are not. They are an extension of you, because there is only One; one extension of the one Creator, having many experiences.
- 2016-0709-050 You dream that you are many, and yet it is a dream. It is a reality—lower case "r"—that you play with. And in this reality here on holy Mother Earth and the collective consciousness that you live and move and accept as reality, there is duality. There is on the one hand an opposite on the other hand. That's a generational belief that has been held for a very long time within this expression. But it is not the truth of your Being.
- 2016-0709-051 And you are going to wake up from that dream. It is not a mistake. The dream is not a mistake, to work within the concept of duality. It has been the holy Child, the expression of the one Source to say, "What can we create? What can we experience? What is unlike Oneness?"
- 2016-0709-052 So then you bring out individuality and you say, "Well, I'm an individual. You're an individual. We're all different from each other, slightly. We all have different experiences. And there is within this reality the concept of duality, and that's one of the rules of the game. And if you want to play the game, you accept the rules of this game. If you don't want to play this game, you go and find another game."
- 2016-0709-053 It sounds too simple, and yet it is true. Like minds gather together. Like hearts gather together. So you play for a while, and when you get tired of playing that reality, then you go back to Source and you come out doing something else. And when I say come out, it's not a physical coming out. It's a thought, an expression.
- 2016-0709-054 But to get back to my prime message, you are not alone. We are not alone. I think you have that as a saying. Perhaps you have had one of your writings about that. We are not alone. And you cannot be. You can be, because you are all One. We are all One, and yet there are many expressions of the One, as you play according to the rules of this game.
- 2016-0709-055 But when you get to the place where you want to know acceptance, you want to know love, you want to know truly the joy of Being, then you put aside all the



rules that don't fit into that paradigm and you live as this grouping meeting here this evening as ones of like mind and like heart, loving each other, laughing with each other, laughing at all the various expressions of the foibles of human life, and you say, "I understand. I've been there. I know how that feels. But I didn't stay there. I moved on, and you will too, whenever you're ready, whenever you've had enough."

- 2016-0709-056 And that is not said in judgment. That is just said as a matter of fact. That's how it works. Everything serves the at-One-ment. Everything serves the waking up, the place where you say, "Hey, it's really okay if I have space brothers and sisters and non-gender ones." Good heavens, they don't have the problem of bathrooms. (Laughter)
- 2016-0709-057 I enjoy my dream. That is what it is all about, feeling the treasure of the dream that you are living, feeling happy to see each other, feeling good to come together and to play with all of the intricacies of mind. Mind is wonderful. Mind is vast. Mind can take you anywhere and everywhere.
- 2016-0709-058 And that's what you do with it. You go everywhere with it, sometimes around the block sixteen times until finally you say, "Wait a second, I've been here before. I think I'll change. I'll go around another way," in your thinking, in your expressing. So you are free. That is your free will.
- 2016-0709-059 But there is the Prime Directive, and yes, the space brothers and sisters and the non-gender ones that you're going to be meeting have found that their expansiveness is through love, through respect of all life. And they do protect that. They do watch out for that.
- 2016-0709-060 Your science fiction—and as I have said, it's not science and it's not fiction—had a birth, a burst of energy a couple of decades ago, maybe three decades ago, where the ideas came, and truly the ideas filtered down into human mind, and ones said in a way, "What if, what if we could make the spaceships? What if we could understand the laws of nature to the place where we could make patterns in the fields? What if we could walk side by side with our human brothers and sisters and speak to them, because I know they have questions. I have some answers."
- 2016-0709-061 They are saying this. So they want to have communication—common union—with you. They want to have communication with you, and they are waiting for the right opening, which is going to be not too far from now; in fact, it has already happened, and it is going to be more commonplace, it's going to be accepted and understood by ones who are ready to leave the past behind and to move on.

- 2016-0709-062 You are vast; vaster than you can even imagine, and you say, "Well, yes, that's my space brother and so forth. They're really advanced, and they know how to do all this stuff, but you know, I have trouble with a simple recipe to bake something, whatever." No, you have your talents that they admire. You have your questions that they have questioned. You have your answers that you have found that they want to know.
- 2016-0709-063 So there is going to be communication—there is already communication—to the place where you are going to know in just an instant, that fast (snap of the fingers), you are going to know common union. You are going to know the expression of the One—capital "O"—into the many different forms and the different expressions of form and without form, in mind.
- 2016-0709-064 You are much vaster than what you have been taught. You are held in the love of the one Source from which you think you have traveled, but yet you are still in that stream of the one Source, going forward. Be open, trust, but tie up your camel. So be it.