

REALITIES

2017-02-18

- 2017-0218-001 Beloved and holy and only Child of our heavenly Father, Child of the one Source, Child of Light, divine. That is who you are. Even in times when you are working with the technology and it is doing something different, you are the Light of the one creative Source, come into this realm to play.
- 2017-0218-002 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. Great joy of reunion. Great joy to come and be amongst you, to be able to look through the physical eyes and to behold your radiance, to know that truly the mind is quite alive and the heart is beating with love.
- 2017-0218-003 Always and truly we are One in the love of the Father/Mother/God/All That Is. It has been from before time began, and will exist when the purpose of time has been fulfilled.
- 2017-0218-004 Now, I would ask you a very difficult question: "What is the purpose of time?"
- 2017-0218-005 Audience: Process.
- 2017-0218-006 Process, exactly. You have been reading in one of my writings as to the purpose of time. It is to give you a chance between the thinking, the ideation, an idea coming forth, and to work through what might be happening because of the action that could be taken, so that you do not think, "I am quite angry with that person, and I would really love to...but if I did, he would probably be physically hurt. He would be definitely mentally hurt, and that might be the end of a friendship."
- 2017-0218-007 So you get to walk down the path to see what the action would bring forth. You have built time into this reality as your friend. Sometimes you feel that the purpose of time, as it adds up the days of what you see the lifetime to be, you say, "Wait a minute. I'd like to stop time. Or let me go back to a younger age." And in truth, beloved one, you can do that.
- 2017-0218-008 You do that by taking to yourself a practice of thinking and remembering how you have felt when you were at a younger age. And yes, perhaps in the beginning the body is not going to respond quite the way that it used to, but as you will practice it, the body will get more flexible, more supple, to the place where you are feeling quite young even in the body.
- 2017-0218-009 But what is more important than the body is the attitude, the way you look at the circumstances of your life and how you are interacting with life, with the

friends and sometimes with the acquaintances, and sometimes ones you haven't even met yet, how you are feeling about what you are creating.

- 2017-0218-010 We have spoken of realities last time we met. We spoke of how you are preparing to move into a wider variety of realities, so that with your technology you can walk in the front door of your dwelling place and what you expect to see can be changeable.
- 2017-0218-012 You can call on Siri—most wonderful that you have a helpmate in the technological world—and you can ask for something that is calming and soothing. “I would like to have some soothing music on right now. I’ve had a very hard day at the office where I had to be butting heads with other ones who had different ideas than I have, and I would just really like to meld into a place of quietness, a place of soothing.
- 2017-0218-013 So, Siri, bring me some soothing music. And while we’re at it, I’d like to have a certain delivery of the foodstuffs to come. Siri, call up such and such, and I would like to have delivered to my front door of the dwelling place a certain kind of meal.”
- 2017-0218-014 Oftentimes you do this now. I see you calling up on your telephone technology and ordering what is called the round pie, the pizza, and you will say what you want on your pizza. You may want it to be the vegetarian, or you may want the pepperoni and all of the extra mushrooms; bacon perhaps.”
- 2017-0218-015 And then you have come to the place of thinking, “Well, bacon comes from the pig. I have seen pigs. They are really intelligent animals. Maybe I don’t want bacon tonight. Maybe I don’t even want the pepperoni, you know, because it has to be from an animal of some sort, a mixture, so maybe I don’t want that either.”
- 2017-0218-016 Now you have become quite creative, because you can put together the vegetables with the spices that bring the same delicate taste, or not so delicate sometimes, that will satisfy without having to kill another sentient being. Now, have I made a bit of a commercial there? Mm, just a suggestion, something to think about.
- 2017-0218-017 You have noticed this as well, that as you have more interplay with the various animals and you know what they look like—and perhaps you have even played with the small piglet, or you have gone to one of your county fairs in the summertime and have seen the small piglets or the large ones; you have definitely seen the cow and the sheep and the little lamb, and there is a delicacy that you love of the lamb, at least some ones do—as you have evolved in your thinking, and thinking that perhaps you don’t have to lay waste to the sentient being in order to have

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the taste buds happy, you have changed what you are wanting to eat. I've heard you say this: what agrees with you.

- 2017-0218-018 So anyway, two thousand years ago, there were times when we killed the fatted calf to have a certain celebration, or the sheep, to have that as the meat. But what was done first was to ask of that animal its permission. Will you give over the form so that I can have the meal? And this was commonly known. It was not just the way you have now with the big factory type farms where you have the animals which are seen as items rather than sentient beings. You knew this calf from the time it was born. You knew this lamb or sheep from the time it was born. You raised it, you talked with it oftentimes, so there was a connection.
- 2017-0218-019 So you would ask of it, "Will you give over the form?" And I will share with you, there were times when it said no. So what would we do then? We went and found another one and asked of it. You don't have that recorded in your holy Scriptures, but sometimes it was necessary, because there was an honoring of all life forms.
- 2017-0218-020 And then, as you sometimes do in this day and time, we blessed the food and gave thanks for it as we had the meal. The spirit that was activating the form was around yet and did acknowledge the thankfulness. So oftentimes we would toast with the elixir of the grape to the form that had been given to us to eat. It wasn't just a question of sitting down and eating, because you were watching the square box, and not thinking about what you were eating. It was much more the communion with the food, with the energy of that form.
- 2017-0218-021 Nowadays I know that quite often you just shovel it in, and oh, this tastes great, and you're watching something on the square box or talking with friends, which is good, but two thousand years ago you knew this thankfulness, and it has been forgotten as you have gotten busier and have put more distance between you and the form.
- 2017-0218-022 So one of these times we will have what you call the communion, the elixir of the grape and the bread, the bread and wine, or the bread and grape juice. We will do that, because there is a Oneness that you can get in touch with, that you can practice, that you can feel that makes what you are eating much more valuable to the body.
- 2017-0218-023 Oftentimes you are in such a hurry because you want to get out to a certain meeting, or there is an appointment that you want to get to, or a friend, which is all very good, but you are in such a hurry that you just shovel in whatever is handy and off you go, with no thought as to the process of how it came to be at hand.
- 2017-0218-024 So it is very good, before you put into the body any of the food stuff, any of the drink, to sit in thankfulness, in gratitude, to take a moment of communion—common

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union—and to be One; before you shovel it in, to be One; to be One with the energy of what you are putting into the body.

- 2017-0218-025 Sometimes ones will wonder, “Why doesn’t my food agree with me? Why do I have indigestion afterwards?” And they run off to take a certain tablet to make it assimilate a little better. But I say unto you what we knew two thousand years ago, that if you sit in Oneness with your food and take time to enjoy it, the body will be much more receptive to it.
- 2017-0218-026 You have gotten to the place...well, it is going to be growing a bit more, increasing a bit more, but you have gotten to the place where you are putting so many activities into your day that you really look forward to the time of going to bed and being able to relax.
- 2017-0218-027 Two thousand years ago the pace was a bit slower; yes, quite a bit. Yes, we had questions. We had the mind thinking, because that’s what the mind does. We had friends that we talked with, conversed with, debated with as to points of theology, and ones were quite agitated from time to time as to being at One with their belief, and there could be no other belief. “My belief is right.” You find that in this day and time.
- 2017-0218-028 But the pace was somewhat slower and much more relaxing to the body, except where there might be the one on one where it was not seen to be eye to eye. But, for the most part, there was much more time for thinking, for sharing, for being. If you were one of the shepherds—and all of you within this room and within the sound of my voice and the ones reading, you have been a shepherd in another lifetime—there is a knowing how to be with the flock of sheep, how to know each sheep and lamb by name. And if one goes missing, you go back and find that one. You have lived that lifetime, and you know how to do that. You know how the heart is connected even to the small lamb. Now you have the beloved pets in your home which are symbolic of what you had more of two thousand years ago if you had the flock of sheep.
- 2017-0218-029 Okay, that paragraph is finished. I did not know that we were going to get into that, but you have asked for it. What I do when I first incorporate into the body, in that quiet time I go around and read you. I read the thoughts, the desires that are around you, because nothing truly is hidden.
- 2017-0218-030 That is why friends can often tell when you are in a good mood or when there is something that is going on with you, or when you are trying to hide it, and yet you are very much wondering, “How do I make this all come right?” You all come with the ideas that you are working with around you. This is how some of your clairvoyant friends read you. They can see what you are thinking, what you are working with, what the knotty problem is. It is quite visible, and you have

clairvoyant friends who can see. They can see what you are working with now, and they can also see what you are carrying with you from a past lifetime. And you wonder, "How do they know that?" It is because truly they have practiced this in other lifetimes, where it has been something that they desired to know, so they have sat in quietness and in what you would call contemplation, in communion with you, as you were then, so they have developed a way of knowing.

- 2017-0218-031 Now, you all have traits that you have developed over lifetimes, and when you come into a present incarnation, you bring some of those traits with you because they have served you well and you enjoy them, so you want to try them out again in this lifetime. Some of you have the mind that is quite active and knows how to diagram the ideas and to be into a certain clarity of mind that way. Others of you have the heart that opens to other ones, and there is a knowing that you have just by being with them.
- 2017-0218-032 Even when one first walks into your therapeutic room, you have a feeling as to what they are carrying with them. Then you get them to talk a bit, and you say, "Mm hm, I thought so." You may not say it out loud, but there is that knowing within you that, yes, I thought that could be something that was going on.
- 2017-0218-033 You all do this with the friends. You all have a common union with them, so that you know what they are going through, what they are processing in that day, even over your technology, because you can be with one over the telephone...I used to do the telephone this way, like a cup, okay. Now I see that it is not; it is a flat piece that you put up against the head; most wonderful, because you carry it with you in the pocket. It is with you all of the time.
- 2017-0218-034 Mark: You are supposed to keep it away from you.
- 2017-0218-035 Yes, there has been the writing about that, that it would affect the brain waves, and that it is perhaps better to keep it at a certain distance. But I see the young folks almost have it plastered against the head. And they will not be affected by it unless somebody has put it into their mind and their head that it might be affecting. And I know those messages are out there.
- 2017-0218-036 So, back to realities. This is a shared reality that you are having right now in this room. You are focusing upon words, ideas that are being given to you to play with. You are focusing upon the physical—how it looks, color, size, density, intensity, all of the different ways that you behold the process of the form in its process.
- 2017-0218-037 All of you are in a place of receiving ideas and being at times one step ahead of what I am saying, because you can do that. You can read me as well. Now, there's a thought. You can read what I am going to be speaking about. And I see you. You have the eyes that are lighting up with love, and you knew that this is truly what I am speaking of, allowing yourself to move in love.

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- 2017-0218-038 Yes, I know that the very first reaction that you may have when you meet a friend is, "Well, I wonder what they are going to share with me." That is your first thought, not even a conscious thought perhaps, but that's the first bit of, "Well, I wonder what has happened, what is new with them, what they are going to be sharing with me."
- 2017-0218-039 You may ask in words what they are going through, and as you ask, you send out—those of you who are now practicing to be in the space of love—you send out a comforting energy that says to them, "It is okay. You can share with me. I care about you." And ones will feel that with you, that there is an approachability, that they can approach you, that they can actually open up and say, "You know, I really had a hard day today." They may come walking in, you know, looking sort of like this, weighted down by the cares of the world, or not, or they may just be carrying them and trying to say, "Well, you know, no, that's not me. No, no, it's not me," and yet you can feel it. You can see it.
- 2017-0218-040 So as you are in the place of true friendship, ones feel this. They feel it with you, and they know that they are safe to share with you their innermost trials and tribulations, things that are worrying them. And you may not have to say much to them. They may just need a comforting presence to be with them, and you say, "Here, you know, come and sit next to me. Sit next to me and tell me how things are going for you."
- 2017-0218-041 And they say, "Oh, you don't want to hear about it. It's really...no, no." And you say, "It is okay." You reach out and touch. Know you the healing quality of touch? You reach out and touch one, and sometimes they will pull back because they are not used to it. But then they begin to trust it, and it is okay. But perhaps they have been raised where the touch has been a slap of some sort, and they don't like to be touched, because they don't understand the softness of touch.
- 2017-0218-042 But you, as the teacher that you are, you keep on touching them lightly, you know, in a way that is comforting. And because you get to know them, they are okay with telling you whether they are okay with the touch or not. But you try, and quite often they will be glad that you did that first step, because it doesn't happen very often.
- 2017-0218-043 Ones in this day and time are very much into the mental box, into all of the thoughts and the worries, and they think they can hide that. But no, they are an open book to read. You can read them, and you do quite often. You know what is happening. And if you take the time to really care, you will help them just by caring.

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- 2017-0218-044 Now, sometimes you don't feel that you have the time to do this. That is why it is most wonderful when you get to a certain age where you can be re-tired, which means that you can have new tires put on the vehicle. You can be re-tired and go out and have time to be with ones. It is a most wonderful gift that you give to yourself when you get to that age of retirement.
- 2017-0218-045 Now, I know for a lot of ones, they say, "Well, you know, I'm still working on it." And that is good, because we need ones still working on it. But once in a while you get time off, and after you have satisfied the body needing rest, then you have energy—probably, hopefully on your day off—to be with other ones and to care about them.
- 2017-0218-046 You are one who has a very big heart—same with you—who would help to the very end of your energy in a day to help ones, because that is who and what you are. You want to help other ones—all of you in this room, and many of you within the sound of my voice. You are ones who would go the extra mile and have gone the extra mile thinking, "Oh, I'm so tired. I'd really like to go home and put my feet up or put the body in bed, but first there's one more thing I must do for a friend.
- 2017-0218-047 So you do it, because you know that which flows through you nourishes you; in other words, the love that you give out to another one in caring about them has to nourish you as it flows through you. That is why you are never truly depleted. Sometimes the body will be tired, yes, because you have used energy. But the soul has been nourished, because that which you give out...now, of course, it works in the other way too. If you are giving out rubbish, you're not too happy yourself. But as you are living in love and caring about other ones and giving, you are nourished as that love flows through you, as that friendship flows through you.
- 2017-0218-048 I will share with you something you may or may not have thought of, but you are surrounded at all times with many energies—angels you will call them, guardian angels, angelic loved ones who have passed into another dimension but are not lost; they are very much with you. You are surrounded by innumerable ones, loved ones, who, when you are in a space of love, they come alive, and they augment the love that you are giving forth.
- 2017-0218-049 Now, it is not something that you have to think about; it is just something that happens, but I share with you in this evening that you are never just the singular one that you think yourself to be. We have put forward to you in other times the idea of the point of the soul group. You are the point of the soul group. You have come and said, "I will take form. I will be the visible one to interact with the brothers and sisters."
- 2017-0218-050 But at the same time, you are surrounded by the angelic presences and the loved ones around you, the guides and teachers and masters, ones that you have

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revered, who are happy to be with you, and they add their energy to yours. So you are never just a singular being. You are very much the point of a soul group, a whole group. Sometimes you have experienced...now, I know this is not speaking of where you are now, of course, but sometimes you have felt like, "Oh, I am so alone. It's just me, and there's nobody around; it is just me."

- 2017-0218-051 You are never just me. You are the point of the soul group. You are going forth to interact with other points of other soul groups, and it behooves you to interact in love, because that is what you are going to be asking to come back to you. As you give out love, which you do, you will be reaping the rewards of that love.
- 2017-0218-052 You are the point, the one who is in the visible form that ones can see and interact with, but there are all of the rest that are around you anytime, anywhere, putting their love into what you are putting forward into more visible form. So you are never truly alone, which is something good to remember.
- 2017-0218-053 We have spoken in other times how you make your own reality moment by moment by moment and how this is going to be changing, because you are going to understand that you have more choices than what you have felt with generational teaching. You have said, "Well, this is just how it is, and this is my reality. I grew up in such and such a family, and this is how it always was. This is how my grandparents saw things. It's how my parents saw things. That's how my brothers and sisters have seen things. This is my reality."
- 2017-0218-054 But it is changing, and it is going to be changing rapidly, as we spoke when we met previously, when you get to the virtual realities that you can call in. Right now the mind says, "Oh, that really blows all of the circuits of my mind." That is why we advised very strongly that you access the teacher within, your own teacher, your own guide and master that you are; not separate from you, but very much the teacher within you, so that you know that you are consciously, moment by moment, making your reality.
- 2017-0218-055 If it is a reality that does not feel all that great, stop, breathe, as long as it takes and as many breaths as it takes, to come to that place of peace within and say, "How can I see this differently?" And it will happen, because there is nothing that can be hidden from you. There is nothing that can be denied you.
- 2017-0218-056 So when you will stop and breathe and come to a place of peace, not judging even that moment of peace, then ask, "How can I see this differently?" You may have to ask once or twice or three times, maybe one hundred and one times, but eventually you will see it differently and you will say, "Oh, I never saw that. I never realized that perhaps it could be," and all of a sudden it appears differently to you, and you will say, "Well, that was magic," and yes, it was

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magic, and you are the magician. You are the one creating moment by moment, and you create because you are the extension of the one creative Principle.

- 2017-0218-057 Now, for a long, long time, you have believed that there is a God separate from you. There is a God up there somewhere, I don't know where, but this is what I've been told, and he's probably a little higher than the clouds, and he knows everything. He knows my every thought. He knows my every action. He—and that's a clue that your patriarchal authorities in religious/philosophical groupings were men, so He, God, knows everything and judges it.
- 2017-0218-058 Audience: And he's pissed off at you.
- 2017-0218-059 And he's definitely pissed off about something that you have done or thought or contemplated doing. So you have moved from that place to a place of a loving God, a God who cares, but it's still a God separate from you, still a God up there looking down.
- 2017-0218-060 Then you have moved to a place where perhaps that God is not that far away. "Perhaps I've been hearing messages that it is a God within me. Perhaps there is a loving God that walks with me, and she loves me." Again, putting gender bias onto it. There is no God outside of you judging you. Hear that well. You are at a place now where you can accept that. You are open to that. You already have been ahead of my words, where you know that there is no entity outside of you controlling you.
- 2017-0218-061 Is there a devil? In truth, no. That has been also a concept put forward by your religious/philosophical authorities, as they have seen themselves to be authorities, in order to keep you in place. They have said that if you don't follow all of the rules of the certain sect and you don't give your tithes to the religious organization, then you are going to be reaping what you don't want to be reaping, and there might be this energy that will come and take you away for all of eternity to roast out all the bad parts of you in a fiery pit. Wow!
- 2017-0218-062 Well, as the little ones that you were—and I speak here not of form, but of the emerging consciousness—that was very fearful. Well, you just better shape up. And if your religious/philosophical leaders gave you a new edict of something you had to do, you'd better get with it, because you didn't want to slip off the edge of the world into this fiery pit. And that is why when ones would deace the body, then all of the ones who loved that one would have to make monetary offerings—or definitely buy a candle or two—to light their way, and the church would sell you a candle.

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- 2017-0218-063 Now you have moved to a place where you understand consciousness. You understand thoughts, feelings, awareness, and you know that the God that was told to you to be outside of you is not there, but within you, and it is loving. It is love; a loving God, which is love. It is your essence, your true essence.
- 2017-0218-064 You are the extension of love itself, and when you have finished with the form, being the point of the soul group, you will return to the soul grouping in love. And that soul grouping is part of a larger soul grouping, and that larger soul grouping is part of a larger one, to the place where you get to the Allness of the one Mind, the one creative Principle. I use that word advisedly: Principle. The Principle of Love is going forward, creating, experiencing, expressing in this dimension and many other dimensions, all different ones that you can imagine, and much more than what you can imagine.
- 2017-0218-065 Will you get lost in all of that? No. You will not get lost. It is very much like the drop of water, the H₂O that is in the vast ocean, and it can know itself as the one collection together as two parts H and one part O. It is part of the vast ocean and it is one in its own Being. So you will never get lost. It is not something that you have to fear, to say, "Well, once I let go of the physical form, I guess I just evaporate into nothingness."
- 2017-0218-066 No, you will still have consciousness, and that is why I exhort you from time to time to be very aware of your thought patterns while you are thinking and activating form, so that when you let go of the form, you will be happy at Home, knowing that your consciousness is still you, as you understand you to be.
- 2017-0218-067 Then, in time, which is non-existent in the vast ocean of being, you come to a place where you are joined up with the rest of the soul group in groupings, and you are happy once again. You are in love once again. That is why I have said to you, and others have said to you, that when you are ready to deace the body, look for me. Look for the loved ones, because they are going to be there to greet you, the ones you have been in love with.
- 2017-0218-068 Now, if you have had family members who have not loved you, you don't have to worry about them appearing when you cross over or let go of the body, except as they may have changed because of the overwhelming love that they have found themselves accepted into. So you may have had a family grouping that was horrendous, and as soon as you were able, you got out of that grouping and said, "I'm having nothing more to do with those family members. I made a mistake. I was in a hurry to incarnate, and I went into this family because they were waiting for someone to join them, but it was not the right family." I have heard you say that; not you individually, but others saying this. "I was in such a hurry to get back that I just slipped into wherever there was an opening, and that was not my family."

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- 2017-0218-069 Everything, in truth, is by design. Everything has to be, in that you are creating your reality moment by moment, even when you are the small one and you say, “But these other ones were much bigger, stronger; they dictated what had to be.” Yes, but you also found—many of you who have come up through the ranks of families that were not the most loving—you have found that you have had an invisible thread with you. Yes, the body may have taken some knocks, but the Being of you has always been well and truly loved, and that has sustained you through some of the hard knocks of the family and of the world as you came to experience it.
- 2017-0218-070 You are never alone. Sometimes you have created a reality where it has been harsh in order to prove to yourself, “I am strong. I have unseen friends,” and you have gotten to know the unseen friends, because you didn’t see the friends out there in form. But you have known the friends who have been right with you. Many of you, the ones that you would call the sensitive ones, have had the invisible friend as you were growing up, and you have told the family members; not that they would hear you or want to hear it, but you have said, “Yes, I have a friend. He/she is always with me. I speak to this friend.”
- 2017-0218-071 And then they would say, “Forget that. That can’t be true. Forget it. And you said, “Okay, I’ll forget it, but I can’t forget it, because it is true.”
- 2017-0218-072 So, what you do with the form is as a prelude to what you are doing with the consciousness that is always going to be with you and as you. After you have deceased the body, does the growth and the evolvment cease? No. The consciousness, even after you have let go of the focus upon the form, evolves and changes and grows into more and more love.
- 2017-0218-073 So you do not have to worry about the fiery pit. You do not have to worry about the judgment from on high. It is only your judgment as you sometimes have judged yourself. You do not have to worry about what others have told you is going to be your punishment if you don’t believe the way they believe. The only thing—and you try it out for yourself to see how it fits, how it feels, whether it’s true—is love; being with another person and persons to be in love with them.
- 2017-0218-074 Is there any number, that you can only love one other person, maybe two, three; well, maybe five or six? There is no limit to the number of ones you can love and be in that place that is right together in harmony. There is no limit, and you are finding this to be true. It feels very good, does it not? It feels very good and very true, because it is true.
- 2017-0218-075 You go through life in love. You go through life lightly. The burdens are let go. They were only thought forms anyway. Hear that well. Those burdens were only

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thought forms, and you can let them go. Then you are free. You are free to live in love, to go joyfully in life and to encourage others who may still be saying, “Well, yes, I want to live joyfully, but there’s this and there’s that that I have to worry about and, you know, life is really heavy.”

2017-0218-076 And you say, “But where did that idea come from? Perhaps—you suggest to them—perhaps it’s only a thought that you bought and paid dearly for, and you can let it go. You’ve been to the thought store, you have looked at what everyone else was buying, and you thought you had to buy it too, but now you can let it go.”

2017-0218-077 That is the good news. That is truly my gospel, the Good News. In this day and time, live; live to the greatest degree in joy. Live in love. Spread more love every time you get a chance. Spread the smiles, the acceptance.

2017-0218-078 Play with the ideas of the mind, because you have a mind, but when the mind gets tired, return quickly to the place of the heart and live in love, because that is your true essence that was before the purpose of time and will be after the purpose has been fulfilled. That is your essence. So be it.