

LIFE IS FOR LIVING

2017-04-01

- 2017-0401-001 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.
- 2017-0401-002 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.
- 2017-0401-003 Great joy of reunion every time we meet, whether it be in the grouping such as this or whether it be in your meditation when you are calling upon me as the One that we are; great joy, because, as wise ones have said, it is your divine birthright.
- 2017-0401-004 So allow yourself to play in joy from time to time. Allow yourself to take the trek to go somewhere else to experience something new and to be in joy with it; to get in your vehicle and travel somewhere, even if it is just down around the next block or so, and look with new eyes as to what you have seen many times when you've been driving by. Look with new eyes and see where the joy is. Allow yourself to be the small one, the little child that is innocent, has not taken all of the world's teachings unto itself to the place where you are in the heavy box that feels like all of the "shoulds" and all of the teachings that the world will give to you.
- 2017-0401-005 When you can look with new eyes, you will see a new world. That goes for the interrelationships with people, with your "leaders", with ones who are speaking. It goes for everyone whom you meet in person and in the mind as you think about them or as you are reading something. Some of you like to read the historical writings, scientific writings. Allow yourself to transport into that time, into the place where, if you are reading about a scientific development of some sort that has come about and you maybe take it for granted—like, oh, yeah, okay, well, it's good that we have the lighting that comes in and lights up the room; we don't have to make fire with the two things of stone together making the flint spark—allow yourself to go to the place where the electric lighting was first thought about, and then when it was first actually put into practice, into manifestation, and the feeling that one had in the first moment when whatever new invention came about, that feeling of tapping into the Allness, which is what is happening at that point, tapping into the expansiveness of Mind—capital "M".

2017-04-01 Oakbridge University Channeled by Judith Coates

- 2017-0401-006 When you allow yourself to think about such a thing that was mentioned earlier, the circles made in the crops, and the circles that are truly language; they are truly saying something, but the mind, because it has been trained in this linear thinking, is not exactly at the receptive place for picking it up. Allow yourself to go to the place of openness of the heart and see what comes to you as a message. It may not be in words. It may not be a mental sort of thing that you want to have it all up here explained, but it may be a feeling of something that might take a whole paragraph of words to explain it, and yet you can sit with it and feel what the message would be, or is.
- 2017-0401-007 You have a phenomenon that is going on, a most wonderful happening right now, because you have said, "I am ready. I want to know more. I want to have the visitation of Intelligence coming seemingly from somewhere else," and yet as you will ponder it, it has to come from within you; otherwise, you would not be acknowledging it.
- 2017-0401-008 So you get to a very exciting place with that, because you sit with it, you get a feeling as to what the message may be, and then you get to sit with it and say, "But how much of this is me? I think I'm separate. Maybe I'm not so separate," because truly you are not. Anything that happens that you take note of comes right back to you. First of all, you are sending it out, and then you are saying it's out there somewhere, but it is within you. All intelligence comes from within.
- 2017-0401-009 But yes, allow yourself to get excited. That is what life is truly about. That is why, when the small one is first born and may not be happy to be here...a lot of you were not exactly thrilled to be here again, and some have carried this into the mature years and have said, "Well, I didn't really want to be here anyway." But here you are, so make the most of it.
- 2017-0401-010 But when the small one comes, it is taking in a lot of information, a lot of those electrical impulses, and deciphering them as to what does this mean. There is a certain excitement as you have seen them grow a bit taller and taller, and what do they do, first of all, when they first learn even one word. They squeal, and they say, "Why?"
- 2017-0401-012 They are told to do something—why? You have to try to explain to them why it might be a good idea, and then they'll say, "But why?" over and over until they get to a certain age, perhaps the teenage years, when they think they know it all. Then after a while they decide, "Well, maybe I don't know it all," and they start to question things.
- 2017-0401-013 But as they are learning, there is a certain excitement that they feel with everything new, especially in the first few formative years. Every new shape that

is given to them, they have to play with, “How does this feel?” and turn it around, and quite often, as you have seen, it goes into the mouth to see what it tastes like, what it feels like, and then they play with it as to, “Is this the same shape as this one? No, not exactly. What are its characteristics?”

- 2017-0401-014 Now, they don't call it that, characteristics, but they want to know, “Does this square block roll? This other one that's more round will roll, but the square block doesn't roll so well.” They are excited with the newness of what they are finding in this reality—lower case “r”. And you have seen this with them.
- 2017-0401-015 So they play, and their play is learning, of course. So for you who have grown a bit taller—and then I'm reminded by my beloved friend and teacher that sometimes you grow a bit taller and then you grow a little bit shorter, lose a bit of the height. But I digress.
- 2017-0401-016 You are still the child at heart. You are still finding out what this world is all about. When you go up in what I have termed the big bird and you get to see the land of holy Mother Earth below you, you see the clouds, and then when the clouds part, you can see below, and there is a newness, an excitement every time you see it, because truly it is different each time. But it's new for you each time too, to take it in and revel in everything that you see. Be as the little child within and look at everything with new eyes.
- 2017-0401-017 Now, when you go home this evening it may be a bit dark, and you can see the headlights of the other cars coming toward you. Don't run into them, but give yourself a moment to feel the energy of the light. Give yourself a moment or two to feel the motion below you as the wheels will be turning, just to know that truly you are experiencing something.
- 2017-0401-018 Even though you say, “Well, I drive a lot at night, and it's all the same,” no, each trip is not all the same. It's different each time. Hopefully you will keep your wits about you so that you stay where you're supposed to, and the other cars stay where they're supposed to, and everything is good and you can be excited about what you see.
- 2017-0401-019 Especially in the daytime when you have daylight to bring into focus for you much more of what you are beholding, even if you go the same route every day to wherever you go—you've been along that road many times—look for something new. Look for something different. When you find something that you haven't seen before—and now is a good time, because your trees are coming into blossom, your small flowers are coming up, your beautiful yellow ones that are just as bouquets out there just for you to behold—get excited about it. Say, “Wow! I've really

2017-04-01 Oakbridge University Channeled by Judith Coates

waited a long time for you to come back again," and it was and is true for many of the brothers and sisters; it has been a long winter. For here, yes, it has been, and in other parts of your country, other parts of holy Mother Earth, it has been a time of going within, wintertime, and summer as well.

- 2017-0401-020 So look for something new to get excited about. Then when you return into your dwelling place, share with whoever is in the dwelling place, "Guess what I saw today. I saw a bouquet of yellow flowers, and they were there just for me." For each and every one of you, look for the newness that is there. If you go to the same place for your "work", look for something new there. See if you can find it, because it will be there.
- 2017-0401-021 When new people come in, they give you new opportunity for understanding how you relate to each other. This is always new, because each person who walks up to you is bringing a whole world of themselves to share with you, and you may like it or you may pass on it. Most of what is happening, most of the time, is the passing, and that is okay too.
- 2017-0401-022 But take note of something different in each day, and then come back to the dwelling place and share it. If you don't have anyone to share it with, share it with the four-footed ones. Share it with the walls. Talk to the walls. You will be surprised at the intelligence that is in the wall. There are times when you will say something to the wall, and you may be quite heated about it, and the wall will give you a message, especially if you are not watching where you are walking. It'll be right up in your face.
- 2017-0401-023 Life is for living. That could be a good title for this evening: Life is for living. Life is for the joy in living. Life is to experience in every moment truly being alive. Even when you come home from work and may be feeling really, really tired and you really don't want to think about anything, appreciate your pillow. I know my beloved friend and teacher does, for half a second anyway. "Oh, this feels so good." And then she may be gone. But that's okay.
- 2017-0401-024 Allow yourself to get excited about life. Allow yourself to expand into other opportunities of life beyond what you just see and experience as what has been called 3D, which truly is not 3D, because there's much more that is infusing itself into this dimension. But allow yourself to think, "Who can I have a conversation with right now? I know there's Intelligence all around me in this room. You know, I don't see you, but I want to share my day with you," and there you go. You can share your day.
- 2017-0401-025 And be open to receive, because when you get finished with pouring out what you have to share, listen, because truly the Intelligence is all around you. It will

2017-04-01 Oakbridge University Channeled by Judith Coates

come as ideas, or it may come as words, and it may just come as a feeling. That sometimes surprises ones in the very beginning as they are opening to it, to realize, "I'm not alone here, am I?"

- 2017-0401-026 That takes a bit of adjustment to realize that, "No," but there is no judgment in it. In other words, in this reality you are so used to judging. From the time you are very little, you feel yourself being judged. You also have judgment as to how others are treating you, so you grow up with what feels to be quite natural, and yet at the same time, to stay in that space would be unnatural. In other words, it is an invitation to expand and to be aware that there is Intelligence all around, all the time, and it is loving Intelligence.
- 2017-0401-027 Sometimes when ones first walk into that idea that there is Intelligence all around and that you can communicate with Intelligence all around you, they are sort of fearful, because this has been generational teaching, it has been a habit to think, "Oh, oh, what's going on here? Am I safe?"
- 2017-0401-028 Yes, you are always safe, so it's not something that you have to worry about. But because of generational teaching, ones are saying, "Watch out for the devil. Be careful what you think. Be careful what you say. The devil is listening to you."
- 2017-0401-029 No. In truth, there is not an entity as the devil. The devil, as they have said, is in the details. The devil is in that thinking that there could be a negative judgment against you. But where does that thought come from? It comes from what you've been taught. As you were little, ones have said to you, "Watch out for...." And then they will enumerate all the things you have to watch out for.
- 2017-0401-030 Better you should just live in joy and the excitement of everything new, because truly everything is new, every moment. You re-make it every time. Then sometimes the mind gets busy and wants to judge it and say, "That was a really happy thought. I liked that one, and that other thought...well, I don't know about that one, etc.," to do the value judging. But then you get to a place where you don't judge at all. You just stand in awe that you could have such a thought.
- 2017-0401-031 "Goodness, I have thoughts?" Yes, you have thoughts. You have very innovative thoughts. When you sit down to write a poem, you open to inspiration. You breathe, you inspire, and as you breathe, you open a space within the mind to have ideas come in, and then you put words to the ideas.
- 2017-0401-032 When you write anything, you are being open to receiving ideas. Then you say, "Well, do I want to write it this way or do I want to write it another way," and you play with, "What is the best way to express the feeling," because the feeling comes first. Then you think, "Okay, what word..." and you go back in your memory

somewhere, and you'll find a word that fits that feeling, the feeling you have when you look at the vast blue sky. And it does happen here. You do get a vast blue sky once in a while.

- 2017-0401-033 And what is the feeling that you get? A feeling of taking in that deep breath, a feeling of expansiveness, a feeling of possibility, and a feeling of nothing, because it just feels good. You don't even have to have a word for it. But those of you who have a poetic bent of mind, a descriptive bent, you will find good words for it. Then you will share it with someone, and they will say, "Oh, yes, I get that feeling when I read this."
- 2017-0401-034 Then you think, "Ah, I guess I put it across," and you do. Poetry, evoking feelings, is a wonderful language. It goes beyond the words, as you know, those of you who write, those of you who put together one or two or three words to express something. What you are doing is truly a gift that you give to other ones who come along and read what you have written. It does not have to be poetry; it can be prose; it can be whatever; that you have a thought, and you want to share it with the world, so you put down a few words, and it goes out and multiplies.
- 2017-0401-035 A word of caution there. Make sure that what you send out is truly what you want to send from the heart; something that is encouraging, because you want to live in an encouraging place. You want to live in an atmosphere of expansion. You want to live in joy. That is truly what puts your socks on or knocks them off, whichever the case might be. And you get to a place where, "Wow! I'm really glad to wake up in the morning and see what this day is going to bring."
- 2017-0401-036 Now, in truth, you wake up in the morning and say, "Well, I'm going to see so and so today and I'm going to go somewhere today and I've got this to do today," and then it changes. You get to the evening and put the head down on the pillow and say, "Wow, I didn't know I was going to do that today."
- 2017-0401-037 Try. Try keeping track in your journal of one new thing every day. If you miss a day, that's okay; don't beat yourself up. But if you get into the habit of writing one experience in the day that was new, that is as a gemstone. It is a treasure that you can go back to any other time when perhaps you're feeling like, "Well, I don't know. My life is kind of hum-drum."
- 2017-0401-038 In truth, your life is not hum-drum. In every day there are new things happening. In every day you have at least one—and actually many more—new thought that comes to you, a new appreciation for something that wasn't there the day before. If it is only to watch the beloved pet as it comes up to you and gives you that special look that you are the most wonderful thing since cat or dog food was invented, allow it to come in, and hold it in your heart.

2017-04-01 Oakbridge University Channeled by Judith Coates

- 2017-0401-039 Allow it to come in and treasure it because, truly, no two days are alike. Sometimes this is very apparent, and other times it feels like, "Well, it's just another day." But you are living in a time right now when there is much of change that is happening. Those of you who are sensitive to vibrations can feel the vibrations that are changing. You can feel the vibrations in the seasons as they change. You can feel the vibrations in your political groupings. You can feel the changes as a certain wave that sweeps across our holy Mother Earth, because there is much that is sweeping across and changing.
- 2017-0401-040 You have said, in what you would call two decades ago, that you wanted to see something new. You wanted to see new growth. You wanted to see new ideas. You wanted to find something truly exciting about life. You didn't want this life to just go in the same pattern the whole time.
- 2017-0401-041 You have said, "No. No matter how many years I have been here, I want to see something new in every day. I want to behold change," and it is happening. For those of you who have been praying and asking for more compassion, more ones uplifting other ones, it is truly happening beneath the obvious scene.
- 2017-0401-042 I know that it is easy to focus on the number of homeless. It is easy to focus on how much illness is in the world. You have your commercial messages that come to you saying, "Take this, take this. Everything in the body can be going wrong, and if this is bothering you in the body...." And they list all of the things that you've never even heard of that you really don't want to hear of that could be happening with the body falling apart.
- 2017-0401-043 And you go back and say, "I think my body is still here serving me," and it is. It is doing very well. You have set it into motion, and it is as a most wonderful clockwork; it keeps working. It is as you have in one of your commercials: It takes a licking from time to time, and it keeps on ticking.
- 2017-0401-044 That is a great joy, to know that truly you can express to other ones the ideas that you have, the feelings that you have, and that they will hear you; not only hear you with the ears, but they will hear you in the innermost part of them. There is a resonance that they feel. That is why you seek out ones who understand what you are talking about. Those are the ones that you feel at home with, because truly in that space of when you feel at home with them, you are Home. It feels like love, and it is.
- 2017-0401-045 And you can, and I advise you to, have as some wise teacher once said, you can have a mad, wonderful love affair with yourself. Please get to know yourself, and love yourself as I love you. I know that which you are. I know that which you struggle with. I have been human; not only the lifetime when I was one Yeshua, but I had other physical lifetimes as well.

2017-04-01 Oakbridge University Channeled by Judith Coates

- 2017-0401-046 I am having lifetimes right now through you and through other ones. I have been called Sananda. I have been called the spaceship commander. Is that true? Of course it's true. As you expand your understanding of who and what and how you are, you are also traveling with me. But you have enough to handle right here right now, so you don't need to throw everything wide open and get a bit confused.
- 2017-0401-047 As you sit in meditation and you want to throw it open and see what you can feel, that is good. But then when you come back, you will keep it in focus where you are, because if you get too unfocused, you are liable to run into a tree, and trees don't like it when you run into them. They put up a resistance; same thing with walls and vehicles.
- 2017-0401-048 I enjoy life. I am truly alive, and so are you. You don't always recognize it, because the world brings so many messages to you that say, "Attend to this. You have to take care of this. You have to go here. You have to go there." Your employer says that you must be in the building at a certain hour until a certain time.
- 2017-0401-049 And you think, "Well, you know, I don't have much freedom." Oh, yes, you do. Because even as you are attending to whatever the employer says needs to be done, you can be with the mind experiencing something else. I have seen you. I have watched you. I have watched you as you have been doing the dishes, doing the gardening, and the mind...is the mind not right there? No, the mind is off somewhere else, thinking about, "It would be really great to take a trip to Hawaii." Then a reason comes up, and you go.
- 2017-0401-050 Life is for living. It is for being excited. It is for reading, studying, finding new things to get excited about. It is for finding new friends with new ideas and expanding into those ideas. It is for sharing with other ones what you have become excited about; writing a poem about it, putting it out there. It is for smiling and saying to another one, "It is going to be okay. I believe in you." And that works miracles.
- 2017-0401-051 And then there are days sometimes when you feel not exactly turned on. You put a good face on it and go through the day and do what needs to be done, but on the inside you're thinking, "Hmm, another day," hopefully another dollar. And then somebody comes up to you and says, "You know, I really enjoy your company. I enjoy the ideas that you come up with, and I love talking with you. By the way, what's the price of the cereal back on the other aisle?" It's something that they need to know, but they come up to you because they had seen that you are willing to be open and help them. Other ones of the brothers and sisters, and you

2017-04-01 Oakbridge University Channeled by Judith Coates

have seen this for yourself, they go along with the face that says, "Don't approach me."

- 2017-0401-052 So people stay away. They do not come up and approach. Now, the person may not know that they are actually giving that message, or they may know, because they may not want to have the discourse back and forth. "Don't bother me." And it is apparent quite often by how they conduct themselves.
- 2017-0401-053 But a smile does wonders. You smile at someone, and they may wonder, "What is she smiling at?" And then they get curious. "Why are you smiling at me? I don't think I have any food spots on me." And they go through a whole checklist; you've done this yourself, wondering what's going on. "Why are they smiling at me?" And then they may come and say, "You know, I really like the tie that you're wearing. I really like the jacket that you have," or whatever. It strikes their fancy. They see it, and it gets their attention, and if they are brave enough, they may actually come up and talk to you about it.
- 2017-0401-054 That piece of jewelry that you are wearing is outstanding (Thank you) You are welcome, because it is. It has been a joint effort with the loved one, and it shows. It shows the love that has gone into it. And it speaks; it has a vibration.
- 2017-0401-055 All of you have a vibration, and you choose certain things to wear because the vibration echoes who you are, what you are feeling. So the colors that you choose, they also echo your vibration. You put on something that has the button-down collar, and you look quite smart. And ones, if they need a smart answer, one way or the other, they may come up to you and ask something.
- 2017-0401-056 So it is true for all of you. You are approachable as you want to be. You [Charles] definitely are approachable, even if you are a contrarian. You play your part really well (Thank you very much) Yes, you do. And the mate punches you in the arm from time to time sort of as a love pat. "Pat", exactly, a good play on words. And it is so true that when ones have a smile on their face, others feel happy with the vibration.
- 2017-0401-057 Even if they may be going through a really bitchy time and they're not happy about anything, your smile erases some of the heaviness that they feel. It may be what you would term minuscule, because they may have a whole lot of it, but it makes a difference. That's what I'm trying to say to you this evening.
- 2017-0401-058 Live your life in joy, because truly it lifts up other ones as well as making a better place for you to be living. Allow other ones to be uplifted by being in your presence. You don't have to give them a whole paragraph about how important whatever is, but you just smile, and it lifts them up. Sometimes, you know, they'll

2017-04-01 Oakbridge University Channeled by Judith Coates

be quite stubborn about it, and they may not want to take the smile. But give it anyway, and they will store it up somewhere. They will keep it, and at some point they will bring it forth and say, "Oh, you know, it felt kind of good today when that person smiled at me."

- 2017-0401-059 People notice. They feel. It registers. The same thing with the four-footed ones. They can read your mind even before you know what your mind is saying. Then they try to get an idea across to you, and sometimes they get together and say, "Humans are so dense. They're so slow at getting the message."
- 2017-0401-060 Live as if you had no worries. You can do that, because the worries are going to take care of themselves. You get up in the morning and think, "Well, I have to do X, Y, and Z and take care of..." and you might find that the whole day rearranges itself, and you do something entirely different that you hadn't thought you were going to do that day.
- 2017-0401-061 My beloved friend and teacher, the one you know as Judith, had no intention of going to a movie this afternoon. But she's very happy that she did, and she recommends to you that "Beauty and the Beast" is a wonderful movie, lots of good singing, lots of good acting in it, and she recommends it to you.
- 2017-0401-062 I recommend it, because it will uplift you. For the time that you spend watching it, you are transported into another world if you allow yourself. There are times when that is the antidote for whatever the worries are, so take yourself a short vacation. Enjoy. Be in joy. Every time you get a chance to open your mouth, spread joy.
- 2017-0401-063 I say this to you many times. I have said most recently that if ever you want to get my attention, tell me a funny story. Tell me a joke, because I like to laugh. We will laugh, we will conspire together, we will breathe together, and we will enjoy every day.
- 2017-0401-064 Now, allow yourselves to have a break, a most wonderful selection of foods out on the island there, and in fifteen minutes of your timing we will meet again and have the questions and, hopefully, answers. So be it.