

HEALING

2018-07-07

- 2018-0707-001 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 the one Source, always and forever; always going forward; experiencing, expressing, being. Even at the place where you feel that perhaps nothing is happening, there is much that is happening.
- 2018-0707-002 You have come in this lifetime to play. “Oh, but Jeshua, there are so many questions, so many things I need answers to. How can I play? Where is there enough time in the day to play?”
- 2018-0707-003 Even as you are working, you are playing; playing one with another, exchanging ideas, asking for comfort, asking for support, asking for other ones to smile with you, even if it seems like they are going one direction and you’re going in another. In truth, it is a stream of consciousness that is going forward, awakening.
- 2018-0707-004 Now, I have spoken to you in days past about the stream of consciousness coming together, feeding itself, growing as a stream of the consciousness, as you would see a river with its tributaries starting out perhaps from the high mountain as a small stream of water, coming and joining with other water that is coming also down the mountainside, so that you have after a while a great river, a great stream of energy that is flowing.
- 2018-0707-005 You get to a point sometimes where you feel that not much is happening. “Why am I here? What am I doing? How is this going to come together?”—all of the questions of the world. Stop for a moment and take the deep breath and visualize the stream of experiencing, the stream of awareness, the stream of consciousness that you are part of, even when you are sitting, supposedly doing nothing.
- 2018-0707-006 You are never doing nothing. There is always much going on within and outside of you. So allow yourself to be very much aware that even though you may think that you are just one small point of existence, you are part of that stream of consciousness that is going forth, and that is what you have come to do, to be, to express, and to receive.
- 2018-0707-007 I know that there are some times when you feel that you need a best friend. You need someone who will listen to you. I have heard you—now, none of you, of course, within the sound of my voice—I have heard you when you have screamed to the heavens that there was nothing happening. “I need answers.”
- 2018-0707-008 As you are part of this on-going stream, as you are part of the awakening consciousness, which you are—and that is why you have come at this time—allow

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yourself to stop, to breathe, and to pat oneself on the shoulder and say, "Boy, you really had courage to come at this time," because it is true.

- 2018-0707-009 You have much going on in your world right now. There is much energy; you have felt it. Every time you tune in to your small box or bigger box, whatever, and you hear the "news of the day"—which is truly not that new, because over all the eons of time, you have existed and played one with another, sometimes nicely and sometimes not so nicely—you are building energy to a certain place where...know you the popcorn?
- 2018-0707-010 Know you the popcorn, where you put it in and heat it up, and when it gets to a certain place, it opens up with an explosion? That is where your stream of consciousness is going, and it is a good thing. It doesn't always feel good. When you look at the energies that are working in the world, your world, your reality—lower case "r"—right now, you wonder, "Can there be anything good coming out of this? What is going to happen? Is there going to be more turmoil?" Probably.
- 2018-0707-012 "Are there going to be examples of ones reaching out to other ones to lift them up?" Yes, you have seen examples of that. You have felt it yourself as you have reached out to other ones and said, one way or another "Be of good cheer, because truly what is coming out of the popcorn mixture is going to be edible. It is going to feed you. It is going to bring you to that place of awakening".
- 2018-0707-013 So do not despair. Be of good cheer, even when you hear reports of things that do not sound quite as nice as you would like them to be. Know that in your own exchange of energy with your friends, your groups, what you do, yes, has far-reaching effect. Because as you touch one person, and then they turn around and feel valued because you have valued them, they pass it on to another one and another one.
- 2018-0707-014 Somewhere it will get stopped, yes, momentarily, but nothing is ever lost. Be careful what you put out, because that which you put out circles around and comes back to you. So it behooves you, as you are being wise, to put out that which you want to receive back.
- 2018-0707-015 That is why I often said to my disciples to hold the thought and feeling of love. Sometimes they did, sometimes they didn't. They did quarrel. Aha, you did quarrel amongst yourselves. There were times when there were feelings of jealousy. There were feelings of, "Well, I don't know why I am in this group, because I'm not really good enough, but I'm not going to tell anyone that."
- 2018-0707-016 You re-imagine it in this lifetime, because you put on a certain persona that says, "This is how I know I have to be or I should be. This is how I'm going to appear to be. But you know, when I get ready for my bed in the evening, there are times

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when I really question what I did today, and was it good enough." And yes, it was good enough.

- 2018-0707-017 Don't devalue that which your divinity has made. If you remember nothing else out of this evening, remember that sentence. Do not devalue that which your divinity has made. Because your divinity...you have a saying somewhat along these lines, that divinity does not make junk. It may look like junk. It may act like junk. It may get judged as junk, but it is not.
- 2018-0707-018 You are the most beautiful tip of the love energy come into being; therefore, look in the mirror and value self. Know you how many masters were asked if they would play the part that you are playing? Now, I speak to you, because it is a little bit more obvious, but I speak to all of you, because you are all playing parts that are a bit difficult at times.
- 2018-0707-019 Know you how many masters said, "No, there's going to be all kinds of conflicts going on, all kinds of energy that's going to rub up against each other and not be feeling all that loving. I'm not going; no. I'm going to wait. I'll wait until something is easier." There were quite a few masters who said, "Well, I'll pass," on what is called the 21st century in this timing. "I'll pass. I'll watch. Like, I'll tune in to the various things that you have on your entertainment, but no, I'm not going this time. I've been there. It hurts."
- 2018-0707-020 Yes, sometimes it does hurt. Sometimes you feel like you've just been pulled through a hedge backwards. Get you that picture of being pulled through a hedge backwards? I like that saying. I heard it somewhere. We didn't exactly have hedges two thousand years ago. We had bushes though. I guess you could have fashioned them into hedges. Anyway, if you get pulled through a hedge backwards, you end up looking a little bit disheveled. Think about that.
- 2018-0707-021 Now, this evening I have been asked if I would speak about healing. It is something that your world needs. It is something that every one of you needs. Every one of you is calling out for healing, some on the physical level. There are ones who have written to you, ones who have called you, ones who have said, "Please keep me in your prayers. I need some physical healing."
- 2018-0707-022 But even if it is not physical healing that you are asking for or seemingly missing—seemingly—there is healing on the level of acceptance of yourself and of others, of accepting that which you have brought together to express—express: to press out—to bring that divinity into full view.
- 2018-0707-023 So even if it is not something physical that you are working with—and I know that there are quite a few people of every age, size, asking for healing of some sort—

we'll start with the body first, because the body has quite a voice and will scream at you after a while. If you do not listen to it when it is just maybe suggesting something, it will speak a little more loudly, and after a while it will come to the place where you have to pay attention to it.

- 2018-0707-024 The best way to do that is to take a deep breath. First and foremost, I recommend breathing. Take a deep breath and come to that place of quiet within self. Yes, the body is going to yell at you. It is going to say, "Well, this isn't doing anything," but it does. In that moment of quiet you allow all of the cells of the body to remember that which they know best how to do, what to do.
- 2018-0707-025 The reason that you ask for healing is because you have lost sight of the wholeness of you. Healing comes from the root word of wholeness, being whole, recognizing that you are whole. That is the true healing, coming to that place of recognizing, as some of the small ones do, "How wonderful I am. Look at what I—you usually say—have created."
- 2018-0707-026 Little ones, if they are, first of all, the awakened master who has come to serve, and if they remember that, and hopefully they might have parents who are really happy to associate with them, you will have the small one who knows Who and What he/she is. Now, you know you have been really happy to welcome your little ones when they came. You hold them in your arms and speak to them in whispers and somewhat more loudly how much they mean to you; how happy you are that they chose to come to you.
- 2018-0707-027 Well, yes, I know there are some little ones who come to you and you wonder, "Did I ask for this?" Well, on some level, yes, you did. On some level you said, "I am strong enough, I am loving enough, I want to be awakened enough that this little one has come to me to help me awaken."
- 2018-0707-028 So when any of the little ones come to you—and I may say here that it may be the two-footed ones, but it may also be the four-footed ones who come to push your buttons—they have come to say, "I'm here; what are you going to do about it?" And you give them love, because that is what they are asking for. They want to be recognized. They want to be loved.
- 2018-0707-029 Every living being wants to be loved, even the lowly ant that my beloved friend and teacher put outside on the grass there earlier and said, "Yes, you're a lovely little being, but you don't belong in the house." So she took the ant and put it outside. The ant is probably getting used to a new environment, wondering, "How did I get here?" Anyway, I digress. I am very good at digressing.
- 2018-0707-030 But the point being, admire everything that comes to you. You have at this time of year the most beautiful fawns, the small offspring of the deer that start out

very small, and then after a while they grow into a good size. After a few years they will be the one that has the most wondrous rack, and you admire them.

- 2018-0707-031 Every living being is to be admired, appreciated, loved; everyone, including yourself. That is often the last one that you turn to and admire, but there is nothing wrong in admiring self, because you have put it together the best you have known how, and you continue day after day putting it together in the best fashion—and I mean that quite literally for those who are interested in fashion.
- 2018-0707-032 You put it together in the best way. Take pride in what you can do. Take pride in the love-light in your eyes. Take pride in how you put all of the seeming pieces together, and then look upon your neighbor and see how they have put things together, and admire them as well.
- 2018-0707-033 You live in a most wondrous world that is calling out for healing, a most wondrous world that is saying, “I hurt. Why do I hurt?” And the world with its relationships amongst your people—and everyone is your people, your tribe, whatever you want to call it—everyone is putting themselves together day by day the best they know how to do. You may say, “Well...”—I have heard that tone of voice from a few of the brothers and sisters—“Well, couldn’t they do better?”
- 2018-0707-034 Truly, if they could, they would. Truly, if they knew that some way of being was better, they would. Sometimes they can be a little short-sighted and don’t see quite far enough down the road to see that if they made other choices, maybe even if they stopped for a moment and took the deep breath, maybe things would appear differently.
- 2018-0707-035 But oftentimes there is pressure by societies to respond very quickly. You have part of that in the psyche of yourself, of knowing lifetimes when you had to respond immediately or else: off goes the head. You had to come up with what was the approved answer to that one who was standing in front of you, so you have learned to become very quick in your responses; not to have the time, for the most part, to breathe, but just to respond, to show your supposed power.
- 2018-0707-036 But now you are coming to the place where you are recognizing that it is okay to stop. It is okay to hold your speech for a moment, to think it through and say what is truly in your heart and what is truly in the best part of your mind, to share that.
- 2018-0707-037 That is what your awakening consciousness is calling for, to take a bit of time to contemplate, to breathe, to cogitate. Know you that word? Of course you do: to think for a moment or so. Allow yourself to come with your answer from the heart. You do not have to, in this lifetime, be so ready with an answer.

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- 2018-0707-038 Now, I know that the past experience has said you'd better come up quickly with an answer; it better be a powerful answer; it better be the answer that they want to hear. Otherwise, it may be a bit difficult. But in truth, you are the creator of your experiences. You are the one who is creating the time. So allow yourself to have a moment of time, outside of time if you want to do it that way, because you can; play with that one.
- 2018-0707-039 Start to give an answer to someone—I'm digressing again, but—start to give an answer to someone, and then stop mid-sentence, mid-word, and ask of yourself, "Is this what I truly want to say?" It may be. That is okay. But allow yourself to have a moment of time before you give the expected answer, and see if that does not heal your own feelings and the other one as well.
- 2018-0707-040 So often you give the answer that is expected, but it may not be the healing answer. It may be that something that you have learned from past experience will give you a bit more time to rethink what more you want to say. It will be a bit of a challenge, because your world is speeding up, and the answers want to be given right away.
- 2018-0707-041 You should have the answer on the tip of the tongue, even before the question, and you know where that gets you. Have you ever walked into an answer that you didn't mean to give, and like, "Okay, that doesn't fit." It can happen. Sometimes it will turn out to be rather humorous, let us hope. Other times you have to do a bit of what is called the back-peddling and explain, "Well, that's not exactly what I meant to say." Or you just let go, and then it has to come around again one more time.
- 2018-0707-042 Come from the heart. That which you bring forward from the heart is healing. That which you bring forward from the mind can be healing or not, but allow yourself to speak words that are of love, acceptance. It will make you feel better. It will make the other person feel better.
- 2018-0707-043 Healing gets back to knowing wholeness, knowing that truly you are the Christ experiencing a human lifetime. Give yourself, first of all, top marks that you have come, because as I have said a few moments ago, there were many masters—there are—who have said, "No, I'm going to sit this one out. I don't think I want the challenge. It's too much work. I'm going to sit up on the light-post and just watch what happens."
- 2018-0707-044 But you have said, "Okay, I will go once more into the fray. I will go once more to give my healing love and light to ones, and I will show them that, yes, there are parts of the body that wear out, that hurt, that need to have some attention,

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and I will go forward in the way that is known at this time to find that healing so that I can encourage other ones to have hope.”

- 2018-0707-045 The greatest gift that comes from the heart of love is to give ones hope, to say, “Yes, perhaps what you are going through is not the easiest, but there is hope. There is this new treatment. There is this new diet that you can go on, and it will change every cell in your body and make you feel young again.”
- 2018-0707-046 And if you are a good salesperson, ones will at least try it. I will not say that they will stay on that, but they might. Because your belief system, what you truly believe within—not just what you say you believe, but what you truly believe—is what manifests. It is what comes out in the body. The body responds. It says, “Okay, I guess this is true, so therefore....” And then this is what out-pictures.
- 2018-0707-047 Allow yourself the time to respond, even to yourself, from the heart. You are the maker of time. It is a gift that you have built in to this reality. We have spoken of that in other times, that not every reality knows time. And you say, “Well, that’s probably better that way.” No, not really, because this reality that believes in process, believes in time, gives you the opportunity to rethink some of the decisions that you make in a snap...I enjoy doing that [snapping the fingers]. It doesn’t come through quite like some ones do, but...oh, that’s a better one. It doesn’t always give you the time to re-evaluate, so give yourself that gift. You don’t have to rush about. “Oh, yeah, but you don’t know my boss.” Actually, I do.
- 2018-0707-048 Allow yourselves to be easy with self. Allow yourself to take the time to know that you are in charge, because you are. Allow yourself to breathe to the place of wholeness, of healing. There is—now, hear this well—there is no thing about the body that cannot and will not be healed by your recognizing its wholeness, its divinity, its perfection.
- 2018-0707-049 Because of an accumulation of past experiences that you carry like a knapsack on the back, because of experiences that say that life has to be hard and the body is going to give out at some point; if you fall down a flight of stairs, you are at least going to get a headache out of it and probably something more than that, that’s all past stuff that’s in the knapsack. One of the fun things you might want to do in a moment of quiet is to pull that knapsack around front, open it up and see what’s in there.
- 2018-0707-050 “Hey, you know ,it’s empty. I thought all of these experiences, all of this learning was in that knapsack. Ah, how heavy it was. I opened it up, and there’s nothing, nothing there.” Blessed art thou when you get to that place where you say“ ,That

which I have believed that has affected me for so many lifetimes is over and done with, finished. It's no longer in the knapsack. I'm free".

- 2018-0707-051 Then you can start bouncing along life's path feeling whole, because you are acknowledging from whence you have come—divinity—and that which you make is not junk. You might judge it that way, but it isn't. That which you make has a message in it. If you don't like the message— in other words, if it hurts—bring it around front and look at it. "Do I really need this? Hmm; I'll try a day without it. Yes, actually, this shoulder feels pretty good. I guess I'll leave it back there for another day."
- 2018-0707-052 And after a while you begin to feel a bit more whole. That is what healing is: recognizing, acknowledging, accepting your wholeness. Now, I know there are a lot of voices in the world and in your mind that say, "Yeah, but who are you kidding? I mean, this thing really hurts. Well, yes, but that's okay. That hurt is actually my creation. Hm, I never thought about it that way. I don't think I need it anymore."
- 2018-0707-053 After a while, what happens is that your thinking about something changes, and you begin to see that, "Hey, what I am feeling, I can bring that forward into the present day. I can bring that into—maybe for a moment." And don't get hard on yourself if for a moment it feels really good and say, "Oh, well, that was just an aberration. That was just something that happened."
- 2018-0707-054 No. You are creating moment by moment that which you are experiencing and then judging, and that's okay. You are creative. You are going to create quite a lot. Sometimes you create quite a big dust storm. Then you bring in some of the dust and, like, cough, cough, cough, you get rid of it, okay. You can do that.
- 2018-0707-055 Allow yourself to feel creative, to know that you create every moment, and maybe you can let go of the pain or the sickness or the unwholeness for just a second or two. Don't put yourself down and say, "Well, you know, that didn't last." It did last; it did happen. You can't deny it. It doesn't have to stay forever. In fact, you have already decreed that you are not going to stay in a certain boy, a certain form forever. You have said, "No, I want to try something different."
- 2018-0707-056 The ladies say, "I want to be a certain height and a certain shape; slim, athletic." And guys are saying, "I want to be really, really strong; whatever." Well, that's one model. But I'll tell you what the most important model is, and you know this already, so I don't even have to tell you. It is the person who is in love with life, the person who is happy to be here, happy to have the interaction with friends,

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happy to have a friend. Know you how valuable it is to have a friend? Of course you do. And how valuable it is to be a friend.

- 2018-0707-057 Allow yourself to acknowledge that you are the friend to another one who may be hurting but is not showing it. You come along and have no idea that they're hurting or whatever. You just see, "Oh, you know, they must be fine. Everybody's fine except me." But they may need your smile. They may need your good word. They may just need you to stop and see them. Because as you have experienced in this day and time, in this world, everything is speeded up. Everybody has to be somewhere at a certain time. "I have to rush to get there. Oh, I'm running late, or whatever. Or I look on my phone; I'm running late."
- 2018-0707-058 Know you how creative you are. I know you know this. But when you look at your little rectangular piece of technology brain—because this is your brain out here—acknowledge to yourself, "My God—because that's who you're talking to and what you're talking about—my God, how creative I am, and every day I get more creative. Every day there's a new advertisement, commercial, new piece of information that says you have to have this, because...you know, new and improved." And it is. It's amazing.
- 2018-0707-059 That which you are doing in this lifetime, as you reckon time, had not even been thought of two thousand years ago. Except I will share with you a secret: we didn't even need this [cell phone], because there were those of us who knew how to do this, mind to mind, as you do; you know how to do that. You've done that from time to time with friends, and they say, "How did you know what I was thinking?" "Oh, I just knew." Did you look on your phone? No.
- 2018-0707-060 Healing is as natural as the opposite of being healed. Being healed truly is even more natural, because you've had to get in there and change a few things in order to suffer. That has been the thinking for a long, long time, that in order to really know that I am creative, I have to make something that is different, and I have to suffer a little bit with it so that I know that it is real. Maybe you don't. Hm. "You mean I could be worth just as much if I just sat and gave one good meow?" Yes, you are from the beginning as valuable as you will ever be. "Oh, my goodness, he said that I'm never going to be more valuable than I am right now. Woe is me. Woe."
- 2018-0707-061 Take it to heart. You are valuable right now as you sit, as you stand, as you scratch your cheek. You are valuable. You are healed. In truth, you are healed. You go to other ones who are called healers because you want to play. You join them in the sandbox and say, "Okay, what shall we create today?" And they say

this or that or whatever, and you say, "Okay, I'll play." You may play for a while, and then you decide, "Okay, I'm going to do something different." And I say to you, "Why wait? Why not have it now?"

- 2018-0707-062 "Oh, but I've been told, I've been told this is the best I can do, and it's not bad". It is truly a very great place to be, right where you are. You have your mind. You have your smile. You have the most beautiful blue eyes. They are as deep as a very beautiful lake; blue; most beautiful.
- 2018-0707-063 But the most beautiful thing about you is your heart, your caring heart, how you care about people, how you have said, "Send me; I will experience what life in a wheelchair can be. For many, many years I will give hope to other ones. I will give hope, because I have a smile." It is the greatest gift that you can give anyone.
- 2018-0707-064 All of the healings that I did that are written up in your holy Scripture, I did not do them. The person receiving them was the creative one who caught an idea that, "Yes, I can be done with this. I can be healed. I can be like the small one that runs through the field." There were many who came to me, and because there was a certain readiness...it was not what I did; it was not even what I said. But I looked into their eyes and said, "You are valuable just the way you are, and if you want to change any of that, feel free, but you don't have to. You are good enough the way you are."
- 2018-0707-065 And the master, if it was part of the soul agreement, picked up the cloak and walked. But there were ones who checked in and said, "No, there's still more. There's still more that I said I would do. And maybe they said the human thing, like, "Well, why did I ever agree to that?" And maybe they didn't; there is still more.
- 2018-0707-066 So do not judge. Any of you, do not judge self, where you are. Do not judge yourself, except to give yourself top marks, to know that truly you are changing people's lives, each and every one of you who is within the sound of my words, within the reading of the words. You are changing people's lives by what you are willing to do in your own healing.
- 2018-0707-067 So when you crack a joke...you are very good at this. You take the egg and crack it, and by gum, there's a joke in there. (Bill: Or at least a yoke) At least a yoke in there. You see what that does to the energy? It amplifies the wholeness of the energy. That is why the greatest of medical people among you are the comedians, the ones who can look at life and find something worth laughing about. That is

the greatest healing, coming to that place of wholeness, knowing that truly, "I am already whole."

- 2018-0707-068 Okay, healing; healing of the body; we've talked of this. Healing of the mind is a little more tricky, because it seems to be—now, listen to that word—seems to be a little more hidden. And there are many in your day and time, in your world right now, who have the bodies that are strong enough, but they have the minds that are sad, the minds that are calling out for healing, the minds that want to know who and what they are and what value they have.
- 2018-0707-069 And you are the one, no matter what your physical body may be, you look at them and recognize, "Hey, there's something good happening in that person, in that mind." And you acknowledge that they are able to turn a joke, like a flip of the switch, and it changes all of the energy of anyone around and brings about healing.
- 2018-0707-070 The ones in this day and time have forgotten their roots. They have forgotten the times two thousand years ago when they were the agrarian society, the farmers, the ones who lived a more simple life. They have gotten caught up in all the complexities of...I will call it modern, because that is what they would call it—modern life. They have forgotten who they are. They have forgotten how good they are. They have forgotten that they have a quality about them that will raise up other ones, because they feel themselves to be so far down in the tunnel, the well, whatever you want to call it, so deep that they'll never be able to see the sunlight up there.
- 2018-0707-071 Well, as long as they picture themselves being that far down, it's going to take a hell of a good long strong voice to be able to call down the well to them and say, "Hey, come up for a moment. I want to show you something." And you can do this. You do this with your friends. You say to them, even if you don't know that something is going on with them, you crack a joke. You say something that you're not really quite sure...did I really say that? Yes, and it brings about laughter. You have heard the saying, and it is very true. Laughter is the best medicine. So every chance you get, crack a joke. Bring up something funny.
- 2018-0707-072 I gave an assignment a few years ago or so, to go to your bookstore or online and purchase for yourself a joke book; easy jokes; not real intricate ones that you have to memorize, but easy ones, and have them at the forefront of the mind so that when there is a silence, you say, "You know, I heard this funny story the other day. There was this man going to market...." And off you go. There are a lot of stories with that one.

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- 2018-0707-073 And for a moment or so, that which felt so heavy to the other person...and that person may have been saying, "I just want out of here. I don't want to stay here any longer. This is so painful, I don't want to stay." And you start telling them this story about the farmer who went to market, and they're thinking, "Where is he coming from? More to the point, where is he going?" And they get caught up in it for a moment and find themselves laughing.
- 2018-0707-074 The ripples of laughter go through the body and heal. So buy, rent, borrow the joke book, and find ones that you can remember the punch lines to. There's nothing worse than getting to..."Oh, you know, that was a really good story, but I can't remember how it ends." Well, okay, pick the small jokes that only have a few lines, because maybe...although you may have the mind that remembers longer stories, whatever fits the occasion. That is healing.
- 2018-0707-075 Same thing with healing relationships. Oftentimes ones will be feeling really down about something because their relationship isn't what they wanted it to be or thought it would be or think that it can be. And they don't know how to heal the relationship. There were ones who came to me two thousand years ago and wanted to know, "How can I heal this relationship with my wife, my best friend, my business partner? How can I heal relationship?"
- 2018-0707-076 And I said to them, "First of all, do your homework. Take out your sheet of papyrus or whatever you have to write on and list the qualities that you like in that other one. Don't come back to me and say, 'But Yeshu'a, I don't like anything about them.' Come on, you must like the way they part their hair. You must like, somehow, the way they tie their shoes, or they walk in flip-flops and don't even have to tie their shoes. There must be something good about them."
- 2018-0707-077 You may have to really, really look for it. I'm not saying that there aren't ones who have all of their good qualities hidden away somewhere. That's usually what does happen. But you can find one or two or three. Write it down on your sheet of paper. The next day maybe you'll think of another one. And what happens is, you are not changing them. That is very hard to do. All of you have tried to do that with the other one, where you take them up and shake them, at least figuratively, and say, "Shape up; change; become what I want you to become." That just expends energy. It doesn't really get too far. Or it might get you an ulcer; I'm not sure.
- 2018-0707-078 Anyway, after a while you have a few things written down on the paper and begin to think and to look, "Well, you know, maybe it's not exactly the relationship that

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I was looking for, but there's a lot of good there; maybe not for me, but maybe." And what you have done is to heal yourself, to heal your perception. That's the only one you can work on, really, as you've noticed. Because as you've gone through life, you've tried changing the other person. It can be done, but not in a lasting way and not in a loving way. So value you that which they are. Look for the good points.

- 2018-0707-079 How to heal a relationship? It can be done in an instant, truly. Ones are going to say it's going to take a long time. No, not necessarily. It doesn't mean that you have to stay with that relationship. You may find that, yes, there are things about that person that I really like, but I'm complete, and the other one is complete too, and you move on. But it is not moving on with regret.
- 2018-0707-080 Healing: coming back to that place of recognizing the wholeness, the divine plan. And yes, there is a divine plan, even in the darkest of times. Is there a plan when you end up with pneumonia and have to go back to the hospital? Yes. Is there a plan that you're here this evening? Yes.
- 2018-0707-081 Some of you—all of you—have volunteered for different aspects of living. Some of you are great technicians; you know how to put things together. Your mind sees this piece and this piece and a wire or two, and it comes together and works. Or you know how to think like the computer so that you can talk to the computer and get it to respond the way you want it to. Every one of you has talent; quite a few talents, if truth be told.
- 2018-0707-082 Beloved technician back there, thank you for your talents and for bringing them in your suitcase, otherwise known as the mind, and being able to push the right buttons so that we have sound. Thank you for the sound, and the sound that you guys worked on early on to get this to where it is.
- 2018-0707-083 All of you have qualities that you share with each other that are important. You have words that you give to ones. You have smiles. You have hugs that you give. You have a heart that loves. It doesn't gush forth, but it is a quiet heart that is steadfast and true, and people feel that with you, and they feel healed in your presence.
- 2018-0707-084 Each and every one of you has signed up for different aspects of life. All of you are masters, and there are different kinds of masters. You play different roles in different lifetimes. The medical people who have come in this lifetime who have said that they want to be of service and help ones get a handle on their healing, they need someone to work on. You've never thought about it that way, I bet. Where would they be if they didn't have someone to work on? Where would they be if they didn't have you, with such a most wondrous condition that makes them

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scratch their head from time to time, maybe even go back to the textbooks and see? Where would they be? They would be incomplete.

- 2018-0707-085 Sometimes you have said—I have heard you—“Why me? Why did I volunteer for this? I didn’t volunteer for this. I was volunteered by someone else to do this.” No; truly your soul volunteered, and it’s only the strong ones who volunteer for the strong endeavor.
- 2018-0707-086 Each and every one of you has talents. Each and every one of you use your talents, your divine talents, your creativity. I see master Ted up there [via Zoom]. He’s thinking how he’s going to transcribe this already; most wondrous. I am looking forward in what you call two weeks to see many of you. It is not too late for some of you to make new plans if you hadn’t been planning to be here. You can make plans and be here, or not.
- 2018-0707-087 Now, beloved ones, it has been my great joy to be amongst you in this way, to be able to have ones who want to listen to what I have to say. It is a miracle. Two thousand years ago I wondered, “Why would anyone want to come and listen to what I had to say?” And yet they listened, they accepted healing for themselves. Some of it got written down, and you have it yet to read in your holy biblos, your collection of Bible books. Most amazing.
- 2018-0707-088 The same thing is true with you. The things that you say, they say, “Well, that’s just ordinary.” No, it’s not. It goes out like the magnet goes out with energy and finds what it connects to. Your experience and others, their experience would not be the same without you. Therefore, brother/sister, go with a happy heart. You are all fulfilling a slot, an openness, a place where it would be unfulfilled if you were not here. Go in joy. So be it.