

A LIFE WELL LIVED

2018-09-01

- 2018-0901-001 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. The Child of divine Source, come to play, to feel like you are having the biggest drama that you can imagine, and yet playing all the while.
- 2018-0901-002 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 to behold you. Great joy to behold your Light, because as one has been saying, there is much Light in this room, much Light that you take with you into every situation, much Light that you allow to be shared in the healing of your world, your reality—lower case “r”.
- 2018-0901-003 This evening we are going to have much fun, because we are going to be playing with, “What is reality? How do I live in my reality? How do I live a life that affects others in healing ways? How do I live a life well lived?”
- 2018-0901-004 You have had example of that very recently with one of your companions [John McCain], well-known, who truly lived a life well lived. Many of the experiences—if you were to put them on a scale—he covered in that lifetime from one place of knowing just himself and the honors that he wanted to put forth in that life, to the place where he saw everyone as brother and sister.
- 2018-0901-005 He came with a mission, if you will; two mission, in truth: one to share with all of ones who had the eyes to see and the ears to hear the mission of healing, and also for himself to relive a lifetime that he has done several other times, but to come this time in this lifetime and not carry the scars of terror, of having the brothers and sisters treat him in a very harsh way; not to bring those scars into later life; to heal them and to be able to go on with an empathy with all brothers and sisters and to understand that everyone, no matter what it looks like, they are fighting their own battles to come to the place of realization of the divinity of themselves.
- 2018-0901-006 So you have had one who has come and made his mark upon this time, this reality—lower case “r”—that you experience as teacher. He knew before the incarnation, as the soul that he is, that he was going to be teacher, healer, but he didn’t know how exactly it was all going to play out—emphasis on the word “play”—because truly all of you, all of us have agreed to a mission before an incarnation, but how that works out is left up to certain decisions that you make as you go along.

2018-09-01 Oakbridge University Channeled by Judith Coates

- 2018-0901-007 Now, all of you hearing my voice, all of you within the sound of my voice within this room and at a distance have accepted a mission, and you are carrying it out to your best understanding of what your mission is. This evening is part of that mission. This evening is a time of awakening and claiming that which you desire to be, to know, and to example to others. This evening you are saying yes to your Reality—capital “R”. You are saying, “Yes, that it is my divinity, my divine energy, divine Self that is allowing me to live a life that looks like it is just a human life,” and yet what you do and how you do it heals yourself and others by choices that you make.
- 2018-0901-008 I have been observing you, not only this evening but as you have been going through what is termed your lifetime, and I see you choosing for love. Sometimes you are in circumstances that are a bit difficult to be loving, to be in a healing place, to offer healing to other ones. Whether they accept it or not is not your responsibility, but to offer it; to offer love everywhere you go and to have the smile upon the face that says to another one, “I understand you. I love that which you are.”
- 2018-0901-009 That is your message that you give to ones. You smile with them. You comfort them if they need comforting. You give them the benefit of whatever you have received. You share with ones, as they are uplifted, you are uplifted as well. It is very much a Oneness experiment, if you will.
- 2018-0901-010 Before you took incarnation in this lifetime you agreed with the soul group, because always before you come, there is what you call the conference that is held and the broad picture is put in front of you. Then it is up to you as the small one in arms and as you grow taller to figure out how you want to do this. It is okay if you try different things; sometimes it works, supposedly—always it works, but sometimes it is more obvious than other times—or if it doesn’t, how you act and react to what happens around you and within you.
- 2018-0901-012 All of you within the sound of my voice are healers, in the very extended form of healing. All of you are masters who have chosen to come at this time, which is not the easiest time of a reality, but you have said, “My brothers and sisters, the other sparks of divinity, need me, want me; I want them. I want to know my Oneness with brothers and sisters.
- 2018-0901-013 So you have chosen a path. Sometimes it is smooth. Sometimes it has a few twists and turns in it. Sometimes it gives you pause to think and evaluate and wonder, “Why have I chosen this path?” Yes, I know, there are many nights—not especially right now, but sometimes—when you have wondered, “What is this all about, and why am I here? Why am I still here?”

2018-09-01 Oakbridge University Channeled by Judith Coates

- 2018-0901-014 Well, if you are still activating a body, it is because you have not completed what you said you would do, or you have chosen for the fun of it and play some more. This happens every once in a while when ones finish their mission and then ask, "Can I have a few more days, weeks, hours, and perhaps years to play, because, you know, I don't think I had much time to really enjoy. I was too busy working, or whatever."
- 2018-0901-015 And so, yes, of course, as you ask, it is granted. It has to be, because for the holy Child, the divine spark, whatever you choose is what you will receive. Nothing can be held back from you. So if you are looking for healing, if you are looking for a certain feeling of satisfaction, if you are looking for an answer to a life-long question or perhaps more than one lifetime, it is granted to you to have time, as you measure process. It is granted to you to have that time.
- 2018-0901-016 You have friends who have had a certain verdict given to them that the body is finishing, that it will be a certain number of weeks, months, maybe even years, and then the body is going to do its thing. But nothing is ever ascertained and decided ahead of time that cannot be changed. Some of you know that, because you have experienced it.
- 2018-0901-017 Yes, it is fun to work within the confines of time, is it not, and try to get all of your pieces to come together at the same time in the same place. I have watched my beloved friend and teacher, the one you know as Judith, trying to organize all of the separate parts that are running in other directions and get them to come back on the same day and same time.
- 2018-0901-018 You are activating a very busy time in your life now. Time, yes, is speeding up. Time, yes, is shortening itself, your process of time. You feel, "I'm running out of time," and you are, because time is a construct that you have made for yourself, believing in process; process that has a beginning, middle, and end sometime. And you are finding that instead of being the longer days that you used to experience when you were very much in tune with the land, now everything is coming very quickly and hopefully not running into itself, although that does happen from time to time and you feel a squeezing, which doesn't always feel good, of trying to get everything in in a certain time frame.
- 2018-0901-019 But being the creative one that you are, you manage. You say, "Well, if I didn't get it done this day, I'll pick it up and get it done tomorrow, or next week, or next year." Sometimes it gets pushed out a bit, and after a while you say, "Well, perhaps it wasn't all that important to have to get it done in a certain time."
- 2018-0901-020 So you begin to be easy with yourself. As you are growing in stature and in learning when you are a bit younger, the teenage years, you want everything to

come together immediately. Then as you get into a little longer of the years, you begin to have a little more patience with yourself. You find that, "It just feels better to have a little more patience with myself and say, 'Well, I got that done, or if I didn't, it's okay.'"

- 2018-0901-021 You know this for yourself as you have been growing in wisdom and sometimes in stature, either this way or this way. I watch you as you change the bodily form. You look at it and think, "Is that what I want it to look like?" And then you do certain things to make it either contract or make it expand, or make it expand in certain places, depending on what the fashion is, the point of this being to have fun. Be in joy with yourself because you are creating it, and it has to obey you.
- 2018-0901-022 What you truly wish when you get some of the rubbish out of the way—and there is rubbish—when you get some of the rubbish out of the way, then you are in a place of exultation, a place of great joy; not the kind of great joy that has to be proclaimed on the street corner, but the kind of great joy that brings you peace, that brings you to that place of knowing, "That which I create is good," and you become easy with it, knowing that truly everything that you create has a gift in it. Even if you don't see it right away, it is there. It cannot be otherwise.
- 2018-0901-023 So look for the gifts as you go along. If you have certain feeling of judgment in the beginning, that is okay. Do not judge self. Just say, "Oh, well, that's how I was feeling at that moment. Now I choose anew," and you go on from there.
- 2018-0901-024 You have chosen this lifetime. You have chosen all of the circumstances as you go along. It is not pre-ordained that you are going to meet up with someone at a certain time and a certain date, except as you approach that time and the circumstances seem to fall into place. But it is not that it has to happen. It is that you choose for it to happen.
- 2018-0901-025 So be happy with what you choose. Know that there is always a gift in everything, and allow yourself to be easy with yourself. I watch you as I see energy, as I see you judging self from time to time. Whenever you get into that mode of judging self, usually you come out of it a bit battered. So give the judgment over to me. Let me judge whether what you have said, what you have done, where you have gone has been the right and best thing.
- 2018-0901-026 Because, first of all, I can see a larger picture. But second of all, I always judge with love. So nothing, in Truth—capital "T"—is wrong with any choice you make. You may make a choice that in this reality, this world as you call it, may bring you certain effects that you don't want to deal with, but if you do, and you have to deal with effects, you come out of it much wiser. You say, "Well, I tried that. Hmm, I won't do that again." I've heard you say that a few times.

2018-09-01 Oakbridge University Channeled by Judith Coates

- 2018-0901-027 What you will want to do, and you are doing this, is to choose for love, choose for the positive, choose to be happy as often as you remember, because truly I do not see anything as a wrong choice. Sometimes I watch you as you make choices and smile, because I know you are going to learn from it. You are going to have experiences and say, "Huh, why did I choose that?"
- 2018-0901-028 But then you go along for perhaps another week, year, decade, and look back on it and say, "Oh, well, you know, if I hadn't chosen to do such and such, I wouldn't have met whoever this person is. I wouldn't have gone on that trip somewhere and experienced what another collection of people believes."
- 2018-0901-029 Everything has a gift in it, and as you will look upon your life that way, you will be living in joy. You will come to a place where you know that you are complete, and you will look upon it and say, "This has been a life well lived."
- 2018-0901-030 Go for the adventure. If you have a choice, and one looks like it's going to be easier, safer to stay at home and perhaps choose the easy path, there is no judgment in it. Both, all choices are right, because all choices will bring you a gift; different ones, different gifts.
- 2018-0901-031 But allow yourself to be the adventurer that you truly are. The divine element of you from whence you have come does not judge, but allows, and it will allow you anything that you ask for, anything that you truly want, desire. That is an interesting word that has been pointed out to you. Desire is of the father—de, of; sire, Father; of the Father.
- 2018-0901-032 So every desire that comes to you has a gift in it. Sometimes you may not like the gift initially. You may say, "Why does that other one not see all of my good points? Can't he see how wonderful I am? Can't he see how I have a gift of love to give to him? Can't he see?" But he has the head turned another way. No? Move on.
- 2018-0901-033 If someone does not want to accept your love, your gift, someone else will, and there will be healing in it for you and for the other one. If the supposed first choice says, "No, I don't think so," move on, because someone else will be waiting and will be really, really happy to receive that which you have to give.
- 2018-0901-034 What do you have to give? Love, joy, excitement, being together with someone, allowing that which you have learned to be shared with another one to the place where they come alive and say, "Yes, that's just what I was thinking. That's just exactly where I was in my thinking. Isn't it amazing that we think alike?" And at that point, you probably will agree. "It is amazing. I found someone who thinks like I do. I thought I was the only one on the planet." And sometimes,

individualized as you are, you are the only one on the planet in that moment thinking that way.

- 2018-0901-035 You have given to yourself a gift, a gift of the reality—lower case “r”—to activate a body, to be able to speak with ones with the tones, and if you do not have the tones, you have worked out the sign language that ones can learn. You are never at a place where you cannot express. Now, what do you express? What do you push out, express? Sometimes judgment; a lot of times judgment. And usually that judgment, even if you think it’s going out, it does a U-turn and comes back. You find yourself judging self, and that doesn’t feel good.
- 2018-0901-036 You have an example of that in one of your leaders at this point who is feeling un-whole, not whole, to the place where what he sees, he feels as a judgment, and then he has to put up a barricade—you all do this, so it is not just one; you put up a barricade so that the small self of you will not be hurt. No one of you likes to be hurt, and sometimes in the lifetime that which you have chosen to allow you to grow in your own love, love of Self—capital “S”—sometimes is not understood to be a gift, and sometimes it is taken as a harsh judgment.
- 2018-0901-037 But in truth, oftentimes the ones who are molding and shaping your early years want the best for you, and yet they don’t know exactly how. There are many stories told of new parents who come home with the small one, and then they look at each other and say, “Now what do we do?” Almost all new parents feel that way. Even if they’ve taken classes that supposedly instruct them, they find that they have an individual that doesn’t really fit all of the descriptions of what they are supposed to do or be and, “Now what do we do?”
- 2018-0901-038 But the small ones have come to you as gifts. They have come to you to bring out your best—it sounds like an advertisement—and they do; they bring out your best. Sometimes it doesn’t always look like the best at first, but in truth you are doing the best that you can, that you know how, that you have been taught, that you have learned from the older generation perhaps. So you are doing as well as you know to do.
- 2018-0901-039 And yes, the small ones will push your buttons, but that’s what they’ve come to do, and sometimes they do it really well. But you smile and you love them, and you go on, and you see how creative they can be. It is the same with the four-footed ones. If they don’t get your attention in one way, they’ll try in another way until you do pay attention to them, and maybe you figure out what they want. Then maybe you say yes, and maybe you say no, and then the whole cycle starts over again.

2018-09-01 Oakbridge University Channeled by Judith Coates

- 2018-0901-040 But you bring the small ones and the four-footed ones into your experiences because you want to know, "What can I create? How can I create? And why, sometimes, do I create what seems to be the challenge?" It is to allow you to see, first of all, how creative you are. All of you know that feeling. It's like, "Good heavens, I created that?" Oh, yes. Enjoy your creations. Enjoy all of your experiences.
- 2018-0901-041 The one who has been so honored in this week [McCain] had experiences that you would not choose voluntarily, and he felt sometimes that he did not choose those experiences. And yet there was a spirit alive within him that knew this is all for a purpose. "I don't know the purpose." He said that many times, and yet there was a knowing that something larger was happening.
- 2018-0901-042 If you can approach, and you can, any seeming challenge and know that what you are seeing is only part of the picture that is truly larger, it is truly something larger, more far-reaching than what you see at the moment, it allows you to take the deep breath and say, "Okay, maybe I don't like what's going on right now. Maybe I would like it to be different, but there has to be a good reason for this. There has to be a gift in it. And even if I should allow the body to be finished, I will look upon what has happened and realize in my awareness that it was as a gift."
- 2018-0901-043 Then you come through every challenge knowing that truly the picture is bigger than what you see at the moment. And this is what your friend did in the five and one-half years that he felt himself to be detained, restricted. He knew at a very deep level that there was something great happening, something larger than himself. He did not know that he was going to come through all of it and live the number of years with the body that he did. There were moments in the time that he was in that experience when he thought he was going to be finished. But he awoke the next morning, and the body was still with him, activated one more day, and one more day, trusting at a very deep level that there was purpose. And there was.
- 2018-0901-044 It was not easy. But as you have found out, no human life is in human terms easy. Every human life has its challenges, and yet at the same time, you recognize that you are creating. I knew this. I experienced this more than once. I had more than one human lifetime, because I wanted to know more. So I had the lifetime as a simple peasant, the farmer, the one who was in tune with the rising sun and the time of the moon, and that's all that I needed; that and the little four-footed ones, the woolly ones, the sheep.
- 2018-0901-045 I had several lifetimes that, as you would judge it from a human standpoint, were very peaceful, very much in tune with the energy of holy Mother Earth. I had lifetimes before we came to the one that is so famous that were of leadership

nature. This is not written in your holy writings, not the writings that are so popular, so accepted. They are written in some other works, yes, and I did not always go with the name Yeshu'a. I had other names as well, as you have done.

- 2018-0901-046 So I knew and know human life. Now, just to tickle the curiosity a bit, I had other lifetimes not on holy Mother Earth, out there in what you term now the spaceships. I worked as the one who had something to do with the energy of the spaceship. And then one lifetime I was commander. In another lifetime I experienced myself as liquid crystal, free-flowing crystal.
- 2018-0901-047 So you see, it does not have to be human form. It does not have to be on holy Mother Earth. It could be in another solar system far, far away with other parameters, because...well, I will ask you, because why? [Audience comments] Exactly. I wanted to play with everything that I could experience and create.
- 2018-0901-048 Each beautiful expression of the divine is very much like the facets on a gemstone, on your diamond. When you put that all together, how brilliant it is. The light within and outside of it is beautiful. One lifetime you say, "Oh, this is what I am this lifetime. Ah, this is so great. I am leader of all of my people."
- 2018-0901-049 Then they don't like what you're doing and there is heavy judgment, and you change to being the one who takes care of the sheep and the goats, and take a little bit of time out to recognize the spirit of you that activates every experience that you have.
- 2018-0901-050 So when you sit upon the chairs, the sofa, anywhere you are sitting, when you stand up and walk, that is of the moment, but that is not all of you. That which you can imagine, where does that come from? It comes from what you already know and have experienced.
- 2018-0901-051 Now we come to a most interesting point. In this day and time, time is thought to be a continuum, that there is the past and there is the present, and then there is the future. It is a process. Well, I have news for you. It is not. All of the experience within time is within what you will imagine as a sphere. You say that time is linear. Well, this happened a few days ago. This will probably happen in the future. That happened in history a long time ago.
- 2018-0901-052 The reason that you think that time is linear is because within this beautiful sphere of creation, one point here and one point here, they are connected by a line. So you say, "Okay, time is linear. That's past. This is future. I'm somewhere in the middle of it. But all time is in this sphere of belief."
- 2018-0901-053 Now, that brings up a very good question. What is outside of that sphere? What is outside of time? There is much that is outside of time. You don't see that usually in this lifetime where you are focusing upon what the body does. You

2018-09-01 Oakbridge University Channeled by Judith Coates

know, at different times in your life the body looks different, acts different, and does different things. You are focused upon, “What do I have to be ready for in this evening? What do I have to be ready for on the morrow? What about at the end of this month?”

- 2018-0901-054 What is a month, after all? It’s an arbitrary setting aside of a certain collection of time; man-made. You haven’t always had the same calendar. You know that. You haven’t always felt that time was the same as it is every day. You create it. You work within it. You try to get it all to come together where everybody can come at the same time and meet with each other and do certain things together. Then you find that there’s one person who can’t do it. Okay, we’ll change it. Well, then there’s another person who can’t do it. Okay. And you have fun with it, I hope. Not always; I watch. It can be a bit mind-expanding, yes; judgment expanding.
- 2018-0901-055 You work with time, but as I have said, time is of your making. You know this to be true, because sometimes you have played with time. You’re supposed to be there by seven o’clock, and there is no way you’re going to leave home and drive for twenty minutes and get there by seven o’clock if you have left home at five minutes until seven.
- 2018-0901-056 But it can be done, and you have done it. You have surprised yourself and said, “Well, what happened?” It proves to you that you are the one creating it. You are wonderful creators. Allow yourself to look upon everything that you create and call it good. That is why you have the passage in your holy book that says that God, which is you, created on the first day, the second day, the third day, and so forth. And He, which is actually a She, an It, looked upon it and called it good.
- 2018-0901-057 Call everything in your experience good, as this one that you have this week been acknowledging, honoring, even the time that he spent seemingly unable to physically leave. Now, I will digress for half a moment there. He did leave; not physically, not with the body, in that time period. But there were many times when he left in order to commune with the great Self of him, himSelf; otherwise, if he was just focusing upon a small bit, it would have been too much to handle.
- 2018-0901-058 So there were times when the body was very much there, visible, but he was communing with the great Spirit of himSelf—capital “S”. It is one of the things he remembered from his lifetimes in the monastery. “Oh, he had lifetimes in a monastery?” Yes, he had lifetimes when he very much was not of this world, but very focused upon the Spirit, and the Spirit giveth life. You have a lot of good passages in your holy book; not always understood, not always explained to you in the wider context, but you have a lot of good reminders.

2018-09-01 Oakbridge University Channeled by Judith Coates

- 2018-0901-059 So there were many days when he did not focus upon the body, because the body was hurting. So he went to the Spirit of himself as he knew it well to do. He did not know it in a conscious way to explain it; in other words, it was not something that he talked about, but he knew how to do it, to take himself apart from the pain, from the so-called drama and to be One with his creative energy.
- 2018-0901-060 So when he gets to a certain place, which he did, he asked, "What more is there?" And as you ask, it will be given unto you. He has done an example. All of you are being example to someone. You think perhaps, "Oh, well, what I do doesn't matter. Nobody is paying attention. Nobody cares."
- 2018-0901-061 Ha, not true. You have many who watch you. You have many who listen to what you have to say. Maybe they hear only one word, but it may be the right and perfect catalyst for their awakening, for their understanding that they are much more than just the body.
- 2018-0901-062 You do not have to know. You do not have to have it in a neon sign above you that says, "I am giving forth information right now." But you do it all the time. It is a gift that you give freely, and it is accepted by ones who are looking for that exact gift. Oftentimes you walk on and have no idea what you just did, and you don't have to know. But you are very much the teacher, the master, the lover who gives love just by being, just by smiling.
- 2018-0901-063 And you say, "Well, yes, the smile is not really that big a gift." Ah, yes, it is. It can change a person's day. It can change their lifetime because you smiled. It makes a difference. You get to the end of a certain period of time and your friends look upon you and say, "That was a life well lived." Even if it includes an exit from that life that looks like it's not much of a gift, it was truly a life well lived. So be it.