

# THE VALUE OF LOVE

2019-01-12

- 2019-0112-001 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, brilliance, the Light of the Father/Mother/God/Goddess/All That Is, the energy of Isness, the energy of Oneness.
- 2019-0112-002 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 to call me forth. Great joy; it is your birthright; not to go as the world suggests, feeling heavy, pressured, many decisions to make and having to be certain places at certain times; not as the world would speak to you, but as the illumined heart feels the joy of being and comes alive with a quip, such as you are very good at giving, to lighten the load of humanity, to lighten the load of what has been perceived as your duty to tribulate. And when it is your duty to tribulate, sometimes you get into that human feeling; there is a feeling of heaviness.
- 2019-0112-003 But in truth, you are Light, lighter than light, the energy of Light, the divinity of Light. For in the beginning, there was Light, always and foremost. So if you're ever having a day when you feel that you are very oppressed by "have to's"—I have to go here, I have to remember, I have to—stop, take the deep breath, and imagine that you are turning up the gauge on the Light frequency that you are. What will happen is, you will blow the circuits of Light, and you will actually feel much revived.
- 2019-0112-004 I have seen you do this. I have seen you stop; there has been a message that has come to you, and it has said, "Stop and breathe. Allow yourself to expand into the divinity that you are." And as you have done this, the ones near you, if they are perceptive, will feel a change in energy. And ones who may not have to be so held back as to what society will say—"Well, what will they say if they see me this way?"—they will speak to you and say, "What just happened? I felt a change. I felt something happen."
- 2019-0112-005 You have been there recently. You have had the voice of divinity speaking to you, and you wondered, "What is going on? This doesn't feel quite the usual." It was moving into that expanded state where truly you watch yourself as you are doing the human things. You watch yourself. Have you ever caught yourself being really, really upset about something or someone,

2019-01-02 Oakbridge University Channeled by Judith Coates

and then all of a sudden there is a smile that comes across the face and you think, “There I go; I’ m doing it again,” and you step outside of yourself long enough to see that truly all the world’ s a stage; this is a play within a play that you are enjoying? Be in joy with it.

- 2019-0112-006 I see you do this every once in a while. You will catch yourself, and you will take the deep breath and say, “Perhaps this is not as heavy as I thought it was going to be.” You move into a new energy flow, and it can be perceived by ones near you and around you. So allow yourself that treat from time to time, as I see you doing, because you are remembering.
- 2019-0112-007 All of you who are within the sound of my voice are remembering more often to stop and breathe and smile, because truly this is a comedy that you are playing in. Allow yourself to stop and enjoy the comedy. Enjoy the author of it—you. Enjoy how ridiculous at times the voice that is within the head says you have to do this, you have to do that, you have to be on time, etc.
- 2019-0112-008 Have you ever tried to be on time? It is very slippery. You can’ t stay on top of time; it won’ t let you. It’ s very slippery. So enjoy. That is truly what it is all about, and that is why you are making the human life for yourself; not to suffer the slings and arrows of human life as it is taught to you, but to go beyond what is taught to you. And that is what you have known from the time you were very, very small. You have known that this truly is a façade. This truly is just something that ones have said you have to measure up to, you have to be.
- 2019-0112-009 And you have said, “But what I am, is it not good enough?” And truly it is; not only good enough, but it is the best. So allow yourself to enjoy, to be in joy, and to laugh at yourself...and others, if it will not bother them too much. But take it all lightly.
- 2019-0112-010 This is a gift that you give to yourself. Sometimes I know that there are troublesome thoughts and occurrences that feel a little bit heavier, but it is a gift—life, this human life—even with all of its question marks, even with all of its judgments, even with all of its so-called disappointments. It is a gift that you are giving to yourself. Why not unwrap it and see what is in there and play with it, much as you would do and have seen the small ones do. They cannot wait at Christmas time to open it up and see what it is. Then they look at it and say, “But what is it?”
- 2019-0112-012 That’ s what you are doing with life. You have opened up the package and are wondering, “How do these pieces go together? Why do they go together? Are you sure they go together?” And yes, they do. It is a gift.

2019-01-02      Oakbridge University      Channeled by Judith Coates

- 2019-0112-013    Now, as I spoke about previously, we are beginning a course of study of value, which will go through this year. What is value? Why is it valued? Where is it valued? What does it really do to bring you closer to knowing the true Self? And we spoke last time about the value of life and of being in the flow of life.
- 2019-0112-014    I know you' re saying, "I don' t remember that." No, because you were in the flow of life at that point and you were enjoying the Christmas party. There was much to take your attention, and there was much of value in that evening of being together.
- 2019-0112-015    Whenever you find yourself so gathered together, no matter if it is a Jeshua evening or if it is another reason for coming together, allow yourself to celebrate that you are coming together to be in joy, to be in love. That is what we will speak of in this evening, the value of love.
- 2019-0112-016    Why would you seek love? Because truly, from the time you take form, you are looking for love. You want to know, "How does it feel? Where can I find it? How can I keep it? I want to be loved, and I want to give love."
- 2019-0112-017    You know the feeling that happens when you are giving love, when you are in that space of love with a project that you are working on, with a poem, with another person, with a beloved pet. You are allowing the boundaries of what you have said is yourself not to be known for a moment or so or even longer, and you are allowing yourself to expand into the vibration that is your true divine nature, the nature of love.
- 2019-0112-018    Now, cast your mind back; not that far, but a ways back when you fell in love with someone, when there was nothing else in the world except that one person and you felt that you were in the flow with that one, either human or four-footed. You are in love with that one, and the heart opens. You feel yourself to be more than just the personage of one individual. You feel yourself to be expansive and to be in that place that does not know boundaries, at least for a moment or so and perhaps longer, because that is what you are searching for.
- 2019-0112-019    You know the feeling of Home. You know the feeling from whence you have come, supposedly. Now, you have never left Home. It is you, the divine You, and you are in it all of the time, but there are times when your attention is brought to something that seems to be outside of you.
- 2019-0112-020    Even when you feel that you have fallen in love with someone, what you have done is to take down the boundary of what you have said, "Well, this is myself, and this is you, and I am in love with you." At the same time,

always and forever, you are One with that one—always and forever. In truth—now hear this well—you are making what you see the other one to be.

- 2019-0112-021 So if you would know love in your life, live in love. Say, “Whatever my eyes see, whatever my heart opens to, I am in love with that,” because you are. That is where you live. That is where you exist, is in love. All of the rest of it is just extraneous. Love is your true nature. Even when you see what is termed a stranger, they are not a stranger to you. They are a being that you know very well; otherwise, they would not be within your reality. You know them from before time began, because time is a construct.
- 2019-0112-022 There are realities that don’ t know time. They aren’ t under the pressure of “have to”—have to be at a certain place at a certain time and, “My goodness, I’ d better hurry up to get there.” There are realities that just are—no measure of time, no judgment of time, just existence (hopefully) in love. It is what you are making for yourself. Does it have value? Oh, yes. And the more you connect with it, the more value you feel, being in love. Can you be in love with self? You’ d better be. You’ re the one who is closest to it.
- 2019-0112-023 Yes, you can be in love with self, and I exhort you. I say, “Please be in love with self, because you know, truly, not as the world judges, but truly as the divine Self, you know that which you are made from and of. And as the saying goes, you do not make junk. You make only the best.
- 2019-0112-024 You are coming into that realization now that everything that surrounds you is heavenly, is of the angelic realm, yes. The angels, they are you. They come, they work with you, and the more you invite them to be within your consciousness, within your awareness, the more you will feel them. It cannot be otherwise. Always they travel with you everywhere you go. Always, love travels with you and wants to be turned on at any time. All you have to do is to say, “I am in love.”
- 2019-0112-025 Practice doing that on the morrow, even this evening. Practice saying that to yourself and to anyone else that you meet. “I am in love. Hey, you know, I just discovered that I am in love. I am in love with you, with you, with you, with you. I am in love.” If you go like that, first of all, the friends are going to say, “Oh, I think she’ s flipped out.”
- 2019-0112-026 But then they’ re going to see how happy you are, how nothing turns you upside down, and they’ re going to want a piece of that. They’ re going to want to know, “How come you’ re so happy?”

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- 2019-0112-027 You have people coming up to you complaining all day long that they can't find this, the price is wrong, no cashier, no nothing, nothing's right. Quite often all of the messages that come to you are because something's wrong. And you stand there; you stand there in love. You love self, because you are doing a job that many others wouldn't want to do, and you're being very strong in knowing who and what you are.
- 2019-0112-028 Nothing truly penetrates the love that you surround yourself with. Now, yes, there are times—all of you—when you walk outside of that love for a moment or so and say, “But...” and you stop, and you feel a poem coming on, and you begin to smile.
- 2019-0112-029 Know you that the clue to knowing the love that you are is the smile? Every time you smile, you open the door to recognizing love; recognizing the love that you are and that other ones are. If they would not be too worldly to resist, sometimes you find yourself going up and giving them a hug, because you want to be...you know, the magic of a hug. We have talked about this before, but the magic of a hug is putting heart to heart. Something happens when you do that. You turn on the switch for love.
- 2019-0112-030 Now, there are many other ways as well, but the hug is an outward sign that is as a clue to the switch to allow yourself to be okay; to stop for a moment or so and not have to be a certain way; not to have to go down the checklist of, “This is what I've been taught by...mother said I should; my father said I should; my best friend said I should,” and you go down this checklist very quickly. “Oh, yes, I have to stand up straight, I have to put a smile on my face, etc.”
- 2019-0112-031 Be the love that you are. All the rest of it is as trappings. Because when you act from the place of love, everything else falls into place. And if it doesn't, you give it a good swift kick. But seriously, when you are in the place of love and you are feeling expansive, everything has to fall into place in its own divine order.
- 2019-0112-032 It is only when you walk outside of that and start to make judgments that you get into a place of, “Oh, my goodness, this is wrong. I'll have to remedy that. I'll have to...” and you know the have to's, because they have been taught to you in time. But you can walk outside of time and say, “I love that which you are. I love that which I am. I love.” This is what happens when you fall in love.
- 2019-0112-033 “I love that which I am when I am with you,” and you become expansive. That is why you search for another one who seemingly will give back to you

love. In truth, you are already in love, and the way you know it is to show it. It is to be it.

- 2019-0112-034 So he doesn't have to be six foot tall, handsome, brilliant, well-dressed, have a lot of money on the credit card—to spend, not that you owe. It is because you have a wealth of love within you forever and always. And the only thing you have to do is to give it. It is to smile; the most beautiful smile, as you have. And to smile at another one that allows them to wonder, “What is he thinking? What is she thinking? She smiled at me. Why did she do that?”
- 2019-0112-035 It allows for a moment or so all of the worldly chatter that goes around and around and around in the head to stop and you play with a new question. “Why did she smile at me? You know, it felt really good, but...I wonder if I could do it again. I don't know what I did, but maybe I can do it again, because it felt really, really good.”
- 2019-0112-036 So then you begin smiling, and other ones come up to you and wonder what you're smiling about, but they've got this list of things that have to be taken care of. You smile at them, and they wonder, “Does he really hear me? If he really heard what I was saying, he wouldn't have a smile on his face. He must know something I don't know.” And you do. You know the feeling of love.
- 2019-0112-037 It doesn't cost anything. In fact, it has benefits. Allow yourself to smile, to be happy, and to know that your Mother/Father loves you. Everyone in the world loves you. And they do. They just don't know it yet. Because when they recognize who and what you are and how good it feels to be with you, they're going to want more, and that is what happens when you begin to give love.
- 2019-0112-038 Many of the brothers and sisters are looking for love. Many of the brothers and sisters feel that if they can find someone who will love them, it will make them complete. They're already complete, but as you smile at them, as you are happy being with them...now, I know there are ones who make it a little more difficult because of their attitude, but as you will keep being in love yourself, it is contagious.
- 2019-0112-039 The answer to all of the ones who are looking for love is to begin giving it. That is the secret. And you will probably want to tell them that at some point if they ask, and they are always asking. There are ones who want to find love. Suggest to them that they love whoever stands in front of them, even ones who are giving them the “hard time”. Love that one, because if

you can love that one who seemingly is giving a hard time, you can love anyone. At least that is how humans understand it.

- 2019-0112-040 If there is someone who seems to be really rubbing you the wrong way, try loving them. Try smiling at them. Be in good spirit when you are speaking with them. Really, if you have to, look for their good points, but you don't even have to do that much. Just press the inner button that says, "Love coming forth; watch out." (Tim: That looks easy.) Exactly; there you go; it's perfect. You have that button with you all the time, and anytime, especially a time when you feel like there's somebody who's trying to be unhelpful, trying to stand in your way with problems that you are supposedly having to fix, love them.
- 2019-0112-041 Be happy. You have known that slogan, yes, and it is the secret. It costs nothing except the decision to practice doing it. I know that at first it seems, "Well, I'm just kind of play-acting." Go for it. Play-act. Go ahead. See if it feels good.
- 2019-0112-042 The human mind has been taught to analyze, to take everything apart and wonder what is going on. "How can I make it better?" The human mind is a bit of a trap. The human heart—now, I'm not talking about the physical, but I'm talking about the heart of love that resides within you. All you have to do is turn it on. Allow it to be expressed, and you will see miracles in your midst. You will see miracles as you do it.
- 2019-0112-043 Already you are seeing that, because when ones come up to you and they are so upset about something, you are very kind to them. You smile as much as you can and you take care of whatever they think the problem is, and you acknowledge them. That is truly what they are looking for. They want to be acknowledged, but they think there has to be a reason that they have to come up to you and you will make it right for them. Or if you don't make it right, they'll make it wrong for you, etc.
- 2019-0112-044 But all you have to do with anyone is to smile at them and to love them, because that is what they are looking for. That is what they feel they are missing.
- 2019-0112-045 "Now, yeah, this item didn't have a right price tag on it, and this item is missing something or other, and I couldn't find what I was looking for on the shelf, and I know you have it, because it was there yesterday." Whatever. And you say "Yes, I'm sure that's true," and you set about doing what you're going to do in any case; you know, making it right for them. But through it all, you love them. You recognize the divine Self that is activating the body and activating the mouth and activating the sound that comes out of the



mouth. And you are loving them because it is the Christ who stands before you.

- 2019-0112-046 What is the value of love? It is without price. It is value of itself. Is it healing? Yes, it is healing. It is healing to the situation. It is healing to the body. You have ones who...you have an example, a story, a very true story of one who is well known who was suffering from what they call terminal illness. He went to a hotel, stayed there and watched funny movies all day long; found himself laughing; found himself feeling happy; found himself not worrying about his "condition". What happened? He got well. He left the hotel. He went out and lived a long life after that, a happy life, because he lived in love. He lived in a place of knowing his value, and the value was love.
- 2019-0112-047 Now, you come into the world with certain pre-conceived ideas; yes, you do. You bring with you a certain remembrance of vibration, even as the small one, and you see this if you are a parent of several small ones in the family. There will be one who comes in and is crying and just won't shut up for six months. Another one in the same family comes in and is quiet, is looking around, "Where is this place? What is new here?" and is smiling, because there is so much to discover. Same family, same biological genes, and yet a different way of looking at this new life to be explored and understood.
- 2019-0112-048 Those of you who are of large families, those of you who have had many in the family, you have seen quite a variety. And as they grow, they develop their own characteristics, which brings me to a very good point. If you have the small one who is feeling from the very beginning that everything is wrong and the body hurts and it's just, "I'm hungry; I want this; it doesn't feel comfortable." I mean, they don't say it in words, but they let you know, okay. Oh, yes, and they are upset about everything. They're probably going to keep that pattern for a while until they get tired of it, or until someone else gets tired of it and says, "Hey, have you tried...?" "Yes, I tried that, and it didn't work."
- 2019-0112-049 But if you give them love, and they have a feeling that they are loved, and they get the feeling of being at home in love, they will want more of it. And the way you get more of it is by giving it away, by living in that space, and it's a heck of a lot more fun.
- 2019-0112-050 So for ones who are suffering, give them a big dose of comedy. Give them a big dose of loving them. Say, "Hey, you know, I really love you." And they're going, "Huh? What did you say?" Do it every day, and they will wonder, "What's going on? Has she flipped?" And yes, you have flipped



into love. You have turned the page, and you are advising them—either in words or otherwise—turn the page. Flip. Be in love. Try it. You might like it.

“No, I wouldn’t like it. I tried it once.” Try it again, for the first time.

- 2019-0112-051 You have a saying in your world that certain ones are a harder nut to crack, and some will take more persuasion than others. But as you are standing in love, loving them no matter what they do, no matter how they appear, there is a vibration. Now, you have heard it said, and it is very true, that all is energy in this human realm, in this display of life. It is energy. So as you are standing in the place of love energy, it can be felt; it can be measured. You can certainly feel it, because you are feeling like, “I’m more expansive. I just feel really good today. I love you. You know, I really appreciate who you are, your talents, the things that you bring to life, the things that you share with me.”
- 2019-0112-052 You may not say it in words out loud, or you can. It might stop them in their tracks, like, “What?” But you can do this with the hardest one, seemingly, to reach. Put it into words and say, “I really admire who you are. I really love you. And you make me feel good.”
- 2019-0112-053 “Huh? I didn’t set out to make you feel good“”. Sorry, but you make me feel good. I really enjoy being with you.” “Ah, she’s flipped”.
- 2019-0112-054 If you would know love in your life, be it. Yes, give it. It is contagious. You have found this. Ones I have observed can go through life with the head down. “Nobody loves me. Nobody loved me from the beginning. I don’t know why I’m here.”
- 2019-0112-055 Well, you are here to give love. You are here to give humor, to lighten up, to be for other ones the Light that they don’t quite see for themselves. You are here to make jokes, to take life lightly, and you don’t even have to be the comedian. You just have to enjoy life and enjoy who is in it with you.
- 2019-0112-056 I have heard ones of you say, “I don’t know why I’m in this family. They aren’t a bit like me. They’re all heavy. They’re all going through their problems.” You are in it with them in order to be the Light, to show them what Light is like until they find it for themselves. And yes, I know, they will grumble, they will complain, they will say everything is wrong with the world...until a certain thing happens. There is an energy transference that actually your scientists can measure. There is an energy transference that happens, because all of a sudden they begin to feel something, begin to feel lighter when they’re with you.

2019-01-02 Oakbridge University Channeled by Judith Coates

- 2019-0112-057 Yes, and the next moment they go out into what they say is the world, and the world is heavy and you have to be strong, and you can't show any sign of softness. "But, you know, it felt so good being soft for a minute. But that's okay, I will be strong." And then they come back to you, and you are being happy. "How can she possible be happy? I mean, the world, it's a jungle out there. You have to be on guard the whole time; otherwise, they're going to cheat you."
- 2019-0112-058 "So, they don't cheat me," you say "I give it to them." "Ah, she's crazy." But, you know, they walk away and say "But she seems happy. Hmmm. I wonder what she knows that I don't know." And you have planted a seed.
- 2019-0112-059 You are doing this in your family. You are being the one who is smiling through it all. Yes, you see that there are things going on, that the energy could be raised a bit, a little bit happier, but what is that to thee? Where do you live? You live in love. You live in seeing good. It sure feels a lot better than dragging around all the time. "I tried that. It didn't feel good. I think maybe I'll try telling a joke. Oh, well, that one didn't go over. I'll try another one."
- 2019-0112-060 And you do. You keep on keeping on, living in a place of love, in a place that says, "I love me. I don't know why I'm here. I don't know why I chose the human experience. It's hell of a hard thing sometimes. But, you know, more and more I am feeling happy about myself. I have attracted to myself a happy group of people who laugh at my jokes. I don't know why they do this, but I'm glad they do. Maybe life isn't as hard as I thought it was." And a change happens.
- 2019-0112-061 For each and every one of the brothers and sisters, as they feel the energy of ease, acceptance, love, humor—even if it is just the smallest bit of humor—there is a change in energy frequency. The more often they feel this, the more often they will understand that is who and what they are and where they live. It may be a totally new thought to them, a totally new energy feeling that they didn't feel in the family growing up. Everything was difficult and harsh. Everything had to be a certain way, and they had to measure up, and always they didn't measure up far enough.
- 2019-0112-062 But there came a day when they met somebody who was actually happy. "Hmmm, how could that be? They're living in the same world I'm living in. How can they be happy? I mean, all kinds of things are going wrong. All kinds of things might go wrong. But he's happy. How can he be happy? What does he know that I don't know?"

**2019-01-02      Oakbridge University      Channeled by Judith Coates**

- 2019-0112-063 You know, this is going to go through the mind and then they go back to the usual pattern; it may take a little while, but maybe not. Maybe it's something that they're searching for. If ones truly want to have love in their life, the secret is, give it. It's as simple as that. Tell that to your friends who are looking for love. They want to meet Mr. Right or Miss Right or even Mrs. Right, etc. Maybe he/she has been a little bit used, but that's okay. (Laughter) A little bit of good experience doesn't hurt anyone. (Laughter)
- 2019-0112-064 Everyone is looking for love, and the easiest way to find it is to be it. It is to give it. If you were to say to ones what I am saying to you now, it would be probably a new thought for them. "It can't be that simple. Besides, there's a heck of a lot of losers out there." But do you know what makes a winner, is someone else seeing that they are a winner, that they have qualities that are worth following up a little farther on, being good friend to.
- 2019-0112-065 It doesn't mean that you have to give over your life to them. Just give them love. Just love them as they are. You don't have to change them. But I will tell you a secret, that as you love them, they will change. Maybe they won't see it. Maybe others might not see it. But it will change in your perception as you give them love. It is a secret that has been lost and found over and over down through the ages: the exhilaration, the happiness that is in that moment of realizing, "I am in love with you, I really love you, you are the most beautiful thing walking on two feet—or four feet in case of the four-footed one—you are the most beautiful thing that I have ever seen. I really want to be with you a little more."
- 2019-0112-066 And then the other person says, "Well, you know, it feels kind of good. Maybe I'll be with him/her a little more. I'll try it." And you become the best of friends, at a minimum, and you become the long-lost lovers that you have been seeking for lifetimes, and the long-lost lover is you. And you've had it all the time. But it is a lot of fun to give it, is it not, to open the heart and be in love with someone.
- 2019-0112-067 Once you feel that freedom of loving, there is nothing that measures up to it or past it—being in love. That is why it is so sought after. And you have it with you all of the time. You just have to turn it on...just like that. That just happened. The energy of the aura changed in that moment when you smiled. Easy to do, just to be in that space, and that space is so attractive that other ones want to be in that space.

2019-01-02      Oakbridge University      Channeled by Judith Coates

- 2019-0112-068    What is the secret that she knows? Ah, but she has found joy in her life. She has made it her slogan—joy, yes. And once you are in that place of joy, it is very easy to be in love. Try it, you might like it. Give it, with no thought that it has to be paid back, because you are paying yourself as you are giving it. You are in that miracle space of love, and it feels so good.
- 2019-0112-069    So, what is the value of love? In truth, you can't put a price on it. But the value of love has many gifts in it—the gift of healing of the body, of the emotions, even of the soul, the soul that has been troubled. It has the gift of coming Home; not having to struggle and strive, to read all the right books and go to all the right classes; the gift of having arrived, the gift of finding the pearl that is without price, and yet it is all and everything that you have been searching for.
- 2019-0112-070    Be in love.
- 2019-0112-071    On the morrow—I always give an assignment—on the morrow, find at least one person that you go up to and say, “I really like you. I don't know what it is about you,” or maybe you do, “but I really feel good when I'm with you.” And in that moment, open the heart and love them, because that is the space where you will be when you are admiring whatever, and allow them to know that they have value. That is the value of love.
- 2019-0112-072    So be it.
- 2019-0112-073    Judi: Oh, wow. Stop for a moment and just feel his love. Just take a deep breath, close the eyes, feel that mantle of love, the energy of that love, all the way down to your toes. What a gift.