

EXPECTATION AND EXPRESSION, Part II

2021-07-10

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- 2021-0710-001 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.
- 2021-0710-002 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 to come to a place of recognizing and feeling Oneness as the Christ which *you* are.
- 2021-0710-003 It is always a delight to behold the essence of you, to behold the Light that activates the physical molecules that do your bidding as you wish to walk around, as you wish to speak, as you wish to see. Have you thought of the amazingness (I'm making a new word) of how all of the molecules of the body being brought together as the Light which you are can function?
- 2021-0710-004 You have a spark of an idea you want to express with someone, and you use the tones of the voice, sometimes with the hands. You express the livingness of you. And as we have been saying, it is the wave of you. And there will be much more of speaking on this topic in another week or so.
- 2021-0710-005 We are going to have fun in a couple of weeks or so when we get together and do a bit of the hula waving. Hm, well, that does feel good. You get the feeling of being One with yourself and with the others so gathered and the others that you recognize as being at a distance, and yet where are they when you call everything together? They are right with you as One.
- 2021-0710-006 Your technology is showing what others had to sit sometimes for years and then recognize, "Oh, distance does not matter. I am One with that one that I am thinking of." So technology says, "Yes, and I will even show it to you." How wondrous your inventions are.
- 2021-0710-007 Now, in this evening we will speak of the expectation and then the effectiveness of that expectation in bringing forth the portrayal of that which you want to know. We have addressed this a few weeks ago just briefly. But you have been asking, "How do I manifest? How do I manifest that which I am thinking of and that which I truly would like to see, to experience, to be able to reach out and take within my knowingness that which is real. How do I work from the place of Reality—capital "R"—to make it incorporate within my reality—lower case "r"—and how do I interact with that Reality?"

- 2021-0710-008 You do it all the time without any thought. You do it all the time in the visioning within the mind. And then, by the miracle of you, it forms itself within your consciousness within what you call your reality and you have discourse back and forth with each other, discourse back and forth with the self of you. I hear you as you are speaking to yourself. You put it out there and think, "Well, I have to go at such and such a time. I have to meet so and so. I have to talk with them about whatever it is."
- 2021-0710-009 You make your plans and put forward your energy in the mind, and already before you see with the physical eyes, you see them in the mind's eye and say, "I will speak with you about..." And sometimes they feel that energy. Sometimes they can pick up on it. Then later when you are directly speaking with them, they will say, "You know, I had this thought this morning. You came to my mind and we were talking about such and such."
- 2021-0710-010 Some of you who are very good friends with others who may live at a certain distance, as you think distance is reality, you are One with them in the thought process. You get to a place where sometimes you will say in a word or two that which the other one has been thinking. You will say, "How did you know I was thinking about such and such."
- 2021-0710-011 "I don't know; it just popped into my mind." Well, yes, as there is no separation, you are picking up on the wavelengths. We will talk more in the week to come about waves and wavelengths. But you pick up on their energy, their question, their happiness, their sorrow, whatever they are going through, and your heart, because you are opening to more of the Self—capital "S"—that you are, you can be on the same wavelength and talk from a place of Oneness with them about whatever they are going through.
- 2021-0710-012 Quite often I will hear you say, "Yes, I know what you mean. I've been there myself. I have thought about, I have felt, etc." There is a knowing, a sharing that happens, because you will say, "Well, I've been there, done that myself some years ago," and then you begin to share with them a paragraph or longer about how you have experienced and how you have come through it, what has helped, or what you are still wrestling with.
- 2021-0710-013 Because oftentimes you set for yourselves certain teaching, certain learning, and it stays with you to be shared with another one as they perhaps are coming through the same wrestling with so-called problems of the physical reality and the spiritual unfoldment of Who and What you are.
- 2021-0710-014 That can be quite adventuresome, but it can also be a bit testing, as you have called it, as you feel the energy of questioning, the energy of, "Who am I? Why am I, and why is this happening to me?" Have you ever felt that? Of course you have. Each and every one of you has said, "I thought after all the books that I've read, and you have seen them in my bookcase—well, some of them I haven't read;

I just have them in the bookcase—but after all of the ones I have spoken with, how can I be coming through this trying time?”

- 2021-0710-015 Yes, these are the times that try men’s/women’s souls. These are the times that you create for yourself so that you can bring up issues right in front of you and say, “What is happening?” You are doing a wonderful job of bringing up issues, as you call them, bringing up issues where you see a brother saying one thing and another brother saying another thing, a reality—lower case “r”—that each one is trying to understand, to come through, trying to understand their worth and how they navigate all of the various experiences that they create.
- 2021-0710-016 Some of you will have best friends, especially in this time that is such a growing time, who hold ideas and truths—lower case “t”—that seem to be diametrically opposed to each other. And each one of you hold those truths to be self-evident, at least to this self that you are, and you would go to the lengths of.... I have seen this happen. I have been in a situation, even in my lifetime, where you are so caught up in what is happening that you would, as they say, go to the mat about holding your truth; until you stop and have the deep breath.
- 2021-0710-017 You say, “Well, perhaps that is your truth, and I honor that, since it is your truth. However....” And then you get onto your little pedestal and say, “But have you considered....” And then there is a beautiful discussion which you engage in. It is very good, because what it will do is, at the same time as it looks like it is muddying all of what is being talked about, it also brings to the forefront of the one holding that truth—lower case “t”—why they hold that truth to be self-evident.
- 2021-0710-018 You say, “But I don’t see it that way.” And they say, “Well, you must be blind.” When you can come through that discussion, which hopefully gets around to a discussion, and still be friends and still laugh and love, you have gathered to yourself a treasure that is worth more than gold, the treasure of love and allowance.
- 2021-0710-019 These times that you are making for yourself are trying times, yes; trying to bring you to that place of loving beyond all of the details of belief systems. I have seen some of you get to the place where you are going toe to toe with the other person and then you begin to laugh. You say, “That is crazy. It is crazy-making, *and*—not a but, but *and*—I still love you. I still want to know what makes you tick. There was a time when we first met when I was captured by your energy, by what you must be thinking, and I asked of you, ‘Why are you thinking such and such,’ and we got into quite a good discussion back and forth. I still want to know what makes you tick, what makes you come alive.”
- 2021-0710-020 And the other person, depending on where they are coming from, will share with you or they will laugh and say, “I don’t see how you can hold that belief system that you have. It’s totally outrageous. But I still love you.” You reach out and

take their hand; oftentimes physically, or if that isn't quite the time for it, you take their hand symbolically and say, "You are enriching my life. I didn't think anybody could think the way you're thinking." And then you smile.

- 2021-0710-021 These are the times that try men's and women's souls, their belief systems, and you come to a place of saying, "You know, that's crazy-making thinking, but I still love you. I still want to be with you and share." And you are richer for that, because what you have done is to take a very narrow piece of what you understood about the other one and allowed it to become wider in your understanding, so that you do not get all focused—in the beginning maybe you do—on details.
- 2021-0710-022 "How could you possibly think that?" And then you come to a place where you say, "You know, I just really love you anyway, even if you are off the rails and crazy."
- 2021-0710-023 I watch the interactions that are going on now, and what is most wonderful to see is the flame that is being wrought by the friction of the ideas that are being shared, the flames that are growing, the flames of love, the flames of allowance that are coming forth. Even when you thought, "I can't possibly understand how you can think that way," then you take a deep breath and come to a place where you say, "That is okay. We love."
- 2021-0710-024 That is the bottom line. That is the basis for knowing who you are and who they are and how you are going to go forward. It's to be able to allow all of the pieces that seem to be floating around and bumping into each other. It feels very scary, and yet you can see past that. You say, "You know, you are the most interesting person I have ever met."
- 2021-0710-025 Try that with the next person that you run into or maybe the best friend who is thinking differently than you are. And you say, "You know, I don't see how anybody can think that. But you always were different."
- 2021-0710-026 Remember to breathe as you are going through these encounters. Remember to breathe and love. Because what you are doing is allowing the expansion of your belief system and theirs as well, if they are open to it; where you get to the place of understanding that the bottom line is the love. When you get to that place, it is a most wondrous place. Sometimes you will turn around and look at self and say, "How did we just make that transition to a place where I thought we were against each other and we've come now to the place we are smiling?"
- 2021-0710-027 You will say, "It is a miracle. I never thought that we could be seemingly so far apart and yet come together in knowing the Oneness." Within the Oneness you have the belief systems and the other belief systems and everything in between. How rich you are.

- 2021-0710-028 So you allow yourselves to come to a place of understanding the immensity of what you can believe, what you can put your energy into, and how you can allow the other ones who walk the path with you to have their belief system as well. And as I have said, you come after a while to the place of the reality of the very healthy breath because you took it all so seriously. It meant at one point, almost, life and death. Sometimes you have lived that lifetime where it did mean life and death, but now you can discuss, you can love them, you can hug them, and you can walk on.
- 2021-0710-029 That is what you are doing in healing the 3D reality. Because as you have seen over the past years, and it has been true throughout all of the human lifetimes, ones can hold belief systems that are totally opposite, and yet in that moment of inspiration there is a Oneness and a love that comes forth that heals all contrasting belief systems.
- 2021-0710-030 That is what you are working towards. Yes, there are times when you have a bit of the old debris in the way, and you will then take the deep breath and say either out loud or silently or heart to heart, "And—not a *but*, but *and*—I still love you."
- 2021-0710-031 You are having fun with the belief systems. If you will treat it as fun, if you will treat it as you would watch something on your square box—and sometimes you do watch it on your square box—come to a place of allowance and loving the variety of belief systems and how imaginative some of them can be. You will be the wiser and the wealthier for it.
- 2021-0710-032 Now, oftentimes when you want to call forth a healing or a coming together, what you will want to do is to take the deep breath. If one deep breath doesn't quite bring you to the place of healing, you have time to take another deep breath, or several if need be. You will find that in your allowance for yourself you are also giving to others around you the allowance for them to be who and what they believe themselves to be.
- 2021-0710-033 If you want to feel a healing, and if it is time—and it does not necessarily have to be in this lifetime, because there have been lifetimes that you have interacted with this one, or whoever it is, where you had to deacease the body before there was actual coming together, so you have sort of in this lifetime taken up where you left off—allow yourself to do that.
- 2021-0710-034 As we have said many times, you are the maker of your reality. You are the one who is saying what your reality has to be. You are the one who also can take that deep breath and heal that which does not seem to be whole. So know that truly the Christ wears many faces, the Christ holds many belief systems, and the Christ is forever expressing the Light.

- 2021-0710-035 Sometimes it is as the Christ will be looking through the fingers as they hold belief system tightly to themselves. But you love them anyway, as I love you, one Christ to another Christ. That is how powerful you are. Allow yourself to heal within that powerful love.
- 2021-0710-036 As you find the expression of distance, know that truly it is the Oneness of you that allows the perception of distance. And say to yourself as you feel perhaps there is a wide gulf between you and the other one, a gulf of distance perhaps, "Smile."
- 2021-0710-037 Know that you are the one who is manifesting what seems to be the distance, and the distance is a no thing. You are One heart-to-heart. You may have the expression of feeling that there is a big measurement between you and the other one, and yet you have experienced where the two of you may be speaking at different wavelengths and then there has been a change, a healing, and you have looked upon the other one and said, "What were we just talking about?" And then there has been healing. That which had been before, no longer is. That which felt like a distance has come together and you have felt, "What is important in this is the love that is shared."
- 2021-0710-038 So you will be expressing what seems to be separation, and then you will feel the healing, the coming together, the wholeness of the healing. That is what these times are about. You have made for yourself what seems to be a distance in the expression and in the understanding, but then you do a miracle. It is that journey without distance that says, "Hey, I thought there was a big difference between us. You were holding this view and I was holding that view and never the twain should meet."
- 2021-0710-039 And it has come together in a healing, wholeness, where you have stopped for a moment and said, "Oh, of course, I love you. What did you think?" And the other one has said, "I don't know, and I was thinking... I forget." And in that is the healing.
- 2021-0710-040 You are powerful beings. That is why you are bringing about powerful times that call for healing. That is why you experience what seems to be a distance between you. Allow yourself to know that you are healing all of the broken thoughts that you have had in many lifetimes. Know that truly you are whole and holy, and allow yourself to feel happy with yourself, because you *are* whole and healed.
- 2021-0710-041 You go forth as the savior. Savior to other ones? No, not really. I am not a savior to other ones. In their belief system, perhaps yes, but it is not true. I cannot save another one from their own thoughts and experiences. But I can be your greatest cheerleader, and I cheer you on and say, "Go for it."
- 2021-0710-042 You have an image of the wholeness of you, of the holiness of you. Allow yourself to know that you are already at the finish line. You have already come to

experience your holiness and to put it into expression as the one who loves. That is the expression of holiness; not one who says, "I am holier than you because I have all these credentials after my name. I have gone to seminary for many, many years, and that has made me holy; holier than you."

- 2021-0710-043 No, each one has the spark of holiness from before time began. You have lived it out in various ways and various lifetimes, and you have been speaking from the holy Self of you as it was thought to be at that time. Then a feeling has come up within you, a holy feeling of love, where you have looked upon another one and said—sometimes to yourself and sometimes out loud—"You are a crazy son-of-a-gun, and I love you. I never thought anyone could be so crazy, and there you are. You are speaking words to me that seem to me like they are written in the drama of life," and they are. "But then you come and look at me eye to eye and we can see the One Self of love, and you mean everything to me."
- 2021-0710-044 Then that which you had been speaking of, sometimes you can't even remember what it was, and that is the instantaneous healing that you have prayed for.
- 2021-0710-045 All of you who seem to be living a separate life want healing. Sometimes you ask for healing of the body. There are parts of the body that seem to talk to you and say, "Hey, this hurts. I'm not feeling altogether healed." Or part of the personality of you is hurting, because there was some enactment of seeming injustice, seeming judgment. And you let all of that go, realizing that you *are* the holy Self of you, seemingly acting as an individual, seemingly having a history or a herstory that you live within, all of you wanting to know the same thing.
- 2021-0710-046 "Am I really okay? Am I really holy? Is there a holy Self of me? And where is it, because I want to shake hands with it. I want to take that hand and pull it to me so that I will feel whole and rescued sometimes."
- 2021-0710-047 Know that truly when you feel that you want another one to rescue you, what you are calling out for is the remembrance of Oneness; Oneness with the other person that you are focusing upon, but the Oneness of you that has been from before time began, and you are wanting to know, "How can I express this? How can I live this? How can I come Home in love?"
- 2021-0710-048 I have shared with you, and I will continue sharing with you, that the secret lies within the deep breath, taking that moment of healing, that moment of knowing wholeness, that moment that says, "You cannot be other than; you *are* the One, the holy Self. Come Home to that Oneness."
- 2021-0710-049 Know that I call you to myself. Know that I call you to make demonstration; not to other ones, not to hold up the holy book, whatever its title may be; not to say that the truth of your being is out there in a book, in a teaching, perhaps with another friend, but the holy Self of you is living, moving, having its Being even as you search for it. All you have to do is stop and let it find you in that moment of

the deep breath, that moment that says, "I am okay. Hey, you know, that feels really good."

- 2021-0710-050 Use that each moment in the morning. Each morning when you get up, say to yourself, or allow me to say it to you if you cannot quite say it to yourself, "I am okay." You have a saying in your world, "God does not make junk." I laughed when I heard that saying and I thought, "Hey, they've got it." God does not make junk. God does not make a mistake. You are the holy Self of you, come once again to experience the Light and seeming darkness—*seeming*. And what is the darkness? Only the absence of recognition of the Light.
- 2021-0710-051 In other words, the Light is you all of the time. Anywhere you go, you have to take the Light that you are. It came as an agreement. You signed the agreement a long time ago. You said, "I will take the Light with me." You signed your name; okay. So you cannot be without it, even if you say, "I don't know, Jeshua. I'll never see the Light again. This is such a complicated world. I suffer."
- 2021-0710-052 And at the same time as you are going through your theatrics—and you are very good at it; I applaud you—at the same time the holy Self of you is standing there saying, "What is she saying? What is he acting out?" How can that be accepted when the Light of you shines so brightly?
- 2021-0710-053 There are times—I have seen you—when you get so engrossed in the Light that you are, you actually walk an inch or more off of the surface. You get to that place where, "I can't wait. I can't wait to see that other person and to tell them, 'You were right! You know, I thought this couldn't happen. I thought that I couldn't look in a mirror and see the Light around me. I was so happy, and I was laughing about this joke somebody had told me. I got into such a feeling of laughter, I was almost rolling on the floor. I happened to look in the mirror, and do you know what I saw? I saw the Light.'"
- 2021-0710-054 Yes, it can happen. You can get to that place where you are so outside of the heaviness of yourself that you actually begin to see the Light. You come out and say to someone else or to the pet that you have, "Hey, you know what happened? It just happened, and I saw this Light around me, because I don't know, I mean, they kept saying to me, 'You'd better watch out, because with the crazy thinking that you're doing and how you believe in Oneness and love and everything is good, you're going to go and have an experience of some sort, and don't come running to me to explain it to you, because it's your experience.'"
- 2021-0710-055 But, and, you are going to be uplifted out of the usual recitations of all the things that are wrong to the place where you say, "No, I feel really happy. I don't know why I feel happy, but I do. Just silly little me. I got so upset about that...I can't even remember what that thing was. But boy, I really got upset about it. And I read from the rooftop down to the bottom of hell. I read

everybody's lineage who had ever wronged me, to the place where I couldn't remember what the wronging was. And yes, that's what I have done. Laughter.

- 2021-0710-056 You have a saying in your world, and it is so true. Laughter is the best medicine. Whenever you are feeling like you have come off the rails, look at yourself and laugh. Even go in and be before the looking glass and say, "You know, I know how to laugh. I know how to be totally silly."
- 2021-0710-057 That which you are is greater than all of the troubles in the world. You have come through trying times that were more trying than what you experience now. You are strong. You are the Christ. You are my companion. Day in and day out we walk together. We heal. We love. We laugh.
- 2021-0710-058 That which you want to know is that which you are acting. And when you have the far-sightedness to stand back and look at self you say, "You know, when you got so upset about such and such, you know how you looked? You were comical. If you were on the stage, they would have given you great applause because you acted your part so well."
- 2021-0710-059 You know that which I am speaking of. "Yeah, well, Jeshua, the part called for it at that time," and it did. You rose to the occasion, and I give to you my great applause.
- 2021-0710-060 So the next time when you feel that the world is getting you down, stand back, stand out, and laugh. So be it.