



# The Expanding Viewpoint

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**Jeshua Speaks about: APPLYING THE LIGHT WITHIN**

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Beloved one, these are times right now when there is much of change occurring. You have felt that in your own personal life. You have had questions. You have wondered, “What is happening? Why is it happening, and how do I change it?” We will speak now about how you change it, because that is the most important next step. You have identified areas where you want to see change, things in your life where you would have change or you would move forward in something. But the question has always come back to, “How do I do it?” Now we will talk about how you do it.

I know that the world says, “You can’t change things. There are just certain conditions, and you have to live with them. You may not like them. They may be sad. They may be difficult, but you have to live with them and make the best of them.”

And you will. You will make the best of it, but not the way the world tells you. You will make the best of it by coming back to the beginning of you, by coming back to the beginning of the Isness of you, the Essence of you, the true Being of you; not what the world defines as you, but the true Being of you. You will come back to the place of power; again, not as the world defines power, but you will come back to the place of power knowing that you are the creative One.

You are the extension of the creative One. You are right here creating this reality and the friends you interact with. There is a certain...I will call it a soul group; sometimes I like to refer to it as a pod, because you are of the same pod—Pod 454 —or as you perhaps like to call it, a soul group. You have traveled, experienced, created together many times. You are all traveling together to the same place of awakening to the Light that you are, awakening to the Being that you are, and awakening to the Allness from which you have come.

You see yourself to be a separate point of Light. But you know that when you are with another one and they smile at you, there is a certain rapport that you have with them, and there is a Light which goes on. There is a Light which you feel within.

In truth, your whole life can be lived in the space of knowing that you are the Light, the other person standing before you is the Light, and you meet in a lightness of heart that does not have to be and will not be of what the world tells you.

Your news media is very good at painting the picture of separation: separation from your Source, separation from each other, separation from any kind of power that you might think or like to have for yourself. But in Truth, you *are* that power. That is why you are here. You  
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**MARCH 2016**

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**NEW MESSAGE FROM TOM:  
EASTER**

Beloved One, I would share with you that everything takes on new meaning from this perspective. It is like when you push open the drapery and open the view to the scene beyond the window. There is so much more to see and appreciate.

You are now coming to your Easter time. The Easter story is full of clues to the Bigger Picture, from the cross, symbolizing the joining of Heaven above to Earth below, Reality to reality, to the Resurrection of True remembrance and Ascension out of limited awareness. When you read your Easter story, look for the larger meaning of the symbols. Know that each part of the story tells the journey from darkness, as in the tomb, to Light. Where are you now in your Easter journey? Have you been betrayed by someone you trusted, have you been denied by friends, are you on the cross, are you in the darkness which covers the Earth for three (completion number) hours, are you in the tomb contemplating the events of past and future, are you contemplating your resurrection? Every story which you write tells of the journey from Dark to Light.

Roll away the stone of judgment, guilt, sadness, and come to me in a higher consciousness. I am always with you, loving you. Nothing can or will ever change my love for you. It is constant, forever. For we are One.

(While this was a personal message to me, Tom—1930-2014—asked that I share it with you because he loves you always.)  
*--Judith*

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would not be here if you did not have the power of the divine which allows you to express as a seemingly separate point of Light; *seemingly* separate. And yet, as I have said, when you meet another one and you are eye to eye with that one and there is a smile on the face, you feel lighter, you feel accepted, you feel happy, you know Oneness.

Your touchstone for judging anything which you experience is love. Does it feel loving? Does it feel light? Does it feel happy? If it does not, you can change it, and you *will* change it, because that is what this lifetime is all about: about change.

It does not have to be difficult change. The world will say to you, "If you're going to change something, it's going to be really hard to do. You'd better have all of your ducks in order, you'd better know what you're doing, and it's going to be a struggle. Everything in life is a struggle," the world says.

But it does not have to be. You can sail through life on the wings of love. You have felt how easy, how high, how light it feels when you look into the eyes of that "special" one who loves you no matter what you say, no matter how you look, no matter which sock you put on first; they love you anyway. And you come to a place of self-acceptance, of knowing, "Well, there is someone else, at least one—

maybe if I'm lucky there might be two—who actually like me."

You get to the place where you begin to accept once again your true role, your true reason for being. My reason for being two thousand years ago was to bring the Light and to be what has been called since then a way-shower. You are a way-shower. You are showing how to navigate through the changes to the Awakening.

Now, the how-to. **The how-to resides within you.** The Truth resides within you; always has and always will.

So the how-to secret is to go within. It is to shut out the world for a short bit. Then you can come back out and deal with the world if you want to. You have lived lifetimes when you have lived in a cave all by yourself, because you have said, "I don't want to have anything to do with the world. The world is painful; too much vibration, too much going on. I'm going to live all by myself, and I'm going to pray and meditate the whole time."

So you did, at least one lifetime, probably more than one. But then there came a nudging, a thought, an idea. "Perhaps I can take my Light out somewhere, and I can blend it with someone else's Light. Perhaps I'm meant to do more than just stay here and be contained within myself."

## Upcoming Meetings and Events

Mar 5, 7:30 p.m. Evening with Jeshua \$25

Mar 19, 7:30 p.m. Evening with Jeshua \$25

Apr 2, 7:30 p.m. Evening with Jeshua \$25

Apr 16, 7:30 p.m. Evening with Jeshua \$25

May 7, 7:30 p.m. Evening with Jeshua \$25

May 21, 7:30 p.m. Evening with Jeshua \$25

**Friday evening Meditations are suspended until further notice. They will resume later.**

Jeshua Summer Advance: August 1 – 5, 2016 in Sequim, Washington.

All regular events at the Coates/Knight home: 41 Windmill Ln, Sequim, WA

So you went out, went to the village, went to the monastery to serve. You are still serving. That is why you have come into *this* lifetime: truly to love, to serve, and to remember; yes, three very good words, clues.

How-to? You will perhaps want to have something that will transport the mind somewhere else to be quiet. Now, I am not talking about something you ingest or something that you smoke, although you have done this in other lifetimes and/or in this lifetime, and there is no judgment. Oftentimes the smoking or eating or drinking has been part of a sacred ritual. However, now I am talking about something vibratory such as your music. There are tones of music that you can ride in the consciousness to a place of peace. That is, in truth, one good method that often has been used: to become One with the tones of the music, to become One with the tones of your crystal bowls.

That is why ones find healing with the crystal bowls and the toning. They allow the mind to be very much in tune with the vibration of the sound, and then the heart can speak. Then the healing can happen, and does, because the mind has been put to one side into a place of peace.

You have known the technique of the candle, where you will light a candle and you will sit and stare at the candle until there is a feeling of Oneness with the light of the candle. That works very well because, again, you put the mind into a quiet space.

You know yourself that often you sit down and you say, "Okay, now I'm going to be peaceful, I'm going to be quiet, I'm going to meditate, I'm going to find an answer, to whatever is going on." And the mind says, "Oh, yes, you'd better try this. Oh, did you remember to..." The mind gets very busy. You know how the mind can be.

So the first step in the how-to is to quiet the mind. There is the technique



of focusing upon the flower where, again, it is like using the candle flame. You stare at the color of the flower, the delicacy of the flower, one petal of the flower, and you become One with the flower. And the mind becomes a bit more quiet, more peaceful.

You can go within at that point and find peace, because that is truly what you are seeking. You think you have to have answers for the world, but truly what you are seeking is peace. It is that place of okayness, that place that says, "Yes, you have always been That Which you are. You have always been the love and the Light that you are."

You may abide in that space perhaps for one second, perhaps for half an hour, perhaps for longer. Or many times throughout the day you can stop and take the deep breath and know that that is your clue to come to peace. And then magic happens. Yes, there is magic; at least it feels like magic.

The magic happens because an idea will come to you, a feeling of appropriateness, a feeling of, "This might be a way to go." It is just an idea. You sit with it, and then you may get very busy doing other things, and it comes back to you. You are very busy doing other jobs, occupying your mind, and then the idea comes back to you. If it does, pay attention. Go within. It does not have to be for a

long time, although I guarantee that once you have reached the place of peace within, you are going to want to return to it quite often, because it feels so good.

It is a place which connects with the Allness of the creativity of you. You are creating what you are experiencing right now. You are creating what seem to be words of wisdom, I hope, coming through this vibratory rate. You are creating the message; you are inviting it. You are asking, "I want to know the answer to something, but what I really want to know, what I really want to feel, is how loved I am," and you are. You can run every which way, but you will never get away from the Love that you are. That is the good news.

You try being very intellectual about things, and the mind loves that, because the mind loves to play. So, in the how-to, what you will do is go first to the place of peace within the heart, the space of peace that has nothing to do...it does not have to do anything. "Oh, my goodness, the world doesn't say that." But you do not have to do anything; just abide in the space of peace.

If something occurs to you, that is good. If nothing comes, do not say, "Oh, well, I failed again. I didn't get an idea. I didn't get my answer." Your answer is the peace which you feel when you are in that space. Then if there is something that you need to do, you will be told. But if you do not need to do anything, you can just sit and abide in the place which feels so good.

When you are in the space of the heart, the space that the mind has taken a vacation from, that space of peace, I would suggest that the first idea you want to deal with is that you are in charge, because you are. And again, I know that is not what the world teaches you. The world says there are many shoulds, many ways

you *have* to be. But no, you are the one creating. You are in charge.

So abide with the feeling of being in charge, even if it is only for a couple of seconds, or perhaps longer, because it *will* grow longer. Know that you are in charge. You are not the victim. That is the voice of the world that says, “Maybe you’re not good enough. You’re the victim. You have to shape up. You have to do X, Y, and Z. You should not be feeling what you are feeling.”

“But I *am* feeling.” So you go to the place of peace within, and you abide with the idea, you abide with the feeling, “I am in charge. I—capital ‘I’—I *am* the maker of my reality,” because you are, “and I choose to be happy. I choose to go forth as Light. I choose that I want to make this life something that when I decide to lay down the body and move on to another experience, I will say, ‘That was a good life.’ I choose to make my life what I want it to be.”

You do, you can, and you will. You have what they call the *tabula rasa*, the blank slate to write on, and you make it the way you want to make it. That is what you have been doing anyway, except some of it did not feel as peaceful or as rewarding.

But now you are beginning to see that you would not be here, you would not be having this experience if you were not powerful, if you were not creative, and you *are* creative. So if, therefore, you exist—and I assure you that you do exist—you are creating that which you are experiencing, and if you are experiencing that which may not be exactly happy or fulfilling, you can say, “All right, I have finished certain chapters of my life. Now what do I want to do? What do *I* want to do?”

Not “what *should* I do,” but “what do I *want* to do? What really makes my Light turn on?” Then you start putting the mind to work with the ideas of the heart, to the place where when you get

finished with this present chapter, you can look at it and you say, “Well, you know, that was a good chapter. There was a lot that I experienced. Oh, my goodness, I experienced so much, it was like the fire hose coming at me.” Yes, you know that feeling. “But you know, I’m still here. I survived it.”

That allows you to begin to accept the idea that you are in charge, that you are powerful, that you are creative, because you *are*. You *are* the extension of the one creative Mind; not as a Mind Being out there that has to be worshiped; that is an old thought; that is an old thought that you have already played with many lifetimes. “Please, Lord, I’ll be good. Just give me...whatever.” Okay, turn that around and ask of yourself, “Okay, Lord/Lady, what do I want in this next day, this next week, this next decade? What do *I* want?”

An exercise I often give to ones who ask me, “What should I be doing? What am I supposed to be doing?” I suggest to them that they play with an idea of being ten years, twenty years forward on. Take your age, what you think it is now, and go forward ten, twenty, thirty years and look back at the being that you think you are now. What would you like to do with the intervening years? When you get to be—let’s pick an age—one hundred.

When you get to be one hundred and you are looking back at you right now at this time, what do you see happening in the intervening years? “Well, I see friends. I see golden coins, enough; I don’t really want to get hooked on them, but enough that I can travel. I want to see places. I want to interact with brothers and sisters who are perhaps right now seemingly far away. I want to visit other places. I want to be of service. How would I like to be of service? Well, you know, I think it would be fun to do such and such. I’ve always wanted to work with the small ones, the four-footed small ones. I’ve always thought that *if* I could do enough with the golden

coins that I could actually be free to have a whole place where I love each and every one of them—I think you have a word for it; rescue? Is that what it’s called?—okay, I could do that.”

Or you might say, “Well, no, I don’t really want to do that. I’d rather do something else; maybe write a book.” Or, “I’d like to play a musical instrument. Oh, well, you know, that would take years to do.”

Well, what else do you have ahead of you except years? Start out with the small thing known as the piccolo, or maybe the longer one, whatever appeals to you. Allow yourself to play with, “What makes my heart come alive? Where do I want to be? What do I want to be doing? Who do I want to be interacting with? What kind of people? How do I want to be when I look back from the one-hundred-year-old me, looking back to here? Well, hey, I could do...” and then ideas come to you as to what you would like to do.

Then you get what they say—you have a term for it—you get “turned on.” Your Light gets turned on, and you begin to say, “Well, I didn’t think that was possible, but you know...” And you get the mind to working on, “How could this be?”

You play with ideas. What is important is the feeling, the feeling that says, “Oh, I’d really love to do that”; the feeling of coming alive in it, before the mind gets in there and says, “Oh, no, you can’t do that.”

The feeling of coming alive in whatever topic or whatever way of service that you really want to do. By the time you are one hundred, you look back and you say, “Wow, I’m really glad I did that.” Not as the world judges, but how *you* judge; how you feel, how you come alive. That is the how-to. Whatever technique works for you—the candle, the flower, the music, the deep breath, the

place of peace—come into the place of peace within, and then using the most wonderful gift you have given yourself, the imagination, which is sometimes defined as image action—imagination—how does it feel? How do *you* feel in that space? Try it on for size. If it does not feel right, okay, try something different.

Because, you see, every moment you are creating; every moment. Therefore, why not make it the best that it can be, the way that really makes you become expansive, where you come to the place you feel, “I’m really alive. Hey, I really like this. You know, yesterday I felt like, hmmm, woe is me; I don’t think there’s anything worth living for.” You have felt that from time to time, when you have been caught up in all of the possibilities, probabilities of the world. But then someone comes along and they look directly into your eyes, and your Light comes on.

And you feel—not think, but you feel—at One. Then all power is given unto you. All power, because you *are* that power.

*This* is what you have prayed for. This message is what you have prayed for, this message of being One with each other, being happy, being turned on as the Light that you are. This is what you have prayed for.

Enjoy it. And the ideas in your heart are coming alive. You want to make of this life more than what it has been told to you that you could do. You want to make of this life something that *you* come alive with, that *you* are feeling.

“Yes, this is what I want to do. This is where I want to be. This is me.” The mind is to be the servant of the heart; not the other way around. Go first to the heart. Abide in the heart, and then let the mind be the servant of the heart. So be it.



## JESHUA Q&A

### Resurrection & Ascension

*It's coming up on Easter. The question has come to me from several different people that I've been talking to, working with, about resurrection and ascension. So I've been looking at that, thinking about that, because I'm going to be leading the discussion about that. So I'm seeing that resurrection is part of the ascension process (Yes, of course) Would you speak a little bit about ascension and resurrection and how that process works for us?*

Right now there is in the collective consciousness an awakening, an awareness that you are the energy that activates the body. We have spoken of it and called it Light, and that is what is spreading across our holy Mother Earth, the awakening to the fact of energy and Light.

In the resurrection, that has to do with taking the body into the next level of knowing that truly the body is of your making, the energy that you are, and you truly resurrect the body every morning when you wake up and you put all of the cells in order one more time; you get out of the bed, one way or another, and you do what needs to be done in that day. You have resurrected the body.

The resurrection that seems to be so

miraculous is after ones have consciously taken the focus off of the body and then consciously brought it back to having a focus on the energy that then puts all of the cells back into the order that they need to be for the form. That is part of the ascension, because it is part of the understanding of the Energy that you are—capital “E”.

Then the ascension has to do with allowing that energy to be seen as Light, for other ones to *see* the Light. There are techniques now where ones can see the aura around you, and you can see it when you look in your looking glass and stare with the eyes unfocused; you can see the energy around the body. So even now you are doing part of the ascension of allowing the body to show the Light that it is.

When there has been the resurrection and the remaking of the body, then if there is no reason to be activating it and walking around and doing things with the body, you can allow it to go to the Light that it is, to just release the very specific focus upon the form. That is what ascension in the physical term is.

Now, truly, we have spoken many times that the important ascension is the ascension in consciousness, and ones are still working on that one, because of course it goes hand in glove with the physical ascension.

But the ascension that is so heralded and written about in your holy book had to do with my allowing the Light of the body to be all-encompassing and to be quite a spectacle. Now, I always joke with ones. I say, you know, yes, I have ascended unto the Father, the Mother, God, Goddess, All That Is. I sit on the right hand. I sit on

the left hand. I sit in the lap, anywhere I want to sit. Do I stay there? No. That would be a bit boring.

There are ones you have had stories about who have released the focus on the body and have gone to what is called heaven, and they are given their harp to play, and they say, “But I’m not into playing the harp. I don’t like this. I want to play the banjo or something else.”

So it is the same with the ascension. The ones you would look at and call masters are the ones who know ascension over and over; physical ascension, which comes as a completion from the spiritual understanding of the energy of the body.

That which you desire cannot be kept from you. That which you desire is just beyond the fingertips, and very soon you are going to take hold of it. Very soon you are going to be doing your own ascension in the thought process of knowing that you are not held back by anything or anybody. You are free from this moment on to live in joy. And in that space you will find me, for that is where I abide always.



## HEALING SELF AS WELL AS OTHERS

*I do energy healing, and I find it hardest to heal myself. (Oh, of course) I can hold the belief for other people, but I have a hard time holding that belief for myself. So is there a way I can get beyond that?*

Yes. What you will want to do is to imagine—at first it’s going to feel like it’s imagining—that you are standing next to yourself or sitting next to yourself. Make in your mind the visualization. If you want, you can actually sit in front of a mirror and see yourself in the mirror. That’s not really you, so you can work on that person—secrets, you see? *(Yes, that sounds great)*

And it works. Because when you think you’re working with yourself, the mind gets into it, and the mind puts up barriers and says, “Well, I can do this for other people, but for me, I don’t know; it doesn’t work that way.”

Okay, so then you put yourself out of yourself, either in the visualization or in the mirror, and you heal *that* one. And the funny thing is, the energy then comes and works on *this* [your] form *(Thank you. I like that a lot)* Good. It will work.

One of my masters taught me that. It was one of the things that I did when I was upon the cross. Now, being upon the cross, with the heavy spikes—and your weight is all on the hands and also through the ankles—that could be quite painful. But the trick of it was what my master taught me. You take yourself out of the body—it still keeps doing its thing, but you take yourself and you put it beside or above, wherever you want to put it, and you focus on that body, that being. It’s the same idea. It works.

## DECEASED FOR A FEW MOMENTS

Beloved one, how are you in this evening?

*Well, we’re getting better, I know that. More life.*

Ah, yes. I heard you speak today that you felt like living *(You heard that, huh?)* I heard that. I was listening *(I gotta be careful what I say)* I was listening in.

*The problem, I think, that I’m having right now is that I feel like a little chicken just pecking its way out of the shell. It’s not confusing, but it is different. It’s like a whole new world.*

The little chicken feels that way, looking out at this whole big world out here; what is it all about? As friends of yours would say, you have been born again; in other words, you have a new way of looking at things. It would surprise you in one way, and in another way it would not surprise you, that at one point in these last few weeks you have deceased the body and then brought it back. There was a choice, and you decided you would try the deceasement. You tried that for just a few moments or so and decided, “No, I’m not finished yet,” which is true. You have yet work to do with the brothers and sisters here and with a small bit that you want to know for yourself that falls into place. But you are doing well with it.



*I Am the Resurrection and the Life*

