

The Expanding Viewpoint

**Jeshua Speaks About: THE LIGHT BEARERS:
NO HEAVY LIFTING REQUIRED**

FEBRUARY 2021

Beloved one, now we shall talk about a heavy subject, and we will make light of the subject, because truly there are times when your world gets too much with you and it feels heavy. You listen to your news, and in truth it is not new. You listen to your commentators who comment on all of the news. You listen to each one giving their viewpoint over and over to the place where you say, "What is happening to my world? What is happening in my world? How can I be in the place of love when all of this around me seems to be going to wrack and ruin?" I like that. It is a good combination of sounds, because that is what it sounds like—wrack and ruin.

In truth, the peace that you seek is always yours. The peace that you seek is within. One deep breath followed by another deep breath and perhaps another will transport you from the place of the world to the place within where you can be the breath itself. Take with me a deep breath, breathing in, holding, and letting it go; breathing in, holding, and letting it go.

Again. Breathing in, holding, and letting it go; there. In truth now, you have revitalized the body, the mind, and the spirit. In that place of peace, allow yourself to say, "Self, this feels good. Self, I know we can come to this place anytime by taking the deep breath."

One deep breath gives you opportunity. It does not mean that you are going to choose that opportunity. I have seen you take the deep breath, even three of them, and then you turn to worrying about something. However, your power is in the deep breath and the choice to choose the peace that is your very nature.

Where do you think that peace comes from? It comes from the *Christos* of you, the Christ of you, which is always with you no matter what you get into, no matter what excitement you think is going to come and disturb your peace. The *Christos* is you. It is your peace for the acceptance of it.

That is the tricky part. You have to accept it. As easily as it is to accept, it is easy to let it slip away; therefore, breathe again. Take to yourself the knowing of your true Self—capital "S"—the *Christos* Self, and breathe, and hold, and exhale, and repeat.

Now, as we have put ourselves into a place of Oneness, I would speak with you about what is going on in your world. Keep the peace while we speak of the upheaval that is happening in the world. The nature of the world is to upheave. (We have made up that wording a long time ago.) You are very good at upheaving and then saying, "Oh, my, how we suffer."

But in truth, peace is your very nature, and it is yours for the acceptance of it.

¿Hablas Español?

The daily Jeshua messages have been a popular feature of the Oakbridge University mailings online for many years now. The process starts when Ted, who transcribes the monthly Jeshua messages, selects the various daily short passages from the monthly transcriptions (going back to 1993), and sends them to Bronwyn, who then sends them via Constant Contact to the people who have subscribed (free service). She also posts them to the Oakbridge Facebook page. Now we are adding one more person to the service chain: Cecilia, who translates the daily message into Spanish and posts them to the Oakbridge Facebook page. Welcome, Cecilia!

We are also happy to announce that we have several Spanish Jeshua groups meeting in various countries around the world. Thank you to all who spread Jeshua's message and Love.

P.S. The Saturday afternoon class with Jeshua on January 16th was a lot of fun. Jeshua answered questions about his sharing on the previous SNLWJ and spoke for over an hour on other topics. A fun afternoon was had by all! Tune in next time: Saturday, February 20th.

--Judith



ANGELS

Gold Angels:

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Judith Coates, Bill Evans, Darrell Gray; Robert & Shirley Ippolito, Pat & Charles Mawson, Victoria Maunton, Juris Pulins, Hal Tynan, Timothy West

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You have many opinions in the world. You have many opinions coming together on one side and on the other side, and it seems that never the twain shall meet and agree. But in truth, as you will look to what you call your future, there will come to be known a peace and an agreement.

What you are doing now is sorting out. It is as when you were a child and you had the little round glass things that you call marbles. You wanted to collect all of the blue pebbles. And your friend said, "I'm going to collect all of the red ones." And another friend said, "Well, you can do that, but I am going to have all of the green-colored ones; the green-colored ones are the best."

They are all the best as you give them value, and that is very much what you are doing when you look upon all of the activities of the world. You say, "Well, this person is a better leader. This person is a better spokesperson. This person cares more. This person has a better financial plan, etc." You stack one up against another and choose your favorite. I ask of you—and this is a good question for self—does that bring you peace? "No, but it brings me a lot of energy."

When you get tired of the energy, allow yourself to breathe and know that which you do know at a very deep level: that in time—because it will play out in time—you are going

to come to a place of agreement where ones are going to forget what they were so excited about. They will try to remake it. But as you have seen, the attention span of most individual *Christos's* is a little bit short; praise God. And this too shall pass.

You are living through making choices that even the ones who do not have the feet planted upon holy Mother Earth are watching. You have many of what you will term to be ET's, the ones who are not on this world as you see yourself to be, and yet they are most interested in the drama, the same as when you turn on your square box and you want to know, "Okay, what drama is playing tonight? What are the characters doing tonight? What decisions are they going to...oh, no, don't make that decision. That's going to take you in the wrong direction, etc."

Well, your friends who have been with you since before time was conceived are watching to see what you have on your channel. What drama are you playing out? Will they be involved? Not truly, in that there is no separation, so they will be watching and feeling and having their own judgment of things, but it is not going to be to the place where they have intercession and take over. However, it makes for good drama.

You are one of the places that they are watching at this point because the

Upcoming Meetings and Events

Feb 6 7:00 p.m. Saturday Night Live With Jeshua "The Ocean of Being" \$25 (Via Zoom) No in-person attendance. Thank you.

Feb 20 3 – 4:30 p.m. "What Touched Your Heart?" on Zoom. Monetary free-will donation.

March 6 7:00 p.m. SNLWJ \$25

March 20 3 – 4:30 p.m. "What Touched Your Heart?" On Zoom

Oakbridge University Center: 101 Emerald Highlands Way, Sequim

energy has brought forth all kinds of “danger” that you are making for yourself. “Oh, my goodness, what is going to happen?” And your news media, the ones who love to tell you what is happening, will tell you in brilliant color what has happened and interpret it for you and tell you what to beware of and how you can get through it by any kind of magic.

One of the favorite pieces of magic that has been used for a long, long time is for you to hand it over to God. God, as the energy outside of you, all-powerful, all-knowing, is going to take care of it for you. Well, I have news for you. You *are* God. In your own sphere, your own drama, you are creating it; you are God.

So, I suggest that you spend as much time as possible in the place of the deep breath. Allow yourself to abide in peace and in inspiration which comes from peace. Allow yourself to look around to see where you can spread peace; with neighbors, with friends. When they are upset about something, spread peace.

Invite them to breathe. Suggest, “Perhaps you would like to take a deep breath,” and they are going to look at you strangely. But you will say, “Try it. You might like it. Breathe with me.”

Allow yourself to breathe and to spread peace. If you will take the deep breath before you say anything, there will come inspiration to you as to what will diffuse any lingering opposition to peace; not opposition to whatever your viewpoint might be, but the opposition to peace.

“Now, Yeshua, there’s not much money or golden coins in peace.” Aha, have you tried it? There is quite a bit that is worth more than the golden coins in knowing peace and knowing how to give the gift of peace to another one.

What is needed are light-bearers, ones who will bear the light and say to other ones, “You know, it feels really good in this space of light, in this space of peace. Try it with me. Breathe; hold; abide; exhale.” Do that. And if they think you are crazy, they are going to come—this is a prediction that I know to be true—they are going to come at some point in their life experience where they are going to need to have the deep breath, and they are going to feel peace with it. They may or may not remember that you said this to them, but deep within the recesses of their mind you have planted a peaceful seed, a seed that says, “There can be other than turmoil.”



When you are facing what seems to be an insurmountable problem... “Yeshua, I don’t know how to do this. I don’t know how to solve this problem.” First of all, perhaps you do not have to solve it. Perhaps it is not a problem. Second of all, as you take the deep breath, allow some time to pass. Inspiration may come in that time: the answer that you are seeking. Or the answer may come that truly what you are searching for is a bit of peace. Allow yourself to take the deep breath and to abide in peace.

You have ones who look to the golden coins which can come from stirring up a bit of the us-and-them attitudes. They are not wanting to put a

monetary reward onto peace. However, your body is going to speak to you of the suggestion that peace might do a body good.

You have many in your world who are suffering: ones who do not have shelter over the head, ones who do not have food to nourish the body, ones who do not have food to nourish the soul. And they are looking outside of themselves to have it given to them.

What you can do is to speak words of peace to them. Speak words of encouragement to them, and then follow up on something that is tangible that they can understand. Give that which you have to give. You have the stories in your holy writings of ones who have helped a brother/sister who was needing something. You have the story of the one who crossed over the road to help a seeming stranger.

Allow yourself to give. It will feel that you are bridging the gap of separation. That in itself is a gift to you. When you bridge the gap of suggested separation, there is a reward which comes to you; not a big reward which is touted in your newspapers and on your square box, but a reward which allows you to know, “I have been in that situation in another lifetime. Or I may find myself in that situation later in a lifetime. How would I like to be treated? What would mean the most to me?” And get you very busy giving. That does a body good.

You stand now at a time of decision. That is what is going on. You have asked. You have screamed to the heavens. You have said, “What in heaven’s name is going on?” Well, in heaven’s nature it is an opportunity for peace. It is an opportunity for you to get outside of the skin of this body and live in the heart and give to the brother/sister that which will, first of all, be understood to be a help, and second of all, it bridges the separation which is felt.

Allow yourself to be very active in giving. You have much. Look around you when you are in your home, your dwelling place. Look around you. You have more than what you can handle in any moment in time. Allow yourself to give. Allow yourself to say, "Of my largesse, all that I have, I give to you that which you need."

Yes, the small ego is going to say, "Well, look at how great I am." But after a bit, that small ego is going to be forgotten. You will not even have to attend to it and say, "Get thee behind me," because it will not exist for you. You will be so busy looking to one who needs you that there will be no thought of, "Look what I have done." It will be, "What can I do next? Who can I serve next? Who can I invite in to have a meal, even a crust of bread for one who has the hunger pangs which hurt."



Allow yourself to give. Yes, you have obligations to meet your debts. You will do that. In any case you will do that. But of your abundance, give. Bridge the separation. "I *am* my brother/sister. There I go, and I am hungry. There I go, and I am sore of thinking, 'What am I going to do for my family, my children?'"

Allow yourself to open up and give. Be the lightbearers. Be the food bearer. Be the one who holds another one's hand and says, "Look, I know where there is a food bank. I know where there is food." They may not know. They may not want to know. "My family has never had to go to a food bank. Jeshua, I can't do that. Yes, my children are hungry, but I can't go and ask for food."

Oh, yes, you can, and your children need you. Get out of your small self. Take that pride which says, "My family has never asked for help." It is a new day. Allow yourself to take help now so that you can live another day to help someone else. You are not an island unto yourself. You are a Light bearer. You carry Light and hope, and more than that, you know where to find the physical sustenance that people need.

I want to speak to you now of the ones who have taken the opportunity to decessate the body with the sickness which has spread across holy Mother Earth. There are many; you get the numbers on your square box every day, every hour of every day if you tune in. They tell you how many people have let go of the body.

Rejoice. These ones are not victims. They are not victims of a tiny little thing that you cannot even see. They have said "Yes" to allowing their energy to be transmuted into light. They are, in truth, the angels who sing to you. They have decided that no one hears their human voice. No one has heard their human voice, and they have screamed it from time to time. But there has been the still, small Voice which has said, "Come unto me."

Even though the human mind did not want to let go of the known and go into what seems to be unknown, they have answered the call. They are the angels of this time. Do not mourn them. Celebrate them. Bring right in front of your face their names.

Have a birthday party celebration for them. They had a birth, a new being. They are the angels that you want to call to. They are looking and watching you, and you have mourned them with heavy mourning. They do not want you to do that; each one, as they say yes—and they have, because no one goes before they agree—each one celebrates the Light that they are. They are truly the Light bearers.

Now, you are the Light bearers as far as you can see, but as far as you can see is not all of you. And I am not suggesting that you decessate the body in order to see it right away. But I am suggesting that you commune with the ones who have allowed the body to be cast aside and are living as the Light that they are, because they are rejoicing; not a false rejoicing of, "Oh, thank God, I'm finished with that life."

No. Once there is the decision to leave the body behind, their focus is on the Light that they are. Their focus is upon the expansion of Being. You look at the decessated body and say, "Well, how can that be an expansion? It looks all shriveled up and discolored, and it looks like it has really been in pain." But that is not Who they are. That is not Who you are. You are the Light. They are the Light bearers, and they have moved into acknowledging, feeling, rejoicing as the Light that they are.



The ones that you mourn, you mourn them because you miss their association. You miss having the ease of communication. That will be changing, has changed for some, where there is the time where you can hear, "That sounded like Joe, that sounded like Richard, that sounded like Jim, Catherine. Where is Kevin? Are you here?"

Allow yourself to get out of the box which says, "This is all there is", and rejoice. You have choirs of angels who only a few days, weeks, months ago, even years, were dragging a body around and doing the best that they could, being friends, being helpful,

doing the best. But now, as the saying goes, "You should see me now."

In truth, you should. There is a radiance. Call one to mind who has recently let go of the body and ask of that one, "In the quiet time, show me what you are now." And do not be surprised if that one shows you light, radiance, happiness, light expanding. They truly are the Light bearers, and there is no heavy lifting required. They do not have to, as you sometimes feel you have to, be the Light as much as they can and lift up others. They know that they lift up others just by being the Light that they are. They do not have to work at it. "You mean it can be this easy?" Sure, I do it all the time.

In truth, you are the Light, but you have gotten enamored with the body and what it can do and cannot do. There are ones of your brothers and sisters who have known the Light that they are while still activating the body. You have known ones who have walked down the road and have been up off the road because they knew themselves to be Light. You have brothers and sisters who have gone easily with the smile on the faces, where their soul was singing even though the body might have been hurting. You have known ones who have lifted you up just by their Being, just by being Who they are and being happy.

Allow yourself to have a smile on the face. A smile does a body good, and it does someone else good to see a smile. "What are you smiling about? What is there in the world that you can smile at?" And you say, "Ah, but you know, I saw that dandelion, and it just looked so pretty. I saw the rain glimmering in the sunshine. Do you know each drop of rain holds a rainbow? Did you know?" you will say to a friend, and they may say, "Oh, he's gone bonkers. Now he's looking at drops of rain." What better thing is there to do than look at a drop

of rain and to behold the rainbow in the rain?

Allow yourself to reward yourself for being. Each of you has agreed that you will be who and what you are in a certain form for a while. Enjoy it. It is a gift that you give yourself.

Be the Light bearer. No heavy lifting required. Be. Rejoice. Again and again.

So be it.

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If you wish to receive an official letter acknowledging your 2020 donations to Oakbridge University (not Oakbridge University Press) for tax purposes by 2/15/21, please email Eva at eva@mcginnishome.org. Please give me your current email and physical address. I will be glad to email you the letter with our donation total. Thank you for all your love and support. We couldn't do all the broadcasts that we are doing during these times without your generous support. We appreciate all your donations on the home page of our website: <https://oakbridgeuniversity.org/> or by mail to our address at P.O. Box 485, Sequim WA 98382. Thank You!

JESHUA Q&A

A DOG/GOD EXPERIENCE



Jeshua, I am near to tears about something a friend of mine told me last night.

She had a dog—I think she said a German Shepherd—who had myelopathy, and she felt Dixie's time had come. So, she took her to the vet to be euthanized. The vet started the lethal injection and then something went wrong. Eventually Dixie passed on.

I want to be able to tell my friend that Dixie is okay on the other side now—that she came through this traumatic experience okay in the end.

Beloved One, what you are learning/realizing is that animals (of all shapes and sizes) create their own realities, just as humans do. They have the God particle of power to create, which is why you see some experiencing loving relationships, others having life-times short and painful or long and painful/ short and loving, mourned at their passing, or long and loved. They are creative beings. All living beings of any shape and size have a God spark. So she orchestrated, as you would interpret it, a bit of drama/pain/confusion the same as some humans experience.

Life in any form is a God experience; you are the one who judges it to be good or not so good.

Dixie is at peace now. Her "soul" (yes, all "living beings" of all shapes and sizes are soul particles) is richer for the experience.

They are here to teach and to experience.

Blessed be.



SEVERE ANXIETY, DEPRESSION

How can people overcome anxiety and depression, and where does that feeling come from?

That energy is part of the human condition. It is something that you built in in the beginning, the idea that you could be separate from all that you are. In truth, you are not separate. In truth, you could not be having the experience that you're having unless you were already the GodSelf. Now, oftentimes the feeling of separation is very strong, and you feel depressed because, "I am all alone. Nobody cares. I'll never get out of this pit of feeling heavy energy. I'm not worthy. Even if there were an answer, I'm not worthy to get out of this depression."

Well, I say unto you, God does not make junk. God does not make ones to be separate and unhappy. That is not what God wants for you. More to the point, God is love. God is positive. God is sunshine. God is expansion. Allow yourself to meditate upon the dandelion.

"Jeshua, a dandelion...what's a dandelion going to do for me? I am really depressed about my situation. I don't have enough food to eat. I don't have any friends. I feel really sick all the time. What, for goodness sake, does a dandelion have to do with that?"

If you will see in your mind the little dandelion, what does it ask? How is it? It *is*—full stop, period—itself. It is Being itself. You need to—I hesitate to say that, but one of the things that

will help you out of the pit of despair will be to take the deep breath and become the dandelion; not as the weed that has to be gotten rid of, but as the little sunshine, a little piece of sunshine. You in essence are a little piece of sunshine that God has made. And if you are—and I assure you that you are—a little piece of sunshine, you expand, breathe, know that you are a dandelion in all of its essence, all of its beauty.

"Well, Jeshua, I really hoped you would say I was a rose." Okay, then be the rose. You may define yourself by whatever choice you make. But allow yourself to know that you are the essence of God come into form. Now, if you are the essence of God come into form—and I assure you that you are—try pinching yourself; ow, that hurt. Well, yes, you are the essence of form, okay. Then allow yourself to know that you have value.

"Well, Jeshua, I'm going to go around pinching myself all the time, and when I get sores all over my body, you'll be sorry." No, I won't be sorry. Maybe your body will object, but I will not be sorry, because I will know that that is your pathway to knowing that you are alive and that you are valuable. Do you think the little dandelion asks, "Am I worthy?" No, the little dandelion just grows and be's. It be what it is. Allow yourself to know that you can be what you are, and that is good enough. If God made you—and I assure it did make you—then you are good enough. But start with the small stuff first.

You have some little songs that allow you to know that you are God's little sunshine. And if you don't know it, ask someone to sing it for you. You will find a friend who will.



PINEAL GLAND PROBLEM?

I have been having some pressure in the area between the eyes, which I assume is in the third eye. What is happening during this beating and pressure, and does it have a name? How can I use it effectively and enhance any resources, or suggestions, and is there anything to do to protect it or avoid it?

First of all, it is not to be afraid of it. Fear will put tension into the body. It will make the muscles around it feel tighter, and then there will be more attention put upon it, etc. Breathe into it. Whenever you feel that there is something going on in any part of the body, put your attention there with the breath. Breathe into it. Allow it to expand with the breath. Allow yourself to know that you have not made the body in order to be in pain or in worry or anxiety with it, but it is to be in joy with it.

X-RATED

Know you that feeling for one-half instant when you are having the sexual experience and you come to the peak of it and you are absorbed for half a second, probably not long, in the ecstasy of that feeling, some of you more than others? It allows you to know that the body has a way of allowing you to know that you are alive. Celebrate it.

"Oh, my goodness, Jeshua talked about sex. I don't know how she could allow that to come out of her mouth."

Well, she agrees with me that it is a grand experience. Enough said.