



The Expanding Viewpoint

Jeshua Speaks About: THE TRUE NATURE OF MEDITATION

NOVEMBER 2021

Beloved one, I would speak with you now about what is called meditation. There is not a day that goes by that you do not spend some time in meditation, for there are various stages of what you would call meditation.

If it be only taking a moment as you pause in the first moments of your morning to see the beauty of the light which comes with each dawn, as you pause and reflect upon the holy Child that you see in the mirror, as you allow yourself to relax and to breathe in deeply of the breath of the holy living Spirit that you are, those are instants of meditation.

It does not have to be what you would see as a ritual, of sitting in a certain posture, of sitting for a certain length of time, of lighting a candle or of having incense. All of these are beautiful additions to meditation and they are beautiful ways of bringing one's focus to the connection of the Spirit that you are and the Love that you are, but they are not meditation.

In each moment of your timing, **practice the Presence of knowing that you are God.** In every activity that you would do, pause for a moment and ask, "Who is doing this activity? Who is breathing? Who is moving? Who is touching?" Be very present with whatever you are doing and know that that Presence is the Life of God upon this plane.

When you behold another and you smile at them in greeting, pause and ask yourself, "Who is smiling?" and know that it is your Heavenly Father expressing upon this plane as you. You are living the Life of your Heavenly Father upon this plane.

Each step that you take is a step that He takes. Each smile that you exchange with another one is the smile of Love of the Heavenly Father. In each moment practice the Presence of God. Practice the Presence of Love, of Who you are. Acknowledge the Presence of joy that you are in the very notes of the song that you sing – whether it be seen as singing or whether it is seen as laughter or whether it be seen as a message of love for another, of support for another, for one who may be going through an experience and you extend unto them your hand, your shoulder to cry upon, your smile to encourage them, to say unto them, "I see, but I see a grander vision and I know we are children of the One God. You are the child of our Heavenly Father, and He does not forsake you." Practice the Presence of God in every moment, for you live the Life of our Heavenly Father/Mother upon this plane.

When you take for yourself quiet moments called prayer, called meditation, start with the breath, with being very

ACTIVITIES AT OAKBRIDGE

The Jeshua article in this month's *Expanding Viewpoint* is again a chapter in Jeshua's newest book, *Dissolving the Veil*. This volume is the eighth book in His *Personal Christ* series and is based on sharings He has given in His *Evenings with Jeshua*. They are practical, inspirational and loving messages to you, the reader, in an easy, informal manner. Chapters include "Your Purpose in Life," "You Are Not Alone," "The Value of a Human Life" and "Energy, ETs, and Dementia," among others. Includes a chapter by Mother Mary. *Suggestion:* This book would make a treasured Christmas gift. (Smile) To order go to oakbridgeuniversity.org and click on rolling banner.

The October *Intensive*, the week-long seminar available in person and on Zoom, saw over 40 people from all over the world, including Canada, Europe (Spain) and Malaysia, as well as the U.S. tune in to five days/evenings of inspirational workshops and music. Jeshua spoke on all five days, giving us very direct, new information. Recordings are available at <https://store13113241.ecwid.com/>

Happy Thanksgiving from all of us at Oakbridge to you, our Friends. We are grateful for You!

--Judith

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present with the breath. Breathe in the golden white Light that you are. Contemplate the breath. Feel the energy that you are blending with each in-breath. Feel the Love that you are expressing with the release of each out-breath. Become one with the breath.

Contemplate the nature of God. Think about what you have felt God to be, what you have been taught. Go through those ideas because they will be the concepts that you have gathered unto yourself upon your journey, but know that these are concepts. They are not God. They are ideas about God. Contemplate the concept of Father, our Heavenly Father. How does that change in concept? Contemplate the words, ideas, until there are no words or concepts; there is just a feeling of peace, the feeling of unlimitedness, the feeling of joy, the feeling of release.

For that takes you to what we will call the next step in meditation: the place of communion where you have gone beyond words and concepts and ideas and have come unto the place where you experience communion with the One that you are. There is a deep, abiding peace, the feeling of being in the flow of the Energy that you are.

You are abiding at that moment in the place of the Heart. Abide in the Heart

and listen. The still small Voice of which I have spoken can be heard in that place. It cannot be heard in the roar and din of the world, in all of the activities that mankind loves to surround himself with. It is heard in the quietness and in the peace of what you would term prayer or meditation, in the communion with the One that you are. It is returning unto that place of awareness of Who you are. It is not that you have to search and seek for something that is lost, for it has never been lost. It is within you and has always been within you, because it is you.

God has found you. It is not that you have to search for God. God has already found you. In your times of quietness in what we have called the first stage of the contemplative meditation, say unto your Heavenly Father/Mother, "I am here. You have found me and I have found You." Start with the feeling of being found, for truly, you have never been lost. Your Father has found you, as you would see it, a long time ago because you were never lost.

In that place of communion there will be a flow, a flow of Love which you will feel. There may be a word, there may be a message, there may be a release, or there may just be the feeling

Upcoming Meetings and Events

Nov 6 5:00–6:30 p.m. **Saturday Night Live With Jeshua** In person at 101 Emerald Highlands Way, Sequim, WA and via Zoom. Come meet with your friends and Jeshua. Hugs!

Nov 20 5:00–6:30 p.m. **"Diving Deeper With Jeshua"**

Dec 4 5:00–6:30 p.m. **SNLWJ**

Dec 18 5:00–6:30 p.m. **The Christmas Story**

Oakbridge University Center: 101 Emerald Highlands Way, Sequim, WA

of peace. It will not come with a great fanfare. It will be the still small Voice. It comes in many ways. It may come just as a sigh, as the deep breath that says unto the body, "All is well." For, truly, all is well. You are loved with an everlasting Love and you have never been lost.

Abiding in that place of communion, bring that then with you into all of your activities of the day and of the evening and know that the place whereon you stand is holy ground, for wherever you are, you are in communion with God and God is there.

Always you are within the arms of the everlasting Love that you are. You cannot be apart from the Love that you are. It is only in what you would see as your focus of attention, where you momentarily put your focus upon something else, that you would feel yourself to be separated, and yet you are never apart. Wherever you are, you are the God of your being. You are your Heavenly Father's child.

In what is known as contemplative meditation you may take the flame of a candle or the fruits of the field, anything that would be in front of you, and contemplate it to know its nature, and you will know your own nature. You will see the Christ in an apple. You will see the Christ in such a thing as an ant. You will see the Christ in a bird, in your brother, in your sister. And truly, you could not behold the Christ in anything that you would see as being outside of yourself if you were not already that yourself. You are the Christ incarnate, expressing.

Abiding in the stillness of what we have termed the contemplative meditation will lead you from the place of the mind to the place of the Heart, where the feeling of peace resides, where the Love that you are is known.

That is the place of communion with the Oneness that you are.

From the place of communion there are those who have experienced conscious Oneness with what has been called God or the Creative Principle. They have realized the Oneness of All and have known themselves consciously to abide as the unlimited Light that we are. This has happened in your history for some that you have known as masters and as saviors, ones that you would tend to put above you to exalt and to worship. But it has also happened for ones that you would see as your brothers and sisters who were leading everyday lives and it would happen for them maybe once or twice in a lifetime.



But I say unto you: there is a grand awakening upon this plane where the conscious Oneness which has been known as you would see it in your history, and has been known by only a few, is now being known by many and will not be just a once in a lifetime occurrence. It will be the place where you abide, the place from which you come – and yet, you do not leave it – the place you come out of to share with others the Light that they are as well. You will have the awareness –

the conscious awareness – of the Love that you are, the very dynamic wholeness of the Love that you are, the very energy that you are. And you will share it with others in such a fashion that they will be ignited – "turned on," I think your world calls it.

Beloved one, truly you are the Light of the world. Let your Light shine with an effulgence that is so brilliant that others will ask you, "What secret do you know?" And you will share with them the secret – and yet it is not a secret – of being very present in every moment, of walking this dream, as I have called it, awake; not asleep as so many times you have done before, but walking this dream in a state of wakefulness, in a state of realization of the Light that you are. Truly, you are beautiful.

The Love that you are is unlimited. It is unbounded. Even you, in your moments of despair, cannot diminish it. You cannot change it. You cannot alter it. You are the Light of the world.

Meditate upon the Truth of your being. Practice the Presence of Who/What you are: The holy One: the Light of the world.

So be it.

JESHUA Q&A

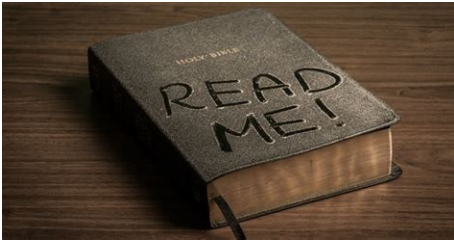
TRUTH ABOUT THE BIBLE

You say that God does not find fault with us, and yet when you look at the first half of the Bible, He's mad at us. All kinds of things. So how does that work? Or is it not true?

It is true with a small "t". It is not true as the Truth of your being — with a capital "T"

Where did the information in the Bible come from?

There are books in the New Testament recording the highlights of my life and what was remembered that I said. And there are passages attributed to me in a certain way that I did not say because memory embellishes and changes. And much of the New Testament has to do with letters that were sent to various groupings for encouragement and for instruction, and those letters came through the filtering of a certain consciousness of a beloved brother.



The last book in the New Testament definitely is what you would call a channeled writing in that it was a revelation written in symbolic form of meaning that had to be deciphered through those symbols, and the meaning and interpretations have been altered down through what you see as your linear time. That has changed much.

What you have in your Bible is a collection of certain writings that were deemed by certain learned men to be worthy of being preserved. There are many, many writings that still exist which were not put into the Bible which shed a different kind of light on some of the subjects.

Will we ever see them?

Yes. As to the Old Testament, that...

Moses' life, Job's life, there are lots of lives that God wasn't that happy with.

The understanding of God, the image of God was portrayed as one who was not happy with mankind. But I would

ask of you, where does that image come from? It comes through the filtering of human consciousness. And it came with a certain linear time; in other words, a long time as you measure history of a collective consciousness that held to a belief that God was a personage somewhat akin to humans. And that God, in this belief, would have emotions similar to what man felt.

In truth, your Father is the creative Principle. In truth, your Father is that which has brought forth all that is and allows all of the creations of the holy Child. And in the holy Child's imaginings the image of the Father has been changed. It has had many variations. You have within the holy Scriptures that you deem sacred in this time... you have certain writings with a certain viewpoint. In other lifetimes, in other philosophies you have image of Creator, of God, of Father which is different from what you have in the holy Scriptures you now deem sacred.

So the understanding of God, of the Father, of the Creative One has altered many, many times throughout the adventure of the holy Child. And what you know as the Old Testament is but one version of image.

Another thing that confuses me is the long period of time between the last writings in the Old Testament until the New Testament started.

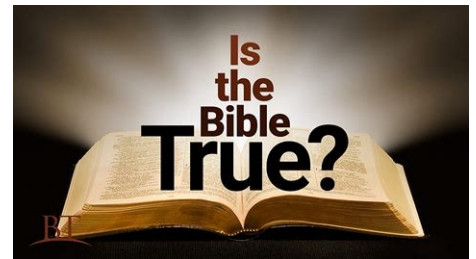
Yes, and what happened during all of that time? Well, the holy Child adventured, the holy Child wrote, and the holy Child as the learned men who decided what would go into your Bible decided that those books didn't need to be in there because they didn't support a certain belief system at that time.

A political thing?

Yes, part of it. Political and for power. So those books, some of those writings are still in existence. Some will come to light. Some are hidden as yet deep within what you see as holy Mother Earth, deep within the soil, but they will come to light.

What is that about?

You have always desired to know why—you individually and you collectively as the holy Child. You have passed down from generation to generation stories that have explained the why's of things. Now, in Truth—capital "T"—those stories did not always tell the capital "T" Truth. But they were true with a small "t" and they served the curiosity.

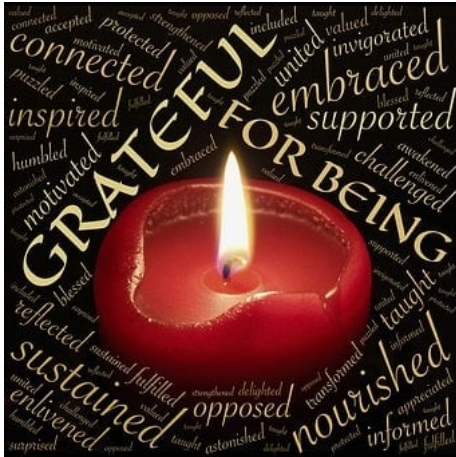


So you've had many stories that have been passed down generation to generation, oftentimes within the family circle or within the village, and there were ones of the village who were entrusted with this knowledge. Later you began the magic of the symbol upon paper, which you do now. You recorded the stories so they would not be lost.

Some of what happened as the history between what you call the Old Testament and New Testament has been recorded, has been written and hidden away in certain earthen containers. It has been preserved and will be unearthed in time, because you will want to know. You will want to have them.

You are doing a most wonderful miraculous thing with what you call

your Discovery Channel. In truth it is a remembrance channel, and you are allowing what seems to be others separate from you to bring you information that you as the collective Mind bring forth for your enjoyment and for your remembrance. So you will see more and more of these ancient writings, more and more of these concepts that are mind boggling coming forth because you want to have the mind boggled. You want to have it expanded.



LOOK FOR THE BLESSING

“It will not leave you until it has blessed you.” Is that true for all diseases or all serious diseases?

Yes, all diseases, everything. In truth, there is no gradation of seriousness. The human puts value onto certain ones. Like if you have a hangnail, okay, you know that you can take care of that. If you have a broken leg, oh, that’s much more serious. If you have some organ in the body that doesn’t seem to be working quite right, that’s even more serious. You are the one who is putting a value onto it. But anything in the body, anything physical will not leave you until it has blessed you.

We’d better start blessing.

Yes; that is the secret. You take and put the value on everything. Some

things have big value, some things have little value according to your valuation.

But some things seem to go away on their own.

Yes, they do, because you have said, “I’m not going to pay attention to you any longer,” and then after a few days or a few weeks you say, “Oh, I haven’t felt that for a while. I don’t think...oh, it’s just gone; not there anymore.”

TALK ABOUT TIME

When are we going to be able to collapse time?

You are already moving in that direction, because in my lifetime that is so written about, if you wanted to go from point A to point B, you tried to get yourself a good camel, and it would take you several days, even though you might make the trek in the mind first, but as far as the body, it would take several days. Now what you do is you go through a certain procedure and then you get onto this big flying bird that takes you where you are going in a much shorter time, so that no spot on holy Mother Earth is truly inaccessible, and within a short period of time, getting shorter all of the time (if you’ll pardon the pun), getting shorter as you rev up the idea in the mind as to what can be done to make it a shorter time.

It just flashed through my mind that if I want to bi-locate or teleport, go to the point in time that I know that I can do this.

Yes, and go to the point in time when you know you’re going to be arriving there, see yourself there, *know* that you’re going to be there, and with enough practice—as you understand reality at this point, there is an understanding that it’s going to take some

practice—okay, it will happen. I did this in my lifetime. There were times when I made exit very quickly, because I could see that something unpleasant was going to be happening, and I didn’t want to especially stay around for it. So I did what you are calling bi-locating or taking myself somewhere else; because you *are* energy, you see, and you can move energy by thought—if there is understanding and belief in it. Now, yet at this point in time, there is *hope*, not exactly belief, but there is hope, and that is good; you have to start somewhere. So you are working on bi-locating. You are working on, “Okay, I’m going to be at a certain point in time; I’m going to be arriving where everyone else is arriving from the big bird and be met by my daughter or someone else,” and you will put yourself forward, as you understand time, and you will be there. That is going to be part of what you call your future.

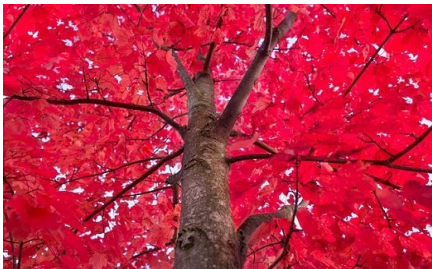
Okay, it seems to me that teleporting would be—from what you’re explaining right now—would be easier to do than bi-locating.

Yes. In truth, you do not have to bi-locate, because you don’t have to leave part of yourself somewhere. You can teleport and be all there. And then when you want to come back, you just do the same thing and come back. There have been ones in recorded history, there have been ones in pre-recorded history who have done this. There are records of ones being able to teleport and be somewhere else as they *thought* they wanted to be.

This is brought out in Baird Spalding’s book, Life and Teachings of the Masters of the Far East, where they do that—now.

Yes, and have been doing it for some time. There have been monks in training, where they spend six months

alone in a cave, speaking to no one except to their higher Self, and being able to download the understanding that all is possible as you will think it, as you will believe it. So that some of the ones who are in training to be monks will be following a certain pattern of what they think the finished product of the six months has to be. But other ones are going to be sitting there, and all of a sudden there's going to be a light that comes on, that light bulb that comes on with an idea of, "I can be somewhere else and then come back here. Who's going to know?" So some of the ones who are in training are going beyond the usual. They may or may not speak of it. They probably, for the most part, won't speak of it, except among their colleagues who might and will understand it. But it is happening. Even now as we speak of it, it seems to be something like, okay, in the future we'll know how to do that, and the future is Now. It is happening.



Does it take a lot of energy to do that? Would you be limited in how many times per day you could experience that?

It is not limited, except by your belief. If you had belief that you had to store up three months' worth of energy in order to do it or you could only do it once in six months, that would be your belief. But if it was your belief that, "I want to visit five friends scattered all over the Earth all in a day's time," you could do it.

So how far in the future?

Right now. It is Now. So this would be quite a boon to you so that you would not have to drive nine hours to get here.

So we start thinking about what is really important to us and let go of all the rest, because it would take some time, energy to bring forth the belief that we can (Right) and so, practice, my boy, practice, and then you can go.

Exactly, but not everybody is going to want to go to Carnegie Hall.

So is it true, then, that time begets motion and motion begets time, and that motion includes thought. (Yes) The mind moves, that's motion, and time starts. So if the mind is still, time disappears. (Exactly) Time is no thing, no thing that's moving. (Right)

In Truth—capital "T"—there's only the Now moment. Everything happens right Now (Right) So this universe hasn't been formed yet. It's Now. (That's right) I cannot screw my mind up enough to get around that one.

Please do not screw it up. But that is true. This universe has not been formed yet, and yet it seems to have been formed. Everything that is going on is energetic. It is fluid, it is in motion, it responds to Thought—capital "T". It responds to lower case "t" much more slowly, but it does respond.

Everything exists in my mind up here. (In your belief) Everything. So it depends on what I want to put into my mind? (Yes, what you are focusing on) So I don't want to get screwed up. I won't put anything in there that will screw me up.

And yet there is nothing that can screw you up, because in the big picture, everything serves the at-One-ment, the remembrance of the One,

the One who is having the experience of thinking that he/she is an individual point of Light.

The ones who are ascertaining the feelings of the farmers and the tourists and the scientists, they are aspects of the One. They are truly aspects of the ones that they are responding to or wanting to understand them. There is no one separate. That is why, when I come and speak with you, the first thing that I do is look around at each one of you and feel what you are going through, what is your most important aspect that you are dealing with, what you want to share with others, or what you don't want to share with others; but what you would like to have talked about. Because I am not separate from you. I say this over and over, and you all say, "Ah, that sounds good." But it is true. There is only One of us.

So what we think we're seeing is only energy appearing. (Right) So the idea then is to know energy.

It is to abide in peace and to know that everything is in its own divine order, and you do not have to worry about the mind getting screwed up or about other bodies getting in the way or by making the wrong answer to something.

So there's only really the Christ consciousness. That's all that really exists. And everything else is energy in motion.

I think he's got it.



HAPPY THANKSGIVING