

# The Expanding Viewpoint

*Jeshua Speaks: The Family of One*

January 2023

Beloved and holy, and only Child of the heavenly Father, Child of the one Source, Child of Light, divine. That is who you are. Take it deeply within the consciousness and contemplate what that means. Child of Light, Child of One. All is connected. There is no separation.

I have said that through the years to you, Beloved one, "There is no separation." For in Truth, the Holy One goes forth as One. It is as we have spoken many times a stream of Isness. You are very much that stream. Most of the time you feel yourself perhaps to be a pebble in the stream, perhaps a leaf floating on top. But in Truth you are the stream -- of consciousness and of

Anything else you want to talk about? Yes, there is much that has been happening in your world -- in the larger world, as you know it. Much of anticipation, much of separation, much that is calling out to be healed, to be known in wholeness. And in your own individual lives, there are questions that you have. And you will be working with those questions to come to the place of holy Knowledge, holy Wisdom.

Beloved ones, 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 as you have chosen once again to call me forth. Great joy of holiness. We will talk of the Oneness that you are. That I AM. That we are as One. For in Truth, you have felt this with the brothers and sisters from time to time. Fleeting probably, but as you do the hugs and you put heart to heart, you feel the oneness of the one heartbeat, the one particle, as you understand it, of God going forth. God the Father/Mother/All That Is.

For you are a stream of divinity always flowing. And you have said, "I will know my individuality in this stream. I want to know who I am." Have you ever asked that question? Of course, you have. You have asked it of your wise ones. You have asked

## The New Year: The New You

Over the past 30 years, beginning in the Spring of 1993 Jeshua began giving us short homilies during the Sunday morning church services. He had been suggesting for some time before that that He would like to speak to the church attendees, but I, Judith, was not sure what was happening, and was not comfortable with the new development. After some months of dialog with *mySelf*, otherwise known as Jeshua (since "there is no separation"), I agreed to a "test" sharing at a Sunday morning church service with the caveat that if it did not feel right, I would just close my mouth and sit down. And, as they say, "the rest is history."

We are now preparing to publish the ninth volume of Jeshua talks. Slowly, methodically, lovingly He has gently and patiently coaxed us to look beyond separation to the Oneness that we are: the Love which has birthed us, and guides us in our expanding acceptance of the All that we Are. As we embark upon another period of expanded time, we trust the Awakening of our Self which has been awaiting our acceptance. Happy New Year. Happy New You!

-- Judith



divinity. And you are coming to a place within, knowing your divinity. And in that space, I meet you. For truly, remember — Take this to bed with you at night, wake up first thing in the morning with it — there is only One. Full stop period.

## ***The Expanding Viewpoint***

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it of the ones who walk with you in this lifetime. You have asked it as a small child learning the language wanting to know, "Who am I?"

And you have been given a name and you have said, "I will live with that name for a while, but perhaps I will change it," because you have said, "I feel a different connection to sound." And so, you have chosen another name perhaps or a nickname. You have wondered, "Why am I here? What am I supposed to do? I have an occupation, I have a career. I have a name. I seem to have an independence of being myself, whatever that is. But why am I here?" And my answer has been: because you chose to be here.

"Well, why would I choose to be in a world, such as what the news presents to me every day, about agony, about duality, about us and them? The good and the not so good? Why would I choose to be in that?" And I say unto you, you can change your perception. The world is as you see it -- meantime. But it is not going to stay that way. Every day when you awaken and you open the eyes first thing, you have choice as to how you will see -- the bed, the bed fellow you sleep with or not, how you will see the room, the daylight or if it is still dark. You have choice as to perception. And if it seems to be dark outside, go for the

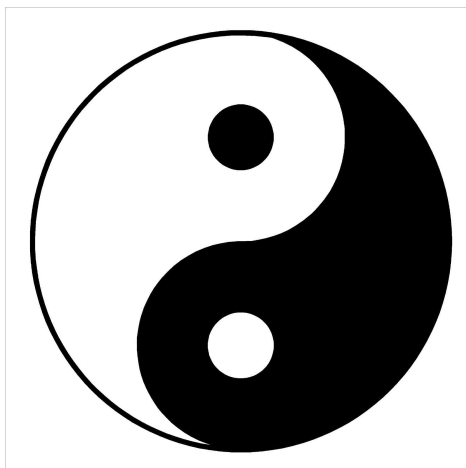
inner light. Close the eyes. Take the deep breath and say to yourself, "I am the one having the human experience. But I am holding and I will go forth in this day as the emissary of Love."

For in Truth, I have said this to you many, many lifetimes, not only this lifetime, over and over, but many, many lifetimes. For in Truth, we have walked together in other lifetimes. And I have said to you, "You are walking, living Love." That is your soul being and purpose -- is to be love, to extend love and to know yourself as love. It is love coming home unto itself. That is who and what you are and why you are.

You have asked of me, I have heard your prayers. "Jeshua, Jesus, why am I here?" Sometimes in agony of what is going on around you, sometimes in agony of the body. And you have asked, "Why am I here?" And I have said to you to give the hugs. To be in love. To love ones and to walk together in peace.

You have love walking on two feet. You have love in front of you walking on the four feet. You have love that is winged and flies through the air. You have ones who swim. Ones who walk and race and can fly in the spirit that you are. Life is, as you are finding out, an adventure.

You have asked before the Incarnation. You put your order in for some excitement, some adventure, some detective work where you have said, "I want to know all there is to know. I want to be everything I choose to be. I want to have the human experience." Now other lifetimes you have said, not in words but you even said, "I want to know how it feels to swim in the water as the very huge what is known as a whale. I want to know what it feels like to be the small hummingbird that comes up to the





does travel. I want to know the essence, the true essence of life in all of its forms." And as you ask, immediately the answer has to come. Otherwise, it is not a question. So, it has to come with its own cloak of answer. And it says, "Experience. Go ahead, experience." And so, you have said, "Yes, I will take upon myself the attributes of human, the attributes of being a snail, the attributes of being the winged one who flies high up in the sky and has a perspective that ones who are walking on land form do not have. I want to know, experience, be



hummingbird feeder and sits there with a beak in the nectar. I want to know how does it feel to be a friend? How does it feel in the human experience?" So, you devise all kinds of experiences for yourself. And you find ones to adventure with you. And when you do that in a certain example of exercise, there is a Heart that truly does open. And you find yourself in Love. And it feels very One.

There are times when you have wondered, "Will anyone ever see the true me? Will anyone really love this one that I think I am? Will anyone really open themselves as to Who they are to share it with me?" And yes, you have found ones. And you have opened who you have thought yourself to be -- that aspect of yourself at that time -- to ones to share in very deep friendship. You say, "Yes, what do you think life is all about?" And to get very esoteric about it, and to dwell in the mind and say, "But I've read this book, and it says, et cetera." And then to say, "But, come let us walk together." And that is where you find the oneness. Together.

You have asked of your Father/Mother/Creator/All That Is to allow you to know all there is to know about the human life. Other existences you have asked, "I want to know everything there is to know about being a cat, or about being a dog on four feet. Or being a snail that does not have feet but



All."

"But Jeshua, wouldn't that take lifetimes?" As it is seen in your understanding, yes. As it is seen in my understanding, no. And you are in essence me as well. For there is only one of us. "Well, I look around, Jeshua. I see more than one. How come you can't make more than one." I can and have and do from time to time. I go in your shopping malls. I walk amongst you. I sometimes sit down on a bench next to someone who is sad, someone who is perplexed about, "Where do I go in life? What do I do? What do I experience?" Or just a simple, more simple question -- although it can be quite entertaining -- "Should I buy the red jacket or the blue jacket?" And

they sit on the bench and contemplate.

So, I sit down next to you. I have done this. And I have said, "What are you trying to decide? What are you working with. What's going on?" Or if there was something going on in that shopping area and you have wanted to talk about that, we talked about that. And look for the holiness that is in it. And then when we are finished, I say goodbye and I walk off to find someone else to talk with. For in Truth, I enjoy being in your shopping malls. There is much to experience, much to see, much to entertain and many who are in a place of just wanting some peace and love.



So, I walk amongst you. And sometimes you have a feeling of,

"That one knows me. How can they know me? I don't think I know them. How does that one know what I am going through?" And I smile. I reach out the hand and I say, "It is all working out. Be at ease." And so, some take my offer. And some say, "Well, no, not quite. I want to suffer a little bit more. I want to have some more drama in my life." And so, it is given. That which you ask for, you will receive whether it be the knowledge, wisdom of knowing who and what you are, why, why you are -- or if it is just to contemplate the heaviness of human life. And I do see ones who are contemplating the heaviness.

"Oh Jeshua, how I suffer." Oh, yes. Would you like to tell me about? "Oh, I would love to tell you about it. You see, I have this..." And then the story continues. Yes. Would you like to be happy? "Yes, but I can't be happy. There's so much sorrow around me." Would you like to see a different picture? "Well, yes, I would. But..." And there is always the "but." When you get to the place where there is not a "but" after it, you will know peace. You will know happiness. You will know Love in its true essence.

And some of you have reached that place. That place where you say, "life is good." And you smile at each person who comes into your energy. And they may smile back or they may walk on. But they will know that something, something touched them, something that felt different. That truly is what you

have asked to be here for -- to be the emissary of love, of calmness, of hope. To say to ones -- whether in words, or just with the eyes and the smile -- "There is love, there is hope. Life is worth living. You have chosen it. Now, make it the way you want it to be."

"You mean I've got the power to do that?" Yes, Beloved one, you have the power to do that. I give it to you. Anyone who is asking to know the power of Love, it is yours



for the acceptance. You have found it. It is there waiting for you to say, "I accept it. And not only that, but I am going to spread it because I know that my friends, this is why they're here. This is why we do the hugs. This is why they come and talk with me because they want to know that space of oneness, that space of Love." Then yes, you can do it with the hugs. You can do it with the words that ones may or may not accept. They will come back. They will want more. They may not admit that they are asking, but in Truth they are asking you to show them. Show them. Show me how you can be happy. I know that

you face the same human questions that I do. I know that you have the ups and downs. You meet all different people and you see how their chances are of being happy are the same as yours.

In other words, you stop, breathe, and accept love. And how do you accept love? ... By giving it. And you notice. You have felt it and it feels very good. It seems to be sometimes a miracle. And in truth when you make that shift to the place of knowing love and knowing that that is who you are -- love on the two feet. I speak of the four-footed ones sometimes as being love on four feet. That is Who and what you are.

And you are also like the four-footed one who is always wanting to know more. To investigate. To see what might be under the chair. In other words, whoever was sitting in this last, "Did they leave me a crumb?" And then to go for the love -- to be petted. That is what everyone wants -- to be petted, to be loved. And to see the holiness, the goodness that you are, even if you do not see it immediately. And you see it for them. And they say, "Is that really true? Is there something about me that is lovable? I thought I was too heavy, or I thought I was too thin. I felt I was too short. I thought I was too tall. I thought I was not the right name. Didn't go to the right school. Didn't have the right parents."

Beloved one, you are OK

Love walking on your two feet. And it is what you have asked to do and to be. To be love. To extend love – it's called friendship. That is love. And it is to allow ones to know that the reason they have come together in any sort of



twosome, foursome, 1,659 foursomes is to experience and to give love. And to give it with a smile. Know you the love in a smile? Of course, you do. It feels warm, it feels accepting, it feels like, "I'm safe. If one is smiling at me, a certain smile, I think I might be safe with them." And you are because you are smiling as well.

**Question from audience: *But as a human being in a form, how much effect do I have in sending love to other people? Does it really affect them? Does it reach them?***

Yes, To every part of that question, yes. There is no separation. The energy that you send forth is in what you call the milieu of energy. And it goes to the one who is suffering. And the next step is for them to accept it, to stop for a moment and to feel that, "Hey, there might be a better answer to what I'm doing." There might be just that openness.

And for you, it has, of course, the benefit of letting you feel, really feel love -- to know that you are in the presence of love because you are giving it forth. And love is an

energy; it is tangible. You can feel it. Ones who just got married, you know that feeling. That's what brought you together. You looked into the eyes and you thought, "Oh, that feels good." Of course.

And it is true for all of you. You meet in that place, one on one where the heart opens. And you feel that you understand. You know you want to give love, to say -- and you often will find yourself saying, "That which you're in, you know the mess that you think you're in -- it's gonna get better."

"Why do you say that?"

"Because I've been there," you say. Because you have. You have been where they are walking. And where they are suffering with something they feel is bigger than they are and there's no way to come out of it in a good way. And you say to them, "There is an answer to this."

And they say, "Well, how do you know?"

You say, "Because, I've been there." And you have. You have been there. And you can do that. Because you have experienced it in another lifetime. You have been everyone, everywhere and done everything.

So even to say, "Well, Jeshua, you know, I discovered this tiny little snail under a bush this morning. You mean I've been the snail?" Yes. If you stop for a moment, you take that deep breath and you look deeply at that snail, you are at that moment one with the snail which you are looking at. It is true for every living being. And it is true for every thing that thinks it is not living as well. That is how the principle of oneness works. All is One.

So be it.

## OK here`Questions and Answers

**You have talked a number of times about how you walk among us in shopping malls. And this may seem like a kind of silly question but how do you do that? Do you manifest the body? Do you infuse yourself or indwell someone who is open to the experience or something else?**

All of the above. Most often I will take a form. I will assume a form that is friendly. I do not try to come on as something like a ghost, or whatever. I do not borrow anyone's white sheet and wear the white sheet with a couple of eye holes. No, I come the same as you and manifest a body. Because in Truth, what you are doing right now as we speak is manifesting the body.

So, I do the same thing. I sit next to you and I say, "How's it going?"

And sometimes people, the individual looks at me and says, "I don't really know you, why are you asking me?"

And I say, "No real reason. Just thought you look like you are pondering something."

"Well, I am."

And then the story comes out. And in the telling of the story, quite often is the answer. Not something that I magically do. But it is just that already it has been rumbling around in the mind. You know, that feeling where, "I have to give a speech tomorrow -- what am I going to talk about? I have to talk to the boss tomorrow about this project -- how am I going to put it so that he doesn't say to get out of his office, whatever? How do I take care of my mother who is suffering because she has some kind of

illness with the body? How do I..." The whole list of human questions.

And we talk. And in the talking, as you know because you have experienced this, oftentimes the answer comes right out of that question. Because, what ones often wants to do is to get clarity on it. But also, to share it so that they do not feel that it is a heavy burden. Because once you share that energy, at least you may or may not have the answer. But quite often you do in just the talking of it. But the heaviness of it -- because it has been shared -- is lighter.

So, this is something I give over to you who walk with a form, talk with a voice, to sit next to someone. And you may start out talking about how you are pondering something because you know, it's kind of a little bit hard to sit down and say, "I know you're suffering, what are you suffering about?" Yes, well, that does not get you very far in meeting heart to heart. But to say, "You know I'm going through this situation that I don't know how to handle it." And



then you just say, "Blah, blah, blah" whatever. And you have opened up the dialogue.

And they probably will say, "Yeah, and you know, I'm going through...whatever." And in the

talking, as you have discovered all of you, in the talking is the answer. And ones will say, "Oh, I never looked at it that way." Well, maybe they did. Maybe they didn't. But in that moment, there's the "Aha, this is okay. I think I have a better way of looking at that. Another way." Okay. They may come back the next week and sit on the same bench at the mall, and the suffering of it. And if you feel called you may sit next to them and say, "Well, hey, you know, we talked last week, how's it going?"

"Well, I tried saying to them that they were just really being stupid to be suffering so much. And that didn't go over?" No. You need to meet them heart to heart, in a place of simpatico -- sympathy. Not that you're feeling sorry for them, but a place where you can meet them and say, "You know, I've been where you are. I know how it feels." And you do know how it feels. You are in the human condition. And you've been there. No matter what the condition is. You have probably experienced it and if you haven't experienced it outright, you can imagine and meet them.

So, long answer to a very good question. Thank you.

**I had an experience at the end of September, or through September, and almost didn't get through it. And then it felt like divine intervention but everything fell into place -- the right doctor, the right hospital, the right everything. And, and I'm here. And my feeling was that there was just too much love to give and too much love to receive to leave.**

Very good. That that realization, that place of oneness is your

salvation. In other words, yes you can have the human experience but this is not all. And you were tapping into the more of you -- I won't say the Allness -- but the more of you and realizing not in a way that uses human words or even human philosophy. You went beyond that. You said there must be. And you pushed aside all the previous understanding, all the previous reading or what people had told you and you said, "I feel, I feel there is more. I want to know that more." And with that realization you came alive. And you will keep on living for a while -- a good long while -- because there is much more to discover. Well done.

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## Beginning Intuition

If you have ever wished to be more intuitive, check out the new class beginning January 17<sup>th</sup> on Zoom.

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