



The Expanding Viewpoint

Jeshua Speaks about: Staying Connected

Beloved one, let us talk now about how to stay connected to the Truth of your Being. I know that no matter how well-intentioned you may be and how peaceful it feels when you are connected, often the world will assail you with questions and possible aspects to fear. Then the mind gets very busy trying to defend against the perceived dangers or worries.

The mind's job is to take all of the pieces and examine them from top to bottom, side to side, back to front, and upside down again. After you have done that, you feel a bit upside down yourself, and you go around in circles with the mind. Then you come back, after you get really, really tired, and the heart speaks to you that which you have known from the beginning: stop, breathe, love.

If you will remember these three words—stop, breathe, love—that is the secret. But the mind says, “Oh, that's too easy. I want something that is really exquisite, very intricate. I want to know more.” So then the mind gets very busy, and after a while the body says, “Stop already; I'm tired.” And you stop and you breathe and you love.

You are coming now, beloved one, into a time—you are already in process with it—a time when

everything you have ever believed about self and about others and about the world is changing. You have felt that. You have been reading, you have been seeing on your news media, you have seen with the conversations with friends that there is a lot which is shifting and changing, and there is a lot yet that you would like to see changing.

You are in the midst of a great revolution, and it is not an outside revolution with the brothers and sisters. It is a revolution within yourself, a turning around; not looking outside of yourself longer, but coming to looking within. This is a time which is truly going to test all you have believed about yourself and about the world and about others.

You watch your news media, and you wonder, “How can this be happening? Across the world, even in my neighborhood, how can this be happening? How can ones be so separate from other ones that they can be fighting and trying to destroy the brothers, the sisters? How can ones be so into separation that they feel they can do anything to the four-footed ones and feel that it does not matter? How can

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OCTOBER 2015

The Peaceful Garden

How do you like the new name? Everyone who sets foot (and eyes) on our new property feels such peace that we have changed the name from The Healing Garden (which it is, very healing) to The Peaceful Garden. The gardens, the old growth trees, the view of Sequim Bay, Protection Island (a bird sanctuary), and Mt. Baker lend a beauty and peace to all who visit. Come feel for yourself!

Renovation plans have begun on the barn to make a large meeting room and dining hall, hopefully available for next summer's Advance. There is already a carpeted classroom (very nice) which we have begun using. Our first meeting in the carpeted room was a most wonderful meditation. Donations to the Building Fund are welcome. Thank you to all who have donated already. Your faith and vision is heart-warming.

Jeshua's Volume VII, *Absolute Love, Infinite Light*, will soon be ready to go to the printer's. Progress was slower in the summer due to other activities. Thank you to all the donors who are supporting the project; I appreciate your patience!

This summer's *Christos Advance* in Boulder, Colorado, was a very inspirational week with messages from Jeshua, Joseph, Mother Mary and Mary Magdalene. This was only the second time that Mary Magdalene has spoken this way, and when she talked

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ANGELS

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ones feel that they have the power never to be touched by that which they send out into the universe?"

Know you that whatever you send out, it has come through you already and touches you even before you have sent it out, and it *will* come back, and you *will* deal with it when it comes back. However, you have had the first wave of it as you have thought to send it out to someone—the judgment, the feeling, however fleeting it may be, of hatred, of judgment of someone else and saying, “I couldn’t be like that. I don’t see how they can be like that,” and making judgment, “I don’t want them in my world.”

Any time you have a feeling or a thought which arises like that, it is already within you affecting you. This is something you are going to want to really look at, because these times are changing times. These times are pivotal times. These times are making great change in the collective consciousness of all who walk the face of our holy Mother, the Earth.

Moreover, these times are exciting, because there is much shifting and changing which is happening. You have prayed; lifetimes you have prayed for heaven on Earth, for

ones to wake up and to be kind to one another. So I say unto you, if you are going to have that kind of outcome, something has to change.

And that something *is* changing. That is the good news. That is the good news that I came to tell you two thousand years ago: that you are never alone, that always you are joined with me in the Father/Mother’s Love. You are always joined with my mother, whom you have worshiped and adored, and still have a fond place in your heart for her, and she for you. You are joined with all of the saints, all of the wise ones down through the ages.

Why do you think you are so interested in reading what they have to say? You have walked with them. You walk with them again as you read their writings. They come alive to you. “Well, yes, but I’m just kind of imagining that, Jeshua; it can’t be true.”

It is true; hear me well. You measure time in a linear fashion, but in truth, time is always Now. That which you can remember and think might have been a long time ago, if you can pull it back into your memory or into your present mind, it is right here with you now.

Upcoming Meetings and Events

Oct 3, 7:30 p.m. Evening with Jeshua \$25
Oct 17, 7:30 p.m. Jeshua Discussion Group \$25
Nov 7, 7:30 p.m. Evening with Jeshua \$25
Nov 21, 7:30 p.m. Jeshua Discussion Group \$25
**Nov 28, 7:30 p.m. Evening with Jeshua at Lynne & Gerry Cox
Residence, Port Coquitlam, B.C.**
Dec 5, 7:30 p.m. Evening with Jeshua \$25
No Jeshua Discussion Group in December

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

These are times that truly will stretch you, because you have said that you want to move into a new way of being, a new way which is loving, a new way which is creative, a new way which understands truly what is happening from a higher perspective. That is why you study your books. That is why you take various courses and you meet with other ones. You are finding more and more ones who are questioning, more and more ones who are believing that there has to be something more than what you have been taught, something more than what your religious/philosophical orders have said to you was the truth of your being.

Now you are going to the kingdom within. You have spent enough lifetimes and enough time in this lifetime serving the kingdom outside of you, the kingdom of the world and the kingdom of mind which will bring up all kinds of questions you can play with. But remember, you are playing.

Whenever anything gets too heavy for you, remember that you are playing. You are being creative. Stop for a moment and allow the wonderful laughter, when you are laughing at yourself. Allow the wonderful laughter to come forth and to say, “Oh, there, I did it again. I was playing with all of the heaviness of the world, and I thought I had to solve it.”

Beloved one, there is a space in between thoughts where the heart can be felt and love can be known. These times are calling out for love. These times are calling out for love of self. It starts there, and it is not what you have been taught: that it is selfish. You have to be Selfish—with a capital “S”.



You have to love Self. You have to understand and say, “I am really happy with Self. I really like myself,” before you can like someone else. Because if you are not happy with yourself, you are not going to be happy with others, and you will judge them because you are judging yourself.

These times are asking for you to be centered in loving self, living in the heart, knowing the excitement and the joy of the heart and coming Home once again to the acceptance of self. That is so important.

If you could see yourselves the way I see you—and you can—you would see the loving heart. You would believe in yourself, and you would know that every decision you have ever made was a good one, because it has brought you to this place of knowing what works and what does not, what feels good and what does not. If you had never tried a different road, you would not know what was down that road, would you?

You have never made a wrong decision. You have made decisions, and they have gifted

you. Sometimes you liked the gift, and sometimes you did not. You are wealthy because of all the choices you have made.

One of the most beautiful ways to stay connected with the heart is what I have been asking you to do for a while now: to take at least five minutes every morning to visualize the Christ of you, the loving self of you; five minutes of just breathing and believing in yourself. Yes, I know that in the beginning you are going to say, “Well, Jeshua, I’ve got too much to do. I have to figure out what to wear, and I have to figure out what I’m going to say to this person. I have to figure out how to get where I’m supposed to go for this meeting. And you know, I don’t have my homework finished.”

Take the five minutes just to breathe. Take the five minutes just to sit. If the mind has to be busy, find yourself a picture that you can look at. Let the eyes go soft and lose yourself in the picture.

Allow yourself to sit for five minutes and enjoy. If you like music, put on a piece of music for five minutes. Allow yourself to get outside of the world and inside yourself for five minutes every morning. And while you are there, speak to me. While you are there, listen, because I just might answer you.

This is a time when you will want to stay connected, when you will want to stay connected to each other. If you are going through something, reach out to other ones and say, “I’m really confused. I’m hurting. I don’t really understand what’s going on, and I don’t know how to be. What would you share with me?”

These are times of upheaval. That is because you are bringing about a New Age, as it is called, a new consciousness, a new way of looking at everything. And in order to do that, you have to have the upheaval of the old.

It is the same as when you are planting a garden. What do you do first? You upheave all of the soil. You make it so that you can plant new. You do not put the seeds on top of the weeds and grass, but you dig up the soil. You make a place for the new seeds to grow.

That is what is happening right now. Everything is being upheaved so that there can be a new planting, and the new planting is happening. The new shoots are coming forth, and you are the ones who are tending the new shoots, the new consciousness of acceptance of love.

It does not matter when you take your five minutes, fifteen, twenty minutes. Stay connected to the higher Self of you. Stay connected to the love Self of you. And the first thing that you do in that five minutes is to say, "I love myself," because you are lovable.

You, you are lovable, and I love you. If you think that no one else loves you, remember that one Yeshu'a, one Jesus, however you want to call me, loves you with an everlasting love. It has been decreed from before time began and will exist beyond the purpose of time. Always and forever I love that which you are. Always and forever we are connected at the heart.

Stop, breathe, love.

So be it.

Hello Judith,

Right now I am editing the first 60+ pages of the "Messiah Project". I will send along a draft to you once it gets closer to completion. Even though I have spoken to Jeshua about this and countless times questioned my own "worthiness" or competence to bring this forth, nonetheless, it is coming. AND, what's more, in my heart, I believe that I am "getting it" (about as much as I have to) though there are elements or tangents involved that need habitual silencing.

I used much of what Jeshua relayed to me in our conversation and in our communion.

Up until now I have been kind of shy with my writing in regard to the flow of the story and what I know/think and feel in my heart to be the truth of the "Awakening". I have read extensively about all the Old Testament prophecies regarding the judging/warrior Messiah. It almost seems as if the drumbeats of war and hate, race against race, religion against religion, recycle around the consciousness of humankind insisting that disaster, catastrophe, and cosmic chaos are unavoidable. YET, this is exactly what the Messiah will come to end, will come to set right and bring God's Love by calling His own. That is what Messiah is. That is Messiah uncompromised by ego, by hate, by anger. That is the Second Coming of the Messiah. Not war, not judgment, not hate, not religious fervor, but brothers and sisters of all religions shaking hands, embracing the Love of God, opening a new path for humankind through a valley of shadow and darkness which has plagued the

souls of humanity since we chose to think we could be separate and create some "thing" other than love. Standing in the sandals of the Messiah, looking at the landscape of humanity telling itself that it can hate one another and not be affected by that hate. Standing in those sandals and seeing the anger and the lashing out at others means to truly forgive the world, forgive separation, knowing only that love is the true being, the true state of humanity, knowing that love is the only true future of humanity and that love is the only true future of the universe. That Messiah is you. That Messiah is me. That Messiah is the love that spreads from one heart to the next to the next to the next until all the Ocean of Being knows itself to be love. When enmity between brothers and sisters is dissolved as a cloud passing by that blots out the Sun and then moves on to reveal the light again, so shall the love of God shine into the hearts and minds of all humankind.

Mike Mauro

Greetings and Thanks from Peaceful Meadow Retreat, Boulder, Colorado

It is apparent the afterglow of Jeshua's appearance in August is still bringing loving warmth to Peaceful Meadow and the staff. Since then, we have continued to welcome Retreat guests to their respective workshops and activities while simultaneously focusing our intentions on improving our AccessHanna software. In August, while the Oakbridge community gave us many terrific ideas, Jeshua inspired us to higher levels of creativity and determination which has resulted in rapid improvement of our healing modalities. While

we remain in touch with many of our new friends from August, we want to continue to increase our base of contacts and are thankful that Judith has provided us with this opportunity to spread our work to all of the readers of "The Expanding Viewpoint".

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For those of you who were not here in August, you might be wondering exactly what the excitement surrounding our AccessHanna software is all about. Firstly, we are in agreement with Jeshua's assessment that we are blessed to possess 21st century technology that demonstrates the power of intentions and prayer; the ability to provide immediate opportunities for physical healing by transmitting remedies through the Scalar Energy Field. Essentially, this software allows us to view your holographic energy matrix on our desktop. The software contains a database of hundreds of thousands of

symptoms, remedies, affirmations, etc., that help us figure out what might be causing physical issues for you.

Through endless hours of interfacing with AccessHanna, not only can the physical body be addressed towards optimal health through the recommendations of natural remedies, but we now are recognizing that the results of our scans often reveal issues in other Bodies (i.e. physical, emotional, spiritual, etc.). We work from the awareness that the manifestation of undesirable physical symptoms often has, at its core, emotional and/or spiritual causes.

Over the past year, our increased understanding of this potential has led us to proactively "repair" the holographic energy matrix. Specifically, the software is now programmed to utilize neurological pathways, chakras, and nervous system circuitry of the body to deliver uniquely formulated remedies that support healing through the strengthening of the Immune system and the body's innate ability to heal itself.

Currently we offer two separate programs of healing, both utilizing AccessHanna. Our original software is designed to locate and identify issues that have resulted in unwanted physical symptoms of the client. This program requires an initial one hour appointment that can be accomplished on the phone.

Working with AccessHanna within this healing capacity, we have developed a second (3 month) program of healing that consists of regular, proactive transmissions to "defrag" the brain. AccessHanna's NeuroReactivation program utilizes scalar energy to organize and increase neurological

activity. Many recipients report a greater clarity in thinking, improved sleep patterns, enhanced memory, as well as better reading comprehension. This particular program does not require any sort of phone consultation, yet nearly all clients take advantage of our availability via email in order to report back specific experiences in order for our programmers to adjust transmissions to fit the needs of each individual.

If you are interested in learning more about our work here; whether it is for us to assist you in finding a new path to healing, or even NeuroReactivation, feel free to call us any time for further information and/or to schedule an AccessHanna phone consultation.

It truly was a great pleasure and experience for our Peaceful Meadow staff to have been blessed with the opportunity to be your host at your August Retreat. For those of you who were not at the Retreat, we send our heartfelt love and greetings from Boulder, Colorado. For those who were here, we simply want to say "We miss you and please come visit again!"

For further information and/or to book an appointment:

Please call Alberto @ (303) 442-2490

The Peaceful Garden

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about her childhood, adolescence, and meeting Jeshua, it was very moving. Recordings of the Advance are available: an MP3 of the evenings can be ordered for \$15; a 6-tape set for \$25.

More updates to come next month.

-- Judith

