



The Expanding Viewpoint

Jeshua Speaks about: WHAT IS YOUR DEAREST WISH?

Beloved one, let us speak now about the holy Child of you and what really matters to you. I have felt your energy. I have felt the brothers' and sisters' energy in this time. There is much of confusion. There is much of sadness. There is much of ones trying to run to hide from ideas and from feelings.

Ones have come to a most wonderful place—as you have decreed—a most wonderful place of choice, where ones are being forced to make choice as to where they will abide; whether they will feel that everything is coming down on top of them and there is nothing left to hope for or they are choosing to know that truly they are here for a purpose; not by accident, but a purpose. And if they are here for a purpose, they are curious to know, “What is my purpose?” They know that truly they are part of a grander design; in other words, not by just random happenstance, but they are part of the whole energy that is upon this plane at this time.

The energies that are coming forth now on this plane are energies of confusion, of sadness, of fear, of wanting to protect, wanting to have everything in order. When one comes along and says that they will take care of it, they will take care of you and they will

make all the decisions, there is a natural tendency to say, “Oh, okay, I want a savior.”

I have heard this many times, for ones have wanted me to be their savior. In truth, I cannot be your savior. You are your own savior. In truth, no one outside of you can be your savior.

I have heard the pleas—p-l-e-a-s-e and p-l-e-a-s—of you and of your brothers and sisters. I have heard ones in great torment and anguish calling to me to please take them out of whatever situation they are seeing themselves to be in. And yet, as we have said to you so often, you make your reality—lower case “r”—moment by moment.

You are the one who is formulating what that reality is, and you are the one who is interpreting that reality moment by moment. You have had the experiments where you have participated in being in a row of ones sitting side by side, and one end will start with a certain story and pass it along and pass it along and pass it along, and by the time it gets to the end of the row, the story that the one on the end has been given bears little resemblance in some cases to what it was in the beginning.

Everyone interprets their reality dif-

(Continued on page 2)

NOVEMBER 2016

COMING TO SEQUIM?

There is a movement afoot: a movement of ones being called to community. And when we speak of community, it does not mean the older version that has been tried and has succeeded to some extent. But we mean a community of the Heart and being with ones of like mind.

Many are finding themselves called to relocate to the Sequim/Port Angeles area in western Washington state to bring their Light and Love to share with ones already here and with other ones who are also feeling the invitation to be in closer proximity to like-minded friends. The community will be of your own making, ones residing in homes of your choice in the area. **The community will be comprised of ones who feel the desire to share with other ones what they are learning and to see community in a new way. It will not be provided as already done, but will be an organic cooperative movement, having a life of its own, orchestrated only by the desire to create in Love.**

If you are feeling the call to be with other friends who enjoy Jeshua's love as you do, you may want to make a visit to this area to feel for yourself what you are looking for and what you have to share. We meet formally twice a month with Jeshua; other groups and classes happen during the month, as well.

Let us hear from you. Come experience for yourself.

Judith

ANGELS

Gold Angels:

\$500 - \$1000 per month

Silver Angels:

\$100 - \$500 per month

Adelheid Bilke, Robert & Shirley Ippolito, Halina Jarosz-Renaud, Joyce Luzier, Charles & Pat Mawson, Benita Woody

Sponsoring Angels:

\$50 - \$100 per month

Connie Cummins, Victoria Maunton, Dianna Nicholson, Kenna Raymond, Trudi & Don Robinson, Violet Robinson, Alvin Schultz, Irene Stewart, Cheryl Wrangle

**The Expanding Viewpoint
is a publication of
Oakbridge University**

Oakbridge Board of Directors:

Mark Schrader, President
Eva McGinnis, Secretary-Treasurer
Josie Johnson-Rogers
Ted Meske, Niobe Weaver
Anastasia White
ZuVuYah

Judith Coates, Executive Director
E-mail: Judith@oakbridge.org

Josie J Rogers, Prayer Ministry:
ladyhawkeoneone@gmail.com

Hear Jeshua at
www.Oakbridge.org

Webmaster: Doug Ward

Transcriber: Ted Meske
tedmeske@hotmail.com

Oakbridge Mailing Address:
41 Windmill Lane
Sequim, WA 98382

Phone: 360-681-5233

ferently, depending on past circumstances and past experiences and how they have judged things in the past, and also by generational teaching which they have heard from other ones in the family or in the close group. This is a time right now when many are looking at past teachings, teachings that have been handed down either consciously or unconsciously, and they are trying to decide if the ways of thinking they have grown up with are appropriate now.

Your brothers and sisters in every day are making choice as things are presented to them. Sometimes they feel that they do not have enough information, and yet they are called upon to make choice, and it feels too heavy. You have great import on other ones even by your thoughts as you sit in the dwelling place and perhaps do not even go out and mingle; your energy does.

Know you the power of prayer? What do you think happens in prayer? When you hold someone in your prayer and think a good thought about them and send them loving thoughts because they have said they are going through something, your energy immediately goes to them. Your energy knows how to find the one where it is needed. Your energy goes to them. That is what prayer is all about. It is to be

consciously sending your good thoughts and good intentions to other ones.

I have heard ones say, "Well, what good is prayer? I'm just sitting here in my house and I pray, but I'm sure it doesn't go outside of the walls." Ah, think again. As we have said so many times, there is no separation. In Truth, there is no separation. Your energy flows out; it has to. So **I suggest you keep your energy happy.**

I have heard the cries of my people, and who are my people? Every one of you. I have heard the cries that have been happening, and I answer. But when I answer, quite often they do not hear me, because they are expecting that it has to come in a certain way, or they are expecting that they will not hear from me.

After all, I have been raised up on high to sit at the right hand of my Father/God/Goddess, so I am separate from you. How could I hear? How could I know what you are going through? But I say unto you, since there is no separation, how could I not know what you are going through and the anguish and sheer boredom that you feel from time to time.

(Continued on page 3)

Upcoming Meetings and Events

Nov 5 & 19 7:30 p.m. Evening with Jeshua \$25

Nov 26 Evening with Jeshua at the home of Lynne & Gerry Cox in Port Coquitlam, B.C. Call for time and directions: 604-941-3575.

Dec 3 7:30 p.m. Evening with Jeshua \$25

Jan 7 & 21, 2017 7:30 p.m. Evening with Jeshua \$25

Meditations on the 2nd and 4th Fridays of each month at Unity Church in the Olympics, 2917 East Myrtle Street, Port Angeles, from 7:30 to 8:30 p.m. The evenings will feature meditations given by Jeshua over the years.

All regular events at the Center: 41 Windmill Lane, Sequim, WA

I say unto you that the energy of boredom is just energy waiting to be used, so get busy and use it, even if it is just going out and perhaps harvesting a dandelion. Know you that the dandelions are your gift to yourself? They are a little bit of sunshine out there. So you go out and say to the dandelion, most wondrous growing thing, "Look at how beautiful you are. Thank you for being in my world."

Now, I know that some of the brothers and sisters would say, "Well, that's a stupid thing to do, to waste energy on a dandelion." But the dandelion is putting energy out for you, is it not? Yes, by blooming. It is doing its thing and it is expressing the divinity that it is in its own way. Behold it in a new way. Give thanks unto it. Yes, get down on your knees and actually really look at it. I will be watching. I jest with you, and yet there is a seriousness of suggestion underlying it.

Everything that you behold is in your consciousness. You have put it there for a purpose, and the purpose is so that you can praise it and yourself, because you have created it in your reality. Know you the true meaning of praise? It is to increase. That which you see, as you will praise it, it grows in your awareness.

I speak this to you because you have gotten so focused on racing through every day that you forget to see the miracles. You forget to see the miracles that you are bringing forth and ones that are expressing right in front of your eyes. Everything that you behold is a miracle. Take time to breathe with it. See if you can get in sync with the breath of the dandelion. It is a philosophical question, *very deep. Very deep.*

Now I would ask of you to go within and to ascertain, what is your greatest desire? What would you ask if you could have anything: any question an-

swered, any situation explained, any desire of something that you are working on? What is your greatest desire? What is your greatest wish? Even if it seems like, "That could never happen." Become clear about what you want to know, what you want to experience. What is your greatest desire? If you had standing before you a genie who could give you any desire, could make it happen for you, what would you ask? What is your greatest desire? What would you truly want? I will give you a moment to think.

Now take out a piece of paper and write down your greatest desire.

You will not need to write a lot. You can jot down some ideas or some words that are as clues. It is only for your eyes, so you need not worry. Just write down a word or two, or a whole sentence if you want to, whatever is symbolic of what you have been thinking. What is your greatest desire?

Think about it. Write it. Then put it in a book somewhere or in your Journal. At a later time we will go back to it and see if and how it has manifested. I will remind you.

So be it.



THOUGHT FOR THE DAY

Never blame anyone in your life:

The Good people give you happiness.

The Bad people give you experience.

The Worst people give you a lesson.

And the Best people give you memories.

--Seen on a plaque at Swedish Hospital, Seattle

Courtesy of Cindy Bayer

JESHUA Q&A

THE EVENT

We are expecting many good things coming in our future. Some sources say this is not going to happen until The Event—or many of these things are not going to happen until The Event, which they describe as a large outpouring from or through our sun. Is that true?

It is true that there will be a joining of energy, yes, and it will be *seen* to come through the sun. Now, there is no separation, so you will be creating, manifesting, and receiving and interpreting all at the same time.

Is this going to be a much greater energy than we've experienced before, and will it be like all in a flash, or spread out over a longer period of time? (Both) And when this happens, is it dependent on our collective consciousness?

Yes. That is why I have said to you that the receptivity is building, the receptivity to understanding the Allness that you are. Now, that's a biggie, but it is the basis of your Reality—capital "R"—and so then it

is filtered down into the physical into what you can see, understand, interpret, measure, into what seems to be physical, and it will be happening at some point in time, where you will know your alignment with it, where you will know your Oneness with it. You will have that instant of recognition where you see something seemingly outside of yourself, i.e., the sun sending forth energy, and yet you are going to know at the same time that that energy is bonded to you. It is not separate. It cannot be separate, and yet you will behold it in the first instance as being separate and coming towards you. Yes, it boggles the mind.

But is this dependent on the collective consciousness, or groups like this? I mean, when it happens, it's going to happen for everybody, isn't it?

Yes, as the One. No, as there is individuation of consciousness. So, yes, and no (*Oh, thanks*) Well, if you're going to ask these questions, you're going to get the whole, I'm very sorry, answer (*That's right. That's what I want*)

Okay, you're not going to want to answer this, but would you take a guess? Could this happen in the next couple years? Or is it likely to happen in the next couple years or five years or ten years? We sit here on pins and needles waiting for this to happen, and...

Hmmm [after several moments of contemplation] as it is seen now, it will be about a decade.

So we can quit holding our breath.

Oh, yes, yes. Please continue breathing. Please continue breathing.

Okay, thank you.



MOVING TO DIFFERENT REALITIES

Thank you for your message, and thank you for hearing all the anguish that people are feeling these days.

I feel it, and then I let it go. I do not keep it.

And that is, I think, an important message for all of us to have and to hear how we can process it too, because it does feel heavy some days.

And yet you have told us that "In my Father's house there are many mansions," so we can choose to go into another room within the mansion (Yes) You've also talked to us about being able to step into other realities (Right) and that we are living in many different realities at the same time (Yes) which still boggles my mind (It's supposed to) So can you speak a little bit more about that? I know that we are all creating our own realities, but we do share realities together (Yes) So how do we step out into other realities where there isn't such heaviness? And more than just myself or my close friends stepping out of it, but how do we do that en masse?

Right. It is one by one by one by one. It spreads. It is most contagious. That is why I often come as the cheerleader to get a grouping of ones, and then this spreads to another one like the ripples on a pond, it goes out. So, yes.

First of all, remember that you are a multidimensional being. You have focus in this reality, and you say that this is real, what is happening here in this evening amongst these friends. This is real. But at the same time, if you will receive it, because there is only One of us, you are expressing in other dimensions, other realities which, in truth, does boggle the categorized mind that thinks in categories, in boxes. So yes, what you do is what I have said from the very beginning, is you take the deep breath, and that allows a moment of inspiration, a moment of the deep breath, the inspiration to come in, inspire. And then you release, knowing that everything is truly in divine order, because it is, it has to be. You are divine. You are creating. The One of us—capital "O"—is having a multidimensional experience. So if you do not like this dimension, you take a deep breath and you take in the reality of another dimension of yourself.

You are not split up into pieces. You are connected, because as you have so well learned, there is no separation. So you move into another aspect, as you would see it, of yourself. And you ask for...you say, "This one I want to be a happy aspect of myself. I want to know the divine order even in something that doesn't look divine and does not look in order. I want to know how this is all playing out," and then to see it as a play, to put yourself—as I have said many times—into the front row of seats and watch the play. When you do that with the deep breath, you have new perspective as to what is happening, and it is not the heaviness that one does feel when one feels boxed in so close to everything happening.

You have told us before when we have

asked...are there more of us in this reality that are seeing the Light and embracing that? You have said that, yes, there are more, but tonight you seemed to say that there is much more in the other direction.

No, I did not mean to imply that. I said that I was feeling the anguish of ones, but their numbers are decreasing. That is why I charge you and the other ones who are within the sound of my voice and within the sound of the words to go forth and live your Light, because your influence is happening. You have reached the lowest place. You as the One in expression and in experience, you have reached the lowest place in density that you are ever going to do. That is the good news. The news that is happening right now is that there is a movement afoot, a movement towards the Light, a movement that is claiming the Light and wanting to experience it, wanting to know the good part about having a reality—lower case “r”—and to see the purpose in each reality, to find the joy in each reality and to live in that space. It is happening.

Thank you, Jeshua. I love your cheerleading us.

Yes, I enjoy my role as cheerleader. I practice.



How do you like my cheerleader body? (Smile)

SENDING OUT ENERGY

You spoke this evening of our energy, that we are energy. My understanding is that that spirit part of us is energy (Yes) and the human experience is in this vehicle. So I often speak of the fact that we are spiritual beings having a human experience (Right) and that the process that we're here about is to learn how to manage dark energy as spirit beings, and also the vehicle, taking care of the vehicle that we're in at this time. So for many years I have been practicing sharing my energy; you know, sending my energy. Very often when I leave meditation, we will build that energy within us and then see it moving out, see it moving out to the community, to the state, the country, the planet, all beings on the planet.

So I have very big energy, and my energy is out a lot of the time. And for the last year or two, I have been feeling very tired. So I was seeing my energy worker this week, and she asked me where my heart was, where my heart chakra was. She said that sometimes when we are sending out energy, we send our heart chakra out with it. So she set off through one room, second room, third room, you know, and she says, "Okay, this is as far as I'm going," because she could still feel the energy. It occurred to me then from that experience, that learning, that when we send our energy or we allow energy to flow through us, that we don't need to send the vehicle with it (That is true) Okay, could you say more about that?

Yes, with a visualization as the energy is coming through you, the heart chakra is very much like an open sieve; you know, the sieve that has holes in it. Visualize it that way. It does not, as you have said, need to go

with the energy. In truth, it cannot go very far with the energy. It will snap back like a rubber band. So you don't have to worry that, "Oh, my goodness, I'm going to lose it. It'll be out there somewhere....It'll be in China." Yes, exactly. No, it will not go that far. Your energy, yes, it can go that far, but not the heart chakra. That, as you expand your energy, can go out quite a ways to several roomsful, as you have seen. But, in truth, it will come and always does have an anchoring within you so that you will not lose it. It will be okay.

I wasn't really concerned about losing it. It's just that I had never thought about it. And it seemed to me that that's a very important part that should be shared with other people who are learning to manage their own energy. You're not sending all of yourself, but you're allowing the energy to flow through you.

That is the perfect way, the perfect visualization, and you keep your parts, because truly there is no separation. Even with the energy that you are sending out seemingly to other ones, they are already receiving it, because that comes back to the concept of time. Seemingly, as you send it, there has to be at least an instant of time. In truth, there is not (*There is no time*) There is no time, in truth. So it does not have to be replenished. It is always being replenished. I think you've got it. Very good. Thank you.

LIGHT MY FIRE

I was wondering if you would share with me what would turn my Light on. I've been grappling with this question for a while now.

Ah, yes, what would turn your Light on? Well, let us consider. What do you get really excited about? (*That's the*

issue. I can't think of anything that really gets me excited) Aha. You have in your possession various writings that you read and various writings that you are going back over again (*The teachings that came through you and many other masters back in 1956 to 1992?*) Yes.

As you sit with those writings, what do you want to do? Where do you want to be in your thinking with that? How does it feel? How does it feel right here in the solar plexus when you read some of those things? How does it feel in the mind when you read certain parts? That turns your Light on. That gets you to a place where you say, "Yes, this is where I want to be. I want to be in the Christ consciousness. That is what turns me on."

You are standing at a very exciting threshold right now. You and certain other ones in this room are going to be making a great change in the way the fellow brothers and sisters look at things because of what you have proved for yourself. You are going to be starting to be on a physical trek going to different groups, different places, to share your life, what you have proved to yourself that they may not know; in fact, they do not know.

But you are going to appear to them like another human being, and you are going to say, "This is the path I chose to be on. This is what I have proved to myself. This is what I know to be true." You and several others in this grouping are going to be going to speak with other groups to show them what can be. You, and this one who is being called, some of the other ones in this grouping; they know who they are, and they will be traveling; not far, but to speak with other ones in what you call the religious organizations, I

guess; churches where there would be opening; not on the certain day of ritual, but on a more informal basis.

It is something that you are going to think about, something that you are going to put together with another one to speak to brothers and sisters who are seeking, but do not think it possible to find. So you are going to go. You're going to say, "Hey, I'm a being just like you are. I have lived X number of years in this lifetime, and this is what I have found to be true. This really turns my Light on, and this is what you are searching for," you say to them, because they are. They may go away scratching their heads and saying, "Boy, that guy was really weird." But you will be opening a window and a door where they didn't even know there might be a window or a door, and sharing this far-out thinking that truly in every moment you are provided for.

And for any of the rest of you who want to be part of this grouping that is going to be visiting, as you will be called to do, to speak the words of truth: "This is where I've been in this lifetime. I never thought that these things would come to me. I never thought, but this is what has happened, and I now trust; I know."

So you will be inviting ones to come to be part of the grouping here, in other places that have the edifice, building, for groups to be, where you will share what you are living. Ones will look at you and see you to be a human being—got two feet, two hands, and a smile on the face, and you will be sharing with them how always you are being taken care of. You will do this for the ones who have deceased the body; you will sit in quietness and in Light and you will invite them to make themselves

known. You will ask of them their names, and they will tell you so that you will have the two-way conversations, and then you will send them on their way to a happier being, because right now they are quite frustrated. They don't know where they are or how to be, and then you will give them peace.

STOPPING THE AGING PROCESS

You indicated that you stopped the aging process. I'm in no hurry to leave this body. There are too many things I'd like to do. So how does one really slow down the aging process, if you will, or stop it? I'd love to hear that one.

Okay. You can slow it down, you can reverse it, you can go back to what you feel is the prime of your life; first of all, by breathing. You're doing that already in combating COPD from smoking. You have seen changes in the body because of the breathing that you do. The breath—I cannot stress this too strongly—is most important to the body; to stop, to breathe, to re-energize with the breath.

The next thing you do is envision how it was when you were at your prime—how the body looked, felt, reacted to certain things—and you keep that vision in the mind in front of you. You call it to mind every once in a while.

Then you do what they call the workout of exercising the muscles so that they get to be strong once again. Muscles do not have to deteriorate. They deteriorate because they are not used. They deteriorate because ones believe this is part of the pattern of what has to be. But as you are full of joy for life, you want more, you're going to have more. It is as simple as that.

