



The Expanding Viewpoint

Jeshua Speaks about: THE VALUE OF THE BREATH

MARCH 2019

Beloved one, let us now speak about the value of the breath. To breathe in is the first thing that you do at birth into human form—or as the four-footed, as well—and to breathe out is the last thing that you do when you are laying down the body and moving into the true form of the energy of Light.

When we were designing a form, there was a meeting of minds to design something that would be agile and attractive. We tried out several forms in the four-footed category. You have ones that are in what you call your mythology that you say, “Well, it couldn’t be,” but it was. And yes, we did the unicorn and the satyr, the combination of what was half horse—the back end anyway—and the human form of man or woman in the front.

And as part of the design, we contemplated the techniques of breathing. Was it something that we wanted to try out? You know well the feeling of the inhale and the exhale, and we played with the different snorts, as they are called. You have seen this with some of your four-footed large size ones who make quite a loud sound through the nose and through the mouth (as some of the human ones can do, as well).

We played with shapes of noses. Have you noticed that even in this day and time there are a variety of noses: a Roman nose (aristocratic), or a short, stubby nose, or a longer size, more of a proboscis, or many other varieties?

Some of our experiments worked really well, and some of them were as food for other ones’ designs in *their* experimenting.

So you learned how to either fly away, to run very fast, swim in the water very fast, or to say, “Well, I only wanted to live one day anyway.” You have even now your insects, the very small ones, that live for a day or so, and then they come back perhaps as the birds. So that which you might have been the day before as an insect, now you come back and are the bird which eats the insect. And is there judgment? No, there is not judgment. There is only expression.

By the time you get to walking on two feet and you think that you are lord and king of everything, i.e. human, there is judgment. There is gradation in what is seen to be of value, and of course man is at the top of the pyramid. He, and now it is changing to she, where you have the female form which is saying, “I am equal, and if it

THE MORNING CALL

(To be said each morning upon arising)

Let me always remember I am a privileged guest in this sacred place.

I am here to both enjoy and edify its beauty.

Let me reach out and touch others who may be blinded to the gifts of creation, reminding them that our Holy Mother Earth and Her angels wish only to share love. Wonderment and awe they also share. These are the gifts they offer.

In this House, their House, let me learn to not only tend and nurture the wondrous environment, but also to offer my fellow guests a share of my visions, hopes and aspirations that they may bless this Earth and this day with Love.

(Paraphrased from A Pueblo Indian Invocation, in Ceremonies For Change, by Lynda S. Paladin, p. 130)

The Native Americans hold our Earth in great reverence in ceremonies passed down from time-honored ancestors. Where did these beliefs come from, and what was the spiritual ancestry? Where did their beliefs and attitudes and customs come from?

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be known, I am actually a little wiser.”
(Smile) I jest with you.

Whether you choose in an incarnation to be male or female is a free choice, because you have been both male and female, and you have decided in different expressions of lifetimes whether you would come male and male together, female and female together, or male and female together. It is only the society, as you bring ones as groupings together, which gets into judgment as to what is right and what is not right.

I say unto you that love is always right, always appropriate. It does not matter what the form is; only love. So some of you are playing with expressions in this lifetime to see how it feels, and some of you say, “Been there, done that; I love all.” That is truly the place where you find the expression and the expansiveness of Oneness, the place where you love All and everything; no judgment.

The breath: in this expression of life, it is basic. Moreover, it has value besides keeping the form working. It has value, as you have found, when the mind is too busy, when the mind is overused and there is the cry that comes from the soul that says, “Let

me feel peace.” You stop and take the deep breath, and then maybe another deep breath after that, and a sense of peace is known.

Then the next moment oftentimes the mind gets very busy and asks of itself, “What was I just thinking about?” And with that, in come all of the judgments and feelings and thoughts of what has to be. Then you breathe again and let it go.

Sometimes a friend will come to you who is very overwrought about something. You can feel their energy, and you do not want to be in that energy. You very quietly take the deep breath, standing in your place of peace by the simplicity of the breath, and your peace may reach your friend and they may feel peace—or not. (Smile) It may take a few more deep breaths.

When it comes to the last breath of a lifetime, for most it is very peaceful. Even for ones who are not expecting to lay down the body, the last breath happens in an instant. You have seen this, those of you who have been with ones who have laid down the body, where one moment they are breathing, maybe very gently, and the next moment they are not.

Upcoming Meetings and Events

March 2, 7:30 p.m. Evening with Jeshua \$25

April 6, 7:30 p.m. Evening with Jeshua \$25

March 6, 20 Book Study: Jeshua’s Vol. 5 with Eva McGinnis. 3-5 p.m. \$15 per session. Call 206-715-5842. Also on Zoom.

May 11 Archangel Chamuel Workshop @ Kimberly Marooney’s home. 1-4 p.m. \$25. Call 206-715-5842 to register. Also available on Zoom.

March 13 NEW CLASS: *The Rainbow Promise: The Book of Revelation in a New Light*. Book study with the author, Bill Evans. 3-5 p.m. \$15 per session. Call 206-715-5842 to register.

All regular events at the Center, 101 Emerald Highlands Way, Sequim.

Oftentimes there is a sense of peace which comes with that last breath; it is as a gift that you give to yourself to be in peace with the breath. So it is not something to be feared. It is truly something to be welcomed, but not before you are finished with the form.

You have in this day and time brothers and sisters who are not happy with having chosen the human form, and they want out, as they say. And there is judgment made by other ones who say, "They don't have the right to choose to go on," and yet of course they do. It is always a choice to express with form, any type of form which is chosen, and it is also a choice as to when and how the last breath is going to be taken and to move on in consciousness expressing.

Now, the question has come up many times, "What happens when I draw the last breath? What should happen to the form?" Well, it depends as to what you have planned and told others that you would like to have happen with the form. If they go according to your wishes, then that is what is done. But at the point when you release the it, you are not concerned about the form.

If ones decide that they are going to dig a hole and put the body in it, okay. Or ones may decide that too much of *terra firma* is being dug up and having forms put into it, and they feel that it would be more economical and efficient to allow the body to be burned into ashes and then to save the ashes in a little container so that whenever they pass the mantelpiece, they can say, "Hi" to whomever—I see this happening from time to time.

But with the last breath you are finished with the form and you are free.

You do not hold the feeling of *shoulds*. Whatever they decide to do, that is what brings *them* peace. Once you lay down the form, it is not something that you are concerned about. There is much fear, and has been for a long time, born of the soil of belief in separation, that when the form is let go, "Where do I go? Do I cease being, and am I separate from all? Where do I go?"



You go into the green meadow that we have talked about many times: the grassy knoll, the top of the tree, up to the cloud, free. Whatever you want to experience, you will experience, because you are the Creator. You are creating this time that we have together. You are creating the morrow as you will see it. After you release the form and you have allowed the last breath, you will be still creating.

Now, if you have been taught by the supposed learned ones, who do not actually know all that much, that you are going to go to a fiery place to be cleansed, you will have that belief for an instant outside of time. But then you are free; free to rest, to join with others of the soul group, to create the next expression of Life. Know that truly always and forever, beyond the

concept of time, you are creating. You *are* the Creator. There *is* no separation. Have you heard me say that before? Oh, yes, of course.

There *is* no separation. Oftentimes what ones feel with the exultation of letting that last breath go, is a freedom, a very joyful freedom. No matter how the last breath was given, there is a freedom and a joy of freedom.

Is there time beyond the last breath? Yes and no, because you are still creating. So if it has been put very deeply into your belief system that there will be time, and you must make the most of it even after you lay down the body, then there will be a process outside of time that feels that you are still marking off time. But I share with you that that goes very rapidly, because you feel free.

Do you have conscious knowledge of what other ones are doing after you have let go of the last breath? You can if you want to. You can check in from time to time to see how they are doing. However, there is the belief in *this* point of expression that there is separation, and ones who are still expressing with the form will say that they cannot see you, they cannot hear you, but you are right there sitting next to them, reaching out, touching them, stroking the hair, and they may feel something. "Was that Uncle John going by?" Yes, it was, so please feel it. Acknowledge it, and say, "I don't know where you are, but I felt you." I have heard ones say that, and it is very true, because... There is no separation. There is no separation.

Part of my job, should I desire to accept it, is to drill into you the knowing that there is no separation. So if I re-

peat myself, it is because that is part of the instructions that I have accepted when I came to speak with you in this way; to say it so many times that when you have released the body and are now wondering, “Now, what do I do? What can I do?” you might remember that there is no separation.

So those you have loved in form who have released the body and “gone on”, they are still with you. They feel your feelings. If you are in a mournful place, they would like very much to take a finger and give you a poke and say, “Wake up, I’m still here,” because they are. And when you are happy, they are happy. So it behooves you to remember the ones who have released the form in a joyful way, in a loving way, remembering the times when you have laughed together, when you have hugged together, the times when you have felt heart to heart the Oneness of non-separation.

You are a miraculous being. All of the expressions that you can think of, have thought of, you have brought into form quite often to play with for the sole purpose of feeling joy, feeling love. That is your job, and that is all. I know that many in this day and time—and it has been true for thousands of years—have felt that they must achieve something. So you have ones who have gone into business and amassed all of the golden coins that they could possibly find and create and bring to themselves. They look at the pile of golden coins and say, “I’ve made it.”

But when it comes to the point of releasing the last breath, what do the golden coins matter, whether there is a huge pile or one or none. It does not matter. What does matter is the feeling of love that you take with you that

you know to be real. Be you therefore amassing love, the same as you go to your gym workout. You work out and you work out and get stronger and stronger. Work—or play—with Love. Find ones that you can go up to and say, “You know, I really like you. Every time I’m with you I feel so good. I feel in love.”

Fall in love every day with at least one person; best of all, with the one in the mirror. First thing in the morning, you get up and the hair is all messed up and the beard is growing, etc. Look in the mirror and love that one. And the secret is that as you fall in love and feel love with that one, you take it with you out into your day and give the gift of love to everyone you meet.

Then they come alive in love, in the feeling of being of value. That is the greatest gift that you can give to anyone: to let them know that you see they have value, that you are glad to be in expression with them. It is the greatest gift that you can give them.



Breathe, because with the breath comes the opportunity for peace. Sometimes you may have to breathe over and over to the place where you say, “But Yeshua, I’m going to hyper-ventilate and end up on the floor.” No, you are not going to harm yourself; not by over-breathing; it cannot be done. One of the safeguards that we built into the breath was that you could not over-breathe. You can un-

der-breathe—that can be a little detrimental—but you cannot over-breathe.

The value of the breath? In this reality—lower case “i”—try living without it. It does not work so well. The value of the breath: it brings you to the place of peace. The value—we are doing a series on value—the value of the breath is beyond measure. It is healing. It is whole-ing. It brings you to the place of Oneness. It brings you to the place of peace where you are open to understanding wisdom which goes beyond the mind: the wisdom of being.

Whenever you have a question about anything, the answer comes with the question, and how you access it is by the breath, taking the deep breath and being open to the answer. If you do not like the answer that you get at first, breathe again and ask for more; more information, more direction. And if nothing comes right away, just abide in peace.

Holy Child, my peace I give unto you. Breathe. So be it.

THE MORNING CALL

(Continued from page 1)

As with the native peoples of other geographical lands, each has had its traditional beliefs and reverence passed down from generation to generation, each differing one from another by geographical influences of the land and of the ancestral heritage. Where did their beliefs originate? Was there a beginning? What could have been the spiritual influences?

Questions such as these will arise at our Jeshua Christos Advance this July (14th through 19th) here in Sequim, Washington (a location of primal inheritance in itself). Daily workshops

will address topics which will lead to further questions—and, hopefully, answers—and Evenings with Jeshua, Mother Mary, Joseph and Mary Magdalene will enrich our soul remembrance.

Come spend a week in Remembrance. You will be forever changed.

Judith



JESHUA Q&A

WHAT ABOUT ANTARCTICA?

There are some questions I have about Antarctica, with the unexpected or maybe expected melting of the glaciers. More and more of it is becoming visible, and there are some rumors that say that we will get to see remnants of a past civilization (This is true) Was there a past civilization on Antarctica? (Yes, and you were there) I wondered, because it just feels like—wooo—something unexpected but expected familiar is going to show up. Are there still ruins there that will come to light? (Yes) Can you tell us a little bit about that civilization?

There was a great civilization there at one time, an awakened civilization, that knew itself to be the creators of everything they could see, everything that was of solid form; in other words, there were dwelling places made of form that you could feel. But they also knew beyond that the energy of creation.

You and the brothers and sisters and the neutral ones...because they were not just in this kind of form. There were ones who took this kind of form because it was fun to play with, but there were neutral ones who said they didn't want to be bothered with procreation. They just wanted the experience of living. So there were physical forms that were different than what you know now.

With that, there was much mind energy, so that you could bring up form in a moment of doing what your scientists in this day would call a blueprint in your mind of how it would go together. It would be most wondrous to watch, because it would be a blueprint that you would be forming in the mind, and at the same time it would take form that you could see with the physical receptors as well and the sensory; you could feel it.

But it was of mind energy, much the same as you have the crop circles. It was of mind energy, this civilization on Antarctica, because ones could see it forming right in front of their eyes according to a blueprint that they could see up here. It was very much mind energy, the same as you have this day and time with the crop circles that are made very rapidly overnight.

You may tell your friends. They may not accept it, but it is the energy of mind that makes the crop circles. It is the imaging that they do, and then the knowing of non-separation. Now, your friends will not accept that part about non-separation. They are going to say, "Well, it has to be mental. Then you have to work it out, and so forth." But it is done by mind energy.

So the civilization that is coming to be visible will show you some of the

dwelling places, yes, but more than that, it is going to show you some of the...I'm going to use the word technology, but it goes beyond technology, of the communication with brothers and sisters on other star forms, other planetary forms, I suppose, because they're physical as well as mental.

So you're going to find pyramids, the same as what you have in the warmer



climate now, and you can see the pyramids. Okay, that's going to be showing up in the place that you call Antarctica at this point—smaller in size, but the same technology—I have to use the modern day word there, but it was mind technology. And so is the technology you have in these days. It comes first from the mind.

So you're going to be...hear this well, and do not be disappointed. You are not going to see it. You individually are not going to see it in this form, in this lifetime. But you are very curious, and you are going to come back very quickly, because you are not going to want to miss it. Then you will see it, and you will say, "I remember being there. I remember...."

And then you're going to say to other ones, "This is what we did. This is how we did it." And by that time your human consciousness will have awakened. Yes, it will have expanded, arisen up to the point where there is a knowing, a mind meld, if you will.

So is it the timing of the glaciers melting, or is it because there are vested

interests in not letting us know about this information? (It cannot be held back.) Good.

No, you are already into a cycle of what you can see with the ice forms melting, and that is not going to be stopped. It is going to proceed.

That is going to cause a lot of consternation and damage all around the globe.

It is going to change a lot, yes.

It is going to change our geographical areas, and most of the people in the world live on the coasts.

Yes, you are going to find a great industry of ship-building. You are going to have great cities that are upon the water, and gaining nutrition from the water; not only the fish, but also something that you've already tasted, the seaweed. It is not by accident that you have been drawn to seaweed. This is something that you have known before. You are going to have fun with it.

It's coming that fast, huh?

It is truly when you reach that point and you look seemingly backward as to how it has evolved, you are going to say, "Boy, that was fast, in one lifetime." But yes.

THE LIVING SPHINX

Regarding the Sphinx, you said that we combined different forms. So there really was a creature like the sphinx? An intelligent creature?

Yes. That which you can conceive, you can achieve. You have that saying in your world, and it is true.

So was that a dominant species at one time on the Earth, or was it an experimental one?

It was experimental, but it was dominant for a while, because it had mind power, and other forms were yet being developed, so it had a certain advantage.



So the Sphinx in Egypt is very ancient. (Yes) Way more than what we are being told (Oh, yes) As are the pyramids (Yes, this is true) And they are communication devices as well (Of course) They aren't just pretty edifices. They had a very sophisticated purpose, communicating with our star brothers and sisters? (Yes) Okay. (Exciting, yes?) Yes, very exciting (Very good) Thank you so much.

WHAT IS LOVE?

When you were walking the Earth in your Jesus/Jeshua mode in the time... I want to say, right before you started your final three years, what did you think love was at that time?

I thought it was seeing the other one as myself; in other words, no separation, Oneness.

So there's the two of you, or the two of you plus the many others of you?

I concentrated at that point upon the two of us being One. You see, by that

time I had become enamored with my Mary and enjoying life with her. So that was my modality for proving to myself that there was no separation, because we could read each other's minds, we knew what the other one was thinking, feeling, planning, etc. Then that was part of my experiment, I will call it, in knowing Oneness with the disciples—I did not call them disciples; I called them friends—knowing my Oneness, which is the object of love, is getting to that awareness that I am you and you are me, and I know what you're thinking, I know what you're feeling, and I know that I love that which you are. And then it matters not, you see, if the cave is falling in on me. It matters not if there is pain in the body, because I am outside of the body. But that's a later chapter. It's truly where you are right now.

Well, yes, isn't one of the things to come back into this body to experience it from this perspective?

Yes, and you are doing that.

So if you say a collective of us are doing that to feel it from this perspective, wouldn't you say the most important part would be then to bring together?

That is one way, yes. And yet in order to say "together", you are implying that there are (separations, yes) Exactly. You have a very good mind, and you use it well. But there are times when you need to set it aside and just be. Just know, feel, experience the love that other ones have for you.

Know you how well loved you are? You have much love that walks with you and around you. And I'm not speaking of something esoteric; I'm speaking of the ones in this room who

are your friends, your lovers, the ones who are joining you in love. Concentrate on that sometimes, just for the fun of it. You are well loved. (*I want to have that.*) Yes, you are. You have been the master who has been revered in many lifetimes, the master who was looked up to because they thought you knew everything. And yet you were still seeking.

This always you see in the human expression, a little piece in the corner somewhere that you can't quite get ahold of, and the mind wants that little piece more than anything. And the heart of you says, "But you have it already, because you are it." And when the penny drops and says, "Yes, I know that, I feel that, I am that," then that little piece in the corner becomes everything, and you are One with everything. That is where you stand right now, right on the brink of knowing that. (*Thank you*) Thank you, because you are doing it.



RISE ABOVE PAIN

I can suggest, but I can't do it for you. But I can encourage you. Know you the word encourage, to come out of the heart; en-courage? Yes, out of the heart comes the truth of your being. Don't worry about the left foot [which is in pain] or the right foot or the hand or the arm. It is going to do what it is going to do, but what is that to thee? Abide in love. That and the knowing

that you are creating the body as you go along, that you are truly the maker of the body, and you can put yourself outside of the pain, which is what I had to do on the cross.

And it is something that you know how to do, because you *have* been crucified. You wanted to know, "What does he know that I don't know? What does it feel like on the cross?" So you made a lifetime where you were crucified. And how did you get through it? By rising above it. So when the foot hurts, say, "Gosh, you are really good, you know. That really feels like pain, but it's just a collection of energy. *But dammit, it hurts.*" It is okay to have that energy. It is okay to be angry with it. It's okay to use a few choice words. I know that feeling. There were times when I said a few of the words that are not written in your holy book; a little bit of the holy shit. It's okay.

NEW MOON ENERGIES

It is a new moon tonight, and as we were talking about it earlier, I felt this weird, weird shift when we got out into the darkness. What's that all about?

It's about the energies that are happening right now, and there is much of change that is going on, and much of the friction that comes from change, change that is not accepted for what it is; in other words, a benefit, a good thing. So right now you walk out, and those of you who are sensitive to it, you will feel a change in energy out there, because it is; there is new energy out there. It is new energy to be used, to be understood as love, but the proclivity here has been to look first to the negative and to feel that this is something that you're not sure you

feel comfortable with—oh, oh—and that has been something from a long, long time ago where ones, if they did not understand something, they had to fear it. And if they were in fear of it, then they had to get rid of it. But it is part of the awakening, and the changes are happening, and they will keep on happening, because you have decreed that you are tired of the old stuff. So yes, it is a new moon; it is new energy. And whenever the new energy comes in, there is a feeling of being one-footed; in other words, you're standing on one foot, and you're not quite sure where this one is going to come down. So breathe. Know that truly wherever the foot comes down, you will be in balance and you will be okay.



COREY GOODE

Are you familiar with Cory Goode? (Of course. He is a student of mine) Well, that's very exciting (Yes, I do have certain ones who will not call themselves disciples in this day and age, but he is a good friend.) I'm very happy I asked you about that (I am happy that you did)

Does he know you're a good friend? (Oh, yes. We have conversations. He may not know and call me by the name that you call me, but he knows that he has information from a beloved friend.

