



The Expanding Viewpoint

Jeshua Speaks about: YOU ARE MY DISCIPLE

SEPTEMBER 2019

Beloved one, in the day and time when we walked together...Yes, I know that you have been feeling, "I knew Yeshua in that day and time. I walked with him. I listened to him. I feel a knowing of being with him." You have been seeking and claiming the friendship that we knew, *seemingly* so long ago. In truth, it was not all that long time ago, except as you say it has to be so long. In Truth, all time is Now.

And I will share with you something else you have felt. Even in what you call the past week of your timing, I have passed by you on the street or in the store. I have been with you, and you recognized me not; except you knew that something had happened, something a little different. And then you went on your way to see what else you were going to be doing.

I walk with you in this day and time to answer your questions. Oftentimes you find yourself wrapped up in a question almost to the point where you cannot hear anything else, and I am knocking on the door of your mind and heart saying, "Breathe; just stop and breathe." Does that not feel good? It is what the body is asking for, but it is also what the soul is asking for: the feeling of knowing that you are truly alive as the breath of spirit.

You have often felt abandoned. It is something that the world teaches you. As you come into the world, it will give you what you see to be a set of cards, like dealing out the cards, and some of the messages on the cards will be that your salvation is far away from you, that the world is in charge and the powerful are in charge, and the ones who set themselves up as leaders, whether or not they truly are, they are the ones who control your life.

But they do not. You are the one who makes choice moment by moment, and you are the one who listens to whatever you choose to listen to. Oftentimes the voice of the world seems to be strident and strong, but the voice of the Christ of you is stronger. That is why you are here at this time: to rekindle that which you know inside.

That which you know inside is not in a book. Ones have tried to put it in a book. They have made clues for you, but in truth, that which you are and that which you want to remember again is not in a book. All of your holy writings are as clues. They are guides that point in a certain direction. And if you will find yourself in what is called the quiet space of meditation, you have within you everything you

DEEPER AND HIGHER

After a most heart-opening Advance, I am receiving the following message from Jeshua: "This summer I began a message, a message with hints in it that I would like to expand upon, to go deeper with the precious ones who are feeling the stirrings in the Heart to fully Realize that they are the Joy of the Father/Mother. They are ready to reach more deeply into the Heart and Mind to know Me, the Christ of themselves, and to shine the Light of Love in a world that is truly crying out for Love."

He is proposing that we meet again in October, beginning Sunday, October 20th, through the Friday evening, October 25th, at the Clubhouse here in Sequim to go Deeper in what He is calling an Intensive. Mornings will be devoted to inner work and connecting with Nature (inner and outer); afternoons will be sharing by ones so inspired, including Jeshua talking about His own inner Journey, and evenings will be Jeshua (and maybe Father Joseph/St. Germain, Mother Mary, Mary Magdalene sharing their Journeys to Awakening) with time for questions as they come up.

There will be no registration fees, no tuition cost, only voluntary love offerings to cover the cost of the lunches provided.

So, reserve your space by signing up on the Oakbridge.org website "Activities", and here we go, deeper and higher! Blessings, Judith

ANGELS

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will ever need to find Home once again, because it is within you.

Home is within, and you take it with you everywhere you go, even though as you look out at the world you say, "Well, what a mess this world is in. There is this country getting ready to fight another country. There is this person who is ready to fight another person and use all of the inventions that have been made to assail the body."

But the Christ of you cannot be assailed by the world. Take that deeply within the consciousness. The Christ of you is what keeps you coming back and asking more questions and wanting to know, "Who am I? Why am I? Who else is here with me?"

Some of you have found that you have the...I will call them angelic presences, because that is what you call them, the brothers and sisters in Christ who walk with you to pick you up when you seem to stumble and fall down, the friends who are in body who may say something to you as a clue, and they may not even know that they are saying the key to the question that you are asking—not out loud, but the question within.

They are the Christ of you walking with you, giving you from time to time that which you ask of them to give you. Sometimes you will ponder, "What did he/she mean by that? I think there is something else there," and it knocks upon the door of your mind and you find that, even as you are doing things with the hands that have to be done, the mind of you is a most wondrous tool, and it works in the background bringing forth that which is going to be the healing for you, to take you past that place that says, "I can only see this far, and I sure can't see very much."

But look what you are doing as you put the hand in front of the face. You have space in between the fingers, and I see you. In other words, the Christ is going to forever always be giving you a clue. The Christ of you cannot be extinguished.

That is why you are here seemingly one more time, to find the Christ of you and to share it with others. And I will say unto you that as you share whatever you know, it grows. Whatever you feel as a piece of joy, it is contagious. It spreads. It heals.

Joy is a great healer. When you are in the place of joy, what do you feel? You feel uplifted. You feel that you

Upcoming Meetings and Events

Evenings with Jeshua: Sept 7, 7:30 p.m. \$25 "In These Days of Unrest"
Oct 5, 7:30 p.m. \$25 "Who Do Men Say That I Am?"

Movie Nights: Sept 21, "*American Visionary: Barbara Marx Hubbard*"
Nov 16: "*Chocolat*" No fees. No Movie Nights in Oct & Nov.

Jeshua Intensive: Oct 20-25, 2019 at **Solana Parkway Clubhouse**, Sequim. No registration/tuition fee. See oakbridge.org website "Activities" to register.

Book Study: Jeshua's Volume VI : *You Are the Power of Now*: begins Wednesday, Oct 9, 3-5 p.m. See oakbridge.org website "Activities" for registration.

are more than just the heavy body that demands certain attention, certain things that it needs. When you are in a place of joy, you are truly in a higher state of vibration, as your scientists can prove and measure. They have done what is most revelatory in taking the photograph of you and seeing the energy of Light that you are and the various colors around you. The photographs of the light show you as proof that you are much more than you have thought yourself to be.

You do not end with the skull and the skin. You are a ball of walking, living Light. The technology that you bring forth is the detective which is finding a clue here and a clue there and bringing it to you on a platter and saying, "What do you make of this?" Your technology, most wondrous as it is, is bringing you all of the clues that you are seeing and putting together one more time.

You have walked with me many, many lifetimes. You have walked with me physically; you have walked with me emotionally. You know that. You are claiming it. "Well, you know, what he talks about, this one Yeshua, it seems familiar. Maybe I've heard it before. Maybe my minister talked about it before so that I have a clue. Or maybe I read it somewhere."

You have walked with me in physicality. You have been my teachers and you have been my brothers and sisters, quite literally. Because, you see, the lifetime of one Yeshua is not the only human lifetime I have had, and not the only lifetime in whatever form of body that I have created and shared with you. Ponder that idea, if you will.

You are my friends. We have walked together many times. We have ques-

tioned together many times. You are my disciple, friend that you are. You sat with me in what seems to be a long time ago, as you sit with me now, with questions, with wondering, "Okay, how do I move from what seems to be my reality—lower case 'r'—into a knowing of the true Reality—capital 'R'—of me? How do I move from lower reality to the higher Reality?"



And I will say to you that it is as simple in this lifetime as it was two thousand years ago when you walked with me. It is that quiet space which shuts out the world temporarily, if only for a moment or so. It does not have to be what you see to be twenty minutes sitting cross-legged. You do not have to do it in a certain position, a certain rigidity of form; just stop, breathe, and listen.

Three things: stop, breathe, listen. If you are into making signs and slogans, that might be a good one. You can do it as a bumper sticker, and the car behind you sees that...Stop; please stop; breathe; and listen.

Being a disciple means that there is a certain discipline—the two words

come from the same root word. To have and be in a discipline means to know a certain choice. It means that you can choose where you want to be. If you want to be engulfed by the world in all of the happenings of the world, it is your choice.

You have been there, done that; you know what it feels like, even on this day.

It is okay to know what is happening with the brothers and sisters, but know you a higher truth. Allow yourself to know that they are acting out a certain drama in order to feel complete with it. That is all it is, is drama, although it certainly feels to them very real; and it is at that point. But it is a completion, and it is something that they will not, if they choose, have to repeat. "Been there, done that," they can say.

Or they may say, "It is a teaching point, and if we need a certain number of ones to go through a certain experience, okay, I will volunteer for it out of great courage," and they do, one more time. So it is not always because they have a failing to see the truth of themselves. Perhaps they are seeing that they serve the Truth by being, as you would call it, human.

Never judge by appearances. Look at the appearances. Thank the appearances for being your teacher. And then ask, "What is the higher, deeper Truth happening here?" Yes, the body can be extinguished. You see that happening every day. But the spirit...allow yourself to look a little deeper, a little wider, a little higher and you will see that there is spirit.

Allow yourself the times of inspiration, the times of pausing for the deep breath. Know the discipline of choice.

You *are* my disciple. I spoke with you two thousand years ago to choose, to look deeply within, to look deeply at what is going on; not just what seems to be happening, but look beyond the seeming circumstances and the physical. Look to the spirit. Allow even the physical eyes to look to the spirit. You may surprise yourself.

There are ones among you who work with friends who are ready to leave the body, and they can tell you the very moment when that one's spirit leaves the body, that there is a change that happens, an energy that happens. Allow yourself to tune in to the energy of spirit. Have the discipline of going beyond the world, and then spread that message to the ones who are crying out to know the reason for being.

Many of the brothers and sisters at this time are crying out for an answer. "What is happening? Why is it happening? Why am I doing this? Why am I alive?" And yet they are not truly alive, because when you come to the place of understanding spirit, when you come to the place of knowing that the body is great as it allows you to do various things, but the body is not all that you are, then you come alive.

Already you know this intellectually and at a slightly different place, but as you will have the discipline—be my disciple—to stop, breathe, go deeper, you will find that all of life is joined. We have spoken of this as the Light that you are, how your Light blends with all others' Light, to the place where you understand and know, you truly can feel the spirit of Oneness.

You are the Light of Christ expressing. Get you excited about that. Come alive in it. Know that truly there is

joy in being. Take that message into this day and time. As my disciple, take that message to the brothers and sisters who are calling out for understanding, for love, for reason for being.

Everyone who comes up and speaks to you or even walks across your path is wanting to know, "Why am I here? What am I supposed to be doing?" And sometimes they will come up to you and say, "You know, I've been thinking about this, and maybe you know an answer. Why am I here?"



And you say, "Well, why do you think you're here?" You start from there and take it deeper and deeper. And you will say to them, because you truly do see it, "I see your Light. I see that you are more than just the body that you feel that you are creating and using to express. You are more. You are the Light of spirit. You are valuable as the Light of the Christ."

Many of the brothers and sisters do not feel that they have any value. That is why they think they can take the life of another one, which in truth they cannot, but they do not feel any reason to keep on being. They do not understand. They do not see their Light. Allow them to see the smile on your face that says, "Yes, I am more than just this body. I am more than just the name I go by. I am more than just the person who does X, Y, and Z. I am a disciple of the Light."

When they truly get that from the heart, their Light is going to expand and take in everything and everyone around them to the place where there is going to be the healing that they have called out for. Healing of the body, yes; that is an extra, an added unto, but healing of the spirit which has been knocking on the door of the heart for so long, saying, "Let me out. Yes, let me out, oh Christed being. Let me out."

Allow yourself to speak to the brothers and sisters that there is much more to life than what they have been told. There are messages coming in your crops. They are saying, "We are here." Not to be feared.

Do they have technology? Yes, they do. Are they going to overtake your civilization? No. Do they come in friendship? Yes, because otherwise you would have already been wiped off the face of holy Mother Earth.

Where is your thinking? It does not have to be into doom and gloom. It does not have to be into fear. Know that truly, if they have the technology of knowing how to make the circles in the crops, they would know how to extinguish whatever puny things—and I use that word only for emphasis, not truth; emphasis—any puny things that humans have devised so far. Hear these words well. You have friends in high places.

You are my disciple, into a certain discipline of choosing to look on the side for Truth, for joy, for happiness, as the Light which you are, with the discipline to turn the face away from the world and to see another world. You are my disciple, and more than that, you are my friend. So, be it.

JESHUA Q & A

ASCENSION PARTIES

The 2019 Advance was amazing. (Yes, I enjoyed it too.) Good, I'm glad you did, because it felt very high, a wonderful group.

Yes, my beloved friend and teacher wondered, as the small number of people came in, was this the beginning of the end, but no, it was truly the beginning of the beginning.

Well, one thing you said at the Advance that you just kind of slipped in there was that you and your disciples used to hold ascension parties. (Well, yes, why not?) So talk about that more. What kinds of parties were there? Did people actually take their bodies and ascend, or was it more like the high kind of it like we had at the Advance where we would just go deeper and higher?

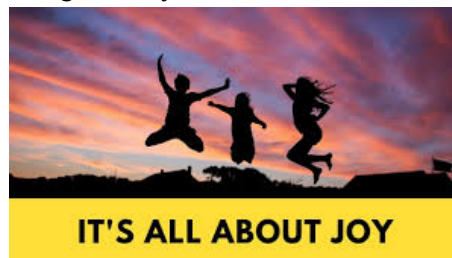
All of the above. Yes, once you have recognized that the body is your creation and that truly you are the one keeping it doing its prescribed qualifications, then you are able to either allow it to ascend or keep it activated as the form of the body. So we did both. We...you are going to like this, because I'm going to call upon you to put the word in. So when we wanted to ascend, we allowed ourselves to be in (Joy), and when we wanted to be in form and just have fun with jokes and so forth, we allowed ourselves to be in a smaller, lower vibration of (Joy?) joy, yes, right; don't say it with a question mark. It was joy, yes. That is truly the secret to ascension: Joy.

Because once you get into that high state of joy, knowing that truly you



are not limited—which you are not—not limited by the body, not limited by the thoughts, not limited by any of the teachings, you just ascend. You ascend, first of all, in your thinking/feeling body. You know that one already. But then after that, there is the feeling that, “If I can do this, and feel emotionally higher, what about the dense form of the body?”

The body has to follow. It takes a bit of practice; that is how you get to Carnegie Hall. It takes some practice, but then after that you can have the ascension parties where you get together, you share the jokes, you share the good feeling of love that you have with each one, and you decide, “I don't need the body,” and you ascend. And then you decide, “Well, you know, I'll come back and see what's happening, and I'll take a bit of a walk to another group and see what they're doing, and...you are unlimited.



It's like an elevator, you go up and down?

Yes. All things are possible.

So you can ascend the body and then decide a couple days later that you want to come back?

Oh, yes. Oh, we did that, yes.

That sounds like fun. (We were in...) Joy. Well, that's kind of mind-blowing.

It is supposed to be. You see, the mind will keep you right here. The mind will say, “Okay, I'll get around to that later. I have to do such and such first, etc. The dishes need to be done, the laundry needs to be done, I have to go here, I have to go there, I have to talk with so and so, I have to be on the phone, and I need to get this all in order.” By the time you do all of that, the body is tired and says, “Tomorrow I'll do it; tomorrow.” And as you know, tomorrows kind of spread into a long time.

Well, I would love to know more of what these practices were that you did—in joy—that enabled that kind of a state of consciousness. Because it seems like even though we're emotionally in joy, still the body can call out and say, “Oh, but this is, you know, you've chosen to inherit this a long time ago, and now it's expressing, and there can be all kinds of seeming barriers, and it's not necessarily easy in our Earth consciousness to overcome those.” So any help along that line would be appreciated.

Right. It takes—as we have spoken about Carnegie Hall—it takes practice, because the body is going to call out to you. You get to a certain high state of feeling a lot of joy and feeling like, “I'm rising up,” and then the body says, “Well, I need to go to the little room.” (Again) Yes, again, and then you're back to where you were, starting over again. But that is okay.

In other words, when you get to the place of starting over again, do not beat up self and say, “Oh, I did it again, I put it off again, because I listened to the body.” Better you should listen to the body than to make a mess on the floor. I think your mother has said that.

Each part of our body has consciousness, and that’s another concept that I think we’re not taught (Right) and we don’t know that we can talk to even the very cells. (Yes, please do.)

We went to a wonderful concert yesterday where a sound healer was listening to the body and expressing it in music, which was quite beautiful.



Because music is vibration and you are vibration, and there are times when you feel completely in sync with a tone. As you have practiced with it, at that moment you can ascend. Now, I’m not saying that it will happen right away until you have prepared the pathway, but oftentimes music and certain tones of music will allow the ascension of the body. So you find your tone. You kind of hone in on it, it feels good, you really like that tone that transports you somewhere, and then the body calls you back. Okay, that’s part of the process.

Wonderful. Well, maybe we can have some ascension parties with you.

Good idea, yes. Make that one of the things you want to do at the October Intensive.

Okay, we’ll have an ascension party. (Good; sounds like fun to me.)

MORE ON ASCENSION

I would like to continue this conversation. Is it possible for us to ascend in this lifetime?

Yes, if you want to.

Yes, and can you talk more about the pathway that needs to be created.

It has to do, first of all, with the Permission to ascend. And then after that “P”, the next “P” is Practice. And then you will know the pathway, how it feels. Then it can be done at any time when you are in...*(E: Joy, joy, joy)* Yes, in joy. But, yes, it can be in this lifetime.

Now, for the caveat. Make sure that you think it through first and that you do it either openly for television news or if you want to try it out quietly with a group or perhaps just on your own. *(An ascension party?)* Exactly, yes. So think it through as far as where the world understanding is, and know what you are walking into and ascending out of, so that if you want to—and you will—come back, you will not find 100,000 photographers waiting for you. That is just a small caveat.

So where do we go? (Wherever you want to go.) Where do you go when you’re not here?

Well, one of my favorite places to go is to the Sea of Galilee and to walk upon the shore. Oftentimes I will go to the grassy knoll and to the tree and to the cloud and sit there and just watch what is going on. Other times I like a spaceship, so I do that. It is your choice, free choice, whatever the seeming imagination—I’m going to call it imagination, but it is an actual truth—but wherever the imagination takes you; then you find it to be true, like, “Oh, I’m on the spaceship. Is someone at the controls? Maybe I’d better take over as commander,” so I do.

So, yes, you can go...in the beginning as you are “remembering”—now, you’ve done this before in many lifetimes, so it is not truly something new, but before you get back into it in this lifetime, think it through as to where you want to land, if you want to land, or if you just want to ascend and say, “Oh, this looks nice,” and then come back, etc. Kind of plan it out. Imagine it at first, and that’s what it will feel like, that you’re imagining it, and then later if you truly want to follow through with it, then you will have some clue as to where you’re going, how you’re going, and how you’re going to get back if you want to get back; you may not want to get back, but others will be expecting you home for dinner *(I’m the cook)* Yes, that is important.

You mentioned permission. You had a couple of “P’s” there, and Permission was the first one. Whose permission?

Truly, your own permission. Getting in touch with the greater Self of you, the whole Self, or the holy Self, if you want to call it that. Getting in touch with the greater Self.

Thank you. I started remembering this when I was twenty, and...yeah.

Right. Now you have a few more parameters to it and a few more understandings of it, so there will not be the overload of, “Oh, my God, where am I, what did I do, and how do I get back?” Because fear can be a very strong motivation. “I loosed my hold on the Earthly life; now what do I do?” And you, as someone who is in a deep sleep, can lift out of the body and look down at the body. All of you have done this at some time or other, so that you have felt that you were above the body and you could see it.



But you have kept attached to what you call the silver cord so that you were not floating off somewhere and wondering, “Oh, how do I get back?” Make your plans, think it through, and then go for it.

Is this something that I could practice at night, because I don't sleep a lot? Is this a good thing to practice lying in bed at night? (Yes, exactly, right.) Okay, thank you.

And then and always, as long as you desire it, you are attached to your creation, the body, by the silver cord, as

it has been called. You have that very strong connection, so that when you want to come back to the body in the morning, it will be there for you. You will have fun with it.

ISLAND OF KAUAI

I'm curious as to what is the role of the island of Kauai in serving the atonement.

As you have felt, there is very heart-felt energy upon this island—ones who remember it from Lemuria, ones who remember it from even before recorded time, ones who have lived there and loved and still have their love abiding on the island. It is going to come at a certain time, not right now but it will be awhile, when ones will return to this area because there will be an arising of the land mass that will come as the water recedes a bit.

Right now it is a most wonderful place to play, but later it is going to play a stronger part in the intellectual and heart-felt understanding of life. So you have ascertained well a future time when this is going to be a pivotal physical place as well. Right now it is a most wondrous heart place to be, to play, to enjoy. But as you have felt, in the days to come, when there is a rising up and a change of topography, you are going to then see a change in the power structure upon holy Mother Earth. It will be important that you plant spiritually the heart energy. You are already doing this, but to keep on for the future generations, because it will be called, it will be needed. But it is not something you are going to see in this lifetime, the rising up of the islands. It's not in this epoch.

So we're talking another generation or so, and maybe the people that are living there now are in the preparatory stage for this to happen?

Various preparation being made, yes, but it is not the outward preparation. It is the inner work that is being done and will be left there in the very rocks and soil of what is now the island, because it will be some centuries yet before there is a rising up of some of the land mass that is now seen to be island, but it will be later joined together into a larger land mass.

It will always be heart-centered, because you and other ones are leaving the imprint of heart upon it. So do your work; do it well, and know that in what you call future time you will be back, you will be living upon the very soil of this now island when it is part of a larger land mass. You understand that holy Mother Earth has not always had the same topography. This is always shifting and changing, and there will come a time when that which is seen to be the island is going to be part of a larger chain of land.

ENLIGHTENMENT IS A CHOICE

Regarding the progression of enlightenment and free choice, are there people on the planet who maybe don't want to progress? (Oh, this is true.) But that's not going to prevent the rest of the planet from...

No. What happens is, they move into what you would call a different reality, side by side, and they do not impede the ones who are looking up and wanting the awakening and wanting to be totally alive. You don't have to worry. They will not hold you back.

