

Be Very Present

1993-09-17

Indeed, beloved child of our Heavenly Father, child of Light divine, it is with great joy that I greet you this evening. I have come to abide with you this evening to share with you from my heart what is truly in your heart as well. You are the peace of the Heavenly Father, and you are the joy of our Heavenly Father. You are Light unbounded, unlimited, forever ongoing and forever expressing. You are the Mind of God in Its infinity, expressing as the many, but as the One, the one Child that we all are. It is truly my great joy to be able to converse with you in this way -- and, as this one has been feeling already, the shoes must come off.

{Kicking off the shoes.}

How are you, beloved brother, this evening?

Good.

Yes, truly. What is there in your heart that you would express unto me and to others this evening?

I have a question.

Then speak.

Now?

Of course.

Last week you were talking about the Weaver.

Yes, the One I have called the Grand Weaver, the Holy Spirit.

Yeah, the Grand Weaver. I want to know where all the cruelty, what man has brought on man, including Viet Nam, how that fits into the master plan, how my friends dying in Viet Nam fits into the master plan?

This that you would see upon this plane mankind has called reality, but in reality you are a great ray of Light. What you see upon this plane is what I have called the Grand Drama, and it is being played over and over with various scripts at various times, as you would see them. Mankind has chosen to enact various scenes to experience the Mind of God, to experience unlike God within this dream.

The Son of God, the Child of God -- which has no gender -- desired to experience all, and in experiencing all, it wanted to know, "Are there any parameters to the infinity of the Mind of God?" And by asking that very question, began a journey of adventure, a journey of experiencing, a journey which has led to all times and all realms, as you would see, all dimensions, all experiences. These experiences, although you see them in a linear time fashion, are but a twinkling of an eye. It is what you would see as a novel, as a drama, as an experience, and yet it changes not your reality.

One would ask, "Why would God permit what is seen to be cruelty and violence?" All of the negative emotions to be expressed upon this plane. And yet, God sees not what is being judged as negative. God allows the Light that you are to experience Itself in all of the different fashions and aspects that the mind can imagine. This is why you will see many enactments of great compassion, of great violence, of humility, of service -- and other times, a very limited, as you would see it, way of thinking.

It is all within the Mind of God as the expression of the Mind of God. And yet, God knows it not as you would judge it. It is seen to be the experience of the Child of God. And yet I say unto you: the Child of God has not strayed from the Kingdom. He is, as it would be, asleep in the meadow of the Kingdom and his Heavenly Father watches over him, awaiting his awakening, awaiting his awakening from this dream, and yet, He allows him to have the dream.

It is, as you would see, going to sleep at night and dreaming, and some of the dreams you would judge in the morning as being positive, loving ones, happy ones, and other ones you would judge to be the nightmares. And yet, they have touched not who you are. Does that answer your question?

Somewhat. I'm having a problem with it. What about the Light of my comrades that were killed?

Yes, but you see, the laying down of the body does not mean the cessation of the Light. The Light that you are is so grand that it is not contained within the body that you see. It is not contained or circumscribed by the personality that one takes on as a cloak within one lifetime. With the laying down of the body, the spirit, as you would call it, is freed. It exists as it has even when it was expressing through the vehicle of the body, expressing with the physical molecules of what you would see as the body.

Your question arises from, "Why can I not communicate with this one?" Because it seemingly is that when the body is laid down that there is the cessation of the communication, that that person has gone from you and is no longer there to be enjoyed, to be conversed with, to have the interaction with. Is this not true?

Yeah.

Yes, but I say unto you: as you are expanding your awareness -- which you are -- you will find it possible to speak with this one, to know that this one lives -- not expressing in the body that you have become accustomed to seeing him in and using; not that he was contained in it, but he was expressing through it. You will find that it is possible to speak unto this one and to listen and to hear him as well.

The world has not taught you this. The world has taught you limitation. The world has taught you that the body, what you see is what there is. And yet, I say unto you: you are far grander than what could be contained within the body and much more than the personality that you identify with in this time and place.

There was a group, meeting here last evening, that was doing what is called the rescue work. This is for ones who have laid down the body but are still earthbound, ones who have not known that they have laid down the body and are free as a spirit to

go on to the next experience. And so the group that was meeting here last evening met in a circle, in what you would call a meditative circle and extended their Light so that ones who were wandering in a state of confusion could see the Light and could come unto the Light and be directed then unto the Light that they are, unto the grander Light. In that circle last evening there was much communication that occurred with ones that you would see as having laid down the body, and yet it was very real. There was conversation that was enjoyed on both sides. If you would speak with this one sitting on your right, she will tell you of what happened last evening and how she came as a skeptic and experienced for herself the communication.

When one lays down the body, one is still what one has always been -- the Child of the Heavenly Father -- and one then has the choice of attracting again the molecules of physicality into a body and expressing, to go on to picking up, as it would be, the next script and playing another part in what you would see as another lifetime.

This can either be done through being born of woman or it can be a manifestation of a body which is needed for a time interval, which could be a few moments or could be a few years -- whatever would be the need. There are various ways of expressing with the vehicle of the body.

You see, life is eternal and this one who has seemingly gone from you has gone nowhere. This one is very much -- his energy -- is very much around you, and if you will but converse with this one as you would with me, and then stop and listen, there will be much that he will share with you. This one, when he laid down the body, was at first in a state of confusion, not expecting that he would find himself without the body, as he would see it. He did not know what happened to him right away. But this one has come since to express his unlimitedness, to feel it, because there have been others that he has seen as Light beings around him, who have been gently talking with him, and there is much that he would share with you of the unlimitedness, of the joy, of the expansion of knowing that one is not just merely this point of focus in this time and space.

Talk with this one -- and then listen. Does that help, beloved brother?

Yeah.

A bit to ponder, yes?

Thank you for asking that question. There is much there for everyone to ponder, because as one begins expressing through the physical body and is born of woman, there is much focus upon the physicality, and it seems to be all that there is. The body would cry out unto you to "take care of me because this is all there is." "Take care of me, lest we perish," saying unto you that you are contained within the body and that if the body perishes, then all is lost. This is not true, but it is a habit pattern that has been established and is well ingrained in what you would see as the beliefs of the world.

This is the time now when there is an expansion of awareness occurring upon this plane -- what I have called the awakening, the realization that you are much more than what can be contained within this small body and within the few years that you

would see to be a lifetime. It is when one awakens to the realization of this, that there is the grand laughter that bubbles up from the belly and cannot be contained, because one realizes that this is a play. It does not mean that you are going to lay down the body at that point or that it will dissolve into myriad sparks of Light. You will find yourself in the same place with the same people, with the same employer, and going to work the same as you did, but there will be a new perspective because you will find yourself unlimited and unbounded by what the world has been teaching. You will know that there is much more and that you are free.

This was a realization that I had to come unto, as well. I was also born of woman. I also grew up as a child. I also fell and scraped the knees. I also felt the pain of the body as I was a child and growing up, and so I knew very much its messages to me, as you have known. And I also knew the almost laying down of the body of one of my great friends, known as John the Baptist, and I knew the sorrow of thinking that he had gone from me. And it was a great lesson that I learned even in that moment before the body was healed, in that moment of knowing that he was much more than the body that lay still with water, seemingly drowned, and then he came back to us.

So, you see, these were lessons, as you would term them, that I also learned. It was a process, and that is why I can come unto you now and say unto you with grand Truth that there is much more to you than can be contained within the body and much more that your friend is and always will be and has been than is contained within the body that you knew. He is very much alive and well, beloved one.

There are those who come to go through experiences that you would see as being negative, to go through ones that seem to be suffering, to be an example for others to show that life is ongoing, that there is more. Also to be an example for others to see where they are not extending the Love of the Heavenly Father. They are not being the Love that they are. There have been many wars upon this plane, great violence, as you know, and ones who have volunteered, as it would be, to be part of this scene so that others may look upon it and say, "Enough. I have come unto a place where I have seen enough. I have gone far enough into the density and it is time for me to choose anew." And there have been those that you would see as volunteers who have enacted what you would see as suffering so that others can come to that place of saying, "No more."

Mankind has chosen to enact what I have called the Drama and to go into the density of physicality and into the emotions that you would see identified with physicality, to go unto such a place to experience. And this is not judged; it is allowed. But the Son of God chooses after a while -- and, as we have spoken, you are the maker of time so, therefore, it matters not whether the while would be seen as one lifetime or ten thousand lifetimes; it is allowed. But there comes a point where the Child of God says, "Surely I must be as the Prodigal Son. I will rise up and return again unto my Father and unto my Father's house. I have gone far enough afield. I have experienced enough of this kind of living." And he then chooses anew.

So, you see, there are many, as you would look at it, many reasons why the drama is enacted, and it is not for us to judge what we would see as the reasons. This is why I have spoken unto you of the Grand Weaver, the One Who can see the whole tapestry

and can see how the threads weave together to make the whole picture. None of us can judge the whole picture for we do not know how the activity fits together.

In my lifetime when I came unto the realization that I and the Father are one, there was such a grand joy that welled up inside of me, such a freedom of which we have just spoken, such a peace, that I wanted to share it with all of mankind. I wanted to go about the countryside in grand exuberance and to share this with my brothers and sisters, and I did so. And there were those who heard and there were others who turned away and went back to their living, which included, as I would see it, suffering, and I longed for them to catch a vision of what I could see. I wanted for them to see the Oneness that we are and the joy and the freedom, and yet, they chose not to see it. And I spoke unto my Father, asking why could I not share this with them? How was I failing in my ministry? Why could I not get this point across? -- as you would say in this day and time. And the answer came quietly -- the still small Voice -- and said unto me that I could not see the workings of the Weaver. I could not see the whole tapestry. It was only for me to see what was in front of me and to extend the Love that I am unto others and perhaps, seeing that, they would awaken unto the Love that they are.

Though there were times when I also saw the world as you have seen it, and there were times when I cried because I wanted others to see the vision that I could see, yet I knew that there is a grander Wisdom -- and I walked on.

Converse with your friend. There is much that he will share with you.

Hello, beloved one.

It's so wonderful to be with you again.

Truly I am always with you and it is a grand joy that we share. You feel this inside of you as the bubbles that come up.

I sure do.

Yes. Was that not a grand joy for you last evening? {Referring to the rescue circle.}

It really was. It really was. It opened up just a whole new world for me.

Exactly, beloved one. This is why I have talked about the veil and how the veil is becoming so thin in this time. There is much more, as we have just spoken, much more than just what the world has taught, much more than what you have been habitually trained by circumstances to believe in.

When I saw that little baby, not unhappy, just looking, wondering... it's just unbelievable. The feeling I had that it was perfectly safe, perfectly content and was just there waiting until he was noticed.

Yes. The veil is very, very thin. This is one of the steppingstones along the path - - which is not a very long path -- to the awakening, to the throwing off of the blinders

completely, knowing that you can converse with others who are no longer, as you would see it, within the physical realm, knowing that life is eternal, that it is being expressed in various forms, but knowing that it is ever ongoing.

The fact that it was a baby and he didn't know how to talk, and yet he was talking volumes to me.

You see, beloved one, one does not have to express in the words.

I did see, yes.

Of course. Thank you.

Wonderful.

And you, beloved soul, how are you this evening?

Okay.

Truly. Has there been a lightening upon the shoulders this week?

I've been in the Lightning.

Exactly, beloved one; well said.

Many questions.

Okay, one at a time.

Clarity, one of the things, what I pray for.

Yes.

I have such a resistance to being who I am, being Love, compassion and understanding. Why? I feel so afraid when I do it. I'm scared.

It is the ego that would speak unto you, that sense of separateness that says that you have a separate history from others, a history that would contain within it guilt, unworthiness, things that one would not want to look upon. And yet, I say unto you: you have acted all of your parts in the Grand Drama as a great actor. You have acted it.

I don't want to act anymore.

Exactly. It would be the habits of the world, the ego, that speaks unto you that it is fearful to love, that it is fearful to love oneself, but I say unto you: it is a great joy and a great freedom to love, to extend that love in every moment. It will be, for you, easier to see this love in the animals, in what you would see as the pets, the beloved pets. You can extend the love easily and feel it being returned, as it would be, to you, even with the ones that you would see as the little children. They are your grand teachers for they are Love expressing. They are Love before the world has taught them to constrict, to be within the box and to feel a heaviness, to feel that

there are certain ways that are appropriate to behave, certain ways that are appropriate to express, and to feel guilt if they do not conform.

You are making great, as you would see it, progress, even within the last few weeks of your timing. Practice just being in the joy of loving a flower, a puppy, a little one. This is all you need do.

I cry so much when I do that.

The tears of releasing, beloved one, are a blessing. You are releasing lifetimes with each tear -- lifetimes that you have held a heaviness within the very cells of the body. Your tears are grand blessings for you. Never be ashamed of tears. Never try to hold them back. Your world would teach you that they need to be held back or to be expressed within the privacy of your own four walls, but I say unto you: whenever the heart is full of emotion, let that energy in motion, which is what emotions are, let that energy be expressed and expressed freely. Let the tears come. And if they would be as a wellspring that goes on for days, let them go on. There is much releasing that happens with the tears.

They will not consume you. On just the other side of the tears is what you have just done. There is a great breath and a great peace. They will not consume you. You will go through them and you will come unto that place of peace.

I've been told that there is an entity in my aura, and his name is Danny and he is a young child, and I've tried to release him on two different occasions and I haven't been able to do that.

It is not that you need to release this one. He is not exactly in what you would call your aura. He is nearby to you and he has a message for you. If you will receive it, this one known as Danny is not a separate entity from you, but is an aspect of you that wishes to speak to you, to tell you things that you have not yet stopped long enough to listen to.

This one is not, as you would see, a negative entity. It is not attached to you. It is not doing a taking away of any of your energies. This one is you, as an aspect of you. This one would ask for your love. This one would share with you. There is nothing for you to fear. It is not that he has attached himself. It is like he would be seen as a little child that is following along after you, tugging at your sleeve so you will pay attention, so that you will converse with him. But it is not an entity outside of you. It is an aspect of you and it has much to share with you. Make friends with this one.

Good evening.

Good evening.

And how are you in this evening?

I feel good right now.

Yes. There is much love that is in this room, and it is not that I have brought it. It is because all of you have brought it, being who you are and being willing to share it. I would even say unto you, if you will receive it, that it is not so much a willingness to share it, but you cannot help but share it because you are all in each other's love and vibrations. There is nowhere that your energy stops and this one's starts. It is not like there would be a boundary between you, but there is much sharing of the energy in this room. Truly, you are feeling the love that is in this room. You are feeling the Love that you are, the joy of the Heart.

There is a grand strength in you, a strength that you have suspected and that you have called upon in some times. This strength within you is as a grand boulder. It is very, very strong. You can rest upon this. It is the strength that would be seen at some point as being very hard and very strong, but it also is a strength that is flexible. It will not break. You can trust it.

You, beloved one, are feeling much of the happiness. Is this not true?

It's true. Within what you would see as the last month of your timing much of the burdens that you perceived to be around you and upon the shoulders have lifted.

Yes.

You are feeling much more that you may go on your way in a freedom of expressing who you are and being free to share with others so that they also see this.

Right.

I thank you for the courage that it takes to put one foot in front of the other and to open the mouth and the speak the Truth that you know within your heart. You saw the fruits of this last evening. Is this not true?

Yes, it's true.

Many there are who are ready to share with you what you have to share with them. The harvest is plentiful. Thank you for being one of the ones who would harvest and would go out into the fields and to speak your Truth. There is much joy in this. You are one who would go with the baskets on both sides and to be gathering up the wheat, as it would be, on both sides -- not just one basket, but many.

I want to thank you, too, for being there.

I am always with you, beloved one. It was my joy to see the Light that was within that circle, the Light that came together and was unbounded. There were many who saw that Light: the ones who came and made themselves known unto you in the evening, and many more who saw the Light and will be coming, for they know that it is here for them.

Yes.

There are many who would be, as you would see, lined up at the grocery counter, waiting to come.

Yes.

And the ones who were sitting in the circle, the ones that you would see as expressing through the physical bodies, there will be more of those as well. The circle will be growing.

That's good.

Yes.

Hello, beloved Mary.

Hello.

How are you in this evening?

Okay.

Truly. What would you ask of me this evening?

I think you partly answered it with Porter's question -- what is the purpose of suffering, particularly of the innocent, the young? And do I have a role in that some way?

It is, as you have seen, always a choice. There is not a soul that comes unto this plane unknowing. There is a choice. So even the ones that you would see as the innocents, as the young ones who would not be knowing, seemingly, there has been before the taking on of what you have seen as the molecules, the cells of physicality, there has been an agreement that has been made to come and express in a certain way -- either for their own learning, to express one aspect for however long this time interval would be, whether it would be for a day, a week, a year, several years, until this is accomplished -- or to come and express for others, to let them extend their love and to work through what they feel is the limitation of losing a loved one and to know that they cannot lose a child that has been born and perhaps has suffered and has gone on from them in a short interval of time, for them to know it is an opportunity for them to know the ongoingness of life and that it is not dependent upon the physical vehicle of the body.

There is grand love expressed by ones who would be seemingly small in body, young in body. These can be as Lights unto others in what you would see as a trauma, even a trauma that would be shared on a grand scale of a whole ethnic group, as you would see it -- ones who have agreed to come and to be the Light for others and to express however short or however long the time would need to be, and then to go on and to pick up the next script.

It is for, as you would see, their own expression and it is for others, as well, around them. As we have spoken earlier, there are many reasons that would be seen,

but it is always for the experience of the Child of God, experiencing the infiniteness of the Child of God, the infinite variety of expression.

For truly I would say unto you that what you see upon this plane and the expressions that you see here are but a very small bit of the expressions that are within all of the universes and all of the realms and all of the dimensions. There are many ways that the Mind of God expresses. It is not always seen within what you would acknowledge as being the physical body.

There are many other bodies that you would see in different forms, different shapes, different energy configurations, of the Light that you are, either as the Light bodies or as other forms of what would be termed bodies, other realms, thought forms. It is truly infinite and it is truly ever ongoing and yet, it will all come to a place of what I have called the at-one-ment, the Atonement, the place where the Child of God awakens and finds himself/herself in the Kingdom, in the meadow that we have spoken of, and knows that he has never strayed from his Father, that she is as her Father has created her to be and that she has never changed, but he has dreamt many dreams and he has expressed in many forms.

Think upon that, beloved one, because you, yourself -- the energy that you are -- has expressed in many different forms in what you would see as other realms and other times. It is not that you would see it as linear time, having a past and that you have evolved unto this place with all of the history behind you until this time. I say unto you that you are now living what you would see as the past lives and you are now living what you would see as the future lives, as well. For what you can imagine to be the past lives and what you can imagine to be the future lives and what you can imagine to be a life in another realm and another dimension, is true within the dream. Think upon that.

Good evening, beloved soul. How are you in this evening?

Wonderful.

True, very true. Is there something that you would share with me?

Last week, as I remember what you said, you said that the world's expectations that lots of schooling and lots of things like that are important, and I've been told by my guides that for me to find balance with those who are my teachers that I must become their teacher, and I'm confused and unsure of how to do that.

First of all, beloved one, breathe.

Well, that's a good start.

Breathe and return unto the peace of the heart. All wisdom is found within the heart, at that place of peace that we have spoken of. Truly, the ones that you would see as masters and guides, the ones that you would see as your teachers, are also your students as well, for there is no one above or below you. I am not above you. The world has taught you that I am Christ, that I am your savior, that I am above you, that I

have attained such perfection that it would take lifetimes for you to be even able to converse with me. And yet, I say unto you: what are we doing?

{Laughter.} Yes, I hear you.

Yes, exactly. So the ones that you would see as your masters and teachers are ones who learn from you as well, for as you go through what you would see as the experiences of expression in the different realms and the different times as you would see them, they also learn with you the experiences that you are having. You do not experience anything alone. What you experience is shared in all of the realms because all minds are joined and all hearts are joined.

So, you see, you give unto them what you would term the insights through the experiences that you have as well.

Yeah.

You also have shared with these that you would now see as masters who have attained some sense of perfection, you also have shared with these in what you would see as other lifetimes where they are learning from you. And, as we have talked about all time being now, this is happening now. This is the balance that they have spoken of to you: to see yourself not as being below them, having them teach you because you are in need of teaching, but for you to come to a place of knowing your own worthiness, the fact that you are their equal. You are created as the Child of God the same as they are.

You have in the wholeness of you, in what you would see as the past lives and the future lives, you have experienced all and you are experiencing all, the same as they are. There is a grand equality. This is the balance. It is coming to the balance within the Heart and knowing the wisdom that you are, knowing that you do not need anyone -- either in physical form or in the unseen realms -- to fill you, to teach you, that you might be lacking something because you are not lacking anything, beloved one.

When you breathe and you come unto that still quiet place within the Heart, and you ask, nothing will be hidden from you. And if it seems to be temporarily hidden from you, breathe again.

{Laughter.}

Hello, beautiful soul. What is new in your life, as they would say?

So much.

Yes.

So many challenges this week.

Yes. Have you been returning unto the Heart for the wisdom, beloved one?

I've been turning a lot of things over to the Holy Spirit.

Exactly.

I've been calling on you to be there with me.

I have heard and I have been there with you.

I'm experiencing my guiltlessness and sinlessness.

It is beautiful.

It's been a marvelous experience.

Yes.

Along with the challenges I have had this week.

The challenges come up to give you the opportunity of seeing where you are in your, as you would term it, belief system, and there has been much that has transpired in the last year of your timing, much that you are now handling with ease and with a sense of not the great waves that there were a year ago. Much more smoothness of riding the waves.

These challenges come up as one last time to look at various issues, things that you have held within the belief system many lifetimes, and they are being released moment by moment.

That's good to know.

Yes, beloved one. You see, when one can look at it from the perspective where I can see it, one can see much movement, many shifts that have occurred. When one is within the trees, it is hard to see the forest. It is, as we have spoken, it is hard to see the whole tapestry when one is but one thread. You are doing very well, beloved one.

Thank you.

Go with a light heart, always. You are being very much guided in all of this. It is, as you have felt, an accelerated path. Much is coming up rapidly for you. In other times, other years, these experiences would come up for you perhaps at a month or six months' time. Now you are finding them all packed into one week. It is because you have asked for this. You have said, "I am finished with the limited thinking. I am finished with keeping the shutters upon the heart. I am finished with feeling the guilt. I am ready to release the feelings of guilt. I am ready to know my innocence as the Child of the Heavenly Father." And so, therefore, all of these experiences, as you see, come rushing in for you to look at and to transform by the Love that you are, for you find yourself now in the attitudes in a much different place now this year than just a short year ago.

Oh, yes.

Yes, and I say unto you, beloved one: with the speed that you are going, in one more year of your timing you will be amazed at where you will find yourself.

Will I be liquid by then? Will I know that I can move through the air?

Already, beloved one, you are feeling, as you would say, the subtle hints of this. There are times that you have felt yourself not to be within the body.

Right.

There have been many times when you have looked upon the body and wondered, "Why is it there and I feel myself to be here?"

And what's my heart doing out there?

Exactly, beloved one. It is because -- as you are now proving unto yourself - - you are not limited by the body. You are not contained within the body. This is what we have spoken of earlier. You are proving this to yourself very tangibly, and as you are proving this unto yourself, you will be able to share with others. There are many who are watching you even now who would not be gazing upon you perhaps directly -- although there are some who are gazing upon you directly -- but there are many within your sphere of influence who are, as you would see, looking out of the corner of the eye and watching to see what is happening with you. They are seeing your radiance, and in seeing your radiance, they will come unto a place of knowing that they must have this and be this themselves.

Very good.

Thank you, beloved one.

You, beloved one, who are now upon the feet.

That's great.

Are you feeling a freedom?

Oh yeah, exhilarating in the water, too.

Exactly. Much freedom in the water to go as the dolphins would be going. Do you feel their presence with you?

Yeah, I was looking at the ceiling, wondering if somebody was going to notice them.

Yes, beloved one, and there are ones who would be in the energy forms, who are swimming alongside of you. I know that you have felt this. There has been a tingling that you have spoken of.

And a warmth.

Exactly.

More than the Reiki, huh?

There is much energy that you are exchanging, for it is not just that they are giving unto you their healing energy. It is that you are sharing with them the energy that you are as well. You see, often mankind will see one's self as just receiving, as be-

ing in need and in receiving, and yet it is always an exchange that occurs. It cannot be contained. This is what you are knowing for yourself.

Yeah, I was feeling that way, and afterwards I got real tired.

It would be like your heart, the physical heart within the body. There is a moment, when the heart beats, when it contracts as the muscle it is and it works, as it would be, and then in the next moment it rests. There is nothing wrong in resting, beloved one.

Yeah, I thought my heart was beating too fast after I went swimming that day. That night I couldn't get it to slow down.

Yes, and at the same time, beloved one, you are now exercising muscles that have wanted to be exercised. There is much strength that you are building up within the physical body -- and it is not just with the physical body. There is much strength within what you feel to be yourself that you are exercising, as well.

Yeah, I noticed it with my kids.

Exactly. It is as we have spoken unto this one. They will bring unto you the opportunities to look and see what you truly believe, because what you see out-pictured in what you would call your circumstances is mirroring unto you what you believe about yourself. And as you handle each situation with love, as you handle... now, you see, beloved one, you are shaking your head. But there are many ways to handle situations in love which can be as your world would call it "tough love." Times of standing firmly.

I know it is making a difference.

Yes. There is a strength within you that you have known to be there but which you have not exercised visibly with the one known as your son, who keeps challenging you. And yet, he is asking you, "Please, show me the strength that you are." He wants to know that strength is there. He wants to know the guidelines. He wants to know what you value and what you will stand up for. This is why he pushes you so hard.

Bridget's doing that now, too. I'm not quite sure where she's coming from, but...

This young one has learned from an example. This young one is also testing her wings as the butterfly has to, to see where she can fly, how far she can go. This one has great love for you and there is a grand communion with this one, so you do not have to worry that the butterfly wings are going to beat against you very hard.

No, she's beautiful.

Yes, truly. Thank you.

Good evening, beloved one. It is a joy to be able to share with you in this way, to feel your gentle presence here and to see your smile. What are you feeling within the heart this evening?

Oh, I want to be more of a companion to my helpmate.

Yes, and in being that, you will see that you are being the companion unto your Self -- the Self with a capital "S" -- that you will be experiencing all of the aspects of your totality. There is much joy in sharing. There is much joy in being the companion, for truly when one shares freely of one's self, then one knows and is expressing for themselves the totality that they are: the Christ that they are. There is much joy in being the helpmate -- and in being the playmate.

Go with a light heart, beloved one. Though you would believe it not sometimes, you are being taken care of always. You can go with a light heart, for truly your Heavenly Father knows your needs before you would know them and is there in front of you, placing the next steppingstone under the foot before it would even come down. There is always the steppingstone in front of you.

You are being provided for, beloved one. All you need do is to be of a Light heart and to go in joy. The world would teach you that this is too simple, that surely there must be striving, there must be a working for the living, as they would call it. You must strive and effort, and yet, beloved one, you are always taken care of. If, as we have said earlier, the body would be laid down, it does not mean the cessation of who you are. That cannot be finished. It goes on forever -- but one does not have to feel that one has to lay down the body in order to know this freedom. For truly you can go with a light heart and experience the freedom and joy and express with a physical body. That is why you have manifested the physical body: to express through it the joy that you are, for no other purpose than extending the Love that you are.

So when you have spoken, truly, that you would be a companion, you have spoken from the heart of sharing who you are with all others, sharing the Love that you are. It is the Heart's desire.

And you, beloved one, it gives me grand joy to see you physically in this room this evening. We have conversed much, have we not? Yes.

{Jeshua places his hands on the beloved brother for a blessing and healing.}

Your Light has turned on.

The bare-feet.

Hi, gorgeous.

{Hugging; then the microphone is dislodged and falls off.}

I am in joy... having lost part of my leash. Modern technology.

And how is Sports Car Lover this evening?

Very well. Very well.

Excellent, especially in the feet.

Very well.

You and I have shared many lifetimes of the bare feet, did you know? Much freedom in expressing with the bare feet, much taking in of the energy of our Holy Mother through the bare feet. This is why in lifetimes we did not even wear the sandals, for we knew that we were as the mobile roots moving around, the mobile roots of the body tree, drinking in the energy of the Holy Mother, energizing the molecules of the substance of our Holy Mother.

All of you, when you have felt the desire, as children do, to go barefoot, to run barefoot through the grass, it has been a knowing that you have known, an ancient knowing as it would be seen -- and yet it is a now knowing -- that there is much energy of the Holy Mother that is shared with you through your contact with the Earth.

This is why there is much healing. If one would be feeling a disease in the body, a dis-ease in the body, much healing occurs when one takes the body out in nature and stands upon the very vital blades of grass with the bare feet, or lying down upon the grass, drinking into the very cells of the body the energy of the Earth.

For the physical vehicle that you are expressing with is made of the substance of the Holy Mother. It is the very energy that She is; therefore, it is no wonder that there is much nurturing in nature and in being in contact, physical contact, with Her. Is this not true?

Of course. And then... there is much exhilaration to be felt within one of your boxes that is upon wheels and goes very rapidly.

Even when I scare the shit out of the passengers?

And perhaps that of yourself as well, beloved brother?

Occasionally. Occasionally.

When will you let me drive?

When you want to. I do often.

Yes, beloved one.

You're the one that keeps telling me to go fast.

{Laughter.}

And to keep the eyes peeled, right?

Oh, very much so. I don't want to hurt anybody.

No, exactly. The speed of what you would see as your sports car is a symbol of the energy that you are, of the Light that you are in the speed with which you travel the universes. It says unto the soul, "This is truly who I am. I am unlimited and I go with the speed that is of the sports car and more." This is why so many are enthralled,

as it would be, with going at a great speed. It is because it opens up the very soul's expression to what you truly are and yet, it would be as the tip of the iceberg compared to the great ray of Light that you are and the speed at which you travel.

Do you see how powerful you are? And yet, at the same time there is a gentleness that is expressed unto all living beings, unto the flowers that grow in the fields, unto the animals that you would see, the beloved pet, unto the little children who come and share with you the love that they are. There is a grand wisdom and a depth of knowing in that gentleness.

So, you see, you can be and you are all things. You are not contained. You cannot be. You are one who wears the heart on the very outside of the body as well, and it extends several feet in front of you. Do not place limits upon yourself. You are feeling much more of the joy of knowing who you are and the worthiness of who you are.

It feels very good.

It feels very good; truly, it does. Go in grand joy, Sports Car Lover.

Beloved one who feeds the hummingbirds, I did not mean to say unto you when we last met that you were a hummingbird. I meant to say unto you that you have a love of hummingbirds and of all joy. You are one who goes with a great contagiousness of the joy within your heart and you share it easily with others. You are coming unto what you have felt as a grand freedom as well, a freedom where it is safe to express who you are, and you are finding yourself busy with activities that now please the heart, ways of sharing with others and yes, truly, teaching. It is something that we have spoken of and it is something that you are now doing, although you would not see it as being in a formal setting. You are teaching as your example shows unto others.

Many times you would share with one an idea, a book, a sentence, which for them is like the morsel of food that they are needing at that time. It is a great service that you are doing for the Heavenly Father, and I thank you. I really enjoyed starting the Reiki Circle Monday and last night's rescue group. I really enjoyed that, too. That's something I always wanted to do. I think I surprised myself last night. I was actually able to perceive two of the beings that needed rescued.

Yes, beloved one. You are proving unto yourself how thin the veil is between what you would see as one realm and another. You are proving unto yourself in these ways the expansion that is you, that there truly is no barrier to communication with ones that you would see as being in other realms. Yes.

You are one who has asked for the proof. You are one who has studied, who has learned and has yet said, "Well, this sounds very good, but prove it to me." And so you are now upon a path that is proving the reality of the unlimitedness that you are. Thank you, beloved one.

You are welcome.

Good evening, beloved soul.

Hi.

How are you in this evening?

Fine.

Yes, truly. It is a joy to be able to converse with you in this manner, to be able to reach out the hands and to take your hands as we did in olden days, to be able to share with you again the joy that we are and the Love that we are.

How is the heart this evening?

Well, it's been a rough year and it seems like it's moving so fast.

Yes.

And everything is happening, and the children have never been around to help. Now they are here; now they are gone, and it's kind of a hectic year.

Yes, much acceleration. Again, it is that you have asked for this to come and to come quickly, because you are wanting to move through the veil, to see the unlimitedness that you are, to experience that. You have said, "I have experienced everything. I have been the grand actor upon the stage and I have played the heroine and I have played the lowly one, the servant. I have played the royalty. I have played every part that I can imagine. Now, I want to come home."

This is why things are happening so rapidly for you, so many issues, as you would see them, coming up to be looked at, to be loved, to be released. This is why the children come unto you and bring you their issues, why they bring you things that you will be considering and looking at in a different light than you would have a year or two ago. There have been many shifts in your own perceptions that have happened in this last year.

It could be termed as a rough year and yet, it could be termed as a year of grand blessings, for there has been much progress, as you would see it.

Well, I've moved twice. I lost my husband, and just now I have acquired a business back that I did not want back and now I have it, and the children were helping and they are not happy with what I'm doing because I'm speaking out and saying the way I feel. And I do not want my business. I want to work in the Light.

Yes, and yet, beloved one, one can take the Light into whatever one would see as the work. It would be well for you to ponder why this has come again unto you, and if it would not be possible for you to take the Light that you are into this.

That's probably why I got this back.

Surprise.

Is to help.

Exactly, beloved one.

And this has all happened since February.

Yes, as we have said, many shifts and many changes, much releasing, much movement just within what you would see as a few months' time.

Racing.

Exactly.

Just going too fast.

Yes, and yet, one can be very active in the physical and still stay at the place of peace within the heart. Whenever you would feel the world coming in upon you, breathe. Return unto that place of peace within the heart.

Well, I have. I have not got upset over this. I've just more or less taken it in stride, except my children are upset with me.

And yet, beloved one, you cannot make their choices for them. But by being the example that you are, you are showing them an alternative. It is for you to walk your path as you are, as you are the Light, and for them to make their choices. They will come unto a place where they will be tired of fighting and of being unhappy and of criticizing, and they will come to a place where they will stop for half a moment -- and that is all that it takes -- and they will choose anew. But you cannot make that choice for them.

I know. I've spoken out, and I've never ever done that before. I can say "no" where I have never been able to.

It has been time, beloved one, as you have seen.

Do you see how long I'm going to have to keep this business?

Until you feel it is finished. You will know, beloved one, but there is an infusion of the Love that you are and the Light that you are that it is calling for, that you have to share with it. It will not only be for the business and the people involved in it, for their, as you would see, benefit, but it is also for yours in working through and releasing, for transforming what you have seen in previous times, to see it anew.

It will not be necessarily a long time, but it will be a shift. You will enjoy it, beloved one. You will surprise yourself.

Thank you.

Thank you.

Hello, beloved one. How is the joy within the heart?

Fine. Great. I'm great.

How are the issues of the mind?

Couldn't be better. You have been very busy in the last couple of months of your time in doing much processing, as they would say, integrating.

Uh huh.

A lot of activity of the mind that you then took unto the heart to have it integrated. This is why you find yourself at a place of more peace, now.

I know.

Yes, it was very necessary for you. And you were feeling, as it would be, very scattered in your energies. You were feeling that there were many times that people were calling upon you and you felt that you did not have much more to give.

Uh huh.

It was necessary for you to take time to come unto the heart and to nurture yourself and to be able to integrate what was going on within the mind.

I know that that was still me, though. I didn't have to give away my energies to accomplish what I did. I had to get away to find that out. I should be able to tirelessly work without getting tired.

You may take the "should" out of that sentence.

Okay.

You can work and not be tired. It is when you are expressing the joy that you are that one can go without feeling any effort at all, and this is what you have come unto experiencing within the last couple of weeks of your time. This is the grand integration that we have just spoken about.

Yeah, I'm making a great jump but I don't know where I'm going.

Beloved one, you do not need to know.

No, I don't.

It is that leap of faith, as they call it, and you just make the shift and you know that the Grand Weaver is going to place the steppingstone underneath the foot.

Yeah.

For it has always been true.

There's some real big change that's happened inside, but I can't put it into words.

It does not even need to be expressed, but it is seen upon the face.

Yeah, there's no words.

Exactly.

I would like to know why I went to Montana, though, because I think there's work there. I mean I went for help, but I think there's... it's, like, calling me to do something but I'm not sure what.

This will become more clear to you in the next month of your timing, as you are pondering it. There is work to be done there. There is sharing; there is a Light and a wisdom that you have to share with ones who are there.

The Indians.

And there will be much of an exchange, as you have already seen. This is not the only trip that you will be making unto that area, for you do feel a calling to be there.

Yeah, it seems kind of silly but I feel like I need to teach the Indians how to be Indians.

{Laughter.}

You, beloved one, are one who has experienced this in what you would see as past lives and it is a remembrance that is very close to the conscious level. It is not that you need to teach the Indians how to be Indians, but you need to go and remember...

I still remember.

for yourself in great clarity, as well. Then you will see an equality.

Well, I don't see an inequality because I don't believe in that.

Good for you.

But I just feel like I'm closer to it than they. Not an unequal thing but like not remembering.

Yes, there will be many remembrances that will come for you, and for them as well.

Oh, it's always coming for me.

This is true, beloved one.

Thank you.

Thank you.

Beloved Songbird, how are you this evening?

Good.

You would know that the song that you shared in the last evening brought great joy unto those who heard it -- not only unto the one that was being so obvious, the one known as the Mr. Taylor, but there were many others who were called unto the Light of the circle and who heard the music, not only with the voice but the music of the heart.

There is a great song that you share with those in the unseen realm, as you do with these upon this plane. Never think that what you do is just for yourself, for it cannot be contained. It is always shared. There is nothing hidden. You may go with a grand confidence that what you have to share is much appreciated by all who hear it. And this is not to say just those who have the physical ears.

How is the heart this evening?

Good. Open.

Yes. Is there something that you would share with me this evening?

Well, I wanted to ask you again about my project of my teeth, that I have been working on. I've pretty much let go of the beliefs and the doubts of whether I can do it on my own and whether I can't or whether it's possible and what the limits of the body are and such, and so I've gotten to the point that I know I can do it.

Yes.

But, with that came kind of a feeling of I don't know if I'm doing enough because it's like I think, "Well, I can do it so I don't have to worry about it" and so I'm starting to have doubts as far as am I doing enough? Is there something else I should do? Is there someone else I should look toward to help me?

The healing of the teeth, beloved one, will come about as what you would see as a side result of something else, a shift that is happening within you: the shift of knowing that you are totally perfect and that you are manifesting this body from your own power of who you are, so that the healing of the teeth is part of the totality of the wholeness that you are.

That's what I have been experiencing.

Exactly, and the healing will come about as a side result of this, for everything works together. This is what you have been experiencing. So it is not that you would put a great will and a great effort into focusing upon the teeth to make them heal, to make them whole, for truly they will manifest themselves as whole when you know within yourself that you are the wholeness of the Child of God.

Now, when I say that unto you, you do not need to feel that it needs to be a long time off, that "Heaven's to Betsy, it may be lifetimes removed from me and by that time I will have lost all of my teeth." This is not true. This can happen in any moment, the awakening that I have called it. When you breathe and you return unto that place of peace within the heart, nothing is hidden from you. You have heard me say this over and over, but what is meant by that is that your holiness is not hidden from you.

When you return unto the place of peace within the heart, and you sit quietly with the heart and you listen to what it has to say to you, it will speak to you of the holiness that you are in all of the various aspects that you may perceive to be aspects, and you will come unto a place of balancing, a place where you will know that you are out-picturing who you are. And you will stand up in that moment with a grand strength,

with a throwing back of the shoulders, with the chin up, knowing that you are the breath of God, that you are all power, and that what you manifest every moment is what you believe yourself to be.

It will come in what you will see at times to be a glimmer, and then a brighter light, a light that stays with you longer and longer. You have been seeing this. You have progressed, as they would say, from being the nightlight, from being perhaps even the flashlight, unto being more of the one hundred watt bulb.

{Laughter.}

Take heart, beloved one, for truly that is where your holiness resides: within the heart. That is where you re-connect and remember your holiness. This is not something that descends upon you in one moment and is forever there. This is not to say that it cannot be this way, but for most of mankind it will come as a glimmer and it will come as another glimmer, and you will string these together as you would beads upon a string, and you will find that this then is extended for a longer period of time. You will go through what would be seen as five minutes, thirty minutes, half a day, in feeling the wholeness of your holiness. And it will be extended even further. And what you will see out-pictured then will be a wholesomeness of the body, not as a goal that is being sought, but as one of the, as they call it, fringe benefits.

Beloved one, you are doing very well.

Thank you.

Beautiful one, how are you this evening?

Oh, Jeshua. I really feel a lot of the same thing that's been expressed here by several people. Life is going awfully fast and lots of things are happening, but I see that although I'm not always in the place that I want to be in my heart, I'm getting so that I'm there a lot more than I used to be.

Yes, beloved one.

And I remember back to a time when Firewalker had said something about being here. His job was to be here and extend love, and I had been sitting there thinking about choosing peace, and we all pretty much agreed that if we just do those two things, that no matter what gets thrown at us, it's kind of taken care of.

Exactly, beloved one. Now I may sit down. My job is finished.

{Laughter.}

It's so nice to be able to catch myself in time to change, to choose anew.

Yes, exactly. It is as we have spoken unto this one: it is choosing anew in each moment, each moment remembering, being aware as each belief manifests itself in front of you, taking the breath and choosing anew. And it, as you have said, it is just a choice to be the peace and to extend the love, and all else will be taken care of. When you remember in each moment your holiness, the world that you would see outside of you is magically transformed.

And with that, I can know and believe that I am going to be strong enough to take on my new job, and I can hardly wait. I start in about another week, and I keep thinking about what a wonderful opportunity this is going to be, to practice just what we've been talking about: choosing peace and extending love.

Exactly. It is not by accident that you have been called, as you would see it, unto this work. You have desired a place where you could manifest the Love that you are and to see it in a very visible manner. This will give you grand opportunities for seeing it and proving unto yourself, with that extension, the Love that you are.

I'm really looking forward to it.

Truly, beloved one, and know that I will be with you.

Oh, I knew that.

Yes, you did.

But it's good to hear it out loud.

Of course.

Thank you.

And as you have spoken, many of you have felt that you are on an accelerated course. You perhaps have felt that you were holding on to the tail of a comet, as this one who lends her body to me has expressed how she has felt in the last few months of her timing. It is because you have said that "I am finished with time, as I have known it. I am ready to get through the veil. I am ready to release. I am ready to know my unlimitedness. I am not willing to plod along at the snail's pace. I want to go with the comet."

How are you, beloved one?

I'm good and I'm in the midst of the testing, it seems.

Yes, there are, as you would see, tests coming up in front of you?

They are there.

Okay.

And so the big one seems to be this trip to Washington, D.C.

Yes.

And I'm committed and I'm going.

Exactly.

And I think the biggest stumbling block for me is the nineteen hundred dollars commitment to the camp and whether or not there will be people to share the cost.

Yes. There will be people. The invitations have been issued and they are being considered. It is the way of mankind to wait, as you have seen, until almost the eleventh hour before there is a commitment made. But within the soul there have been many who have asked for this and who desire the healing that this will facilitate for them, and they may, at this point, be thinking that they will keep the door barred and not open it and not make the journey. But I say unto you that at the eleventh hour there will be an opening of the door. The soul's desire to know itself in its wholeness is so great that no door can stand against it.

As for the golden coins, beloved one, these will manifest for you. There is going to come unto you from an unexpected source some help. It will come to you because of one who believes in the work that you are doing and wants to help. It will not be one who will be making the journey with you but they will give unto you what they will see as aid to make this come about.

There are many who are standing, as it would be, in the wings, watching what you are doing, who are aware of what you are doing, and who have not come forward yet. But there is time.

There is. There is a lot of time.

Exactly.

And what I've been experiencing is the differentness in the energy with this. Like in the beginning with Vince and Sandy agreeing to come and then changing their mind and then dropping out, and then Sherm coming in, and even some people, colleagues and friends in my own community who are saying within my proximity, "It's never going to work. It's never going to work," and I'm standing there in my faith and in my trust, and that's what I felt most.

Yes.

Except in the moments when I look at the nineteen hundred dollars and I think, "Do I have to pay all of that myself?"

You are never alone, beloved one, as you know. This idea has come unto you not just of your own small self, as you know, and there is much support for it in this realm, in what you would see as the unseen realm, so there is much shifting that is going on, much shuffling of the cards, as you have seen, of people being drawn unto it and then for various reasons feeling that they must shuffle themselves out of it. There have been many opportunities presented unto people to see what healing they desire and to see what they are truly desiring.

There have already been many blessings in this, even if the trip were not to materialize, as you would say, but it will materialize.

And there have been many blessings. In the article I had, I had a man tonight, before I came here, who read the article right in front of me and thanked me for writing it and told me what a good writer I am and suggested I write some more.

Exactly, beloved one.

And a Viet Nam vet from Oregon who called me up to again, to thank me and tell me he could relate and who talked with me about what we had to share. He will not be coming but asked that I carry him with me in my heart, which I will do.

Yes, there are many whom you have touched. The ripples go out far and wide from what you would see as the information that you share with one. It goes unto another and another, through the newspaper articles that you have written and will write -- because there will be more. We will co-author some more.

Okay.

It will be easy and joyful. But there is much that you have to share with others that will allow them to be strong in who they are and to come forward, and through their healing to heal others as well. You have started what is going to become a tidal wave of healing. It will be far-reaching.

I've been feeling some of that and the restlessness -- that there's a big shift in the making for me and what I'm doing, and I don't know yet what it is. I only know that it is, and I feel that.

Exactly, beloved one.

And I feel that my beloved one that I have yet to connect with physically is a part of that, and soon.

Yes. This one is very much with you, very much around you and very much in communion with you even though you would say that you have not seen him in physical body yet.

I feel.

Yes, very much. You are being aided by his energy, and by many others as well. The shift of which you have spoken is one that will come subtly for you. It will come as the thief in the night that will come and steal the shadows away as old toys that have been discarded, belief systems that are no longer serving you. And yet, you will not even know that they have gone at that moment. It will be later you will look back and you will see how much of a shift has been made. But it will not be an upheaval as you would see an earthquake. It will not be a difficult thing to come through. You are already well into the process of shifting. It is easy, beloved one.

So, is my new knowing that he'll be with me in December when I'm doing that healing piece in December, is that accurate?

You would ask to look around the corner. You would ask for certainty. You would ask for a Christmas present?

{Laughter.}

I'm asking for a present right now, but.... No, I'm asking because I really had a knowing that December would be the first time that we would work together in the form that I have envisioned.

Go with the knowing that is within the heart, beloved one. You need not ask of another, for you truly are the one who is manifesting what you will see on your path. It is not for another to place something on your path for you. You are all power. So what you have felt within the heart will manifest.

Great.

A grand Christmas present. And yet, everyday is the gift of Christmas when one awakes and knows one's self to be the Christ that one is. When one knows the Light that one is and can see it in others, that is truly what Christmas is all about. And it is every day in your time that you have the opportunity to awaken and to know yourself to be the Child of our Heavenly Father and that you have never strayed from the Kingdom, that you are as that holy child asleep in the meadow, being watched with an everlasting love -- as you would feel about the puppy who is sleeping in your garden. The love of the Heavenly Father is all this and more.

It would be wise now to take what you call a break, to refresh the bodies, and then we will reconvene and we will talk some more.

So be it.

{Break.}

Indeed, I would share with you the peace of the Heart. I have been with you in what you have called your break -- and yet, one never takes a break from being the Christ that one is -- I have been with you in the energy exchanges of the hugs and I have felt the raising, the increased energy level of your joy. But now I would share with you the peace of the Heart, and I would ask you to breathe, to take one deep breath and to return again unto the center of the Heart.

Be very present with the feeling of the breath.

When I was a lad, one of the exercises that my teachers shared with me was the very simple one of the breath, of sitting in stillness for what you would see as a long time -- and I certainly, as a lad, felt it to be a long time -- to sit for an hour and to breathe and to return unto that place of stillness within the Heart.

It was an exercise to bring me in conscious awareness of the energy that I am -- and that you are. To be totally present with every thing that one is doing, which leads to the conscious awareness of the totality of Self. So that, as a lad, I was instructed to sit and to breathe -- not necessarily to clear the mind, for this came about with the centering, as you would call it, of the peace of the Heart, but to be very present with the breath.

I would ask of you all to breathe with me, to take in a very deep breath and to feel it extending unto the very solar plexus, and then, to exhale the Love that you are.

I would ask you to breathe again, and as you do so, not with great effort, but easily, to feel the expansion of the muscles of the solar plexus and of the chest. Be aware of the subtlety of how the muscles move. Be aware of how the air feels as it is coming in. Be aware of the vacuum that is created by the muscles expanding and how the air comes in without your forcing it to come in.

You have invited the air to come in. You have created a vacuum within what is known as the chest cavity, within the lungs, and the air rushes in to fill the vacuum. And as the muscles are allowed to relax, the air is expelled. Feel the breath easily coming in through the nostrils, through the back of the throat, through the air passages, filling the lungs, and then being allowed to be released.

There is grand symbolism in the breath, in the very way that it comes into what you would see as the body, the way it exchanges the molecules of the life-giving oxygen that the cells take and transform.

Breathe in the golden white Light that you are. Exhale the Love that you are.

Visualize the molecules of air coming in through the nostrils and being taken within the body. Feel the energizing as this is exchanged within the lungs.

Breathe in the golden white Light that you are and exhale the Love that you are.

Open the mouth and breathe in through the mouth. Feel the difference of how the air rushes in. The muscles are working as they have been, but there is a change as you take in the air through the mouth. Feel the difference. Become one with the air that you are taking in, that is vitalizing the body. Become one with the very molecules of the air.

Breathe in through the mouth. Exhale through the nose. How does this feel? Be aware of the changes in feeling.

Breathe in now through the nostrils and exhale through the mouth. Be aware of the exhalation, the power of the breath. You use the power of the breath in every moment when you speak. Breathe in through the nostrils and out through the mouth.

Do you feel the peace in the Heart? Do you feel the very vitality of the molecules themselves as they are exchanging, taking in the oxygen that is life-giving to the cells?

Be very present with the breath. On each in-breath, say unto yourself mentally, "As I breathe in, I still the body."

"As I exhale, I extend love. As I breathe in, I still the body. As I exhale, I extend love."

Feel the very Light that you are, the very Light that cannot be contained within the body, and yet is taken within what you would see as the cells of the body to vitalize and nurture the cells, the molecules of physicality that allow you to express.

Be very present with the in-stream of the breath. "As I breathe in, I still the body. As I exhale, I extend love." Feel the Light that you are, taken in through the

breath, extending into the very fingertips. Visualize the air going throughout the body, being extended through the fingertips.

Breathe in the golden white Light that you are. Feel this very Light extending unto your toes. Feel the Light that you are energizing the whole body. Be very present with the breath. Feel it in its subtlety as it enters the body. Feel it in its subtlety as it is released from the body.

Become one with the breath, the very inspiration of the Spirit that you are. Be very present with the breath.

What does the breath allow you to be? What does the breath mean to you? You are the very flow of the breath itself. You exchange with everyone upon the Holy Mother the molecules of the air that you breathe. You are very much joined with everyone that you see and others that you do not see. There is an exchange of the very molecules. There is no separation. Be very present with the breath.

Feel the subtle muscles that allow you to breathe. Feel the expansion of the chest and then the allowance of it to relax. There is movement and then there is rest. Be very present with the breath. Be one with the breath that you are.

Those of you who are desiring -- and all of you in this room are -- to expand your awareness, to dissolve the veil as I have called it, and to know your total Self, know that this is a very easy way of expanding your awareness. Be very present with the breath that you are. Breathe in a continuous fashion, as you would see a loop of the in-breath and of the out-breath. Be the circular motion of the breath.

Feel yourself to be the expansion of the breath, that is not hindered, that flows easily and effortlessly into the body and is released from the body. Know you that you can release the cares and worries that you have perceived to be upon your shoulders as easily as you allow the breath to be released.

When you return again unto the place of peace within the Heart, there is grand wisdom. There is no need to go running and searching for answers, for nothing will be hidden from you. You are all wisdom. Everything that would come unto you desiring an answer contains already within it its own solution, its own answer. Everything you would desire comes already in its fulfillment.

Be very present with the breath. Feel it infilling the very lungs themselves. Feel the muscles relaxing and allowing the breath to be released, and upon that releasing you are into the next cycle of the infilling.

With the breath you know your connection to the Spirit that you are. With the breath you are in communion with who you are.

Now, when it feels comfortable for you, open again the eyes and be very present in this room, disturbing not the peace of the Heart nor the peace of the body, remembering to breathe but being very much present in this room.

Do you know, beloved ones, that you have allowed not only the breath to infill the very molecules themselves of the body, but you have also allowed what is termed the aura to be freely extended? You have not been in constriction. You have been at peace, and the Light that you are is seen in grand radiance even within this room.

It would be as one of your little flying insects that you have that is known as the lightening bug, which will turn on its light and extend the light that it is. And yet, I say unto you: your Light is far grander and far more radiant. You have been extending your Light, and yet it has not been with effort. Is this not true? It has come with an ease, with the peace that you are.

In times of turmoil and times of questions that arise within the mind, in times when there would be emotions that are not so pleasant to entertain, return to the peace of the Heart. Remember to breathe, to be very present with the breath. This takes a choice. This takes a discipline -- especially in the beginning -- to utilize the breath to return one unto that place of the Heart. And when one returns unto the place of the Heart, the worries and concerns are no longer seen in the magnitude that they were seen before. There is a change in perspective, as you would say.

If there is anything that you would ask of me or others that you would see as guides and teachers -- who are not above you -- return unto the place of peace in the Heart and ask. The answer will be forthcoming. And yet, I say unto you: the answer will not be coming from one that you would see outside of yourself. It will be coming from your own wisdom, because you are all wisdom.

You are proving this to yourself each day in your own way. Every day will bring unto you opportunities to see the unlimitedness of yourself, to test, as it would be, your wings. You are flying.

I would suggest unto you also that when you take unto yourself what is called the food, when you eat of the fruits of the Earth, to be very present with the food that you are eating. Each bite that you would take, be aware of the vitality that it is and that it is sharing with you. Give thanks unto the Holy Mother for Her nurturing of what She is sharing with you, each morsel.

Be aware of just the simple things, of how it looks, the texture, the aroma, the taste. Be very present with everything that comes in front of you for you have manifested it. Do not walk this dream asleep. Be very present with everything that comes unto your awareness.

{Children laughing.}

Even unto the laughter of the little ones.

Pause before you would bite into the fruits of the Holy Mother. Be one with what you would take within the body -- not only with the breath, but with what you would eat. Be very present. What have you manifested that you are holding in your hand or upon the utensil that you would see bringing it up to the mouth? Where has it come

from? What was its process before it came unto this point where you see it? What has it to share with you?

Be one with everything that you take unto the body, knowing that you are not separate from this. You are not separate from any of your creations, whether they be in tangible form or whether they be emotions. You are not separate from your creations. They are there to serve you. The emotions that you feel are there to serve you. They are there to show you what you are believing about yourself and your world. And you will see these changing.

Your creation in tangible form is showing you your power of manifestation. It is showing you the infinite expression of what you can manifest. It is showing you your oneness with the Light which you would see as the vegetable that has been grown in the Holy Mother.

If you will look upon the plate before you eat what you call your vegetables or your fruits, the fruits of the field, if you will look upon them and pause for a moment, you can see the Light around them -- especially if these are taken raw and not cooked. But even in their cooked form there is a Light around them. It would be well for you to be very present with whatever creation is in front of you.

And yes, beloved brother, this means the brothers and sisters you see in front of you: to be very present with the one that you find in front of you. To hear with the ears of the Heart -- not only with the physical ears, but to listen at the Heart level. To see the message of the eyes.

So often mankind is so busy thinking of the words that would be spoken, listening to just a portion of what the other one would share with you and then thinking what the next sentence will be that you will share with them, that you do not truly hear your brother and sister. Listen with the Heart -- as you know how to do, beloved one. Be very vigilant to hear between the lines, as it would be. To look upon the face and to see in the countenance the joy, the freedom, the worry, the constraint, the doubt -- whatever would be manifest upon the face. To see the Light come on. To see the smile that accompanies the Light.

And when one would speak unto you of what their concerns would be, be very present with that one and to listen with love. Put yourself in their place. It will not be hard to do. You have experienced all and you can readily relate, as they say, to what your brother is sharing with you. And when your brother has shared with you and you have been one with him, then step back to behold the truer vision. Let him share with you the concerns of his heart but do not stop with that vision. See the Christ that he is and that you are.

See the drama and the script that is being played. Understand that he feels these emotions, but share with him that there is a larger picture. But first, let him express, because until the turmoil is emptied, until the vessel, as it would be, is poured out, there can be no filling. If you try to fill what you would have to share with that one before they have emptied, there is no place for the infilling. So listen first, and let

that one share with you the concerns of their heart, but remember always the larger picture.

See the Light that they are that they may not even behold for themselves. For in times of turmoil, as you know, they are not beholding the Light that they are. They are not beholding the Light that is around them. It is for you to behold that Light, and in time, which you will know, you will share this with them. You will know when it is wise to speak and you will know when it is wise just to extend the hand.

Much love is extended, not through the words, as you know, but through the eyes and the look that is exchanged, through the heart that beats in harmony. And if one would have a heart that is beating in turmoil, let this one go through the turmoil until they can find the place of peace and then share with this one.

When they would be into grand conflict and coming from their fears, allow them to express their fears, what they need to express. Allow them to empty and then to share with them the love that you know them to be -- just in subtle ways of remembering times when they have expressed the Love that they are. They have forgotten. They have forgotten how it feels to love a puppy, how it feels to be the Love of the Heavenly Father and to see that Love embodied in one that is small. But let them empty first -- because there can be no infilling until it is emptied -- and then remind them.

For they have felt this Love. It is not that they are devoid of the experience of love. It is just that they have forgotten, and they have been so filled with other concerns and worries that they have forgotten the freeing power of love.

In each day of your timing, spend some part of that day outdoors -- if it be only five minutes. Spend five minutes outdoors, even if it be on the way to what you would see as your employment. Take five minutes as you go out of the house to walk upon the grass, to share with the angels of our Holy Mother the energy and the blessings that they have to share with you. Each day be in communion with the angels of the Holy Mother. Be in communion with the sun, which gives freely of its light and its warmth unto you.

Take five minutes. And the reason I say unto you five minutes is because I know that somewhere in the twenty-four hours you will find five minutes. And I also know a grand secret: that as you do five minutes, it will feel so peaceful that you will want to extend it unto ten.

It becomes, as you have felt, addictive. So start with just the five minutes, of going and standing upon the Holy Mother and being aware of the Earth and of the grass and of the living beings around you -- and by this I mean the grass and the flowers and the devas and the little ones who are very much a part of your world and very much want to share with you their joy and their energy. See with the eyes of the Heart. There is much activity around you. Behold the sun in your vast heaven and give thanks unto it for the nurturing that it does freely for you. Commune with the sun, the holy messenger of our Earthly Mother. Commune with the sun because you are not separate from that light. You are one with the energy of that sun.

You see how unlimited you are. You are not the body -- and no one else of your brothers and sisters is just the body. You are one with the sun, the holy messenger that brings unto you the blessings of warmth and light. Each morning as you awaken, thank the light that you see for being there for you, for symbolizing for you the beginning of what you would see as a new day, and thank yourself for the Light that you are.

Be very present with the light that you see in the room with your physical eyes and with the Light that you behold -- that you are and that your brothers and sisters are. It is a grand radiance that you see with the eyes of Spirit. It is a grand radiance that is expressed through the eyes, beloved one, as you know. Be very present with everything that comes in front of you every day, each moment of every day. Even if it be just to the strands of the hair, be aware of how they feel as you comb them. They are being their process for you so that you can be the grand beauty that you are. Such a fine, delicate thing as a strand of hair. It is the expression of the Mind of God.

Be very present with everyone who comes in front of you every day. Listen to them for their message, for everyone who comes has a message for you if you will have the ears to hear and will listen from the Heart. Even if it be the ringing of what you would call those small boxes that you pick up and put to the ear -- there is a message each time that rings. You have manifested that -- whether you would receive it or not.

I manifested that.

Exactly, beloved one. And you know that there are times when you have asked that there be a silence and there has been a silence, and there have been other times when there has been much ringing.

Be very present with the breath. {Someone coughs.} How did it feel to cough? How did it feel to expel the air forcefully?

Good.

Yes, with grand power. You see how the muscles, the very muscles of the body, are your servants. The cough has started with a thought within the mind and is quickly transmitted to the muscles to do your bidding.

Ever since you sent me to Eva I really loved this breathing thing, conscious breathing.

Yes.

It has done me so much good.

Always be conscious of what you are doing, especially conscious of the breath. It is your link with the Spirit that you are.

And it's healing.

Exactly, beloved one. Yes.

This week spend five minutes of each day with your Holy Mother. Go out into what you term nature and stand upon the ground of the Earth. Be one with the plants,

with the tomatoes that are ripening. Be one with the very energies of the sun and of the wind. Be aware of the subtle breeze or of the force of the gale that comes with the storm. Be one with the water that expresses itself either as the stream that flows from the mountaintop in the spring, a great torrent of water, or as the dew drop that forms upon the grass in the morning. Be very present with the angels of our Holy Mother. You are one with them.

In being very conscious and present with everyone who stands in front of you, with everything that you take in front of you, every morsel that you would eat, in being very present with every breath that you breathe in and then release, you are expanding your awareness of who you are. It is called being in communion, being one with whatever is in front of you. That is truly what communion is.

It is not something that is celebrated in church once a week, once a month, once a year. This also can be communion if it is done in the Spirit of being one. But communion is much more than that. It is being present in every moment -- with the smile of one in front of you, with the love that is exchanged. There is grand blessing in being awake within the dream. Go not asleep throughout this dream.

I desire at some point to partake of the Feast of the Agape,' as it was called in my time, with you -- the Communion, as you would know it. But I wish to go far deeper than just what you would see as a ritual of drinking the wine and sharing the bread. This is why I have spoken unto you this evening of being very present with everything that transpires within your consciousness, for the Feast of the Agape' was the true communion, a true sharing of the energy that you are and that I am. And each time it is done, it is done as a symbol of our oneness. It is not done just because it is something that the church tells you should be done, but it is a true joining of the Hearts, a true being present with the oneness that we are.

So there will come a time that we will share the feast together, a time when you will behold, as you would see it, the deeper meaning of communion. For truly you and I are one. I am you and you are me.

This is what I would share with you this evening: the peace that you are, the peace that you have found within the Heart through the simple exercise of being present with the breath, the simple exercise of being present with whoever is in front of you and knowing, because you are whole, you can listen without fear and without judgment, without what you would feel to be society's constrictions that they have taught you -- values, arbitrary values. You can come from the place of the Heart and meet the other brother where he is, and then share with him who he truly is, because you know yourself to be whole.

Truly, you are whole. You are as I am. Whatever values you would ascribe unto me, Jeshua ben Joseph, the one known as the Christ, are the values that you are as well. You are the Christ incarnate. You are our Heavenly Father's only Child, His holy Child, loved with an everlasting Love, because you are that Love. You can never be outside of that Love, for it is within. It is you.

I love you with an everlasting love because I know myself to be that Love and I know you to be that Love. I will never leave you, for I cannot. There is no separation. If you would flee unto the farthest reaches of the universes, I am there. And if you would come unto me, we are there as one -- and all others that you would commune with. The only separation that you would entertain is a belief, a perception. And know you that the perceptions can be changed.

Thank you for sharing with me of what is seen as your time. For truly are you with me in the time that I share -- eternity -- with you. It has been my grand pleasure to be amongst you this evening and to share in a very physical way the energy that we are, to express unto you my love -- which is your love -- and to come unto that place of peace that abides within the Heart always. Truly are you the beloved Child of our Heavenly Father, the Child in whom He is well pleased. It could not be otherwise.

Go in peace this evening. Go in joy. Share freely. Freely it has been given unto you; share freely. So be it.