

# An Open Evening With Jeshua: Get in Touch With Your Feelings

1994-06-10

- 1994-0610-001 Indeed, beloved and holy and only Child of our Heavenly Father, Child of Light divine, I am the one known as Jeshua ben Joseph, and it is in great joy that I come to abide with you this evening in your timing as you have chosen to turn the focus of your attention unto me.
- 1994-0610-002 Do you not feel the joy that is in this room? I have been observing you as the preliminaries were taken care of and I have been feeling your joy. Truly, all of you have come with joy in your hearts, joy upon the very face itself, joy allowed to be radiated to the very cells of the body.
- 1994-0610-003 This one knows that I honor his mustache.
- 1994-0610-004 **Yes.**
- 1994-0610-005 Indeed. What is transpiring upon this plane at this time all of you have been feeling and have been resonating with. There is much acceleration, much of issues that are coming up to be healed. Every one of you in every day has an opportunity to look upon something that in other lifetimes you have pushed to the back and you have put in the knapsack upon the back and just carried it.
- 1994-0610-006 But in this lifetime, as you, beloved brother, you are having the courage to bring all of those issues as you would call them, all of those limiting beliefs of self-image, to the forefront so that they can be seen and they can be healed. And then, know you what happens? As you allow those issues to be healed, to see them in the wholeness that you are, then you feel the joy of your being.
- 1994-0610-007 That is what is bubbling up alongside of and surrounding all of the emotions that would be seen as sorrow and confusion. On just the other side of that is the joy. You are allowing yourselves enlightenment. You are allowing yourself to feel lighter about who you are and about what is going on. Is this not true, have you not felt lighter just recently? And do you know, it shows.
- 1994-0610-008 You allow your radiance to go forward when you feel the joy of your being. It shows in what is termed the aura, for there are times when you would sit with the questions and the doubts and you would sit with the self-image that says, "I am not worthy," or "Someone else judges me as not worthy,"

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and at that time what you do is to pull in even what would be termed the aura about yourself. And sometimes you will feel yourself very much caved in.

- 1994-0610-009 And yet, as you sit and you abide with that and you ask, "Where does that feeling come from? Is that the voice of the world that would judge and would see limitation and would put values, arbitrary values, upon what is transpiring? Or is it the Voice of my Heavenly Father that speaks only of Love, unconditional acceptance, knowing me to be His only Child?"
- 1994-0610-010 As you sit and you ask yourself that question, there comes over you a grand peace. You come unto a place where you connect with the Heart that you are, the peace that you are. For when you have allowed the tears to flow and you have spent the emotions, you have spent them in exchange for the peace that comes afterwards and it is a grand exchange.
- 1994-0610-011 That is why I have encouraged all of you to be in touch with the feelings, not to deny them but to allow them to be felt, to be expressed, to be released, to spend the emotions. Your society, your world would speak unto you that there are some emotions that are okay and others must be hidden. And yet, I say unto you: the ones that are hidden are carried, as it would be, upon the back in the knapsack and sooner or later you will want to unburden yourself. You will want to empty that knapsack, and it is not fearsome.
- 1994-0610-012 So allow yourself to be very much in touch with the feelings. Own the feelings as your own. Do not say that it is someone else's fault that you are feeling a certain way. Know that you call forth in every moment what you see transpiring before you. You are the grand master that has called it forth and, as such, it is your servant. It is showing you the image that you have of yourself and the image that you have of others, of the brothers and sisters and of the world. And it will allow you to abide with that message until you see it in its wholeness, until you come unto the place of knowing that you are worthy.
- 1994-0610-013 Truly, all of you are worthy of our Heavenly Father's Love. I and the Father are one and you are one with me, and what would that make you, beloved one? That makes you one with the Heavenly Father, with the Love. You are our Father's only creation.
- 1994-0610-014 Think upon that in times when you would have questions or doubts about the worth of yourself. You are our Father's only creation. You are Light expressing upon this plane, experienced as Love. And I emphasize and I

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underscore, "experienced," because as you allow the Love to pour forth, you experience your true nature.

- 1994-0610-015 It is all well and good to read the books. It is all well and good to attend the workshops and hear the lectures. It is all well and good to sit and contemplate Love, but where it comes alive is in the expression of Love, the experience of giving it forth, of smiling at the brother or the sister, giving them the gift of your smile. It is such a simple thing to do and yet, it transforms your world - and theirs, if they choose to receive it.
- 1994-0610-016 It is not even something that you have to spend the golden coins to purchase. It is something that you can give freely from the bubbles of your heart. It is contagious.
- 1994-0610-017 Have you ever been in a room or with someone who started laughing, started giggling about something, and you had no idea what they were laughing at, but the way they laughed and kept on laughing, after awhile you found yourself laughing? You found yourself doubled over with laughter, with the tears running down the cheeks, and you still did not know what the reason was, but it felt good.
- 1994-0610-018 **Laugh, beloved ones. Allow yourself to get lost in laughter. Laughter is, as it has been said, the best medicine. Laughter is healing. Laughter expresses your true nature: the joy of the holy Child. For when you awaken and you know yourself to be the only creation of our Heavenly Father, there is nothing left to do except to be in joy, for you know that you lack for nothing. You are all. It is not that you have all. Indeed, you do have all, but you are all and anything that you need is instantly manifest. You call it forth. Every experience you call forth.**
- 1994-0610-019 So even the experiences that would be confrontative, as you would call it, or confusing, or would be judged to be painful, those have a grand blessing in them as well, for you have called them forth - not to view them from the place of limitation or to judge yourself as being less than. It is to show you your grand wholeness, to show you your grand strength.
- 1994-0610-020 For know you, many of you call forth the hardships, as you would call them, in relationship, yes, in employment, yes, sometimes in what you would see as physical expression. Many of you call forth the challenges, we will call them, in order to prove to yourself your strength.
- 1994-0610-021 The world would speak unto you and say that you are proving your limitations and how you are a failure and how you are not perfect and yet, this is not the Truth of your being. You call forth these experiences for just the opposite reason. It is to prove to yourself your grand courage, your

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flexibility, your creativity, your strength, your wholeness, your holiness. So when something would be challenging unto you, sit with it and look at it and say, "What a grand creative person I must be to have called this forth." It will change the way you view what is going on. Anything, any occurrence, sit and abide with it and see the creativity of the grand master that you are.

- 1994-0610-022 You, as the holy Child, have chosen to express upon this plane in this time. This is not the only point of focus where you are expressing as what you would see this time to be. There is a percentage of you that you are focusing upon - what you see as this body and this personality right now - but there is even much more of you that is expressing in what you would see as other dimensions, other planes of expression, be it other universes, other galaxies, whatever you want to call it. For you are unlimited, and there is much more of you than what is seen right here or what is being experienced right here.
- 1994-0610-023 That is why when you sit in your quiet times of meditation and you allow yourself to travel, you can imagine, you can experience being on other planes. You are much more. But what you are doing now is bringing into expression - grand physical expression - the Spirit that you are, the Light that you are, activating the molecules of physicality in a way that allows you to know that you are energy. The energy is ongoing, expressive, and allows others of your brothers and sisters to interact with your expression and to know that they are much more than the body and much more than the personality that they identify with in this time and space.
- 1994-0610-024 There is a grand awakening that is occurring upon this plane. All of you have desired this; you are calling it forth. You have asked, at what you would see as a very deep level known as the soul level, to come unto the place of realizing, to bring into conscious realization, the awareness of Who you are and it is truly joyful. Even with what you would see as the roller coaster of life, even with all of the challenges, all of the choices, you are bringing the Spirit of energy that you are, the Spirit of Light that you are, very much alive and expressive upon this plane, because you have decreed, and many of your brothers and sisters have decreed, that it is time to go Home. It is time to awaken and to know that you are already Home.
- 1994-0610-025 That is why so many of you are experiencing joy in being in a group such as this. You come and you feel your spirits - you have even said this in these words - you have felt your spirits uplifted by being in a group such as this. All of you have experienced being at home and have said unto yourself, "Oh, I don't know if I will go. I feel tired. It's been a long week. I have to travel

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a long distance." And then you have thought, "But I feel good when I'm with the other people. I will make trek and I will go." And as you have come, you have experienced, even before our gathering started, the joy of being in communion with your brothers and sisters.

- 1994-0610-026 And there are many such groups happening upon this plane even in what we would see as this evening's timing. There are many teachers - we will call them masters, but they are not above you for you are truly their equal - many teachers and masters who are coming and sharing with you remembrances of Who you are.
- 1994-0610-027 You have seen and you are experiencing a wave of consciousness - awareness, I believe it has been called - groups of enlightenment, various techniques, various methods, various languages that are spoken. And by that I do not always mean the words that are spoken as a language, but the methodology and the approach as well, the philosophy.
- 1994-0610-028 You are calling these forth, and it is not for any of you to sit and to feel a competitive nature about any of the groups. It is to take grand joy that there are so many of these Light groups popping up all over, and you will recognize yourself in all of these groups. For you as the holy Child, as the One expressing as the many, are coming alive in many groups - many points of Light as has been said, and it is a grand Truth. Your President, when he uttered those words, spoke more Truth than he knew.
- 1994-0610-029 Many points of Light. That is Who you are, and you are all worthy - as are these beautiful flowers here {carnations and iris} that are in their process, sharing their beauty with you. They do not ask themselves, "Am I worthy to bloom?" They do not sit and judge themselves and compare themselves to another flower. They do not say, "Well, perhaps the pink is a better color. Oh, my, I'm white." And would judge themselves. They do not do that.
- 1994-0610-030 {Laughter.}
- 1994-0610-031 They allow themselves to express their process as they are - as all of you are expressing your process of the holy Child that you are. And it is not for you to judge what you are unfolding and it is not for you to buy - or even to accept if it is free - someone else's opinion of what is going on.
- 1994-0610-032 **You may choose that if you wish, and all of you have chosen to accept someone else's image of you and someone else's value of you, but you have not enjoyed the feeling of somebody else's value judgment of you.**
- 1994-0610-033 So whenever that would come up and you are tempted to accept someone else's judgment of your value, sit with it for a moment. Pause. Do not

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accept it as the habit that has been deeply ingrained in all of mankind. Do not accept that. Sit with it and pause and ask, "Does the flower ask of its brother if it is worthy to bloom?" It does not. It just allows the process of growth and unfoldment, and allows itself to express the beauty that it is.

1994-0610-034 This evening I desire to do something a bit different with all of you. I have been looking forward to this evening, for we will have what has been termed an open session in that we will have questions and we will deal with the questions together, as in a seminar, I believe it is called.

1994-0610-035 For all of you I would ask that as you hear a question being voiced, sit with it in your Heart and answer the question as you would feel the Truth to be and we will have some sharings. For it is no longer necessary for you to come and to see just one personage, as it would be, going about speaking, for all of you are in communion with me. All of you speak with me and hear me talking with you. You have all come past the place where you would see the need for a priest or priestess, someone special, who would interpret the Word of God for you.

1994-0610-036 All of you are coming past the place where you would see the need for someone special who would channel Truth for you. All of you channel Truth. All of you have shared my Love with others as you have allowed yourself to come from the place of the Heart and to share the Love that you are with others. When you have sat with a friend who has been hurting and you have wanted to share with them words of comfort, words of wisdom perhaps, and you have said unto yourself, "I do not know what will help, but I want to share with you," and you have opened your Heart and your mouth and you have started speaking and the words have come forth, and afterwards you have asked, "Where did those words come from?" indeed, what you were doing was allowing yourself to expand into the Mind of God, as it has been called, the expanded awareness of Who you are. For you are not separate from me and you are not separate from the ones that you would see as the masters. You are the master yourself. And when you come from the place of the Heart, you allow yourself to expand in wisdom, yes, and especially in Love to share with others.

1994-0610-037 It is not important the words that are chosen, for the words will flow forth as they need be. It is not that you need to sit and to think, "How am I going to say this or share this with someone?" You come from the Heart with such a feeling of wanting to help that the words are there and afterwards you have said, "I didn't know I knew that." And yet you have known that and you do know that.

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- 1994-0610-038    So we will have what they would call the seminar this evening where there will be the questions and there will be the sharings, and we will have fun with it.
- 1994-0610-039    Beloved one, have you come with a question?
- 1994-0610-040    **How can I or any of my brothers and sisters deepen the connection with the soul within, the psychic being, the inmost soul, the divine spark, whatever? I want that to come forth. I want that to fill me up, and I want to live and be from that place in that way. Is there anything I can do to deepen that movement, to open the highway and let that come forth?**
- 1994-0610-041    Indeed, beloved brother. Have you heard the question? The question was, "How can I get in touch with my deeper Self and allow that to come forth, to allow the Love that I am to be shown forth?"
- 1994-0610-042    Beloved one, what answer would you give unto this one?
- 1994-0610-043    **Open your heart.**
- 1994-0610-044    And how would he do that in a very practical way?
- 1994-0610-045    **In a very practical way?**
- 1994-0610-046    Yes.
- 1994-0610-047    **Imagine it as a flower opening to the sun.**
- 1994-0610-048    Indeed. Beautiful. Beloved one, what would you say unto your brother?
- 1994-0610-049    **Be unconditional to all mankind.**
- 1994-0610-050    Yes, unconditional Love. Allow yourself to be the Love that you are and to pour that forth. How would you express that, beloved one?
- 1994-0610-051    **To just be himself.**
- 1994-0610-052    Indeed. You have heard, "Just be yourSelf." In that is the Truth of your being. Allow yourself to follow the guidance of the Heart, for none of you express here alone. Although the body would speak that there is separation, there is not. The energy that you are very much intermingles with the energy of this one, know you that? Even the very breath that you breathe is exchanged. You are very much in concert with each other.
- 1994-0610-053    There is guidance that comes forth in each moment: to visualize, yes, the unfolding of the flower, to feel yourself unfolding, expanding the energy of Light that you are, and to be open to the guidance - as you very much are. You are being, as you know, guided to go various places and to speak various

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words, and to lay on the hands and to allow others a choice of their healing by the very touch of Love that you give unto them. Or the very smile.

- 1994-0610-054 And as you allow that to come forth from your being as the flower itself that unfolds, you experience your connection with the unlimited Self that you are. This is what you have been experiencing in what you would see as the past year of your timing - a very accelerated unfoldment.
- 1994-0610-055 **True.**
- 1994-0610-056 True. The issues have come up. You have sat with them. You have said to yourself, "How can I see this in a different Light?" You have allowed them to be expressed. You have gotten right into them and allowed the waterworks to flow freely. You have allowed the energy to be expressed to the heavens when it needed to be, and you have healed much that was not seen in wholeness.
- 1994-0610-057 You are now at a place where you know your wholeness and you are allowing others to touch the place of wholeness that they are. And as you do that, beloved one, you connect with the wholeness of you.
- 1994-0610-058 It is a process, as you have discerned. It need not be, but there is a belief in process upon this plane.
- 1994-0610-059 **Yes.Yes. It can be instant, and some of the shifts have been instant.**
- 1994-0610-060 **Yes.**
- 1994-0610-061 Yes, and others have seemingly taken longer as you have held on to part of them, and then you said, "Oh, it can go." It is very much a process, but you are never unconnected. You are always connected to the Heart that you are, and as you allow yourself to do the healing work - with yourself, and even more so with your brothers and sisters - you know the wholeness that you are. It is a grand process, is it not?
- 1994-0610-062 **Yes.**
- 1994-0610-063 It is. That is what all of you are in process of doing, all in your own individual ways: you are allowing all of the issues to come up in front of you, all of the challenges, and you are asking to see them in another way, in a new Light. To see them in the Light of your own being. Not in the Light of someone else's being who has told you that it should be "x, y and z." But in the Light of your own being. And as you do that, the flower unfolds and you come from a place of unconditional Love.
- 1994-0610-064 Then you touch that place of the Heart, for you know yourself to be the Love of the Heavenly Father and there is no judgment in anything that

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unfolds – either judgment of yourself or of others. You do not judge the one who stands before you and is in such confusion that they ask of you, "What should I do? Where can I go? Oh, woe is me." You have heard this.

- 1994-0610-065 {Laughter.}
- 1994-0610-066 You have even expressed it from time to time. And you do not judge. You just allow the Love that you are to be poured forth and you know your connection and it deepens, the awareness deepens. The connection is always there. It is never broken, but the awareness deepens. It is a grand place to be.
- 1994-0610-067 Have you come with a question this evening?
- 1994-0610-068 **I was afraid of this.**
- 1994-0610-069 Why would you be afraid of this?
- 1994-0610-070 **That's my question. It has to do with fear.**
- 1994-0610-071 **Indeed.**
- 1994-0610-072 **Yeah, and fear of being open. Fear of expressing Love.**
- 1994-0610-073 Yes. It is a very commonly held fear, as you have witnessed with many, many of the brothers and sisters. It is a very commonly held fear: the fear of being open and expressing Love.
- 1994-0610-074 Beloved one, what would you say unto your brother?
- 1994-0610-075 **Oh, no. Not me.**
- 1994-0610-076 No, not me?
- 1994-0610-077 **Oh, yes, me. Of course. What would I say to Bob?**
- 1994-0610-078 First of all, would you address why there is such a commonly held fear?
- 1994-0610-079 **I would if I wasn't completely tongue-tied. If Bob hadn't stated one of my fear issues.**
- 1994-0610-080 Such a coincidence.
- 1994-0610-081 **Such a coincidence, yes. Jeshua, would you repeat the question?**
- 1994-0610-082 The question has been, why is it such a commonly held fear to be open and to express Love to the brothers and sisters, and also to be open with one's self?
- 1994-0610-083 **One of my fears is that I'm not worthy enough to deserve that.**
- 1994-0610-084 **Indeed, and that is a very commonly held belief that all have held and many are releasing. There has been a very deeply accepted fear, belief born of**

what you would see as many lifetimes, many histories, where it was not safe as the physical expression to differ from your brothers and sisters. If you were, you were outcast from the tribe, and to be outcast from the tribe meant that you could not travel with the tribe or the society, or the group that you valued being in, and many times this would mean - especially in earlier times - that you were cast to the wilderness and the wild animals did devour the body.

- 1994-0610-085 It was a very, as you would see it, a very manifest fear. You "proved" to yourself that it was not safe to express anything except what was accepted in that society. And as such, you have come down through generation after generation - countless generations - where it has been taught to you and reinforced, not by others but by your own calling forth of the proof, the reinforcement that it was not safe to express yourself. It was much safer to just be quiet - perhaps not to express Love, for how would they judge that? They might accept it or they might not accept it. And if they didn't accept it, it could be threatening - not to you as the Spirit that you are, but it could be threatening as the body would call out to you. For there could be harm, as you would see it, done to the body. But know you, you have laid down the body more times than you have changed the raiment in this lifetime, and it is as easy to lay down the body and to raise up another one as it is to change the raiment, as you do perhaps several times in a day even.
- 1994-0610-086 You have done it over and over: laying down the body and raising up a new one to express. But the body will call out to you in grand clarity and intensity that there would be something threatening to it, and this has been seen as a fear, forgetting the eternal Spirit that you are, forgetting that you are the very one who calls forth the molecules of physicality in this design pattern called a body.
- 1994-0610-087 So, many of you, and the brothers and sisters, have found it safer not to express innermost thoughts, not to express Love unless you were sure that it was safe, and as you have kept that to yourself in not expressing with the brothers and sisters, you have even hidden it from yourself. You have even said, "It might not be safe to think about that feeling," and you have denied the feeling many lifetimes where it was safer not to deal with it.
- 1994-0610-088 In society where womankind was not valued - and all of you have experienced being the woman - it was not safe to express feelings or opinions. It was literally not safe to speak - in many societies it was not safe even to speak. Women were to serve and to be quiet.

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- 1994-0610-089 **You tell them.**
- 1994-0610-090 Or the tongue was out - or worse. There are those of you who have lost the head because you spoke out.
- 1994-0610-091 This reinforced the "proof" very quickly that perhaps it was better to hold the tongue and to keep quiet. And this "proof" was experienced not only in a society that did not value the woman, but also you have experienced expressing with the male body where you were seen to be of a lower class, and again you were not allowed to speak or to express how you saw things.
- 1994-0610-092 So you have learned to keep it all inside, and you have "learned" to even keep it hidden from yourself. For what would happen, beloved one, in another society if you were as you are in this lifetime, dealing with the feelings and coming unto a place of saying that, "This feeling that I have, this Truth of my being, is valuable and I will examine it and I will speak my Truth." Other lifetimes - and this has happened for all of you - off with the head... or any other way of doing away with the body in even more painful, torturous ways.
- 1994-0610-093 **Yeah, I remember those, too.**
- 1994-0610-094 You remember those, too, yes, and all of you have experienced that. So you have said to yourself, "I will not even examine those feelings, for if I examine those feelings, I might start to express them, and if I start to express them, oh, oh," and you have denied even having feelings or alternate views on topics. From what you have seen as a very valid place of "proof" it was seen that it was not safe. That place of "proof" has been the body. It has been the voice of the world, the voice of experience that is very much limited to a point of focus, that has been speaking. It has not been the Voice of Spirit, your eternal Spirit that knows that you are always ongoing and always expressing. That has been forgotten, except now it is coming to the forefront.
- 1994-0610-095 Which is why, beloved brother, to get back to your question, you have had the courage to ask it. Give yourself top marks, as it would be, for having the courage to ask that question, to even acknowledge that question and then to voice it. For there have been many lifetimes that you and your brothers and sisters would not have the courage to voice it. Do you see how far you have come in enlightening yourself? Enlightening that stuff that you carried on the back?
- 1994-0610-096 Yes. It feels much lighter. You will find in the days to come, beloved brother, that you will find yourself expressing the Love that you are in

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grand freedom, and the fear that has been there will dissolve as the dust that it is.

- 1994-0610-097 You have decreed. It is not that I gift it unto you, but it is because it is a desire of your Heart and you have decreed that you want to express in grand freedom, to go without having to worry about what others are going to think or how they are going to judge or even how you are going to judge what you do.
- 1994-0610-098 You will find yourself as the holy Child, having a heck of a good time.
- 1994-0610-099 **Great.**
- 1994-0610-100 **Great.** It is what you deserve.
- 1994-0610-101 **Beloved one,** I am pleased that you have come this evening.
- 1994-0610-102 **Thank you.**
- 1994-0610-103 Do you know what a gift you give with a smile? For your whole face is radiant as you smile.
- 1994-0610-104 **Thank you. Would you have a question this evening?**
- 1994-0610-105 **No, I didn't come with any questions.**
- 1994-0610-106 And it is not necessary. What you have come with is the grand radiance of Who you are and there is nothing more that you need do in all of the experience of this lifetime except to allow the smile to be given. Simplicity itself. It is not what the world would say unto you, and it is not what the parents have said, and it is not what the teachers have said. There have always been the goals and the things that had to be achieved, always striving for one more level. And yet, the secret has been right here all the time. Thank you, beloved one.
- 1994-0610-107 This is true for all of you, and you are allowing yourself to be in joy - as these two lovebirds have found themselves in joy most recently.
- 1994-0610-108 Did you come with a question, beloved Towncrier?
- 1994-0610-109 **I have a question for Willie. A few years ago, when he was smaller, he was helping me carry wood, and he asked me if I would let him chop wood and I said, "No," and he said in his other life he remembers his dad let him chop wood and he wanted to know about that other life. Who was his dad in that other life? Is that other dad in this life now?**
- 1994-0610-110 Ah, beloved one, this is a question that the one known as Willie will be able to answer for himself. For truly, he will recognize his dad in this incarnation,

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as it would be, for there will be a familiarity about it, about the energy, and he will know this one.

- 1994-0610-111 This one known as Willie is very much in touch with the unlimited Self that he is, as most children are. The veil is very, very thin, and it is only as ones accept the voice of the world and the teaching that says that there couldn't be anything else and "You must, you must pay attention to what is going on right here" - have you ever heard any of your teachers say that?
- 1994-0610-112 You have been off somewhere, unlimited in your thinking, far outside the window somewhere, and the teacher has said, "Come back here. Pay attention." This is what happens, and yet, all of you as children, all of you as the Child that you now are, are unlimited and you roam freely to know the expression that you are, unlimited, infinite, everywhere, everywhere present.
- 1994-0610-113 The little one that comes with you....
- 1994-0610-114 **Bridget?**
- 1994-0610-115 Bridget, is a grand master. She is your teacher - as you are her teacher - and there is much that she shares with you, for she does not have what you would see as the heavy curtain in front of her, the veil. She goes back and forth easily. You can experience other expressions of Self, and you know yourself to be unlimited.
- 1994-0610-116 So to answer your question, beloved one, the one known as Willie will be able to tell you, for yes, he has met this father of another lifetime and he knows him. It is not hidden.
- 1994-0610-117 Did you come with a question, beloved brother?
- 1994-0610-118 **I really didn't.**
- 1994-0610-119 Very good. We entertain the questions of the mind, but all answers are in the Heart. And as you sit in silence and in the peace of the Heart, all answers - if there be anything of a question - all answers are revealed in the Heart. A question is not necessary. We play with the questions. That is why I say we will have the questions out and we will entertain them. It is more to the point that they entertain us, until we come to the place of the Heart, where you abide as the peace and the Love that you are and you say, "To heck with everything else that is seemingly going on. I know myself to be peace. I do not need to judge myself or others. I do not need to judge what is going on, for that only gets me into a stirred-up place that feels like chaos, and I have tried that and I don't like it." And you have said, "I will abide as the peace of the Heart."

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- 1994-0610-120    And then, a miracle occurs, for you find that all of the pieces fall into place. All of the pieces that you have been trying to fit, all of the square pegs in the round holes, align themselves up and you find the round ones going into the round holes and the square pegs going into the square holes. And yet, you have done nothing except abide as the peace that you are.
- 1994-0610-121    It is the way of mankind to think that he or she needs to do something, needs to make it work. Have you ever heard that? "Gotta make it work." No, you do not make it work. You allow it to work. As you get yourself in there and you try so hard and you have judgments about how it should be, it just keeps putting the square peg in the round hole or vice-versa, and as you choose to abide in the peace of the heart - this does not mean that you do nothing, but it means that you abide in peace, knowing yourself to be guided, knowing that you do not have to scurry around, knowing that "It is not I who doeth the works, but my Father within, He doeth the works" - as you abide in the peace that you are, you find the pieces falling into place for they know perfectly well where they fit. It is only when you would stand and block their path that you try to get them into the wrong places and there is much frustration.
- 1994-0610-122    What you are seeing, beloved one, as the pathway of your life is very much in order. I know that there have been times that you have questioned, but it is very much in order, and the grand lesson that you are taking from all of this is to allow yourself to stand back a degree or so and to behold, to just watch the drama that goes on and to extend the Love that you are unto others - and especially unto yourself - and to be in peace with it.
- 1994-0610-123    **Why does it continue to play, though? Why do I not feel it, believe it in my thoughts? Why does it continue to come up? Why do I continually put myself in a place that emotionally hurts?**
- 1994-0610-124    Beloved one, I would ask, when it continues to come up, where are you abiding?
- 1994-0610-125    **In my heart?**
- 1994-0610-126    No, you are abiding in the hurt and in the place that says that you can be hurt, in the place that would see yourself to be vulnerable, not as the holy Child who is so giving forth of the Love that you are that there is no time for the hurt to come in. If you would see yourself as a water hose, a garden hose, and the water is pouring through that hose onto all of the garden, that hose with the water going through it has no time for the particles of dirt to come into it. Do you see? It is very much the same with you. As you are extending the Love that you are unto others and not

judging them and not judging yourself either, you do not let the particles of what you would see as hurt come in, for you are so much in the positive expression of Who you are that there is not time to entertain the hurt.

- 1994-0610-127 When you feel hurt, beloved one, you are not seeing yourself in wholeness. It means that for a moment you have bought the voice of the world. And you are paying a dear price for it, for it does not feel good. But it does not mean that you have to hold on to it forever, either, for you have not bought it with the plastic and it is instantaneous exchange. It is not something that will come in the month's billing. It is just right there. So you can get rid of it just as fast.
- 1994-0610-128 When you feel yourself to be in a place of hurt, sit with it and say, "Okay, where am I coming from? As the holy Child that I am, I know that my Heavenly Father loves me." Abide in that Love. That is all that matters. That is all that is the Truth. The rest of it is as drama.
- 1994-0610-129 And then get yourself very busy in finding where you can extend the Love that you are in service unto others, for as you get yourself so busy extending Love, you will feel the garden hose full of the Love that is going out and the dirt particles do not get in. It cannot get in. You know you are that flow. Get yourself busy in extending it.
- 1994-0610-130 If there would be one who does not value what you have to give, shake the dust of your sandals and walk on to another one, for there are many of your brothers and sisters who are wanting the Love that you have to share with them, the encouragement that you can share with them, the creativity, the joy. If one does not value it, who says that you must stay with that?
- 1994-0610-131 **I continually change to try to please the other person.**
- 1994-0610-132 Indeed, you have tried that. Indeed. It is for all of you to know that you are the garden hose that allows the Love of the Heavenly Father to go forth. That is your function in this life, and in any expression of life. It is to be as the process of the flower: to allow the Love and the Life, the beauty, to express.
- 1994-0610-133 And as you are so busy in the process of expressing, in sharing with others the grand Love that you are - even messing up the hair - such a delight {Jeshua reaches over and tousles the hair}. You see, you don't even have to stop and think what would be a grand thing to do. Just follow your guidance. As you are so busy getting yourself so caught up in the extension of the Love that you are, you don't have time to think that this one over here may have been saying something hurtful to you. You won't even see it. You won't hear it. You don't have time for it.

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- 1994-0610-134 You, beloved brother, do not have time for it. You have done with it. You have tried it out. Didn't quite fit. Wasn't the right size.
- 1994-0610-135 **Where do I go from here? I'm so willing to be a servant of the Heavenly Father, knowing the God that I am. You know, trusting. I've got all the head information and integrating it to the heart. I understand it. I've read the books.**
- 1994-0610-136 Indeed.
- 1994-0610-137 **Okay, over and over. I've written a lot of them.**
- 1994-0610-138 Indeed, you have, yes.
- 1994-0610-139 **Okay. So being a willing, open servant of our Heavenly Father, how I can best serve the atonement? Where is the focus and direction now? I'm looking for the clarity, and I seem to be playing the old patterns that we have just talked about, and then I realized....**
- 1994-0610-140 Yes, and you have realized that.
- 1994-0610-141 **So, I'm like ready to like... I don't know. I feel like I'm ready to surrender. I just feel frustrated.**
- 1994-0610-142 Very good. Surrender. You have said it: surrender. Ask of yourself, where would you like to be? What would you like to do? What would bring you the most joy? Where do you find yourself resonating with the heart in activity? For it is not given unto you to just sit under a tree in this lifetime. You've done that other lifetimes. But in this lifetime it is for you to be expressive in activity and see where you would like to be that makes you feel alive. You will sit with that and you will ask of yourself. And it will also be a place of exchange where you will give that energy unto others and they will give you back energy, yes, or in the form of golden coins.
- 1994-0610-143 In other words, go find a place where they will value what you have to give, and there will be a balance with it, for you will extend what you have and they will give unto you, and it will be valued.
- 1994-0610-144 Sit with yourself and see where you would like to be. It is not for me or any of your brothers and sisters to say unto you where is the best place for you to be.
- 1994-0610-145 **I realize that.**
- 1994-0610-146 But you, you can find that place. If, if you were, beloved brother, totally unlimited....
- 1994-0610-147 **I am.**

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- 1994-0610-148 And you are. And if you could have any wish that you would desire - and you can - where would you like to be? What would you like to do?
- 1994-0610-149 **I would like to have complete financial abundance so I don't have to worry about living in the physical practicality of this world and be so enslaved to the damned system that it traps people and stifles them. I would like to have beaucoup bucks. So help me with the lottery or something. It's like....**
- 1994-0610-150 {Loud laughter.}
- 1994-0610-151 The golden coin, beloved one. You now have it. {Jeshua gives him a golden colored Jamaican \$1.00 coin.}
- 1994-0610-152 **Right, so I don't have to be so preoccupied with base physical survival consciousness so I can focus completely on serving the atonement. And how would I want to do that? I don't know... being a part of the Oakbridge philosophy, of being in the community of Light, sharing the Love of the God that I am and extending that out. How does that all fall into place? I don't know. To me it seems more....**
- 1994-0610-153 The golden coin, beloved one... the golden coin comes as a fringe benefit. It comes as you are finding a place to extend the energy that you are. You do not have to worry about whether you will have abundance, as you call it, to take care of the bodily needs.
- 1994-0610-154 Look at you now: shoes upon the feet, beautiful clothing. You are sitting upon a chair. You have a roof over your head. Always you will be taken care of - not by somebody outside of you, but because you are calling it forth. You can rely on that. That is the Word of God. Not my word, but your word as the Child of God. It will always be there for you.
- 1994-0610-155 Now, get yourself busy, beloved brother, in finding where you want to extend the energy that you are in practical terms, tangible activity. Do something, as they say, and you will find that the golden coins, the abundance is as a fringe benefit, for if you go out searching to get for yourself the abundance and you put all of the focus of your attention onto making money - and all of you have. And you have experienced that in other lifetimes. You have been as the grand wealthy madame who had all of - yes, indeed, even in that sense....
- 1994-0610-156 {Very loud and long laughter.}
- 1994-0610-157 **Congratulations.**

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- 1994-0610-158 Indeed, all of you have experienced the wealth, and you have come unto a place where you have had so much wealth that you could not count it, and you even had the servants counting it and they could not count it for you, because as they counted it, more came in as tribute from the other countries, other tribes, other nations. It came in as tribute and you could not keep up with counting it. And yet, you asked of yourself, "Does this bring happiness, fulfillment? Is it the most that I could ever desire?" And it was not. And you laid down the body very much as a disappointed, bitter woman - or man - and you said, "Well, I tried that way. There must be another way." And you have come back and found that your wealth has been in the Love and in the service unto others. For as you are in service unto others, you are in service to your Self. And as you do that, the joy comes forth - and the golden coins as well.
- 1994-0610-159 {The brother reaches out to return the golden coin.}
- 1994-0610-160 You may keep it, beloved one. It is as a symbol to you to know that you will always have the golden coins.
- 1994-0610-161 **I'll always hold on to it.**
- 1994-0610-162 Indeed. It is for you to have as a symbol, and for all of you to know that the search for abundance, as you have called it, is not the goal that needs to be achieved, for you have all tried that and you have all experienced it, and you have all come back as you see yourself in this room, to experience where your true wealth lies. And it is as this one has said earlier: in expressing the unconditional Love of the Heavenly Father. It is in coming Home. That is where your wealth abides.
- 1994-0610-163 And what you have seen as the golden coins, in what is called as the abundance, comes as a fringe benefit. You are always taken care of.
- 1994-0610-164 **{To another one}: It comes as a fringe benefit in most surprising ways, does it not?Yes.**
- 1994-0610-165 Sometimes it will bring the challenges of releasing certain feelings of holding onto something, and as you have come through the releasing there has been an abundance. A grand place to be. But the abundance is a fringe benefit, and it is always provided for you. Always.
- 1994-0610-166 **Jeshua?**
- 1994-0610-167 Yes.
- 1994-0610-168 **When you say to not concentrate on getting the golden coins, but concentrate on finding a place that you would like to extend Love, this**

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could be a very humble position; it doesn't have to be fancy; just some place that resonates with you as a place that you want to just give out this constant flow, like the water hose, of Love, and that the money will come to take care of your needs.

- 1994-0610-169 Has it not always? Yes.
- 1994-0610-170 **Yes, but a lot of us have gotten hung up in doing a work that makes us very uncomfortable and feeling that we must be there because we have to have the golden coins. And so it is almost like a quantum leap.**
- 1994-0610-171 It is indeed.
- 1994-0610-172 **It is a quantum leap.**
- 1994-0610-173 It is.
- 1994-0610-174 **You've got to say to yourself, "Well, if I'm not allowed..," if for some reason... just like in other lifetimes where we may have been beheaded or had our tongues cut out or whatever, there are ways of doing that now that are not as explicit, but people do become quite stifled and think they can't speak because they will lose their job or be in big trouble. So you can make a transition from that place and still bring in golden coins if you first think about where can you go to extend your love, what feels good to me or to you.**
- 1994-0610-175 Yes, that is what they would say is the bottom line question: "Where do I desire to be?" And know you that it does not have to be something that you would see as an elevated position or one that would be religious, spiritual, whatever. It can be in the most mundane service: of serving the food unto one. For you have expertise, as they call it, beloved brother, in an area, and as you serve the food unto ones, you serve also the smile of the mouth and of the eyes and of the heart that says unto that one that they are getting more - and they are - than just the physical nourishment of the food.
- 1994-0610-176 **I know I can do so much more than wait tables. Come on, Jeshua.**
- 1994-0610-177 Ah.
- 1994-0610-178 **I was a grand teacher before. What the hell am I doing now?**
- 1994-0610-179 It is for you to answer the question. Do you know, beloved one, that you can be and are a grand teacher as you wait the tables? For if your Heavenly Father would ask you to be a humble street sweeper and to be out there and to sweep the street and to smile as ones went by - the ones who would meet your eyes, for there would be many who would not meet your eyes,

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but for the ones who would have the eyes to see - you would be the grand teacher.

- 1994-0610-180 It is the same with waiting tables. It is not to be looked down upon except as you give value or lack of value to it. You can still be the grand teacher. It matters not where you are. It matters Who you are.
- 1994-0610-181 **But in honoring that I and my Heavenly Father are one - I co-create my own reality - I choose something more meaningful, more influential to the awakening of man. I don't know how to apply that.**
- 1994-0610-182 **You will abide with that, beloved one, and you will see even the words that you have chosen as meaningful. There is a message in all of that for you. It is you who are making, what is termed, the value judgment of what is important. And yet, your Heavenly Father comes and expresses as this one and as this one - all of the ones - in ways that whatever is necessary to be done is done, and the Heavenly Father does not ask of Himself, "Am I so elevated that I would not serve food unto my brother?" He does not make judgment as to what expression is better, greater than or lesser than. The expression of Love just is wherever you find yourself to be.**
- 1994-0610-183 But if you desire to be in another surrounding, as it would be, another way of exchange of energy, then that is your choice and there is no judgment. For if you would go and be the university professor, if you would see that to be more elevated, go and be it. Do what is necessary. But know, beloved one, that always what is important is the expression of Who you are - not the job, as it is called - and be happy with it. You judge yourself more than you need to.
- 1994-0610-184 **It seems such a damned struggle. I'm grateful for a little happiness, you know.**
- 1994-0610-185 Indeed. Very good.
- 1994-0610-186 **Send some miracles my way.**
- 1994-0610-187 They are being tossed, beloved one. Would you do me the favor of catching them?
- 1994-0610-188 **Indeed I will.**
- 1994-0610-189 {Laughter.}
- 1994-0610-190 Indeed.
- 1994-0610-191 This would be a good time to take a break, to refresh the bodies, to walk around a bit, to put some water in the bodies and release what needs to be,

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and we will meet again and we will entertain more of the questions. This has been a grand joy for me; the interaction has been most enjoyable.

1994-0610-192    So be it.

1994-0610-193    {Break.}

1994-0610-194    So did you refresh the bodies? Did you refresh the Spirits by beholding the Love Light in each other's eyes? Exchanging the hugs? Smiling? Allowing the Light that you are to come very much alive? Yes.

1994-0610-195    That is why there is so much joy in coming together in this fashion, for you allow yourself to turn on, not only the flashlight, but the great ray of Light that you are and to extend your Light and your Love unto others. A delight.

1994-0610-196    {Reading a brother's T-shirt.} "Who do you say that I am?"

1994-0610-197    **Are you asking?**

1994-0610-198    Yes.

1994-0610-199    **That's what your shirt says.**

1994-0610-200    **Right. From my eyes?**

1994-0610-201    From your eyes, yes.

1994-0610-202    **A savior. Someone who died on the cross for my sins....**

1994-0610-203    Ah, I see. But, beloved one, I would give you a larger vision than that. I am, yes, an elder brother, but I am your Self. I am not just one who died on the cross - and truly, beloved one, I did not die upon the cross. The body I allowed to cease its functioning temporarily, but I did not die upon the cross.

1994-0610-204    For as you can see, I am very much alive and well, and I came back and I resurrected the molecules of physicality, like these molecules that you have attracted unto yourself in the design pattern called the body, so that I could express with my brothers and sisters in a language that they would understand - the same as you are doing now. This is why you have collected these molecules, the dust of the Earth unto yourself: so that you can express the Light that you are unto your brothers and sisters in a way that they understand.

1994-0610-205    **You mean it's good to wear this....?**

1994-0610-206    Indeed, it is a grand joy wear this, to express this way. Yes. You have chosen to express with the dust of our Holy Mother, the Earth, the molecules of physicality, matter, as it would be called. You have chosen to

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express in this manner, but to come unto a place where you know yourself to be the Spirit that activates the matter, that it is not the body that is the master of the Spirit, but the other way around. And to allow your brothers and sisters to see this vision as well.

- 1994-0610-207 That is what this time upon this plane is all about. It is, as I have termed, about coming Home. It is coming unto a place of knowing that you are the holy Child, knowing what that means in wholeness. Not holy as a religious organization would say unto you that you are worthy to be holy. That is not what it means. You are holy because you are whole, created before time was by our Heavenly Father, and you lack for nothing.
- 1994-0610-208 You are not holy in the sense of the Swiss cheese that has the holes in it, but you are whole. W H O L E.
- 1994-0610-209 **Do you mind if I ask you a question?**
- 1994-0610-210 That is why I am here, beloved one. What would you ask?
- 1994-0610-211 **I know in the Bible it speaks a lot of how you healed many people, and people had many diseases of all kinds and people who were blind, people who are going to walk and so forth. When you channel through Judi's body, does that power limit because you are channeling through her so you don't have the ability to do that as much or do you just not like to do that as much?**
- 1994-0610-212 Beloved one, the power that I am is not limited by any vehicle of expression. The energy that I am is ever ongoing and ever expressing, and can be what you would see as very dynamic. The healing is upon this plane in this day and time very much the same as it was in my lifetime that is so famous as Jeshua ben Joseph, as Jesus. For I did not heal the ones who were healed. I allowed the energy that I am and the vision of perfection to be held. I saw the others as the Light, as the energy that they are. I held that within myself as a vision of knowing their wholeness and there was, yes, a dynamic quality about that that many felt because of an expectancy that was built up. It is the same in this day and time.
- 1994-0610-213 The healing that takes place is chosen by the one who would accept that healing. It is not I who come and because of a magic wand I can touch you upon the head and instantly there is sight. That is not the way it works. It has to be chosen by the one who would be healed. This is why - and it has been recorded in your ancient Scriptures - this is why I have asked of ones, "Would you be healed?" For it is a very necessary question that that one would ask of themselves to come unto a clarity about it. For there are many who would not give up their belief in disease, for it serves them. They have

found benefit in it. You know yourself many brothers and sisters who keep their diseases, their ailments, because it brings unto them what they would see of value: other's compassion, other's service, whatever, in different ways. They see a value in staying in that place and they truly do not choose healing.

1994-0610-214 There are many levels to this answer. For often even if one would say at a conscious level that they desire to be healed, at a deeper level there is what is known as the soul choice to manifest what is seen as disease or lack of wholeness, either for the experience that it brings to that one - there are many that you have known who learn, integrate other aspects, qualities you will call them, through the experience of physical handicap or disease - or to be as a servant unto others. There are many who choose to be in a place of manifesting non-wholeness for others. They are there as grand servants. There are some in this room who are as servants unto others by what would be seen as a physical handicap, and they allow others the opportunity to look upon them and to see either a limitation of expression, an ease of getting around as you would term it, or to see past what is the physical appearance and to see the holy Child that that one is. They are servants unto others. So there are many reasons, many gifts in the choice of non-manifestation of wholeness.

1994-0610-215 **Do you mind if I ask you another question?**

1994-0610-216 Indeed, you may.

1994-0610-217 **I always saw you from the Bible perspective, and from society itself, as being a great person and doing many great things and died on the cross physically - not spiritually - and I never really saw me as being like you, but more... being more like you, not of you. So not like I would take on your role in any sense, but accept more of the qualities of healing and spirituality and realize that more. I always thought of you as being like in the Second Coming. I always thought of it as being, you know, like in "Revelations" sometimes. I always thought it would be as a great person coming down, a messiah or one who showed many people the way and the path - not that everyone could become a Jesus or God in themselves, because that takes the purpose of being God, your Father, away because, why have God, Himself if we already have our God in ourselves? You know, it's like why have a Jesus in the first place? Why have a person... why come here and talk to you if we already have it within ourselves and we can unlock that? In talking to you, it's like, in the eyes of us, at least, talking to a female, not talking to Jesus Christ Himself.**

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- 1994-0610-218 Yes, is that not grand? That is why I come and I express in this fashion: for you to come past the place of appearance where you would see a small woman dressed in flowing robes, yes, walking about and expressing the personage known as Jesus, Jeshua ben Joseph. It means that all of you must set aside what the physical eyes would see, to see with the eyes of the Heart. For this is truly where we converse: from Heart to Heart. That is why I have said, we entertain the questions of the mind but it is the Heart that understands and knows the answers.
- 1994-0610-219 I come and I serve as a catalyst for remembrance. I cannot save anyone, for I am the same as you. You are a grand master, the same as what has been ascribed unto Jeshua ben Joseph. I am your brother. I am even more than your brother: I am your Self, for we are the holy Child of the Heavenly Father, the One creation of our Father. And if you are Life - and I assure you that you are - are you alive?
- 1994-0610-220 Yes.
- 1994-0610-221 Yes. If you are Life, you are the creation of our Heavenly Father expressing upon this plane. It has been seen down through the ages to be of value that there would be one above you as the savior, as the messiah. It has been seen by your religious organizations, your priests, the organizations that would be governing, to say that there is one who died on a cross who was Very God expressing upon this plane, the only Son of God, Who came and gave of His life in order to save mankind, and that, if you believe in that, or you believe in the religious organization and what they teach you, you will be saved by the one who died upon the cross - by the spillage of His blood, you are saved. This is not true. I cannot save you.
- 1994-0610-222 I can come in various ways, this being only one of them, and serve as a catalyst for remembrance for you. To say unto you, "You are the holy Child of our Heavenly Father. Come Home with me. Awaken and know Who you are." That is why my message in all of these evenings is the same: "You are my brother, my sister. You are me. We are the Child of the Heavenly Father. We are Life expressing in this form and Life expressing in other dimensions and other planes in a different form, but Life, nonetheless, and you are that Life."
- 1994-0610-223 But it has served the purpose of the governing authorities to say otherwise. And you, beloved one, are one of the ones who has questioned that - not only in this lifetime but other lifetimes as well - and you have said, "I know that I and the Father are one, the same as Jesus, Jeshua, has said. I feel that to be the Truth of my being, and I do not need to go unto a priest or

even to pray unto one known as Jesus, Jeshua, who died supposedly upon the cross in order to save me. For I know that I can commune with my Father." And you do, momentarily. All of you, as you pray, you commune with the Creator, the Life Force that you are.

- 1994-0610-224 **This is what all of you are coming unto a place of claiming for yourself: that there need not be anyone else to save you. Even in meetings such as this where I come and I speak to you because the veil is so thin, even in meetings such as this what I do is to ignite, ignite the spark of remembrance of Who you are within you. I allow you to question, yes, with the questions of the mind. To play with those questions, but to take them unto the place of stillness in the Heart, the place where all wisdom abides, to know the answer. Not to know the answer up here {the head}. That is fun to play with, but it keeps you going around and around until you choose to come unto the place of peace within the Heart that says, "I don't care what anyone else says - including this one {the head}. I know my Truth." And I play with you. I allow you to feel Who you are in playfulness. Yes, to get the smile to come, the light in the eyes to come. That is because you are turned on to Who you are when that happens. That spark is ignited and you connect with the Life that you are - not the life that you think yourself to be or the life that you have read about in the books or the "shoulds" of what it should be, but you come alive. That is all - but it is no mere thing that I do when I come in these evenings. I allow you to entertain a new vision of yourself and of your brothers and sisters. I allow you to feel the Love that you are, to express that Love, to come alive as the beautiful expression that you are.**
- 1994-0610-225 **Can I ask another question?**
- 1994-0610-226 You may, indeed. You are an abundance, a wellspring of questions. Yes.
- 1994-0610-227 **Is there a quality of Judi that you put your hands behind your back and move your hands or is that a quality of you?**
- 1994-0610-228 To walk with the hands behind the back?
- 1994-0610-229 **Right. I always imagined you as speaking more... moving and parables and stuff like that. You know, not as, "I can't turn the microphone on," type, you know.**
- 1994-0610-230 {Laughter.}
- 1994-0610-231 I allow the beloved Elder to work with the mechanical devices. Yes, I know how to work this when I come and do these evenings. What I do with the

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hands, beloved one... I very much need to be or want to be, as the energy that I am, to be in motion, so that I walk. It is the expression that I choose through this one. Others that you will see bringing forth Jeshua ben Joseph have other ways of expressing. There are ones that you will see that will sit in the chair with the eyes closed and perhaps use a lot of the hand motions. There are various ways of doing it. With this one I feel comfortable in being up on the feet and walking around.

- 1994-0610-232 As many of you have experienced, many of the evenings this is how I go around: holding the hands as I speak with one, for there is an exchange of energy that is allowed to happen as I hold your hands. This evening has been somewhat different, for I have kept the energy, as you would see it, somewhat behind the back -although it is not ever contained within the body.
- 1994-0610-233 It is a very good question to ask. You will find in your own channeling of the Self that you are - of the Self that we are - that there is a way that is comfortable and unique unto you. It is the same with all channels. For you channel, beloved brother, the energy of the Love that you are and that I am, as well. We are not separate.
- 1994-0610-234 All of you channel the energy of what you would term your Higher Self, the energy that you would perhaps allow yourself to identify as Jeshua ben Joseph or as the Christ. All of you do. And it need not be limited to what you would see as one entity called Jeshua ben Joseph. For you are not separate from me and you are not separate from any of my expressions, for my expressions have been your expressions. And you are living the expression of the Love and the Light of the Heavenly Father right now at this point of focus as me. But that is not a heavy responsibility. It is something that you may do in joy.
- 1994-0610-235 But I find this form of expression comfortable. That is all that it serves, and you will find others who will channel the energy, as it would be called, in different fashion. What is important is the message of the Heart. What is important is the catalyst that allows you to come unto the place of a shift in perception for yourself, and that has happened in this evening. There have been many shifts. There have been many questions and there have been many shifts.
- 1994-0610-236 And I thank you, beloved one, for having the courage to come this evening. It is new territory and yet, it is old territory. You have experienced it in what you would see as many other lifetimes. You have experienced being with me in the lifetime that I was known as Jeshua ben Joseph. That is why

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there is a familiarity and why there is the knowingness of what you have experienced.

- 1994-0610-237 For in that lifetime, beloved one, we sat and we talked, and I talked very much with the hands. I was a very active one. This is what you have felt. But for the expression in this evening, it feels comfortable to put the hands behind the back. Would you have another question?
- 1994-0610-238 **Yeah.**
- 1994-0610-239 Ah ha. You see, the wellspring goes on and on. It is as we have spoken of the garden hose.
- 1994-0610-240 **You know how society has created like aliens and UFO's, and how they came out with that newspaper that says about the markings in the grass and stuff? Did you create aliens and beings or... well, obviously you did create them, but are they like everyone imagines, with the big black eyeballs and skinny bodies, and are they there as a message or are they there not to intrude on us or are they even there?**
- 1994-0610-241 Ah, let us deal with one part of the question first. Did I create what is known as the aliens and the other expressions of life form that you are experiencing? Beloved Songbird, how would you answer that question?
- 1994-0610-242 **Well, you personally didn't create aliens but we as one create them and they create themselves as we create ourselves. Yes. Exactly. I as Jeshua ben Joseph did not create them, but I did create them as all of us, as the One, are calling them forth in the experience now.**
- 1994-0610-243 The ones that you would term aliens have been here upon this plane for as long as you have counted time, but there has been a belief in separation that has said that only what you would see with the eyes and could be touched, that that was all there was, and the idea that there could be more as expressions of Life in a different form was not entertained by society in general. There were always the seers who saw more. But what is happening now upon this plane is an awareness, an expanded awareness, where a grand majority of the brothers and sisters are allowing for something new to be entertained. For the veil, as I have termed it - the veil that would keep you so locked into your own experience - the veil is becoming very thin, and you and your brothers and sisters are allowing yourselves to entertain the idea that there might be lifeforms very much in expression with you right now, right here in this room.
- 1994-0610-244 For if you will receive it, this room is full of Light beings. There are those of you who are utilizing the molecules of physicality in a very specific

vibratory fashion of the body, sitting upon the chairs, and there are others sitting upon your lap, as it would be, in another vibratory rate, very much sitting on you, on your chairs, and others that you would see up above or below. I am walking on some of them. They do not mind.

- 1994-0610-245 You are calling this forth at this time as part of the grand remembrance of the great ray of Light that you are, to prove to yourself in experience that you are much more than just what you see in front of you as dense matter. Yes, the ones that have been called as aliens are very much alive and well. They are here in different forms. There are some who are thin of form with the dark eyes. There are others who are abundant in their design pattern, the same as what you find with your brothers and sisters. There are others who are very much in the Light form that you could put your hand right through, and yet they are expressions of Life - all different forms - and they express the Life of the Heavenly Father upon this plane as well, in a different form, as you have done and as you will do - as you see process to be - and as you are doing at this moment.
- 1994-0610-246 They are here for many reasons. They are here as friends. There are ones who are here to, as you would term it, help in the enlightenment. There are ones who are here as observers to see what you are choosing - you as a collective expression - what you are choosing. There are ones who are here following their own truth, the truth with a small "t", of what would be seen as their drama as they experience Life to be. It is a truth with a small "t". The Truth with a capital "T" is the Life that you are and the expression, the expression of the One, seemingly as the many. That is the Truth of your being. For you are not separate from the ones you would even call "aliens.'
- 1994-0610-247 They are very much here and you can speak unto them as ones in this room have spoken and do speak. They are very much your brothers, and there is nothing that is going to harm the holy Child. "Aliens" are not going to come and take you away against your will or do experiments upon you against your will.
- 1994-0610-248 As it is true of your brothers and sisters that you can see and interact with on a very physical level, they do not do you harm either, and the "aliens" do not do you harm. You call forth experiences. There are ones who have seen themselves to have been taken up in what are known as the spaceships for the experience thereof. But they have chosen that experience as you would choose to turn to a certain channel on your television set to view a movie. There are those of you who would select a certain video, as it is called, to watch, and there is one perhaps sitting next to you who would not choose to watch that video and would choose another video. It is the same for all of

you. Some of your brothers and sisters have chosen to interact with an experience, the video known as being abducted into a spaceship - again, for their own process of coming Home, for their own expansion of what they feel to be real, to be experienced: real with a small "r" for it is part of the drama, part of the experience and yet, in their experience of what is "real", it leads them to the place of understanding the Reality - with a capital "R" - of their being. The unlimitedness.

- 1994-0610-249 For you call it all forth, every experience, however strange the world would judge it to be, and yet, in other days and times the visitation of what would be known as aliens was quite commonplace and you interacted with others from other planets and galaxies as a very day to day occurrence. You even did it yourself. You went off in what is known as the spaceships and you brought some of the technology to this place in order to build some of the monuments that still are visible upon this plane, still very much in evidence upon this plane. You were very active in doing that and it was understood. It was not seen as something foreign or alien. You interacted; you went on the spaceships.
- 1994-0610-250 It is a grand awakening that is happening now, for you are entertaining the idea that there can be life in other forms. And it has been the habit of mankind, born of fear and the belief in separation, to look upon anything that was out of the ordinary and to see perhaps that it could be fearful. It has been seen to be the first reaction of mankind. When anything unusual happens, it is first to think, "Oh, is this a threat to me?" It is the body that speaks. It is not the Spirit that speaks, but it is the matter that would call out in fear and say, "Is there something here that I must attend to that could be threatening?"
- 1994-0610-251 It is not the Spirit of you, for the Spirit knows that you are unlimited and you are eternal. But to answer your question, beloved brother - a very good question - yes, there is much more than what appears to the eye with the limited vision. There is Life all around you and it is Life that is here to serve you: to serve in the awakening. That is what it is all about. Have fun with it. Allow your brothers and sisters to know that, too: that they do not need to fear. It has been a habit, yes, but it is a habit that does not serve the holy Child: to be in fear. You are eternal and there is nothing that can harm the holy Child.
- 1994-0610-252 The body, yes, may be laid down and only is laid down as a choice. The body is never taken from you, never taken from anyone. It is a choice to lay it down, although you would see, perhaps, the motivation might be quite strong

and the belief, built of many lifetimes, and the teaching of many societies would say that when thus and so happens, the body must be laid down.

- 1994-0610-253 But you have also seen in times of grand violence called war, that there would be one brother who would be so injured in the body that parts of the body would be devastated and yet, the will to live would be so strong that that one would keep on expressing with what was left of the body. And another brother, standing just next to him, when the first cannon went off would die of fright, having suffered no devastation to the body. It is always a choice to lay down the body. It is never taken from you. Never. It is always a choice.
- 1994-0610-254 So that from that, beloved brother, you would take the bottom line to be that there is nothing to fear, true?
- 1994-0610-255 **Yes.**
- 1994-0610-256 **Indeed.**
- 1994-0610-257 Would you have a question this evening, beloved one?
- 1994-0610-258 **Yeah, a couple.**
- 1994-0610-259 **Okay.**
- 1994-0610-260 **It's good to see you.**
- 1994-0610-261 **Indeed.** I am very pleased that you have accepted the invitation to be here this evening. You did not need to be here, but it is a grand joy to share.
- 1994-0610-262 **It's good to stop by and say hello this way.**
- 1994-0610-263 **Yes.**
- 1994-0610-264 **I want to thank you.**
- 1994-0610-265 **Indeed,** I thank you. Do you know the healing that you are doing? We have spoken in times previous of your healing work, and it is often seen that healing would be of the body - limited to healing of the body - and yet, what you are doing as the servant of the Heavenly Father, even in the employment that you now find yourself, is being healing to others.
- 1994-0610-266 You allow others to express what they need to express, and by the calmness that you exemplify for them they see that they can also allow themselves to abide in peace, that things will work out. They are not met with the same kind of energy that they project. It is not confrontative, as they would say, and it allows them pause for thought that perhaps there is another way to express in the world and to transform the world.

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- 1994-0610-267    It is no mere thing that you do. See, you thought you were just doing a job.
- 1994-0610-268    **I try. I do.**
- 1994-0610-269    Indeed.
- 1994-0610-270    **So my mom passed away.**
- 1994-0610-271    Yes, and a grand energy she is.
- 1994-0610-272    **And you were there.**
- 1994-0610-273    Indeed, she called upon me and instantly we were together, as we are now. She is a joy. She is experiencing and enjoying the freedom that she now feels.
- 1994-0610-274    **I thought she would.**
- 1994-0610-275    Yes, she is as a child, a child in what you would call the candy store, who is going hither and thither enjoying whatever she thinks of to experience, not having what you would see as the density of the body to drag around. She is having a grand time.
- 1994-0610-276    **She is truly forgiven. There's really never anything to forgive.**
- 1994-0610-277    Indeed, she feels that, and that is a blessing unto her and a blessing to you. There is much love.
- 1994-0610-278    **Yes. One other question.**
- 1994-0610-279    Yes.
- 1994-0610-280    **I did some healing work on myself, with some help, not long ago and it was a past life thing. I was drawn and quartered, and there was a message given to me in that that peace perpetuates peace, violence perpetuates violence. Yet just after that or before that... I don't quite remember... I was in some grief and I ended up in a martial arts place with a guy who studied Chinese martial arts for seven years in China, and I don't see how they relate so well.**
- 1994-0610-281    Ah, beloved one, that is the very reason that you are experiencing this: to see how there is wholeness in all of this. For as you are beginning to discern, there is much of wholeness - we will call it spiritual aspect, but it is wholeness - in the martial arts. There is more than just learning techniques of combat and disarming the "enemy," for you have to know the "enemy" as yourSelf and to become one with him.
- 1994-0610-282    There is much with this one that you have been attracted unto, much that you are sharing and will be sharing, but the importance here is for you to

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sit and to abide and to know you have been with this one in other lifetimes. There is much that you have shared with this other one in what you would see as history. It will be a reconnection. There is a wealth of what you would term philosophy perhaps, but there is a wealth of remembrance for you in this. Again, it is part of what the holy Child is bringing forth, calling forth, in order to experience the wholeness of you. You will have fun with it.

- 1994-0610-283 **I am. I find myself a little hesitant in this. It's new.**
- 1994-0610-284 **Indeed, it is going beyond what you would call your "comfort zone."**
- 1994-0610-285 **Way beyond it.**
- 1994-0610-286 **You were most surprised to find yourself going to that place and yet, you were answering the call of your soul in order to integrate experiences from other lifetimes, as you would see it. You know that you can claim other expressions of yourself. You are the grand adventurer.**
- 1994-0610-287 **{Hugging.}**
- 1994-0610-288 **My old friend.**
- 1994-0610-289 **Thank you, beloved one. It is always a joy to converse with you in this manner. To hold the hands, to reach out and touch, to see the eyes that are so alive with the Life of the Heavenly Father.**
- 1994-0610-290 **That's Who I am.**
- 1994-0610-291 **Indeed. Thank you for claiming it.**
- 1994-0610-292 **I need to remind myself so I can keep remembering it.**
- 1994-0610-293 **Indeed, and let your brothers and sisters know that as well - as you do with the work that you do. It is not by accident that you find yourself doing what you are doing. Not always so enjoyable.**
- 1994-0610-294 **But, beloved one, it can be. Know you that when you converse with these other ones who are calling, know you that I converse with them through you. We will have fun with it. I enjoy the various modes of expression - even dealing with what you would see as the complaints about furniture.**
- 1994-0610-295 **In the lifetime known as Jeshua ben Joseph I did some carpentry.**
- 1994-0610-296 **You did?**
- 1994-0610-297 **As you know. I made what is termed some furniture, and it is not recorded in your Holy Scriptures, but there were some complaints.**
- 1994-0610-298 **{Loud laughter and comments.}**

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- 1994-0610-299    No, beloved one, it was not rickety chairs, but there were some complaints about the design. Some, oh, dear women, some women had some other designs in mind and wanted it redone.
- 1994-0610-300    **They are grand designers.**
- 1994-0610-301    Indeed. Indeed - in more ways than one.
- 1994-0610-302    Beloved Elder, that does not go in the transcript.
- 1994-0610-303    {Loud laughter.}
- 1994-0610-304    Beloved Songbird, how does this evening find you?
- 1994-0610-305    **Good.**
- 1994-0610-306    Would you have a question this evening?
- 1994-0610-307    **Well, not really. Well, I kind of wanted....**
- 1994-0610-308    Yes.
- 1994-0610-309    **I wasn't sure if I was going to ask anything. What I wanted to know is more about communication with animals and how to go about it. I find it easy to talk with trees and stuff because they sit in one spot, but sometimes it's hard to hold animals' attention - wild birds and stuff like that.**
- 1994-0610-310    It is not by accident that you find yourself sitting next to this one who has grand communication with ones known as animals: the expression of our Heavenly Father on what you would see as the four feet, sometimes the two feet with wings, the different expressions. Speak with this one after and she will share much with you.
- 1994-0610-311    But know that always you commune heart to heart with any of the lifeforms, and it matters not whether they are sitting, as you would see, quite placidly with you or whether they be in flight. That is not the importance. It is the Love that is shared Heart to Heart, and they can be right with you or they can be what you would see as a state or country away and yet, you can commune with them as the Life that you are.
- 1994-0610-312    Hold them in your mind and speak unto them, and then listen. It is very important to remember the second part - as it is with prayer and meditation. For prayer, beloved one, as you have discerned, is the speaking unto the Heavenly Father of what you would commune with Him. Meditation is where you listen and where you receive the inner wisdom bubbling up to the surface. It is very important to remember the two parts, not to just dial on the telephone to someone and to say unto that one, as they pick up

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the what is called the receiver, to speak unto that one your questions and then to hang up before the answer is given. You would not do that. You would see that as a waste of the golden coins.

- 1994-0610-313 It is the same when you are speaking in prayer and in meditation, and it is the same when you are speaking with other lifeforms. You, beloved one, have much patience. You are bringing this to the forefront. It is one of the reasons that you now desire to commune with the animals: to experience even more of your patience and to see how you extend yourself, the Oneness of you, into the patience and into the communication with other in Love.
- 1994-0610-314 It is not by accident that you have asked this question, and it is not by accident that you find yourself seated next to this one. It is a very good question.
- 1994-0610-315 All of you are in communion always with lifeforms, be it the furry kind, be the kind that flowers and blooms and unfolds. You can sit, beloved one, and commune with the flower and there is much that that flower will teach you - as you know, when you have spoken and communed with the trees. And if the flower were to get up and to dance about, you'd be most surprised, but you could still commune with that flower in its process of movement.
- 1994-0610-316 You know, beloved one, that flowers move.
- 1994-0610-317 Uh huh.
- 1994-0610-318 Yes. You know that you can commune with the devas, as they are called, that tend and nurture the life form known as the plants and flowers. And all of the beloved pets that you call forth in order to exchange Love, to share Love with them, they are your grand servants. For they come and they extend Love unto you and allow you the choice always to extend Love unto them or to ignore them, and they are always with you as the grand servant. Even after they have laid down the body, they are still with you. And know you, beloved ones, that if you wish to have that beloved pet back in what you would call as tangible form, it will happen. For they come back. They are not attached with the intensity of the focus as you are with the body. They are not attached to the body, and they can lay it down easily for they know that they will come back as you call them forth.
- 1994-0610-319 And the one that you have loved and you have shared much with is very much with you, very much here, and will come back in tangible form that you can hold if you call that one forth when you desire it.

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- 1994-0610-320 All of lifeforms express. Form changes, is laid down, is picked up again - different forms - but they come to exchange Love, to be the Love that they are, and to be as the mirror for all of you so that you see their Love, their idiosyncrasies, their very unique personalities. And so you Love them for their uniqueness of expression. Each one of the beloved pets that you have ever interacted with has had it own unique personality, as all of your brothers and sisters do, and they are there as your servants. They are there as the servants of the brothers and sisters whether the brothers and sisters would see them or would have disregard for that life expression. They will come back, for they are not attached to the expression in the physical form, and they know that they can come back and do come back over and over again.
- 1994-0610-321 The childhood pet that you have had will come back and be your companion now as you call it forth, if it is your desire. Often ones come to be with you through a period of transition, when you are going through something, to be there as what you would call a silent companion - although they may speak. Some speak more than others. To be there as a companion. And when it is no longer needed, they change form. And when you call them forth again, they come back - as I do when you call me forth in this manner.
- 1994-0610-322 Would you have a question this evening, beloved one?
- 1994-0610-323 **Yeah.**
- 1994-0610-324 Yes.
- 1994-0610-325 **Something that's bothered me for a long time. Can you tell me the true meaning of the Golden Arches?**
- 1994-0610-326 {Laughter.}
- 1994-0610-327 Ah, beloved one. The Golden Arches are a well-known symbol in this day and time. But they are even more than that. The golden arches are a symbol of something that you - and many of your brothers and sisters - have experienced in lifetimes, as you would see, far gone and past. The golden arches were in a time called Atlantis, and they were then a symbol of something even more, and it was known by those who had the eyes to see - the eyes of the heart - that it symbolized the ongoingness of Life expression, the arch, you see. It was not just the top part of the arch, but it was known to be the whole.
- 1994-0610-328 And the gold was a symbol of the golden white Light that you are, always and forever. There were the golden arches in the time known as Atlantis, and not only that time. Other great civilizations have known them as a

symbol of Who you are, of the Light that you are, of the wholeness that you are. And those such as you have had the eyes of the Heart to know and to look beyond, to ask, yes, what would be a grand joke, and to know in the Heart the inner meaning.

- 1994-0610-329 You are a delight, beloved one.
- 1994-0610-330 Is there a question remaining that we have not entertained? Is there one who would speak?
- 1994-0610-331 **Jeshua.**
- 1994-0610-332 Yes.
- 1994-0610-333 **I have a feeling, with the acceleration of the energies, that there is a universal language that's trying to come through.**
- 1994-0610-334 Indeed.
- 1994-0610-335 **Could you comment on that?**
- 1994-0610-336 There is. It is the language of the Heart, the language that is not even spoken in the tones. It is the language of knowing, holding a vision and having that instantly communicated to another one, be they next to you or be they universes away. It is again the proof of oneness, non-separation. Although the bodies would speak of separation, of discrete packages, the oneness that you are travels everywhere, to all of the universes, all dimensions.
- 1994-0610-337 You will see in the days to come - and it is already now upon this plane - the remembrance of ancient languages, ancient tones that are coming forth. And as they come forth, there is a resonance felt within the Heart. You do not understand with the ears what the tones mean. It is not a language such as we are speaking now that has discrete meaning for each tone. But there is a resonance within the Heart that is felt as you hear the tones, as you experience ones speaking in tongues, as ones are toning an ancient language. And it goes beyond even what you would know as civilizations that you have experienced, such as Atlantis and Lemuria and other civilizations that are well known to you but have been forgotten. That is why you will hear tones and they are not even of what you would see as civilizations upon our Holy Mother, the Earth. They are civilizations in other galaxies.
- 1994-0610-338 There is a resonance. There is a knowingness that it speaks to the Heart of you and yet, it goes even beyond that, for it is calling unto the Oneness that we are.
- 1994-0610-339 **Thank you.**

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- 1994-0610-340 Thank you, beloved one, for having the ears, the inner ears, to hear the message of infinity, of eternity. It is a grand time to be upon this plane, for you see what you are calling forth: the unlimited expression of all that you can entertain, every idea. And in each instant there is the opportunity for a new idea that wasn't there the instant before. You are all grand adventurers, moment by moment - even calling forth one who would be dressed such as this, expressing as a small woman - which she does not like me to say.
- 1994-0610-341 **Jeshua?**
- 1994-0610-342 Indeed.
- 1994-0610-343 **I need a little clarification about the words you spoke regarding dying. You said that... now I can't remember the exact words, but the impression I got was that each of us chooses when to die.**
- 1994-0610-344 Yes.
- 1994-0610-345 **And you meant at a soul level, didn't you?**
- 1994-0610-346 Indeed, although it may be a conscious choice.
- 1994-0610-347 **But for some people it appears that they die very reluctantly.**
- 1994-0610-348 Yes.
- 1994-0610-349 **And that would just be the physical part, the physical personality part, but the soul has made the decision.**
- 1994-0610-350 Indeed. And what you have seen at a conscious level is the non-integration of the awareness that is now being birthed, the connection of awareness, of what the soul is choosing and the consciousness is choosing. There has been what you have seen as a block, a barrier, between the Heart, the soul, and what has been in the conscious mind, the conscious awareness.
- 1994-0610-351 There are many in your day and time, a different society as you know it - the ones known as the Native Americans - who will choose to lay down the body, and very consciously go and allow the Spirit that they are to be withdrawn from the cells of the body and to ascend that Spirit to what is known and termed as the Great Spirit. They do that very consciously, and there are many others who know when they have made that choice, and they go and they lie upon what is known as their bed and they allow themselves to drift off into a sleep from which the body does not awaken.
- 1994-0610-352 You are coming unto a grand place now of awareness, where you will know that everything you do is by choice. That is what the awakening is all about: to know that you are the Spirit that activates the molecules of this

design pattern, and that it is you who says that you will put one foot in front of the other. You will choose where to go. You have first the thought that says, "I will stand upon the toes," and then you find yourself elevating and standing upon the toes. You have the thought to allow yourself to come back, flatfooted, to the ground, as it would be, to shift the weight, to put the next foot out and to shift the weight. You learned this as little children. There are many times that you shifted perhaps the wrong way and found yourself down. But you got up again.

- 1994-0610-353 And it is symbolic of what you are doing now as the Child that you are and the unfoldment that you are allowing to take place. There are times that you shift the weight and you go down.
- 1994-0610-354 **Yep, especially on my skis.**
- 1994-0610-355 Indeed, on the skis. But it is also true of the unfoldment as you are connecting with the Child - the capital "C" Child - that you are. There are times when you would feel that you have shifted the wrong way and you fall, and you get up again and you go about your process of unfoldment.
- 1994-0610-356 Beloved one, did you have a question this evening?
- 1994-0610-357 **No, I do not. I'm enjoying tonight very much.**
- 1994-0610-358 I have felt you answering the questions that came up, finding the Truth within yourself and knowing what your answer would be unto your brothers and sisters.
- 1994-0610-359 All of you, as we have gone through this evening, have allowed yourself to come to the place of the Heart, where you have known insights, answers to come forth, of what you would say unto the brothers or sisters who are asking the questions. Know that in the days to come you will be called upon to give those answers, not by me, but by the brothers and sisters who stand before you. And know that you can trust what comes.
- 1994-0610-360 Return unto the place of the Heart. Abide as the peace that you are. Allow yourself to bring your energy into a centered place known as the Heart and then share the Love that you are with your brothers and sisters. Do not try to share the Love that you are while your energy is still in a chaotic swirling around, where sometimes you get caught up into what they are sharing with you and you feel yourself to be out in all of the different areas of the universe. Allow yourself to very consciously bring yourself back to the Heart, to that place of stillness. And we have shared in evenings past how to do that: to take one deep breath, breathing in the golden white Light that you are.

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- 1994-0610-361 Breathing in the golden white Light that you are allows you the opportunity to abide in the peace of the Heart. And then come from that place to share the Love in whatever form is appropriate.
- 1994-0610-362 All of you are my disciples. All of you do the work of our Heavenly Father in allowing your Heart to be open and to share with others the vision that is now unfolding for you and as you. And it is a grand vision and it grows momentarily.
- 1994-0610-363 I thank all of you for having the courage to come this evening and to participate in our interaction. You did not know at what would be called the conscious level, perhaps, that there was going to be the interaction of answering questions, and yet, all of you have found that when you are called upon to come forth, the words and the wisdom came forth. You can trust that.
- 1994-0610-364 And if no words come, share with your brother or sister the simplicity of the smile, for it says all. There are times when your brothers and sisters need nothing more than the smile. There are times when they will accept nothing more than the smile, for if you were to offer unto them the words, it would not be heard, but the smile will always be received at one level or another.
- 1994-0610-365 For even if they be so busy in their own words and trying to live in what you would term the "yes, buts," the smile is taken and goes deep within. That gift will never be rejected. Do you know why? Because it is the place where you connect Heart to Heart and soul to soul. You connect through the Love Light of the eyes and the Love Light of the smile, and it is simplicity itself.
- 1994-0610-366 I honor you for the expression of Light and of Love that you are upon this plane. Every one of you, whether you be tall of stature or smaller of stature, you are the expression of the Heavenly Father upon this plane. Go and let your Light shine. Do not judge it. Do not be in the mind of asking whether it is worthy or not. Your Light is as electricity and it is not to be judged. It just goes forth. Allow it to be expressed in grand freedom. And as you do that, beloved ones, abide in the joy that you are. For you are all joy, and that is where I abide with you - not upon the cross in some ancient time, but in the joy of each moment, in the joy of expression of Life upon this plane. Play with the questions of the mind. It is good to play with them, but remember always you are playing with them and you can choose - if it does not bring you joy - you can choose to change the channel. You can choose to change the video that you are watching and be your own channel. Have fun with it.

**1994-06-10**

**Oakbridge University**

**Channeled by Judith Coates**

1994-0610-367 So be it.