

# Thanksgiving & Holy Communion

1994-11-13

Sandpoint, ID

- 1994-1113-001 Beloved and holy and only Child of our Heavenly Father, Child of the one Source, Child of Light divine. I am the one known as Jeshua ben Joseph, Jesus you have called me and it is in great joy that I come to abide with you this afternoon in your timing as you have chosen to turn the focus of your attention unto me.
- 1994-1113-002 Indeed, the family has reunited. It has been a family reunion. A family gathering, and as you behold even with the physical eyes, the seemingly separate numbers of the one Child that you are, the seemingly separate numbers are growing. This will continue in your days to come. You will find many making trek unto this very location to be with you, to be with you in joy.
- 1994-1113-003 For indeed, as I was watching you, interacting with you there was much joy that was felt heart to heart, eye to eye. Others of your brothers and sisters will be coming. They will want the family reunion. The heart family that is now being awakened within you. Everyone of you have answered a call. Some of you have identified it as a call from me, from Jeshua. Some of you have identified it as a call from other masters, guides, teachers, angels. But it is your own call. The call deep within your soul that is saying to you, "Come Home again." Come Home in full awareness of who you. Leaving not the body, for that is not necessary. But coming to that place of remembrance, that place that says, "I am truly alive. I am the smile of the Heavenly Father upon this plane. I am the Light in this world. I am the joy of the holy Child and I will live from that place of my beingness. I will express with the molecules of physicality known as the body. I will express the joy that I am. I will allow my heart to sing. I will allow the very voice to sing and I will expand the Light that I am so that all will know whose Child I am and whose Child they are."
- 1994-1113-004 What is occurring now upon your plane is a beautiful time of Light. A time when you are allowing the very cells of the body to radiate more and more Light even in physical terms. What can be measured by your scientists. Many of you can look upon another one and can see the Light termed the aura around another one. Sometimes when you least expect it, you have

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seen another's Light and this will be happening for all of you more and more in the days to come.

- 1994-1113-005 First of all, because you are allowing yourself to live in joy, to live in the freedom of the Light that you are. May I borrow this? {A beaked hat from a brother.} Thank you, beloved one. Ah, yes. Not quite the style we had in my day and time, but not bad. {Jeshua puts it on.} Indeed, a bit jaunty, as they say.
- 1994-1113-006 {Laughter}
- 1994-1113-007 Because you are abiding in the heart allowing yourself to live from the place of freedom, the place of joy, you send unto the body itself the message to radiate the great ray of Light that you are in more and more fullness. You are calling forth your own Light much as you witness in the meditation in visualizing the Son of your Self, spelled both with "sun" and "Son," translated as Daughter. Yes, I have been reminded by my beloved friend and teacher that it is not just Son. It is Daughter as well.
- 1994-1113-008 You are allowing more and more of the Light that you are to radiate through the very cells of the body and what is termed the DNA of the cells, is restructuring to allow the Light to be accommodated and there is coming quite rapidly now upon this plane, a time of great Light where you will stand before one and you will behold the Light that they are. You will know your own Light and you will see it even with the physical eyes blending with the Light of the one who stands before you. Intermingling very much saying even the physical terms, "I am one with you."
- 1994-1113-009 And indeed, no longer will the belief in separation be tenable for you will see that you are joined with everyone. It is a time of great joy and it is coming because you have decreed that it is time. You have decreed that you will come Home. You will see the Light of the one who stands before you, the Light being radiated and emitted through the very cells of the body. You will still see form, for a time. But there will be the Light most visible and most healing.
- 1994-1113-010 It will be wholing in the true sense of healing, for you will see that you are the energy of Light that attracts the molecules of physicality in the design pattern called the body. That which I have called the bag of dust, for indeed, the molecules of matter are given unto you from our Holy Mother, the Earth, and the molecules of matter are indeed the dust of the earth. Very holy and very precious. Brought together by your energy, your Light, your consciousness, as it has been called and it will be most healing for you will see that you are not separate from the one that you behold.

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- 1994-1113-011    Even now you can feel and you have felt with ones, what has been known as an alignment, an attunement, a oneness of the heart. Yes. Often you will come together with one in a family reunion such as this and you will feel that you have known that one that you look upon and truly, you have. All of you, if you will receive it, have interacted with each other in what you would see as other lifetimes, other histories.
- 1994-1113-012    There is no one here so gathered who is a stranger unto you. For if you will abide in the heart and ask, it will be revealed unto you. For each one, each one is your brother. Each one is your sister. Each one has been mate, companion in what you would see as other histories. It is looked upon as being a past time or perhaps a future time, but it is all now. In the Oneness of the holy Child. As you call it forth it is very much now.
- 1994-1113-013    So you have felt, you have felt, indeed you have felt the heart, but you have fed the multitudes today. Indeed, as I was watching you I was remembering a time that we shared together upon our Holy Mother, the Earth. When oftentimes we fed the multitudes and if you will receive it, everyone of you was there in that lifetime. Many of you have wondered, many of you have considered. Some of you have said, "Oh, that could not be." And yet it is true. All of you have shared in my ministry when I was known as Jeshua ben Joseph.
- 1994-1113-014    {Looking at a beard}
- 1994-1113-015    Beautiful, indeed, as well. There is much to admire in this room this day. Beloved Elder will tell you that many times I go about and I admire the beautiful beards so gathered in the room. Another one. A treasure. A treasure to behold. Look, an abundance. {Laughter} Indeed, an abundance. I have asked of my beloved friend and teacher if she would grow me one. {Laughter} But she does not, so I must go about and admire the other ones and it is a joy, a pleasure. As I enjoyed in that lifetime, indeed. Well trimmed, each one. Well grown. Ah, delightful. Indeed, yours as well.
- 1994-1113-016    What did you just experience? A lightness of heart with the laughter. Laughter is very wholing, very healing. Laughter allows the heart that you are to open, to come unto that place of claiming and acknowledging your unlimitedness. Allowing yourself to abide in joy.
- 1994-1113-017    Not the constriction of the world that would say that there are the "shoulds" of how you should behave. For indeed, you have seen in your cultures, your times, how you "should" behave has changed. What is seen of value in one society may not be the same in another society. It changes from time to time, but who you are abides always and eternally, the great

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Heart that you are. The great ray of Light forever expanding, forever expressing, forever ongoing. That is who you are. {To a little baby} That is who you are.

- 1994-1113-018 Each and everyone of you has been the one small of stature. Each and everyone of you can reconnect with the feeling of the child in the heart. Each and everyone of you, no it is not too far gone, repressed, stomped down, even by the world. It is very much alive and well within you and you can bring that forth and reconnect with the Child that you are and allow that Child to come forth in joy. In Love, in sharing with others even in times where the voice of the world would speak to you of questions, of confusion, of doubt, of seriousness. You can allow the heart of the Child to come forth and to say, "It's not so bad. I have seen a glimmer of Light," and indeed, you have for you are that Light.
- 1994-1113-019 Some of your brothers and sisters may say unto you, "How can you be cheerful in the midst of," X, Y, and Z, whatever is going on. And you say, "I know within my heart that I am my Father's Child. I know that I am the joy of that Child, the Love of that Child, and the holiness of that Child." For indeed you are whole and perfect. Created perfect before time was and when the purpose of time has been fulfilled, you will still remain who you have always been beyond time the one holy Child who is now coming unto the place of remembering. Coming Home.
- 1994-1113-020 And how do you do that? Through joy. Through Love. Though having the courage of the heart. Even in the midst of the voice of the world that would speak to you of the questions and the turmoil and the confusion and the "shoulds" of what should be done. Even in the midst of the voice of the world there is the still small voice abiding in your heart that speaks to you the Truth of your being. That speaks to you of hope, yes. Where do you think hope ever came from? And beyond.
- 1994-1113-021 **From God.**
- 1994-1113-022 Indeed, and forever, indeed, before time was. Hope is your remembrance of the Truth of your being. Even in the midst of the darkest night there is the still small voice that speaks to you and say, "Perhaps, it's not so bad. Perhaps there is hope." Hope is the remembrance knocking upon the door of your heart. Knocking upon the door of your mind and saying, "Remember holy Child. Come Home. Claim your inheritance. Claim the joy of who you are." {To an infant} Yes. Indeed. The joy of who you are.
- 1994-1113-023 This year in your timing you are approaching now another one of your holy days known as holidays. Know you why you manifest in every month of your

timing, a holiday and several of them in some months? Know you why you manifest holidays?

1994-1113-024    **To celebrate Love.**

1994-1113-025    Indeed, to celebrate Love. To celebrate who you are and to remember, remember your holiness. It is as if the holy Child wanting to remember has put in front of himself/herself even upon the calendar reminders that say, "Remember your holiness. Have a holiday. Celebrate with joy. Celebrate with the family," for often times with your holidays there is the family gathering. Celebrate with members of what you would call your biological family, yes, and celebrate as you are doing in this day so gathered with your extended family, your unlimited family. Reconnecting all of the seeming separate members in a grand remembrance. That is what family reunions are all about.

1994-1113-026    Now as you have seen sometimes with the family gatherings they afford you opportunity to look upon issues that have not quite been seen in wholeness.

1994-1113-027    {Child is singing} You are singing, yes. You are a grand singer. Often you have been that.

1994-1113-028    And as the families come together there are the issues that come up, the personalities you would say, and they afford you opportunity to look upon issues of yourself that you have not quite yet seen in wholeness. Issues that come up to be healed. Not healed from the outside by some magic, but healed because of shifts in perception that you are allowing.

1994-1113-029    You are allowing yourselves to pause when someone pushes the buttons, as it is called. When there is a feeling of reaction. You are allowing yourself to pause for a moment and to say, "How can I see this anew? Is there any way," and indeed, there is. "Is there any way to look upon what is happening here?"

1994-1113-030    Some of you have even said, "Jeshua, how do you see what is happening here? Please tell me." And indeed, you have allowed yourself space. What the world would call as space, to stand back a bit from what is happening, to behold it in its wholeness against the backdrop of eternity. The backdrop of the holy Child expressing and coming Home.

1994-1113-031    When you have your holy day in some days timing yet, and you have the gatherings there will be opportunity. It is almost guaranteed, to look upon ones with new eyes. To look upon behavior in a new way and to say, "I see that one as the Christ that they are. I see them acting from a place that perhaps does not recognize that they do not recognize the Christ that they

**1994-11-13      Oakbridge University      Channeled by Judith Coates**

are." For indeed, all that you see is either an expression of Love or a cry for Love.

- 1994-1113-032 And if ones are acting from a place of confusion and pain, they are calling out for your Love. They are calling out for you to see them in the Truth of their being and as you hold the vision it will be felt. For as we have spoken earlier, there is no separation and even as you behold the Light of the one who stands before you, even before that is seen with the physical eyes, the energy is felt heart to heart. And as you hold the vision of who they are, the Christ that they are, you offer them opportunity to come Home. You offer them opportunity to see anew.
- 1994-1113-033 So there will be opportunities in the days to come for you to look upon what is happening with new eyes. To see it in holiness and to afford others the opportunity to choose anew because you have chosen anew. Do not play the same script over and over as you have done in many lifetimes, but allow yourself now to pause and to return quickly unto the place of the heart and to say, "How can I see this in holiness?"
- 1994-1113-034 And more, beloved brother.
- 1994-1113-035 **God is the way. Jesus is the way.**
- 1994-1113-036 You also, beloved one, for I am not separate from you. It has been seen in the history of the world that I am a separate personage. It has been seen in the drama of the world but I say unto you in this day, beloved brother, you and I are the great ray of Light created by our Father that is ever-going and ever expressing and you are my brother and even more than that, you are my Self.
- 1994-1113-037 **Do you accept Jesus as your savior? The only Savior, the Light of God?**
- 1994-1113-038 I accept the Christ that we are as the savior, yes.
- 1994-1113-039 **Do you accept that Jesus died on the cross for the sins of this?**
- 1994-1113-040 I did not die on the cross, beloved one. The body yes, was laid down for a temporary period of time.
- 1994-1113-041 **Jesus died for the sins of all men, for His Father, God, the Holy Father.**
- 1994-1113-042 This demonstration was brought forth so that all men and women could behold the glory of our Father, could see past the appearance of the body.
- 1994-1113-043 **All men are in a birth. In a birth apart from the demonstration of God's Love. God brought forth Adam the first man on earth. He said, "You shall bring forth all creatures and shall name them." Then He brought forth Eve who is a "womb-man."**

**1994-11-13      Oakbridge University      Channeled by Judith Coates**

- 1994-1113-044    **Indeed.**
- 1994-1113-045    **She was the carry the womb for other children of God. Sons of God.**
- 1994-1113-046    **Yes.**
- 1994-1113-047    **Adam was given the right to ..... all are men of God ....**
- 1994-1113-048    **Indeed, all are the holy Child of our Heavenly Father.**
- 1994-1113-049    **To be born in water is to be born of the Holy Spirit. We have all ...  
born of water.**
- 1994-1113-050    **To be born of the Holy Spirit, beloved brother, allows the holy Child to come  
back into remembrance, yes, and that is what is transpiring upon this plane  
in this time. It is a rebirth, a rebirth that is beyond what you see as  
expression with the physical matter. Beyond what has been known in  
limitation, but the rebirth of which I speak is the remembering of the holy  
Child in wholeness, in perfection, in Love, beyond even what you would read  
in your Holy Scriptures, for indeed if you take each word and abide with the  
words in your heart there will be revealed unto you the wholeness of your  
nature.**
- 1994-1113-051    **Not just what has been past down through many lifetimes, many generations  
unto other generations as a limited truth. That has served you well in the  
past for it has brought you unto the this place. But it no longer serves you  
in limitation.**
- 1994-1113-052    **What you are calling forth now is to know your wholeness, to know the Holy  
Spirit, yes, to have the Holy Spirit come upon you but not as one outside of  
you to have the Holy Spirit that you are come forth to see the activity of  
wholeness expressed upon this plane. Expressed even in form which is what  
you see with the physical eyes. You see form, but it is to see beyond form  
and to know from the heart your holiness.**
- 1994-1113-053    **That is what is coming. That is why it is a time of grand reunion for the  
holy Child in all of the seemingly separate expressions is coming to  
recognize himself/herself/itself for indeed, words themselves are a  
limitation. The holy Child is coming to remember.**
- 1994-1113-054    **Through the words of Scripture, yes, for it is a language, it is an avenue  
that brings you a certain understanding and then to abide with the words of  
Scripture in the heart and to ask, to see the whole of what has been  
revealed. Yes.**
- 1994-1113-055    **This season of holiness, your holy day of Thanksgiving will be if you will  
receive it, a holy day of newness for you. A holy day of seeing things in new**

1994-11-13      Oakbridge University      Channeled by Judith Coates

ways. A way of true thankfulness. Not thankfulness that you would see as giving to one outside of yourself. For indeed that has been again, the avenue that the holy Child has come along. But you are now at a place where you start first with the thankfulness to one outside of you, thanking the brother, the sister, the mate, the friends for being in your life. For being the mirrors that they certainly are for you. For pushing the buttons. For bringing up the issues, for sharing joy, for being companion along the way.

- 1994-1113-056 You will thank our Holy Mother, the Earth for giving of the molecules of matter so that you can express the beauty of form. And for all that She shares with you in nourishment of the body, the fruits of the field so lovingly tended and harvested and prepared and shared as has been done this day. And you will thank our Heavenly Father for the Love that you are. The Love that is perfect and ongoing and knows no bounds, no limitation. Not even through belief systems that you have held to be most dear to the heart in what you would see as many lifetimes.
- 1994-1113-057 And then, this year in your holy time, come unto the place of thankfulness to the One that you are. Return again quickly unto the place of the heart. To the place of Love and if you will receive it, allow yourself to thank the One Self that you are for the courage to come and to express on this plane in form. For indeed, it has taken courage. It has taken the remembrance at whatever subtle level you would see it to be. The remembrance of the heart that you are.
- 1994-1113-058 That is where the word, "courage" comes from. It comes from the word for heart. It has taken heart to say, "I will come as I see it, one more time upon this plane to express. To share with the brothers and sisters." To share the beautiful mustache. "I will come and I will share my Light and in that sharing I will remember who I am."
- 1994-1113-059 Allow yourself on the next holy day known as your Thanksgiving, to thank the One Self that you are. Thank all of the rest that you will think of first, but remember your One Self and remember to thank that Self that has gone through what you would see as many adventures, many many lifetimes, yes. Many times of expression upon this plane.
- 1994-1113-060 {Jeshua picks up a small child crawling on the floor.}
- 1994-1113-061 Many times in joy, yes, to understand and to run about because you have enjoyed the physical expression such as this little one.
- 1994-1113-062 Yeah, learning as this one is. How to use the design pattern of the body. What will this body allow me to do? Yes. What will this body allow me to express? How does it feel to move the very muscles themselves?

**1994-11-13      Oakbridge University      Channeled by Judith Coates**

- 1994-1113-063    You collect unto yourself the molecules of matter, yes, in order to be in joy. In order to know physical expression. The body is not to be denied. The body is to be enjoyed. To use it in Love. To express the Love that you are. To comfort others. To smile with others. To run with others in joy and to share the Light even as we have spoken earlier, to share the Light that is becoming more and more obvious upon this plane.
- 1994-1113-064    Allow yourself to be in joy with the body, each and every one of you. That is why you collect it to yourself. It is to be expression. It is to be the expression of Love, of joy and as you do that in joy, the body itself responds unto you and says, "Yes. I will go for it." I think you have that saying in your world, and more and more Light is radiated and shared.
- 1994-1113-065    This year in your holy day of Thanksgiving, give thanks for your expression. Give thanks for how it feels to put one foot in front of the other. How it feels to allow the eyes to crinkle in a smile. How it feels to breathe.
- 1994-1113-066    Know you the joy of breathing? You take it all for granted unless there is one who points it out to you and allows other to remember the joy of breathing, the connection of breathing. For as you breathe in the molecules of what you have seen as air, you take also into the very body itself the Light that you are. Allow yourselves in this moment to close your eyes and to breathe in deeply. Taking in the molecules of air, yes, deep into the lungs of the body.
- 1994-1113-067    And as you do that, visualize in your mind's eye the great Light that you are and take this Light deeply into every cell of the body. Breathe in the golden white Light that you are and take it deep within every cell of the body.
- 1994-1113-068    Visualize the body itself becoming lighter and lighter. See the Light that you are extending to the very fingertips. See it extending unto the very toes radiating out through the toes. Breathe in the golden white Light that you are and take it deep within yourself. Deep within every cell and feel that Light expanding.
- 1994-1113-069    For indeed, as you do that the Light that you allow to be emitted all around you, grows. You have known the feeling of constriction when you have been in worry, when you have been in fear, when you have been in anger and you have felt the very constriction of the body itself, a tightness within the muscles of the stomach, the chest, the back. Sometimes across the forehead and the back of the neck and you have said, "I have a pain in the head. I have a pain in the neck," indeed. You have felt the constriction.
- 1994-1113-070    When you feel the constriction within the body allow yourself to breathe in the golden white Light that you are. For as you do that you not only expand

1994-11-13      Oakbridge University      Channeled by Judith Coates

the lungs but you expand the very Light of the cells themselves and you bring about what you desire. You bring about healing.

- 1994-1113-071    Healing of the body and wholing of your understanding of what life is all about. Yes, that is what life is all about.
- 1994-1113-072    {Baby keeps talking}
- 1994-1113-073    Yes, in joy.
- 1994-1113-074    Allow yourselves in the holy day of Thanksgiving to connect with the heart that you are. Allow yourself in that morning when you first awaken before the mind gets very busy with, "What I have to do today," allow yourself a moment of Light. A moment of connecting with the holy Child that you are. And ask of yourself, "What would the holy Child like to do today?" And the mind will get busy with all of the activities and schedules and "shoulds" of what you have on the agenda for that day. And ask yourself as the holy Child, "How would I like to do those activities?" If you so choose to do those activities. And it will bring an awareness of holiness to that day.
- 1994-1113-075    Allow yourself a moment of Light before you lift the head from the pillow. A moment of visualizing the Light and breathing it into every cell and a moment of lightness within the heart that says, "Even though I am responsible for six pumpkin pies, I will go about this day with a light heart. And even if the dinner itself does not get together by a certain scheduled time, I have all of eternity and I will be joyous in this day." For that is what it is all about and know you, you have celebrated many holidays and you will continue to celebrate many holidays and you will remember through the holidays your holiness.
- 1994-1113-076    For that is what it is all about. That is the purpose. That is why you gather together to remind you of your Oneness. That is why you make holidays in every month of your timing, so that you can play with them. Yes. There is nothing more uplifting than what you have just done. The freedom of laughter for yourself and for others.
- 1994-1113-077    Each and every one of you is a beautiful expression of Light upon this plane. Each and every one of you has chosen an avenue of expression, a design pattern of the molecules of matter even the seeming function of those molecules. You have chosen for a purpose and a beautiful purpose it is, too. It is for the purpose of coming Home. For the purpose of remembering.
- 1994-1113-078    Each and every one of you I would touch. I would have you remember who you are. I would have you remember in joy who you are. I would have you

**1994-11-13      Oakbridge University      Channeled by Judith Coates**

remember that the appearance of limitation matters not. It is there so that you may look beyond to wholeness as many of you are doing.

- 1994-1113-079 I would have you remember your holiness. I would have you remember your joy, the joy of what you are now expressing as the Child upon this plane. Each and every one of you not matter what the size of stature, you are the holy Child upon this plane. A very warm one at that.
- 1994-1113-080 {Laughter because the room was quite warm}
- 1994-1113-081 It is the joy of the Father that is being expressed and beautiful it is. Each and every one of you in your searching, in your sharing.
- 1994-1113-082 **In Jesus' name.**
- 1994-1113-083 Indeed.
- 1994-1113-084 **In Jesus' name.**
- 1994-1113-085 And in your name, beloved brother.
- 1994-1113-086 **In Jesus' name know thy Father.**
- 1994-1113-087 Indeed.
- 1994-1113-088 **In Jesus' name.**
- 1994-1113-089 Thank you, beloved one.
- 1994-1113-090 **In Jesus' name.**
- 1994-1113-091 Always and you own as well. I would have you remember and come Home, to come Home in simplicity of the joy and thanksgiving. To come Home in the humor of the heart, yes. For which you are known.
- 1994-1113-092 I have heard, I have watched, I have seen all of you in your moments of laughter and I would have you remember the holy Child that you are. I would have you know and express in fullness the holiness that you are so that you will be in fullness, in the full awareness. You will be and know the Love that you are for it is beautiful.
- 1994-1113-093 Thank you, beloved one. For you are the one who is expressing. You, beloved brother, I would have you remember and come Home for indeed you are so close to allowing yourself to claim the Love and the wholeness of that Love. Beautiful expressions, every one of you, I would have you remember.
- 1994-1113-094 All of you I will touch not because there is a magic in it, for there is not, but there is a place that we have deemed a place of remembrance if there is any physical place. It is a place at the back of the neck. Many of you

**1994-11-13      Oakbridge University      Channeled by Judith Coates**

have experienced this feeling of wanting to remember something and you will say, "I know, I know I remember that," and what are you doing?

- 1994-1113-095 You are activating what is known as a chakra, yes, an energy vortex. It is a place if there be a physical place, of remembrance and I would have you remember and come Home. For indeed you are already Home.
- 1994-1113-096 I reach out and I touch for I enjoy the expression of Love. I enjoy the expression in physical form for indeed, when I walked the earth as a man I enjoyed the physical form. The freedom of physicality and you enjoyed it with me.
- 1994-1113-097 Much heat, yes. Indeed, beloved one, I would have you remember. Remember the joy, the spontaneity of Love. Each and everyone of you, you are so beautiful. The Love of your heart is what is apparent to me and to your brothers and sisters. Such a joy.
- 1994-1113-098 The spontaneity of Love, that is what brings you home, each and everyone of you. I would have you remember as you are now doing. I would have you remember your wholeness, the Love that you are. To claim it freely and to say, "What the heck." And to be in joy. For indeed, there is nothing more to be done except to enjoy the beard and to remember. Yes, I would have you remember as you do. Thank you, beloved brother.
- 1994-1113-099 I would have you remember as you are already doing. Your holiness, the wholeness of the Child that you are. And you, beloved brother, I would have you remember to be in Love. To love yourself and therefore to love the others as you do.
- 1994-1113-100 It is my joy to come and to touch. Know you the blessing of touch? Yes. Know you the blessing of hugs? As you meet, why do you give the hugs? Because it feels good. Because you are blessing through the hug, you are blessing another with the oneness of Love that you are. I would have you remember, beloved one, as you are remembering.
- 1994-1113-101 And you, beloved servant of the Heavenly Father, and the Mother. I would have you remember and to come Home speedily for indeed you are Home. Grand place to be. Always to abide at Home. I would have you remember in fullness who you are and you have a grand example in front of you.
- 1994-1113-102 That is why you bring forth physical expression in the small size, is to remind you of the Love that you are. Yes, to remind you. You are indeed. And you, beloved one, you are Love upon this plane as well and you are doing very well with it. Thank you.

1994-11-13      Oakbridge University      Channeled by Judith Coates

- 1994-1113-103    Each and every one I would have you remember. I would have you come Home to the place of knowing that you are already Home. The hair, beloved one, is beautiful.
- 1994-1113-104    I would have you remember the holy Child that you are, beloved one. I would have you remember your wholeness, yes, as you are just now doing. I would have you know the Light that you are. I would have you know even more than that, I would have you see the effect that you have on others as you share your Light and your Love with them. You will find in the days to come, there will be a very clear mirror in front of you that will show you how much you share with others. Thank you, beloved one.
- 1994-1113-105    And you, beloved one, I would have you remember, yes. Beloved serious one, whose appearance belies the humor in the heart. I would have you remember as you already are doing. Your holiness, the wholeness of the holy Child. You are doing very well.
- 1994-1113-106    Yes, indeed. Cold ears feel very good. I would have you remember your holiness.
- 1994-1113-107    **I've got holy socks.**
- 1994-1113-108    Holy socks, yes. You have much that reminds you of your holiness, indeed. Is it not peaceful? Yes. Whenever you find yourself in a place where the world clamors unto you, allow yourself to reach back - you have all done this - and connect again. There is no magic in it, but it is a way of remembering. I would have you remember, beloved one, who you are and come Home quickly.
- 1994-1113-109    There is no magic in my touch. It is no more special than your touch, but it is a way of remembering. Indeed. There is much that you will be doing in the days to come. Much of wholing. Thank you, beloved one.
- 1994-1113-110    And you, beloved one, with a smile in the heart I would have you remember and come Home quickly. Thank you.
- 1994-1113-111    **Thank you.**
- 1994-1113-112    And you, I would have you remember the holy Child that you are the Love, the Light expression that you are and come Home. For indeed, we abide there together already and I welcome you.
- 1994-1113-113    I would have you remember, beloved one, I would have you remember your holiness, yes, for indeed you are already beginning to remember that. I would have you remember the times we have spent together for they have been joyous times. I would have you remember who you are, to come Home quickly and to express it with grand freedom. Thank you.

1994-11-13      Oakbridge University      Channeled by Judith Coates

- 1994-1113-114    It is my joy to be able to reach out and to touch you and to say to you, remember who you are and come Home quickly beloved one, for I enjoy being with you in your mind and in your heart. Always, thank you.
- 1994-1113-115    And beloved one who serves our Heavenly Father well. I would have you remember and come Home quickly. For indeed you are already there and it is a joy, is it not? Yes. In the days to come you will find more and more joy. You will find more and more Light around you, as you. There will be times when you will almost blinded by the Light that you see. Not physically. Not again. But you will see the Light upon this plane and you will share it as you are already doing. Thank you, beloved one.
- 1994-1113-116    I would have you remember to come Home quickly. For indeed we are already Home together. Beloved sister who has shared much with me, I love you. Beloved one who is the scholar, who studies, who teaches, who learns, who plays. I would have you remember and come Home quickly for indeed you are already Home. Have fun with it.
- 1994-1113-117    This is one who has fun. This one plays with an idea. Sometimes as a dog with a bone. {Laughter} Indeed. Beloved one, I would have you remember and I would have you come Home quickly, for you are loved of the Father always and forever before time began and we abide together as that One. Thank you.
- 1994-1113-118    **Thank you.**
- 1994-1113-119    Beloved one, I would have you remember and come Home quickly, to come Home quickly in remembrance for indeed, you are already Home. You are with me as the one that we are. I would have you enjoy. Allow yourself to play in everyday. Set aside one portion of the day to reward yourself in play.
- 1994-1113-120    And beloved brother, who has served our Heavenly Father well in many, what you would see lifetimes, and again in this lifetime. I would have you remember and I would have you come Home quickly. For indeed you are the One holy Child and you have decreed that you will come Home now in this lifetime and it is a grand joy. Thank you.
- 1994-1113-121    And beloved one, I would have you remember who you are and come Home quickly. To come Home in joy and in play. To know that you have served the Heavenly Father well and there is nothing left that you must do except to abide in the heart and to play with the mate.
- 1994-1113-122    Ah. I would celebrate now with you, {Jeshua drinks a glass of water} Thank you, beloved brother. Most refreshing.

**1994-11-13      Oakbridge University      Channeled by Judith Coates**

- 1994-1113-123 I would celebrate now with you what has come to be known as holy communion. You have celebrated it in many of what you would see as your lifetimes in your religious organizations. You have been the priests, the priestesses, who have officiated in the ritual. But I would take it today beyond the ritual. I would take it today to the place of holiness in thanksgiving of the One that we are.
- 1994-1113-124 {To the child running around on the floor} Indeed, you see the One that we are.
- 1994-1113-125 Often times you have celebrated communion because your religious organization has said that it will make you more worthy, more of value and perhaps our Heavenly Father will look upon you with a little more favor if you go and commune in the ritual.
- 1994-1113-126 The beliefs of the world are diametrically opposed to the Truth of your being. In other words, what the world tells you, you can take it and turn it around and then discover the Truth. For indeed, the partaking of communion is not going to make our Heavenly Father look upon us and see us with more value. For indeed, He already knows who we are. We are the One Child created in perfection before time began. But, in communion as you allow yourself to pause and to commune in the heart, in the common union of Oneness, you see yourself as the true being that you are.
- 1994-1113-127 You claim your worth not because it is bestowed upon you by a religious organization or by the priest, or by the father, but you claim your own worth as the Child of the one Father that you are. As you allow yourself to commune in the heart, to reconnect and to remember. There is nothing magic, magical about communion. In other words, the partaking of the elixir of the grape and the fruit of the field made into the bread, is not going to work a wonder within you. Except as you allow yourself to come unto that place of remembrance of oneness.
- 1994-1113-128 But having said that, there is much of value as what you would see as ritual because it allows you to stop, to be vigilant and to look a bit further. You are the ones who call forth ritual. You are the ones who call it forth for the very purpose of remembering what is beyond ritual. That is why you enjoy ritual.
- 1994-1113-129 All of you enjoy the feeling, the beauty, the symbolism of ritual and there is nothing wrong with that joy. But do not stop with the appearance of the ritual. Ask of yourself in the heart, "What is this truly representing? What is the holiness of it?" In that it serves you well.
- 1994-1113-130 {Jeshua gets the plates of bread and has them passed out.}

1994-11-13 Oakbridge University Channeled by Judith Coates

- 1994-1113-131 I would have you take a piece of the bread and hold it. Pass it around in the circle so that everyone can partake. Take a piece of the bread and hold it in your hand. Commune with the piece of bread that you have called forth. You are the ones who are manifesting the fruits of the field, the wheat as you would know it. Allow yourself to commune with the piece of bread that you hold in your hand.
- 1994-1113-132 Know that you are one with the energy that has brought it to this place in form. For indeed you are not separate from any thing that you behold. You are not separate in your life process from the live process of the wheat that was grown and made into the bread that you now hold.
- 1994-1113-133 What has become known as the Last Supper that I celebrated, truly celebrated with my disciples, was a ritual of remembrance. For in that evening we were so gathered as you are now. It was a time, a holy time again a holiday and it was a feast that I celebrated with my disciples and with many more than just the twelve that are depicted. For indeed, there were many more in that room. There were women and there were men who served us as well. And not only was there the table that was so depicted in your paintings, but there were other tables spread out. It was a time of celebration. A time of a feast, yes, and it was a time of great joy for I enjoyed being with my disciples. Not only the twelve, but the others as well. There were many.
- 1994-1113-134 And after we had feasted I took the bread and I blessed it. Now how do you bless something? Do you bless it as a ritual from without calling upon some magic to come down and zap it? No, indeed, you do not. I took the bread and I blessed it. I gave thanks, yes, for the process for our Holy Mother, the Earth Who gave of the process of energy that that which we were holding and you now hold as the bread, could come forth in physical form. Could grow as the fruit of the fields and could be made into bread.
- 1994-1113-135 And I blessed it with my awareness, which is your awareness, of oneness with that life process. That is how you bless anything and anyone. You know in that instant your oneness with that process, with that person. For if you would bless a person. A brother or sister who stands before you. You bless them by knowing your oneness with them. By knowing the holy Child that you are as the One. You do the same with anything that you would bless. You bless it with your consciousness, your awareness of Love, yes, and of Oneness. You are not separate from anything or anyone that you behold.
- 1994-1113-136 And having taken the bread I broke it as it is now broken and I blessed it. I gave thanks and I said unto my disciples, and all of you are my disciples as

1994-11-13      Oakbridge University      Channeled by Judith Coates

you hear my words. Not only the words of the mouth, but the words of the heart. I said unto all of you, "Take, eat. This is my body that is given for you. Eat ye, all of it."

- 1994-1113-137 Savor the Oneness even in what you acknowledge as a form. Savor the Oneness of the energy for indeed, as we spoke earlier of the Light of each one coming to that place of being so physically tangible that it will be seen even with the physical eyes. It will be the same with an object. You will see the Light. Behold the Light that that is. Allow yourself to see the Light of the bread. The Light that is within the space around all of the molecules that make up what you would see as form. Allow yourself to look upon the piece of bread and to see it expanded as it truly is, and to see the space between all of the molecules filled with Light, filled with energy which is its true being.
- 1994-1113-138 In that you see the Light that it is and you bless it with your consciousness of Oneness, yes. Thank you, beloved one.
- 1994-1113-139 The bread has taken as a symbol of my body. It is a symbol of your body. It is form. It is formed from the matter of our Holy Mother, the Earth, molecules. It has been seen as a symbol of my body given for you. Yes, as you in your lifetimes as you would see them to be, have given of your form for your brothers and sisters as well. For all of you have experienced lifetimes of laying down the form of the body for another brother or sister or family or village. However it would be seen.
- 1994-1113-140 All of you can relate to that feeling of believing so much in your family, in your tribe, in your village, in your mate, in your children that you laid down the body for them. It is not a foreign thought to you. You can all relate to it for you have experienced it.
- 1994-1113-141 This symbolized my body which was given for you, yes, but more than that it symbolizes the giving of the body of the belief in separation showing that the body, yes, is important. {To a little child on the floor.} Yes, it is important, but it is not all that you are. You are the energy of Light that you have just now witnessed. Yes, the energy of Light in motion. Yes, and my body seen in limitation of physical expression was given for you so that everyone has opportunity to see beyond appearance. That is the importance, is to see beyond appearance.
- 1994-1113-142 {Getting the grape juice trays.}
- 1994-1113-143 Thank you, beloved ones.

1994-11-13      Oakbridge University      Channeled by Judith Coates

- 1994-1113-144 I would have you take the cup and hold it. Again to commune with the elixir of the grape. The life process of the grape that has grown into fruition through the nurturance of the angel of sun. Feeling the caress of the angel of wind. Going in its own process to maturity, as you would call it. Allow yourself to feel the oneness with the grape that has given of its form to become the elixir that you now hold in your hand.
- 1994-1113-145 Allow yourself to see the Light that it is. As we did with the bread, look upon the elixir of the grape and see beyond molecules of form, to see the Light of the energy that is life. And know your oneness with that life process.
- 1994-1113-146 {Passing the tray to Jeshua}
- 1994-1113-147 Thank you, beloved one.
- 1994-1113-148 Likewise I took the cup and I gave thanks to our Holy Mother, the Earth for the process of bringing it forth in form. To our Heavenly Father for the life expression upon this plane as we see life to be. I gave thanks for the Love that was shared in that room and is now so shared in this room.
- 1994-1113-149 And I blessed the cup, again with the awareness of oneness. You are not separate from what you see, from what you behold. You are never separate. You are the very one who is calling forth the elixir of grape that you hold in your hand. It would not be there if it were not for you.
- 1994-1113-150 And having taken the cup and given thanks and blessed it, I said unto all of you, "This is my blood of the new covenant. Drink ye all of it."
- 1994-1113-151 {Drinking the grape juice.}
- 1994-1113-152 And contrary to your religious organizations, if you wish seconds there are a few more for seconds... {Loud laughter}...of the grape. You see, holy communion does not need to be a heavy experience. It is about holiness. About communion. Common union, recognition of your holiness. Of the holy Child that we are.
- 1994-1113-153 The blood has symbolized the new covenant. The old covenant was the one that we as the holy Child in our experience upon this plane, in the adventure upon this plane, that we brought forth with the flood waters upon our Holy Mother, the Earth. The story that you have read of Noah and the rains and the floodwaters, which yes, did occur. In what you would see as very ancient times and yet they are remembered and they are not ancient.

1994-11-13      Oakbridge University      Channeled by Judith Coates

- 1994-1113-154    The old covenant was the covenant between God and man symbolized in the rainbow that came forth. The covenant that no more would God send the waters upon the face of our Holy Mother, the Earth to change quickly the expression of many who lived upon the earth. We will put it that way.
- 1994-1113-155    And the rainbow was seen as the promise that no more, never again would God seen as afar off, visit such destruction upon the earth. The blood, the elixir of the grape, of the new covenant speaks of a new relationship with our Heavenly Father. For truly, I and the Father are One. You and the Father are One. You would not be here expressing if it were not so.
- 1994-1113-156    If you are life. Are you alive? Yes, I assure you that you are. You are One with our Heavenly Father and you are the life expression upon this plane. The new covenant is the new awareness of relationship that I and the Father are One. No longer is it a God afar off, but it is a God that I am. I and the Father are One. That is my new covenant. That is what I wish you all to remember.
- 1994-1113-157    And when I finished saying, "Do this in remembrance of me," it was yes, to remember me as one Jeshua ben Joseph, for indeed I enjoyed being in expression as a man upon this plane. I enjoyed companionship. I enjoyed laughter, dancing. I enjoyed the elixir of grape, yes. And I knew my power. The power of my Beingness and I enjoyed my expression as man. And I enjoyed the friendship that we all shared.
- 1994-1113-158    So when I spoke, "Do this in remembrance of me," there was yes, the part of me that said, "Remember me as Jeshua and the good times that we have had together." But it was more than that. Do this in remembrance of me, which is you. Do this in remembrance of the Christ that we are. Do this in remembrance of the Light that is upon this plane and that brings forth form. That brings forth the bread and the elixir of grape. That brings forth all that you behold with the physical eyes.
- 1994-1113-159    Do this in remembrance of who you are. It is a joyous time. Holy communion. That is what it is, it is communion with the wholeness that you are, the oneness that you are. It is not a magic as we have spoken earlier. It is not something that you must do in order to be saved. In order to be worthy enough to perhaps approach my beloved brother known now as Saint Peter, at the pearly gates.
- 1994-1113-160    Meditate upon that, the pearly gates. Why do you visualize them as pearly? Hmm, something to ponder.
- 1994-1113-161    {Laughter}

1994-11-13      Oakbridge University      Channeled by Judith Coates

- 1994-1113-162    Holy communion does not make you any more worthy than you were when you first walked in.
- 1994-1113-163    {Laughter}
- 1994-1113-164    Looks good, beloved one. {Sitting a communion glass on a brother's head.}
- 1994-1113-165    But laughter, beloved ones, allows you to connect with your wholeness. Everyone of you. So the next time you have opportunity to celebrate holy communion allow yourselves to truly celebrate it. Enjoy, in humor in allowing the Child that you are to come forth in wholeness.
- 1994-1113-166    This year in your holy day of Thanksgiving, allow yourself to remember the laughter of this afternoon. This year in your celebration of the holy day known as Thanksgiving, give thanks unto the One that you are. Give thanks unto the One that you are that has had the courage to say, "I will go and I will be seemingly separate from my brothers and sisters in form so that I may bring forth remembrance of the Light that we are." For that is truly what is coming to be seen upon this plane. The Light. The Light dawns.
- 1994-1113-167    Not because I as some master you would see far away, far above you has decreed that it is time. And I do decree that it is time, but it is not because of that. It is because you are calling it forth. It is because you as the holy Child in your adventure has decreed that at some point in time which this now is, "I will remember. I will come Home in full remembrance. In full expression of my holiness and I will celebrate it in ritual, yes, as holy communion. But even more than that I will celebrate it in the reunion and the remembrance of the One that I am."
- 1994-1113-168    Celebrate your family reunions in your holy days. Celebrate with joy. Allow your Light to shine with even more radiance, more effulgence for indeed, you are brilliant. Not only of mind, and all of you have been that and are that, brilliant of mind, yes. But you are brilliant as the Light that you are. As the Son, the Son that was evoked in the visualization with this one earlier this afternoon. You are that Son.
- 1994-1113-169    Allow yourself to live each day in your timing in full awareness of the Light and the Love that you are. Celebrate each meal that you have as holy communion. When you sit down to your feast upon what is known as Thanksgiving, make it a holy communion.
- 1994-1113-170    Not as a special religious ritual, but communing with each morsel that you put within the mouth and you ingest. Allow yourself a moment of communion with each morsel, each piece, each forkful, spoonful, and know that it is there as the Light that you are as well.

**1994-11-13      Oakbridge University      Channeled by Judith Coates**

1994-1113-171    Bless it with you Oneness, with your awareness of the Oneness of the life process and in that, beloved ones, you celebrate truly your Thanksgiving.

1994-1113-172    So be it.