

Ascension

1995-10-01

Universal Life Church

- 1995-1001-001 Beloved and holy and only Child of our Heavenly Father, Child of the one Source, Child of Light divine, that is who you are. I am the one known as Jeshua ben Joseph -- Jesus, you have called me -- and it is great joy that I come to abide with you this afternoon in your timing as you have chosen to make trek with the physical body and you have chosen to call me forth. Great joy, for indeed this afternoon is going to be a time of great joy shared joy, ascended joy. A joy of reunion, the joy of the family coming back together again to re-experience itself as one. To bring in the angels that you are, to know their very presence with you as you walking about even in manifest form.
- 1995-1001-002 For indeed everywhere you look, everyone you behold is the angel, the Child of the Father, conceived in Love, birthed, brought forth upon this plane from the Father and now in process of remembering and coming Home. A great time of reunion. A great time to be able to reach out and to touch, to embrace each and everyone of the family of God.
- 1995-1001-003 That is what you will be experiencing in this afternoon. You will be experiencing the reunion of family. Many times you have felt a familiarity with ones. You have walked into a room of seemingly strangers and you have connected with one and you have known them from somewhere. There has been a feeling, "I know you. I'm not quite sure," and you've played the game of, "Where have you been? What have you done? Where do I know you?" And perhaps none of those pieces came together in what you would see as this time, this lifetime and yet there has been a feeling of familiarity instantly known in the heart.
- 1995-1001-004 This is a time of remembering and connecting with family members, members of the heart family, members who are in alignment, even vibratory alignment of what you see as the physical form. Ones who are coming together to re-member the seemingly separate members of the family. You are bringing it together.
- 1995-1001-005 This afternoon will be a time of great joy. A time of ascension. For indeed beloved brother, when you spoke earlier that there would be, has been the ascension it was a grand Truth. You have experienced moments of ascension and you will again. For all of you as you have witnessed the ascension that is so famous in your Scriptures, know you that you are the Light as well and that you are in process of ascending right now as you know your consciousness to be.
- 1995-1001-006 For it is not just one Jesus of Nazareth, one Jeshua ben Joseph that ascended or will ever ascend. No, it is the one holy Child that we are. We are going back to

1995-10-01 Oakbridge University Channeled by Judith Coates

the remembrance of the Father. Not going back to the Father for indeed we have never been apart from Him, or Her as Mother. I have been reminded by my beloved friend and teacher, the one known as Judith that it is not appropriate in this day and time to speak only of the Father so we will speak unisex, I believe it is called. We will speak of the Father/Mother/All That Is, and all that you are.

- 1995-1001-007 There is a great time now of going back in remembrance of the one Source from which you have come, which you are still part of, and you have brought part of that Light in your awareness, you have brought part of that Light to this point of expression where you identify it with a certain form, a certain body, a certain personality, certain activities, profession, all of the labels that you use to define self. And yet you are much more than just this point of focus, this personality.
- 1995-1001-008 You have allowed yourself that connection in times of meditation, times of oneness where you have allowed the boundaries of who you have thought yourself to be, to be let down, released, relaxed and you have gone into what you would term other dimensions, other experiences, other realms, and you have known yourself to be with the angels, with the masters and to tap into all of the wisdom that you are. And then you have come back very willingly, you have come to do the Father's will, the Father's work upon this plane.
- 1995-1001-009 What I say to you now is that you may do the Father's work in great joy. It is not something that has to be done in a seriousness, or even in a certain manner that requires lifetimes of study, great ritual, purification to make you worthy. Already you are worthy. Always you have been worthy of the Father's Love, and when the purpose of time has been fulfilled you will remain what you have been created to be, His perfect Light and Love.
- 1995-1001-010 And you have been willing to bring that Light and Love to this plane and to work amongst the brothers and sisters with great Love, a great heart following the guidance that sometimes the mind would question. The mind would say, "Well how can this be?" It does not make sense in the world. I have been called to do something else and yet the still small voice within you has been most insistent and you have finally said, "Yes, Father I will do your bidding." It is the Father's bidding yes, and it is yours as well for you are not separate and you come to express the Child right here, right now in great joy.
- 1995-1001-012 The ascension is what you have agreed to do. Oh, my goodness, does this mean that I have to go through trials, tribulations, judgments of the world? Stand before Pontius Pilot? Do I have to be nailed to the cross? Do I have to lay the body in a tomb and resurrect it? Well, if that's what you are talking about Jeshua, count me out.
- 1995-1001-013 That is not what I am talking about. For indeed all of you have gone through your trials and tribulations as you are in relationship with ones in the workplace, with

1995-10-01 Oakbridge University Channeled by Judith Coates

the ones even in a collected gathering called the family of a church. Even as you are in a relationship with the mate, with the loved one, even with the small one that come to be great challenge from time to time, and yet allow the heart to open.

- 1995-1001-014 You have been through judgment that the brothers and sisters have given to you and you have accepted because you thought it was your due to have to accept their judgment of who they thought you were and who you thought they thought you were. It gets a bit convoluted. And you have been in judgment of the brothers and sisters as well from time to time. You have known judgment and you have found times when you have stood before Pontius Pilot and you have felt no need to answer the world's judgment for you have stood in all of your glory and you have said silently, "I am that I am." And that was all the defense that was needed for indeed the holy Child does not need to be defended. The holy Child is holy, whole, complete, perfect.
- 1995-1001-015 You have known your own crucifixion. You have come through times when you felt you were being nailed to somebody else's cross and you have come through your own crucifixion. More than one, and you have allowed the limiting belief of the world, the limiting image of who you have thought yourself to be, to be crucified, dead and buried, put away and you have resurrected a new image of who you are from that crucifixion. You have done this over and over.
- 1995-1001-016 So no, it is not that I am asking of you to come through the trials, the judgment, the crucifixion, the resurrection for indeed you are well in process of your own resurrection. Coming out of a belief that has held you in constriction, a belief that said, "I am not worthy of the Father's Love. Perhaps in other lifetime, perhaps if I belong to the right group and I have the sanctification of that group, then perhaps I might be worthy to call on His name. I might be worthy to even think about some lifetime knowing my brother, one Jesus. You have come through those limiting beliefs to the place where you have said, "No, right now part of me is good enough. Part of me is the holy Child." And many of you have said, "Well, where is that part?" And you have looked for it somewhere, somewhere in there.
- 1995-1001-017 It is the heart. "Oh, I will look for the heart." Then you have come to the place of saying, "I am my Father's Child. I am my Father in expression. I am the life of the Father that allows me to move, to speak, to express, to love and you are in process now of your own ascension. You are the Light of the Father brought here in manifest form. That is what activates the form, the body and even now your scientists can measure the Light that activates the body. It is called the aura. Even now it can be photographed. It can be measured with your electrical devices enough to run some of your small mechanical means of things. But it does much more than that, because it activates the beautiful, beautiful body that allows the love-light to shine forth from the eyes.

1995-10-01 Oakbridge University Channeled by Judith Coates

- 1995-1001-018 In the days to come that you call the future, you will see with the physical eyes the radiance of the Christ. You will behold the radiance of one in the eyes, yes, around the body, through the body and even with the vibration the one sitting next to you. Have you felt as this one came and sat next to you, have you felt the vibration of this one? This one has a very activated vibration as do you and as do you. You can feel it as one comes in your presence.
- 1995-1001-019 You have all experienced an energy. You have all walked into the presence of one who has been in deep sorrow, confusion, constriction, very much down on themselves and the world and what was going on, and you have felt their vibrations. And you have said, "This does not feel like Home." And out of the great heart that you are you have sat with that one and extended Love and healing to that one by your willingness just to be present with that one as they were going through something.
- 1995-1001-020 It was not a space that you wanted to be in, but you did it because of the Love in your heart and because you knew that but for the grace of God there go I. In other words, I have been there. I have walked in those shoes, or sandals, and I know how it feels to be in confusion and sorrow and to feel loss. And so you sat with that one and you offered from the love of your heart, the healing that was called for, that was necessary.
- 1995-1001-021 You have at other times walked into a room where ones have been in joy, in happiness, in peace with themselves and with others, and you have walked into that room and you have said, "Feels good here. This feels like home. I am with family. I want to be with my heart family." So you have experienced, every moment you experience energy, vibration. What you are bringing into more and more manifest form is the Light that you are, the energy that activates the body and you will allow more and more of the radiance of the Christ, not just one Jesus, but one Elizabeth, to be seen, to be felt.
- 1995-1001-022 Why? Because you are coming into great joy. Because you are now willing to release old baggage that has been most heavy and that you have carried because you thought you had to.
- 1995-1001-023 Now the old baggage has served you well in other times. Everything that you have chosen has served you well for it has brought you to this point of choice. So there is nothing of judgment in baggage. But it does get to be heavy. And you have come to a place now in your willingness where you have said, "I will allow the constricting beliefs about who I am, and about the brothers and sisters, I will allow those limiting beliefs to be laid down. If somebody else wants to carry them, they may, but I am done with it." And you are feeling lighter even though the ego would question this from time to time. But you are feeling lighter as the Light that you are.

1995-10-01 Oakbridge University Channeled by Judith Coates

- 1995-1001-024 So you are allowing the Light, the radiance to shine forth through every cell of the body more and more freely. You are restructuring even the very DNA of the cells of the body, because you have decreed that you want to know, experience, and express more of the Christ upon this plane.
- 1995-1001-025 So as the holy Child, which is who you are, decrees that she will know more of the Light that she is, then even the creation, the body, rearranges itself so that you can know the emittance of more Light. You are coming now to a time when you will see with the physical eyes the Light around everyone's body. Not just the ones that have been termed the holy ones, the mystics, the saints. Indeed you do have those pictured in your paintings with the light around. It has been depicted as a great circle or around the body. But it is a great Truth about you as well. And you are allowing that to be known and seen more and more.
- 1995-1001-026 For what you have embarked upon even in these lovely surroundings, is allowing more and more of the joy of the Father to come forth. As you behold the brothers and sisters coming alive in their own Spirit, everyday when you are so gathered here there is an activation, an acceleration of that joy and that is what brings the holy Child back Home again. You are well in process of your ascension.
- 1995-1001-027 Now, with the radiance that you are allowing the body to show forth, with the lightness of the Spirit and the choices that you are making for lightness, does this mean that the body itself will ascend? Perhaps. Perhaps you will come to the place where you will be so light that the gravity, as it has been called, will have no effect upon even the dust of our Holy Mother, the Earth that you have collected into physicality, and you will ascend the body, change the vibration. The vibratory rate of the body itself and ascend.
- 1995-1001-028 But is that necessary in order to come Home? No. You can know ascension without ascending the body. It was for me a demonstration, a very dramatic demonstration for others to see the Light that they are and that you are, and to behold what happens when one is in a state of oneness and vibratory rate with the Light, the great ray of Light that you are. But it is not necessary to know physical ascension in order to ascend to the Father.
- 1995-1001-029 Indeed you have already experienced ascension in times of great joy, times of great revelation, times when you have said, "Ah ha. Oh, now I understand. Now I see the Light." Of course you see the Light, it is your own Light. So you experience every once in while moments of ascension. Moments that take you beyond the activities of what seems to be going on right around you and you can see beyond that, and you can say, "Father, I know Your Presence even in the midst of all of the other choices, all of the other calling out of the world to me." Those are moments of ascension.

1995-10-01 Oakbridge University Channeled by Judith Coates

- 1995-1001-030 In what you see as the next twenty years of your timing, there will be a great ascension. Some of you ascending the physical forms and then choosing to re-manifest a form. To come back, to be with brothers and sisters, loved ones who have not quite yet chosen to cross the threshold. You will see many of the brothers and sisters choosing for peace, for Light, for joy. Some of them choosing in gentleness as a gradual process and some of them choosing because they have finally gotten tired of the banging the head against the wall, or seeing the great destruction. Finally they will pause for a moment long enough for the Spirit of wholeness, the Holy Spirit to come in and suggest to them another way.
- 1995-1001-031 In the next twenty years of your timing. Does that sound like a miracle? Yes, and it is. But miracles are quite natural. They come from the process of the holy Child being willing to remember and return Home. Miracles occur naturally. When they do not occur there is something in the way, something in the thinking, the belief that yet calls out for healing.
- 1995-1001-032 It is a great time to be alive, to have the point of focus right here even where there is vibratory rate of the wood. It is a great time not because I have decreed it to be so. Not because I would be one far above you. Not because others of your masters, guides, teachers would decree it, but because you have decreed it. You have said, "It is time. It is time to arise up and return Home." Return Home in consciousness. You do not have to lay down the body in order to know Heaven.
- 1995-1001-033 In fact, what you have agreed to do is to bring Heaven right into this plane. Sounds like a big job. And yet, it occurs naturally as the holy Daughter chooses to do the work of the Father in joy and in Love, in surrender. No longer having to figure it all out, but just saying, "Yes, Father, I am here. Use me. Tell me where to go. Tell me what to say." And if there is no direct message in that moment, what should you do? You sit. You enjoy until the next moment when the Father says, "Be upon the feet and go somewhere." That is surrender. That is being willing as a little child to be led by the Spirit, to be led Home again.
- 1995-1001-034 But not by something that you would see outside of yourself. What you are responding to is your own great Spirit of Love. You are responding to your own wake up call that you left seemingly so long ago with ones of the Light beings who are your brothers and sisters, and you are not separate from them.
- 1995-1001-035 But you have said as the great holy Child that you are, the creative holy Child for you are most creative being the Child of the one Creator, you have thought to create and you have created very well. You have created all manner of experiences.
- 1995-1001-036 Yes, I see the look upon your face. You are saying, "Well yes, some of them I don't know about." You have created very well.

1995-10-01 Oakbridge University Channeled by Judith Coates

- 1995-1001-037 But having created you looked upon all that you brought forth and you called it good. And you wanted to know, I wanted to know, "How it feels to be amongst the creations? How it feels to activate the creative form?" And with that thought, instantly you came as the one with the one as the one life process and joined with your creations. As you brought forth the beautiful flowers you experienced being the life process of the flower, of the great trees, of the one that would run on the four feet. Great strength. Great speed. For you wanted to know, "How would that feel to be power in physicality?" So yes, you experienced as the great mammoth, as it is called. As some of your dinosaurs. Why do you think there is such a remembrance now of the dinosaurs?
- 1995-1001-038 They are not dead and gone. They are very much alive within the remembrance of you because you created them. You called them forth and you have expressed even with the form of a dinosaur, different ones. Why not? You are not limited.
- 1995-1001-039 If the brothers and sisters would speak unto you that that cannot be, that form, conscious form is always in this human design, speak to them, "Why should it be so?" That is a judgment. That is a limitation and you are not limited. For everything that you have looked upon you have wanted to know oneness with. And so you have expressed with the different forms. As the tiniest bird that you can imagine, of the tiniest alpine flower, as the wind that blows in your heavens. You are not limited.
- 1995-1001-040 When ones would speak to you that your expression as God the Father can only be in a certain way, allow them to know that that would limited the holy Child in her expression and the holy Child is not limited.
- 1995-1001-041 While you desired to know creation and how it feels to activate that creation, others of the Father, not separate from you but seen to be individuated energy of the Father, desired other experience and experience even now in what you look upon and call other realms. Some have form. Some forms that you would recognize. Many that you would not. Some express even beyond what you can imagine in this point of focus.
- 1995-1001-042 And you left with your Self, the one Self that we are, a wake up call. You said, "I want to know expression with form. All of the different forms. All of the vibratory rate. All of the levels of," what you would term, "consciousness now. And I want to do it with a very specific focus. Not a sin." Temporarily because you chose to do so. You have narrowed the point of focus to where you know experience in physicality and yet you have not forgotten that you are the Spirit that activates that physicality.
- 1995-1001-043 There is a hint, a subtlety every once in a while that comes up and suggests that there is more. You are very much the bridge person. You have heard that term. You are bridge people. We are bridge people. Because you are bridging from the

1995-10-01 Oakbridge University Channeled by Judith Coates

acknowledgment of Spirit that you are, to the expression in form, bringing Spirit into form and remembering that. Consciously remembering that. That is the bridge, the conscious awareness. For at all times you are the Spirit that activates the form, but it is not always remembered.

- 1995-1001-044 We have chosen to bring the Light and the Love of the Father into expression even with form and to temporarily set aside the Allness so that we could know that specificity. It has been called a sin, it has been called the fall from grace, and yet it is not. It has all been by divine design in order to know and to experience the Light.
- 1995-1001-045 But now what you are about, is ascending the consciousness into the Light that you always are. Allowing the consciousness itself to rise up, and to ascend to the Father. To know that you are unlimited. That is truly what you desire to experience. But you are not limited by physicality, by the form. Not limited by relationship. Not limited by anything that the world would speak unto you. But that you out of your great unlimitedness have chosen to bring Spirit into expression.
- 1995-1001-046 As you surrender into that, which you have been doing very well, as you surrender into that there is such a grand joy that wells up within you. For the holy Child realizes that there is nothing more that you need do. For you are now the perfection that you have always been and the perfection that you will always be and there is such a feeling of freedom and of joy. There will be a grand laughter sweeping across the face of our Holy Mother, the Earth, for the holy Child will recognize, acknowledge that I am. Period. Full stop. I am that I am, and there is nothing more that I need do to prove my worthiness.
- 1995-1001-047 Then the holy Child says, "Well, what can I do that is of joy? Who can I go and share my love with in this moment?" And there is such great radiance that comes forth in that moment. A freedom of radiance that comes forth in that moment. A great song from the heart that is felt in the Heavens, that ascends into the Heavens, because you are the Heavens. There is such a great ascension that is then enabled, allowed to be brought forth right here, right now. That is what you are doing and grand it is. For you have had the courage. You have had the courage to say, "I will come and acquiesce for a time being, to the values of the world. Long enough so that I know the language of the world. So that I can relate to it, but I am remembering that I am in the world but not of the world."
- 1995-1001-048 And then you come to that place of saying, "Everyday is a gift from the Father. I will rejoice and be glad in it," and truly then, you know the meaning of rejoice, for you know yourself to be again the joy of the Father. Nothing that you need do. You are totally, totally free to be the Love of the Father. You do not have to prove your worthiness by any choice that you would make as far as the world would define value. Totally free to follow the guidance of your own heart and to

1995-10-01 Oakbridge University Channeled by Judith Coates

allow that vibration of Love then to come forth in service to the brothers and sisters.

- 1995-1001-049 But not service as it would be seen as sacrifice. Service because you just can't help yourself from wanting to be, doing what you are doing. And if what you are doing does not bring you joy, choose anew. There is absolutely no one on this plane or any other plane that can keep you where you are if you are not happy where you are. There is no great referee that says, "You must stay thirty-five, forty, fifty years in employment with the same company so that you can earn the gold watch." What do you have when you have the gold watch? A symbol of time past.
- 1995-1001-050 If you are not happy where you are right now with what you are doing, choose freely. Allow the heart to be wide open and to say, "I am the gypsy upon this plane. I am the vagabond and anywhere I choose to lay my head, that is where the son of God can lay his head." The son of man, no, knows no place to lay his head for he will try out one pillow and it is too hard. And he will try out another pillow and it is too soft. But the Son of God can lay his head anywhere. You are totally free.
- 1995-1001-051 If you feel yourself on the threshold of changes. It is because you are.
- 1995-1001-052 {Laughter}
- 1995-1001-053 Great changes that you are calling forth because you want to know unlimitedness. You want to know oneness with the Father. You want to come Home again in great joy, with the freedom of the holy Daughter who says, "I can sing from morning till night and still I will have voice to sing to my Father. Everyone, I behold the angels for I know myself to be an angel. I have brought my Light to form but I know myself not to be separate from my angelic sisters and brothers. I am very much in expression." Their expression for they have agreed that you will come and be with the form, and they experience. All of the ones that you would see as the masters, guides, guardian angels, friends, ones that would be in another realm, they experience life through you. They experience this plane through you. You are never alone.
- 1995-1001-054 If you would feel yourself, sometimes you look upon the form of the body and you think, "Well, this is all there is. I wish I were a bit taller. A bit more shapely. Whatever, but this is it." You are not alone ever. You are the emissary of the Father. You are the emissary of the ones that come with you in expression, the Light beings as you would call them. They are the Light that you are. You would acknowledge them as aspects of your Self, your total Self, for that is who they are. Great radiant beautiful beings, as you are.
- 1995-1001-055 In that remembrance you ascend. Every time you choose for unlimitedness. Every time you allow the heart to open in great joy and say, "Yes, yes, I will choose for

1995-10-01 Oakbridge University Channeled by Judith Coates

freedom. I will choose for the spontaneity of it." You allow ascension. And when you have the courage to do that, others of the brothers and sisters are encouraged that perhaps they can look upon things in a new light, a new way. They know you. They know what you've come through. They know you've had challenges and decisions to make. And they say, "Well, if one known as Chris, the Light, the Christ, if she can choose to be happy in the midst of whatever choices, then perhaps I can be happy." At least you have opened a door for them. You have shown them a door where they did not think there was an opening. Whether they walk through that door or not that is their choice, but at least you have shown them that there is an opening there, and that is a great gift.

- 1995-1001-056 For in time everyone will choose for ascension. Everyone will choose to come Home to the Father. And in that there is great joy is there not? And you do not even have to make it happen. No, you do not have to make it happen.
- 1995-1001-057 {Laughter}
- 1995-1001-058 In fact, beloved one, you cannot make it happen. You have seen that often you would want someone to catch the vision that you have held and you have shared with them a book that has been most uplifting for you, or you have said, "Come, you must hear this teacher. You must come to this certain church, this certain gathering. You must hear this piece of music. I know that it will transport you. You must hear the tones." And others have listened and they do not hear the tones. Others have listened to the great music and they have been thinking what they will do on the morrow.
- 1995-1001-059 They have gone to the same workshop and they have said, "Well, that was interesting but tomorrow I have to get my hair cut," and you have wondered, "Why they did not catch the fire?" You cannot make it happen with the brothers and sisters. But you can allow them to see that you have caught the fire.
- 1995-1001-060 You allow
- 1995-1001-061 {Tape ends}
- 1995-1001-062 ...no wrong choices. This is very difficult in the world to understand. For when you look upon cruelty and violence and conflict they say, "Father, how can you allow that to happen?" And yet the Father in His great Love allows all of the choices, for every choice is the perfect catalyst for remembrance for that one.
- 1995-1001-063 If you were able to fix it for another one, in other words, to get in there and change things, to fix it for them, they would not accept the fixing. They would have to go back and recreate the whole mess as you would judge the mess to be, so that they could come through it.
- 1995-1001-064 This was an understanding that I came to in my ministry. For I looked upon Jerusalem and I wept. For I wanted the brothers and sisters to see with my eyes,

1995-10-01 Oakbridge University Channeled by Judith Coates

the vision of radiance, of love, of ascension that I could see. I would have fixed it if I could have. And I came to the understanding that our Father in His great Love, does not try to get in there and fix anything, but just looks lovingly upon His holy Child and allow the Child to play until the Child wants to come Home again. To arise up and say, "I will return unto my Father's house, where there is better food than what is given unto the swine here." Not in judgment, just the animals. There is no judgment. "That I will arise up and return home."

- 1995-1001-065 That is what you are doing right now, even in a gathering such as this for you are allowing yourself to play with the idea that, "Yes, one known as Gerry, can ascend." And you can, you are and have already, if you will receive it.
- 1995-1001-066 For what you can relate to and as we speak of ascension, there is part of you that relates to that, can catch a glimpse of what that is about, understand it. What you can relate to you have already experienced, you have already done. Have you done physical ascension? Yes, you have, but there is an agreement right now in this point of focus that says, "It must be off in the future somewhere. Just beyond the fingertips somewhere." So be it. And again not in judgment, but it is a process of realization, a process of saying, "It is real." Coming to that acknowledgment.
- 1995-1001-067 I would do with you what is termed a short meditation. I would ask all of you to allow the bodies to muck about a bit and then to get comfortable.
- 1995-1001-068 When you are comfortable allow the eyes to just easily close. Comfortably close and breathe in the golden white Light that you are. Feel it coming in to the lungs. Expanding the lungs, and as you exhale see the Love that you are being exhaled to all of the brothers and sisters.
- 1995-1001-069 Breathe in the golden white Light that you are and take it deep within every cell of the body. See it radiating out from what are termed the lungs, through the circulatory system, throughout all of the body to every cell. Turning on every light, every cell's light as it goes by. Down to the fingertips, down to the toes. And exhale the Love that you are.
- 1995-1001-070 Breathe in the golden white Light that you are. Feel it expanding every cell of the body. Allow yourself to know the wholeness of every cell, for if there has been constriction in any part of the body know that the Light is healing, expanding, radiating through that part of the body. You are the Father's holy Child, whole, perfect, healed.
- 1995-1001-071 Allow yourself now as the Light that you are to see yourself within the heart, within your own heart. Place yourself as the Light that you are within the heart. The heart as an organ and the heart chakra. Know yourself to be pulsating, radiating Light. One with every cell in that part of the body.

1995-10-01 Oakbridge University Channeled by Judith Coates

- 1995-1001-072 Feel the Light pulsating through the heart chakra. Feel the Love that expands and is expressed through the heart. See yourself as Light in the heart, expanding to encompass the whole form of the body as it would be a huge heart. For indeed you are a huge heart.
- 1995-1001-073 See the Light that you are expanding out to all of this room, all of the brothers and sisters so gathered in this room. Feel the oneness of that Light as it blends, intermingles with the Light of everyone else. For indeed this room is full of Light.
- 1995-1001-074 Know it to blend and to be one with all of the angels, the Light beings, the guides, all of the friends in other realms, all of the loved ones that you have ever known. See that Light expanding as the great One ray of Light of the Father. Feel that expansion.
- 1995-1001-075 Now imagine if you will without opening the eyes, imagine if you will, the one sitting next to you as bathed in Light. Bathed in their Light and in the Light that you share with them. See them radiating in the One great Light. And take yourself as your point of consciousness into their Light, into what you see as their space of the sphere of Light that they are.
- 1995-1001-076 See yourself blending your sphere of Light with theirs, becoming one with them. One great sphere of Light radiating, pulsating. And see yourself as the heart of the one who sits next to you. Know yourself to be the Light of their heart. Feel the energy of Light that binds everyone together in the Love of the Father. Know that there is no separation of your Light from another's Light. Know that you are truly within the heart of another one.
- 1995-1001-077 Put yourself as your consciousness within their heart, and now look out through their eyes. How does it feel to look out from their eyes?
- 1995-1001-078 Know that there is no separation. Know that you are your brother, your sister. As the Light that you are there is no differentiation. You are the heart of your sister, your brother and you can look out through their eyes. You can behold all of the Light that surrounds you. You can behold the one great ray of Light pulsating, activating, all of the forms of the brothers and sisters, all of the forms of life process, of the plants, the flowers, the trees, the animals. All of the Light that surrounds every created thing, and know that you are the one that has brought all of that creation into form and you may call it good.
- 1995-1001-079 In that state of expanded oneness, allow the eyes to gently open. When you feel comfortable allow the eyes to gently open and look at another one and behold their Light. Behold the Light of Christ present right in front of you. Behold with new eyes the Son of God, the Daughter of God. Behold in Love the Light of the Father.

1995-10-01 Oakbridge University Channeled by Judith Coates

- 1995-1001-080 Know that anytime you desire you may go into the heart of another one as the Love that you are. There is no separation. You can go within that one's heart and look out through their eyes and see anew, the Christ and beautiful she is.
- 1995-1001-081 Now would be a good time to take a short break, to refresh the bodies, to walk about a bit in exchange of the love and the hugs and then we will meet again and entertain a few of the questions. So be it.
- 1995-1001-082 {Break}
- 1995-1001-083 Beloved and holy and only Child, beautiful. A grand reunion in this afternoon. A reunion with one known as Jeshua, yes, an old friend. One that you have known many times and expressed with, but more than that, a reunion with a family, the seemingly separate members of family and a time of ascension in this afternoon. As you have seen ascension need not be something mystical -- myterical? A new word, and something beyond you, something afar off that can only be attained by a select few. But it is something that happens in every moment as you choose to come up higher in the understanding and remembrance of the totality of the one Child that you are.
- 1995-1001-084 This has been a grand reunion in this afternoon. A time of Love, a time of joy. A time of reaching out and grasping what you thought might not even be possible to look upon and yet, you have contemplated it and it has been within your grasp to reach out and to touch and to know once again, the unlimited Love of the Father in expression.
- 1995-1001-085 Now for the remainder of the time that we share in such a manner this afternoon we will entertain some of the questions that you may have. I will come around and greet each one of you because I desire to be in communion in this way with you. And if you have a question you may ask it. If you do not, that is okay too, for as you behold the seemingly grand number of brothers and sisters so gathered here today, perhaps you will do them a favor if you do not have a question.
- 1995-1001-086 {Laughter}
- 1995-1001-087 But I desire to be in communion with you once again in this way. Indeed this afternoon is a time of holy communion. Did you know beloved one that you were going to be hosting holy communion today?
- 1995-1001-088 **No.**
- 1995-1001-089 You could have posted it on your board outside and said, "Come one, come all. Holy Communion." And yet ever time that you allow yourself to commune with brother, sister, with the Father, with me in the spirit of wholeness, that is holy communion. For in Truth, it matters not whether you drink of the wine or eat of the wafer, what is important is the spirit of wholeness that you remember in that common union of communion.

1995-10-01 Oakbridge University Channeled by Judith Coates

- 1995-1001-090 So you may celebrate communion every time you eat a meal, every time you pray, every time you behold the beautiful face in the looking glass. When you do what is known as the shaving. I did not shave. I trimmed a bit.
- 1995-1001-091 {Greetings and questions around the room.}
- 1995-1001-092 All of you have gone beyond the bounds, the boundaries, the limitations of who you thought yourselves to be as you walked into this room. You have ascended in consciousness in this afternoon and beautiful it is.
- 1995-1001-093 An afternoon of great love, an afternoon of expanded agendas, an afternoon of great wingspans, an afternoon of sharing, coming open in the heart, being willing to share with others the innermost healings. In that willingness you have ascended. In the laughter you have ascended.
- 1995-1001-094 I thank all of you for your great Love and your patience in honoring the brothers and sisters as they spoke their questions. For indeed as you have discerned, others questions were your questions for there is no separation. As you experienced earlier in the afternoon with the light, there is never a time that you cannot go within the heart of another one, to walk in their sandals, to look out through their eyes. That is truly what ones are calling for now in this day and time.
- 1995-1001-095 Ones such as this beautiful child, and ones such as the ones brothers and sisters who are in diseasement, they are asking for you to spend a moment or two within their being, look out through their eyes to see in wholeness what they cannot quite yet see.
- 1995-1001-096 It has been my grand joy to come in this manner and to converse with you this way, to share the love, the laughter, the hope, the vision, the ascension. Not just of one Jeshua ben Joseph, but of the one holy Child who is now acknowledging the grandeur of the unlimited Light that she is.
- 1995-1001-097 Go forth from this room in this afternoon, remembering the communion that we have shared. Go forth in great joy and love. Share it freely with the brothers and sisters, for truly it is given to you freely of the Father. And as you give it you experience more.
- 1995-1001-098 Remember to return to the place of the heart. When the questions of the world will come and knock upon the door of the mind which they are apt to do from time to time, remember to return quickly to the quiet place of the heart and there abiding in silence, to listen for the still small voice that speaks from before time began, that speaks of your eternal, holy nature. For you are the one great ray of Light come to activate form, to know creation and to bring the heaven to earth.
- 1995-1001-099 So be it.