

Reality Check

3/9/2001

Beloved and holy and only child of our Heavenly Father, child of the one Source, child of light divine. That is who you are. Take it deeply within the consciousness and contemplate what that means. 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 evening in your timing as you have chosen once again to call me forth. There is a most radiant peace in this room. Can you feel it? The peace of the Christ. The peace of love. Most radiant. It is a joy to be with you.

Well, what shall we speak of in this evening? Have you had occurrences happening since we last met in this way?

[Funny you should ask.

Yes.

[You know we have, right?

Yes, very much so. A little bit of excitement. A little bit of drama that you brought for yourselves wanting to see what it would feel like to have a certain shaking up, to behold how your reality would experience and express the energy of the Christ manifesting. A bit of the tremor of our Mother the earth, moving beneath your feet and yet not separate from you.

Our holy Mother the earth is not separate from your consciousness, the consciousness of our holy Mother the earth is not separate. And what you are bringing forth seemingly upon the surface was a resonance, a communion if you will, of energy. A shifting of energy.

For indeed there has been a shifting of energy within the consciousness of the holy child upon this plane and at all moments there is shifting within our holy Mother the earth. There has to be. It is a corresponding shifting that happens. Most of the time very subtle, not felt on a conscious level and yet it happens. For you are shifting in your consciousness moment by moment doing improv. We have spoken of that many times. Dealing with reality — with a small "r" — perceiving it, interpreting it and reassessing what you have thought reality to be moment by moment.

So with the recent shake up there was a bit of the reassessment, opportunity to look at reality – small "r" – and how you perceived it. How you perceived your connection with other ones or lack of connection on a certain level and yet there was a knowing as you checked in within there was a knowing that everything was okay. But you said it would be nice to have an affirmation, confirmation of what I know within and it did come within time.

[Jeshua, can I ask you one thing about this?

Yes, of course.

[At the risk of embarrassing myself I am going to ask this anyway, It seems to be that I have felt an increase of vibration, a quickening or something, and most of the time I just chalk it up to being jittery and shaky for some reason. But I'm feeling a steady heightening of it. Is that only within me?

No, it is within the collective consciousness of the grouping in this area. There has been a certain realignment of belief system because of the outer manifestation of shifting and many are going about their usual activities of what needs to be done as they see it, but at a deeper level there is a certain knowing because there is no separation. There is a certain knowing that things have changed.

Now truly they have changed in the outer. You have the cracks in the dwelling places, you have the cracks in your surface roadways and there is evidence that things have changed, shifted. But there is much more that has been happening on an inner plane that ones are tuning into, because there is no separation, and feeling a bit uneasy about it because of past experience with change.

Now we have spoken many times that this point of focus, this reality is based on a belief in duality, good and not so good, and it has been believed and "proved" over and over through many lifetime experiences that change could be and often was threatening. So you have had a bit of change and you have had a potential for much more change. In other words, there were many who thought, "Oh my goodness, what is happening? What is going to happen?" and were quite relieved when they found out that the dwelling place did not fall down around them or the workplace and they found that they were still moving, breathing, doing okay and that life was going to go on pretty much the same and yet not the same because there had been a shifting, a change.

So there is a certain vibrational quality now, that is being felt by many. A heightened vibrational quality, yes, a quickening you have called it and it comes because of old belief, old patterning. It comes because of separated ego asking what is going to

happen now? When is the other shoe going to drop? And you have ones who are beginning to fill in the answer to that question for you, whether or not you want the answer, there are ones who are very quick to say that within a certain time period the other shoe is going to drop. And it is most wonderful the messages that you get from ones who are quick to supply for you that which the separated ego fears.

It is most wonderful because you get to sit with the message and ask, "Is this my truth? Is it going to fit into my reality? Is it going to be something that I have to deal with or do I know myself to be the creator of all that I experience? And do I know myself to be more than the circumstances and events that do happen and can happen, might happen in my life?"

So it gives opportunity for ones to sit with the prophecies and to ask, "Is this my truth? Does it have to be what they are saying?" And in truth it does not have to be what anyone is saying except for what you will decree. For each moment you manifest your reality. Now last time that we met in this way, we spoke of the nature of reality – small "r" – and how there is a certain collective core belief as to reality of incarnation. What it means to be incarnate in any form. Not only human form but any form. For indeed the human form is not the only form of incarnation. It is but one form.

And we spoke of how there is a collective agreement that in this reality – small "r" – there will be human form, human incarnation and certain physical laws that go along with seemingly govern, but yet it is the spirit that governs, seemingly govern what the physical incarnation is going to be and a collective agreement, collective consciousness as to what physicality is all about and how you work within a world of physicality. In other words, what the laws are in that subset there are more subsets of the families and how reality is defined within a family group. And within the family group you have the subsets of the individuals and how they define their reality, each individual based on past experience, past lifetimes, and based on how they perceive what is going on in the reality that they share with others and each one interprets events and circumstances in a most individual way.

For you have seen this within a family. You will have siblings and you may have and do have the same set of circumstances, same parents, the same love or nonlove, the same loss or not loss and one of the siblings will look upon it as most devastating and other of the siblings will allow it to be as the water off the duck's back and go along as if it touches them not. And they have a different view, different perception.

And within the individual there are from moment to moment the perceptions which shape and mold your reality as to how you have perceived an interchange with another

one. How you have seen the image of another one, how you behold them and how you see yourself in that relationship. It is a most fluid reality.

So we spoke last time about the nature of reality — with a small "r" — and how there are certain agreements but how these agreements themselves are not set in concrete. They are very much being influenced, worked upon by the consciousness of the group made up of all of the individuals who see themselves to be separate points of light, separate points of consciousness and yet are as one great ray, wave of consciousness. So that even what seems to be the most fundamental of collective agreement, such as incarnation and physical laws, even the most fundamental aspects of reality are undergoing change as even one of you begins to have new revelation about how reality could be.

One person with an idea can change what has seemed to be to that point a very true, again small "r" — reality — small "r" — because there is no separation. Because an idea is very powerful. A revelation and it works as a certain yeast or leavening within the consciousness and brings about what you have called evolution, comes about, brings about change. So even the most fundamental beliefs about reality are in process of being altered. There will come a time when, and it is not afar off, when you will see and others who will be incarnate at that time will see human incarnation to be very different from what you now believe reality to be. There will be a knowing that you are vibrational energy and a knowing how to use that vibrational energy which you have brought into a most wonderful density of form and you will know how to attune the vibrational energy of the physical form so that you can go wherever you want to go instantly. You can go through what seems to be now most solid matter and the human incarnation and the reality of human incarnation as you know it now, will be different from what it is now.

Yes.

[Will we be able to do that now? It's just a knowing?

Yes, and it will be perfected in a process of time so that even the physicality, now you can do it with the imagination, the mind, the visualization and dreaming, yes, and the visioning. It can be done. And what can be grasped in the mind even as visioning can be brought into realization in time because there is still the belief in time and it will be manifest.

There is a knowing deep within you that somehow if I knew just exactly how to tune this vibration I could instantly be wherever I think myself to be. I could walk through the walls of the dwelling place. I could whatever, all of the different things that

seem yet to be set in place in very defined terms. There is a knowing deep within you that those things that have been defined as being in concrete terms are not quite so concrete. Because you have known in what you see to be past linear history. You have known how to do this and the past linear history, I will say to you, is your future. Play with that for a moment. It is not past. But you draw upon it as you think yourself moving into the future, most wonderful.

So your reality — with a small "r" — is undergoing change, moment by moment and sometimes you will bring yourself to a most place of a reality check. You had one of those nine days ago in this geographical location, a reality check on many levels. When the earth was shaking and the dwelling place was moving around about you, when you received information about what was happening, there was opportunity to be very much in touch with belief about reality. What does this mean? And at first there was a time of assessment, a time of almost as a quiet time before it was then in a reactionary place. But there was a quiet moment. For some it was a nanosecond, very quick. For others it was more of a series of seconds of time where you were as a certain receptacle wondering, taking in information, processing very quickly and yet it was a period of time, an interval of a second or two.

And then there was reaction according to belief. According to past experience. According to whatever shapes your reality, your belief in reality. In other words, if it has been past experience, if it has been what others have said that a shaking of the earth has to mean, whatever you saw happening around you there was much of a time to have a reality check. To get in touch with beliefs.

Those of you who were not within the shaking itself were able to get in touch with your own knowing within which you did immediately. It happened again in that most sacred pause of time that happens before there is the seemingly instantaneous reaction. But there is a most sacred pause that happens first. The holy child has built that in to the consciousness where there is a moment, a sacred moment to assess what is happening before the habitual reaction sets in, yes.

So you had opportunity to ask of yourself, "What is the reality of this? What is the reality of friends and loved ones? What is the reality according to what I have heard in the past that could happen with such an occurrence? What is the reality perhaps according to what I have read of prophecy?" Is this the beginning of a certain prophecy that has been most widespread in the past years of your timing. Is this the beginning of that prophecy? Is there an area geographical area that is going to shake so violently that it is going to separate itself from the rest of the land mass? You had opportunity to go

within and to ask all kinds of questions of yourself. To ask, "What is my reality and to wonder what is other's reality?" Knowing that in truth first of all, the ones most immediately concerned with the occurrences are the ones who are manifesting that reality but you are not separate from it if you know about it. You are part of it as well.

But you had opportunity to wonder, I will put it most bluntly, "What are they going to realize in this? What is the reality going to be? What are they going to manifest?" There was an instantaneous questioning about that, that many across your most wonderful country asked. Either in words or in just a thought. "Well I wonder how bad it's going to be? I wonder what's going to happen?" And there was much interest, much of your media coverage for brothers and sisters were very interested to know what your immediate reality was. And there were many who were asked, you call them interviews I think, the interview. Most wonderful word, asked about their experience in it, their reality of it. And so ones who you would see to be vast distance away knew themselves to be connected. They were interested. They wanted to know. They shared in it at some level and they knew whether they would put this into conscious assessment or not, they knew that somehow they were connected to what was happening here and indeed they are. So it was a reality check.

In every day you bring for yourself opportunity for reality check. There are things that come up all of a sudden, perhaps a vehicle will come out in front of you all of a sudden and you have a chance to do a reality check. Perhaps a coworker or part of a family, a friend will say something to you that seems to be off the wall and you wonder where did that come from? And you have chance to do a reality check. What is my reality about what they just said? What is their reality? Why did they say that? What is their reality? What is this based, what belief does it go back to?

Everyday you have opportunity if you will have the eyes to see, the ears to hear, a mind that is questioning you will have opportunity for awareness of what you think yo. It is a truth but it does not have to be perceived as a heavy responsibility. You will be caught up for the most part in your own perception of your individual life. That is as it should be. But you will also be and you have been coming to this place already, being aware of how your choices affect others and how what you choose in consciousness influences the collective. Even on those days when separated ego will say to you at the end of that day, "Well you didn't do very well this time. You could have done much better. You could have said, you could have, etc." Separated ego is very full of the "could haves" and the "should haves" but that is its job. It is to bring you that message so that you can sit with it and do your own assessment of its message whether it is true or not.

And as you have spoken in previous times when separated ego brings you a message, thank separated ego for that message. Sit with it, not in consternation, but sit with it in a place of neutrality and ask, "Is this the truth of my being? Is this the truth about me?" Take a deep breath and allow yourself to stand in that place of beholder. Ask for holy vision and you will see anew that which has transpired. Not just the small part that you saw earlier, but you will see with holy vision the whole, W-h-o-l-e picture. Then you can do the true assessment, you can draw the conclusions truly, not just from a place of separation but from the place of holy vision.

You have had much going on in your collective grouping, your geo-political grouping. It's been most wonderful to watch in the past few weeks of your timing. We spoke of this previously that you were going to bring forth and that it was going to be (radio interference) as to what does this mean to me if "they" whoever "they" are got into power. Whatever, however you define the worldly power. And we spoke that there would be much of the drama that you would be seeing and this has been happening.

It has been happening for most wonderful purpose. As we have said, to allow you opportunity to stand either in judgment or in love. To stand in a place of most wonderful beholder who looks upon everything with humor or to be in a place of wonderment as to what will this mean to me and all of the voices of separated ego..... the holy child.

Ones who have thought themselves to be quite sincere about what they were doing have found themselves in the spotlight. Ones have been asking, "What is the procedure that has been happening here? Has it been as it was.... where quite often one did not even know if there were even nooks and crannies and corners. And it has been for a most wonderful purpose, to bring light to every aspect that could be perceived as being nonholy. And to access what has been the intent. Has it been carried out? What is the foundation underlying the intent? Where is the true motive?

In other words, what truly was going on? So you have seen much of drama and it will continue. You will see ones getting very caught up in it and you will see others taking the deep breath and watching it as you would the certain program on your television. Wondering what comes up next? And then switching to another channel. You will be interested in it, yes, and there is much of enlightenment. Much that will bring forward the quality that truly is desired by the holy Child as each individual point of consciousness, each individual point of a soul group is here in incarnation expressing.

Truly what you are moving towards is that place of honoring each point of consciousness, each point of the soul group to the place where you realize, truly make real in your awareness right here and now, realize the equality and divinity of each one,

point of consciousness, point of a soul group, who has said they will activate the body in a certain incarnation and it will take the human consciousness past the point of seeing individuality to the place of understanding the communion of all soul groups in equality. No less a project than that.

So what you see as a most wonderful drama, to see the individual players playing at it, brings forth a most wonderful awakening in time yet. In other words, you will say, "Well what is most obvious right now are all the individual players and all the individual camps, the us and them." But it is a most wondrous evolution that is happening of the holy Child coming to that place of recognizing equality of spirit and recognizing communion of all soul groups. Now matter color of skin. No matter what the certain belief, creed, whatever is. But the communion, the common union of all soul groups.

So you will see much of assessment. Already you are seeing that on a certain scenario, certain scene of the drama. You will be seeing assessment in your workplaces where there will come -- all of a sudden it seems to be a new thought -- "Let us take stock of what we have been doing in this business," or whatever, the service that you do. "Let us see where we have been and how well we are doing with it and where do we go from here?" You will see assessment within the work groups, the employment, the service groups as well.

You will see, already you have been hearing much of accountability. You will be seeing assessment in the areas of education. How well are we -- and I do have to smile at this -- educating our youth? It is the other way around is it not? The youth are the ones who are bringing forth educare, bringing forth from the ones who have been rather fixated, a certain spontaneity, a new way of looking at things. But there will be assessment in that field of interest as well.

You will see across the board, assessment happening in this year. Much of taking stock. Already in the past few months of your timing you have seen much focusing upon your stock market. It has been put under the microscope watching whether it has a blip in a certain day or not. And what does this portend? A lot of the assessment. That will continue in this year. There will be many of the blips and there will be much of the interpretation. There will be much of the assessment as to groupings and how they have come together for certain focused intent and whether this has been achieved or how well it has been achieved or perhaps it hasn't been at all. So there will be much of assessment that will be happening.

Much of change that you will see in this year. Now, when I say that, separated ego goes, "Oh, oh. I don't care for change. Hopefully Jeshua means its going to be just

gradual, gentle change." I often hear this in prayers. Ones will ask of me, "Please change me, but just gently." First of all I cannot change anyone. I cannot even change the circumstances of your life because I am your equal. You are equal Christ manifesting your own life, lifetimes. So I cannot change you and I cannot change your circumstances. But I can love you and cheer you on as cheerleader. Every time you choose to come up higher in the consciousness and look upon things with the holy vision.

Do you know what happens Every time you choose -- I will digress for a moment here -- everything you choose with a deep breath to stand in that place of holy vision, all of the angels sing. It is a truth. It happens. It is vibrational. You add to it in that moment when you choose to be in joy, when you choose to be in revelation. When you choose to be the optimist, to stand even for a moment in the place of hope. You put forth a vibration of energy which is matched by the angelic hosts for they sing. Truly. And that vibration sometimes, this has happened for you, it feels so good you become addicted to it and you find that you want to choose more and more often to stand in the place of trust and faith and hope.

You say, "Yes, I know there are problems here, challenges. There are things I have to consider but for this moment I will stand in the place of love. I will allow the Father's love to enfold me. I will breathe in deeply the hope, the optimism, the joy, the love of the Father." And it becomes most wonderfully addictive and the angels sing.

So this year, yes, it will be a year of assessment and it will be a year of change. Whether these changes are gentle or not so gentle is up to you. The changes, yes, you will want them because you have already decreed that you want to awaken.

If you find yourself in resistance then the changes will be a little more bumpy, but not to the place where you will be devastated. Never will you be devastated or annihilated or lost for ever, never. You cannot be. You are an extension of the Father come into this point of consciousness and that which IS, IS and it cannot be lost. You can sometimes perceive that you feel terribly lost and that can be as you understand it, a long time, a long time held belief but it is only a belief and a perception. And that is what you have some lifetimes ago, decreed that you would change, that you would come Home. That you would arise up and come Home to the Father.

You will be doing much of assessment within your own consciousness in this year. You will be assessing, "What have I done so far?" And I do not mean the outer acts of achievement. That will be okay, you can start with that if you want to, but more to the point, you will be asking of yourself, "How have I changed in this lifetime? Where do I stand now in my consciousness compared to a year ago, five years ago, ten years ago?"

And with that information, "Where is it likely that I will be going in the next year, five year, ten years?" And as we have spoken earlier in this evening, "Where do I want to go? What do I want to feel, to realize, to live?" Whatever you want to feel, to realize, to live focus upon it as if it were real. Live with it. Practice it. Try it on as a role. Play with it as often as you remember to, and you will find that it becomes more and more you, as the Real You. As you put yourself in that role even if it feels like role playing in the beginning.

As you will work with it and I do not work in a heavy effort way, but as you will be in that space with it more and more, it will become more and more natural to you. And you will find on a certain day you will say, "I have been happy this whole day. What's happening to me? I didn't have a worry all day." I have seen you do this already. My beloved friend and teacher, the one known as Judith is very good at this. She will take stock at the end of the day and if there hasn't been something she's been worried about she will say, "What! What is it I'm supposed to be worried about?" She'll go back over her list echecking them all.

But the point is, as you assume that role and you live in the reality of what you want to be real in your consciousness, it becomes you and you become it. And you will find that you spend more and more of the waking consciousness in that space because you want to. But it starts with some assessment and it starts with some degree of asking, "Where have I been in my consciousness? Where do I want to go? And how do I get there?" And we have spoken of the most important how, it is to play that role.

But you have now many tools at your disposal. Ones we have spoken of in previous times. The most important simple one of taking the deep breath. Always that is available to you. It is very easy to do and you have discerned that as you take the deep breath it allows you opportunity to stand in a new space, momentarily, and then if all of the questions of the world come crushing in upon you, you have opportunity to take another deep breath and stay in that space of peace, or to deal with whatever the choice is. However, and then to breathe again.

For breath is your connection to spirit. It is the connection between the physical, the incarnation, and the spirit, the true nature of you. It is the first thing that you do when you claim individual life as an infant. You take the breath on your own. It is the last thing you do as you release the body. So take the deep breath, always that is available right there with you, for just a thought. To take the deep breath and then to stand in the place of beholder. That interdimensional Self that we have discussed for you have opportunity to ask for holy vision.

And take the deep breath and you stand in the place of beholder, that Self that is not focused upon a dimension, but is between dimensions. That Self of you that is not attached for any reality -- with a small "r" -- and then to ask for holy vision. What is really going on here? To watch yourself and your thoughts as they interweave in a most wonderful dance. To watch yourself and the other brothers and sisters as you interact in a most wonderful dance and to behold it as a dance, no more, no less.

You have the tool of meditation which is not unlike what we have just spoken of as being in the place of the beholder. That place where you may take a certain challenge, thought, questioning, in prayer perhaps first, asking and then in meditation to listen. Again it is the same as stepping into the interdimensional Self in that place of meditation, that place of quiet, that gift that you give yourself of your true nature.

For your true nature allows you to experience the untrue nature. Your true nature, your divinity allows you to experience all of the world and the world voices. All of the possible threats, all of the possible "what ifs". But it is your divinity, it is your true Self that allows you to play with the untrue until you come to that place and you are on the threshold of that now, that place that says, "I'm getting a bit satisfied, filled up with the untrue. I've played with all of these toys. What else is there?" You are as the small child that has found itself in a room full of toys and you have played with each and every one of them and you have been delighted by many of them and you have also been hurt, momentarily, as you would misuse one of the toys.

But you are now at the place where the small child stands up and looks around and says, "This is a most wonderful room. This room of toys, of playthings, but what else is beyond this room? This room is part of something else." Most wonderful revelation when that idea dawns. That is where you stand now. You are coming to the place of the realization, making real in your awareness that what you play with here most wonderful toyroom is but part and there are many, many other rooms in my Father's mansion.

And being the adventurer that you are, you want to know, "What do the other rooms hold? What in truth of the mansion? Can I go freely from room to room?" Of course you can. "How many rooms does this mansion have?" Yes, many. Countless. And you come deep level of knowing, you knew there was a gift in it. And as the innocent child which truly you are, who sits on Christmas morning and says, "I want to know what this gift is, I can't wait to open it." That is how you are about your reality. Wanting to know the gift in it. Wanting to have the true Reality check.

So whenever anything happens and it happens all the time, allow it to be as a most wonderful catalyst for the Reality check. First of all to check the reality -- small

"r" that you are experiencing and then to ask as the beholder, "What is the true Reality behind all of this?" And there will come forth the most wonderful laughter, the most wonderful freedom, the most wonderful sense of being loved and supported and okay, being perfect, complete, whole, holy, wholly loved and from that the most wonderful healing of remembrance.

So welcome your reality checks. Play with them. Is there going to be another shakeup? Yes. Of course. Are you going to enjoy it?

[Who knows?

As you say. Have fun with it.

So be it.