

# Moving Into Light Consciousness

6/8/01

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, we 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. Great joy of your divine nature. Great joy of remembrance. Great joy of reunion.

And for you beloved brother, in person, alive in person featuring Sananda.

[Thank you.

Very good. You see a rose by any other name is still the rose.

[Indeed.

You have a humorous saying in your world, “It doesn’t matter what you call me but do not call me late for supper.”

[Right on.

And so I will answer by any name as you call for me. I will answer. I will be with you. All you have to do is to think a thought, “Please I need help,” and I will be there. No matter what you call me. I will be there, be with you to lift you up if you feel that you need upliftment. To be the companion in your joy, in your celebration. To be the one who meets you in enthusiasm as you have the new ideas, the new revelation and you want to share it with someone. For it is too much, too big to hold within and you want to share it. I will be there to share it.

So call on me often and call my by whatever name you will want to. For in truth I have known incarnation by different names for I did not have just one lifetime that has been attributed to me by your religious philosophical lineage. I had many. I have had many and continue to have lifetimes, an ongoing lifetime if you will, as indeed you do. For you see yourself in a certain segment as we will measure the linear time and you say that this segment I am known as “Sunday” or I am known as “Diana” or I am known as “Lena” or am known as “William” or as known as “Theodore, Ted.”

And this segment is but part of what you claim as your lineage of soul history and that beloved ones, is only part of the whole which you are where you can tap into other experiences, other lifetimes of You, with the capital "Y", the greater Self of you. The vast soul group which we have spoken of in other times. For you are not separate from the soul group.

Ones will ask of me often to give them a name of who they have been in another lifetime. And in truth you may choose whatever name you want for you have been any of this lineage of individuals' history and within that lineage there are/is a multitude of names. But you are also the vast soul group and you may tune into any of those experiences as you allow the belief system to expand into that reality. So that you may claim, and in truth you have, been, known, expressed as whatever name you are going to form an affinity to.

So ones will say to me, "Give me a name." I suppose I flip through the certain name book and come up with one and say, "Here, try this on." Which in truth is what you do sometimes and you try on for this point of reality what feels true to you. What you feel you have a resonance with and you say, "Well I know I have had many lifetimes in France. And in England and also in Norway and Sweden. I know that I had lifetimes there." Well yes you have. Many lifetimes within what you see as your individual soul lineage to be. You are close to those lifetimes because there is a certain connection that you feel more with what you claim to be the individual soul lineage. Closer than what you feel sometimes with the vaster soul group.

But yet you have had many lifetimes in every spot upon our holy mother the earth that you can recognize and also within the star systems, the various constellations that you see and acknowledge from this point of reference.

And I say to you, those star constellations that you see are not all of them. From this point of reference you see but a slice and even the slice is but a clue to how vast the star systems are. And you have had lifetimes within what you see the neighborhood of the star systems, many lifetimes that you do not bring into this reality because this reality is somewhat confined within its own box of saying this is all there is.

And so within this point of reference there is a limitation in the belief. But that limitation is becoming, the belief in it is becoming porous many holes like in the Swiss cheese where ones such as you are saying, "Well no. I just have a feeling that I've had lifetimes somewhere else that I can't quite relate to. But I know that I've adventured many, many places even more than right here." And this is true.

So you may claim for yourself any name, any history which feels true to you in this point of reference and it will be and is true. And there is more to you than what you will claim. For as I have said, this point of reference, this reality yet believes itself to be restricted.

However, that is changing, the belief in the restrictions are changing. And that is what I would speak with you about this evening.

I would speak with you about moving into light consciousness. Moving into expanded consciousness. Moving into that place where you take yourself lightly because after all what you see and you behold is only a very, very minuscule part of the truth of you even with a small "t" and even more minuscule of the Truth — with a capital "T" — of you. I would ask of you. You don't have to answer this. Just contemplate it. Do you live your life lightly or heavily? For the most part? Yes, very much so. The roller coaster, the up and down for you find that some of the time you live your life lightly. You take it lightly. Other times there are issues that just really get to you. They hook you right in the solar plexus to the place where you say, "I have to deal with this. It is uncomfortable." And for a short while you become a bit heavier because you think that the world and the world belief value system says to you, "You have to be heavy." And the world, the voice of the world loves to tell you that life is a struggle. It is full of challenge. It is full of sorrow. It is a veil of sorrows and that no matter what you do, no matter how you come up over it one challenge over another, there will always be another on the next horizon for you.

And that is a belief which you have lived with many, many lifetimes. There is a lineage of that belief and yet you are radicals. You are free thinkers and you have said, "There has to be another way." You have reached this point that I describe now, the point where you have said, "There has to be another way." Truly in another lifetime you have reached it in this lifetime yes, but there has come a turning point in a lifetime as you would see the lineage of the individual soul history, has come a lifetime which has been a turning point for you where you have said, "If this is all there is I don't want it. There must be something else." And with that thought you began to lift up the eyes of the soul to see what else there could be. And you have fashioned for yourself since that lifetime more and more lifetimes of light, of hope, of optimism. And as you have focused on the hope, even a lifetime that did not seem to have much to hope for, the hope has grown to where you now have the awareness that there is good in life and that you can be — not only can be but you have to be — happy. The pursuit of happiness. It is written into your geopolitical grouping as a belief. That all are equal in their pursuit of it. It doesn't mean that they are all going to claim it for themselves but they are equal to pursue it. And that the pursuit is possible.

Now there have been lifetimes when the collective belief did not even entertain that thought that there could be any bit of happiness, any bit of light for the existence and that was all it was, was so heavy that any other thought was foreign to it.

So you see how far you have come. You may take a bit of the gold star, take a gold star and put it on the forehead or wherever else you want to put it and all yourself to feel good. For you are remembering, you are arising up and returning home, and very quickly in truth from that moment lifetimes ago when you said, "If this is all there is I don't want it. There must be something else."

And so, here you are. You have days that you feel quite optimistic. You could do anything in this day. "I think I'll take on whatever project," and you go about that day with a certain divine energy and everything miraculously falls into place and you say, "Wow! I really like days like this. I don't know why I can't have more of them." Well with that thought you see you have already set yourself up for perhaps another day which might not be quite so good. And of course you do in time, then experience another day that seems not quite so perfect for everything perhaps come together but you have to struggle a bit to make all the pieces fit. You've known those days.

And there are those days of course when none of the pieces do fit and you say, "What the heck. I'm going to go to be early and start over on another day." If you can. Now not all of you can because you have responsibilities to say you have to be on duty for awhile. But if you can you say, "Well I'm going to cash this one in early and go to bed. The heck with this day. Let's start a new one." And sure enough on the new one there is a feeling of hope which then grows to optimism and then grows to manifest joy.

So it is a bit of the roller coaster, yes. Days you take yourself lightly. Other days it is a little more heavy. But moving into the awareness of light, that is where you stand now and it is a most wonderful, miraculous place in truth because you have changed your perspective about everything.

For as you will practice as you will use a bit of discipline to choose to look upon things lightly. It gets easier and the converse is true of that, the reverse, opposite of it is true. As you begin to focus on what is wrong in life then there seems to be more and more wrong. As you will go about looking for light you will find it. And you will find that more and more love comes into your life, more and more friends come and they also miraculously seem to be living more in light because you attract to you like minds and you have seen, you have a saying in your world, "Misery likes company." And misery will attract its own and also lightness, sunshine attracts its own.

So as you are going in a way that takes yourself lightly and looks upon everything from a place that says, "Well if I don't see the light. I know it has to be around the corner here somewhere." You begin to feel more light about what is happening and you begin to see a reinforcement of more light. Practice, it does pay off. A discipline of willingness to change the perspective.

To say, "Well I am being freed from a certain employment. I now get to play." There are many of the brothers and sisters who in the past few months have been gifted the opportunity to be free and some have felt free and others have felt weighted down by it. Listening to the voice of separated ego that says, "Oh my goodness. What do I do now?"

And yet what you do is you breathe the same as you were doing a moment or so before. You keep on breathing whether you take yourself lightly or heavily you still keep on breathing. Except that it is much more joyful if you feel free about it. You have opportunities everyday and the rapidity of the opportunities is increasing.

Moving into light consciousness is what you and the brothers and sisters, the collective consciousness, you are doing. Also, our holy mother the earth is evolving, making changes as the light being which She is.

Now I know for many of the brothers and sisters it is difficult to see any light around the earth. It is just something that you walk on, drive on, pave it over so that you can have more roads and more dwelling places and structures upon it and there is not much thought that there is light within and around our holy mother the earth but there is because our holy mother the earth is light coalesced into form the same as your body. Light coalesced into form. Just a bigger form but it is light and there is consciousness, intelligence otherwise there would not be the coalescence into form. There has been a conscious choice of the Intelligence – and I use that with a capital "I" – to bring together a certain form dense enough that humanoids can walk on it and have no care, no thought for it for the most part.

But our holy mother the earth is also a consciousness and is also evolving, allowing more and more of the light to be acknowledged and radiated into what you would call outer space. I will call it inner space because it is all within the Mind of God and the Mind of the One. And there is a certain evolution, acceleration of evolution which is well in process. You see this in your individual lives where you don't have quite enough time to do what you want to do. You keep saying, "I am running out of time." Even if you don't have a commitment as to the workplace you still find that everyday goes by faster and faster. You marvel at it. You feel, "Well I just got up and here it is afternoon already. It is evening already. Where has the day gone?"

There is an acceleration within your own individual consciousness and there is an acceleration of the evolution of light awareness with our holy mother the earth.

Now, whenever you have an evolutionary process going on and it is always going on, for the holy child, the one Mind being creative is forever ongoing and creating and expanding. So you have always an evolution of creation.

Ones have asked, "Is there a beginning? Is there an end?" In Truth – capital "T" – No. But there has to be a beginning? One's say I understand that perhaps there wouldn't be an end that I could see at this point, but there has to be a beginning. Only within this point of reference that believes in linear time does there have to be a beginning.

Within this point of reference that has belief in process in time, there has to be a beginning. There has to be finite. But the one Mind is infinite, is not limited, not restricted anywhere. Not at beginning. Not at end. Not at top. Not at bottom. And within this point of reference that Truth does not conceptualize to the point where you can get your mind around it.

However, you can allow it to be. Just say, "Well, okay. I guess it doesn't affect me too much. I can live with that." And you can. Or let's put it this way, you have to.

Yes, it is the Truth of you that you are infinite. That in Truth you have been here before the beginning and you will be here after and beyond the end for this point of reference, this reality, is but a very small segment within all of creation.

Now it is a most wonderful segment. A very most wonderful sandbox to play in. But it is not the whole sandbox and in truth the whole sandbox cannot be conceptualized as a sandbox because sandboxes have edges. Okay. But within this sandbox you have most wonderful creative powers that you play with and that is wonderful as well.

But there is an evolution even within your sandbox, this sandbox that says, "Well I have edges around my sandbox to keep my sand in." Even in this sandbox there is an evolution in thinking, in willingness, in allowance to entertain the possibility, the probability and reality of more light. And when I speak of more light I do not mean light in the physical sense, although you will in truth see that too. But I speak of light as being intelligence.

So as you are moving into light consciousness you will be moving, you individually, into more awareness of the divine intelligence of you, the expandedness of you, and our holy mother the earth is also making this shift into more light consciousness.

There will be more light seen with the physical eyes. There will be the physical manifestation that you will behold for that is one of the things you have asked for, proof. "I want to see it." Listen to your language. "I want to see it," and you will. You will see it. But our holy mother the earth is also at a time now of moving into more radiance within the heavens and if you could view our holy mother the earth from a star constellation far out in the universe you would see a growing radiance even of the physical light.

Now I say if you could, and you can, because as I described that to you, you did see it in the mind's eye. Very good. You see how powerful you are. You are not restricted to just one point of reality. In what you just did you moved into another level of light consciousness yourself. Just with that imagination, that moment of going beyond. And that is what you are adding up day by day, building upon. More and more light consciousness. More and more awareness of divine intelligence. More and more awareness that I am not just a little speck of dust in a far off corner of the universe. But I am the universe. I am connected to all that which I can imagine, conceptualize, think of and more. That is moving into light consciousness.

Now as there is evolution there are changes that happen. Have to be for you leave the old thinking behind. And as there is more light the light will show up first of all any resistance to it and will show up the resistance and shadows for if there is resistance it is going to stand up and as the light comes to it what does it do? It will cast a shadow. That is how you can know that there is resistance somewhere. If you see a shadow know that there is resistance, there is a block. There is something that is not allowing a free flow.

You will see some shadows. Already you have seen in this lifetime, some shadows, issues that come up that you have shown your light upon and then you have said, "Oh my goodness. That looks like a challenge." And then you have set about dealing with it with the light of your own intelligence which is not separate from the Great Intelligence for you are not separate. And you have allowed — and that is important. Remember that word, "Allowed" — a transformation to take place with those challenges. To the place where they have transformed.

Now in truth it has been your thinking about them that has transformed. So you will see in this evolution that you are already in. It is part of a process that you are in. You will see shadows and you will see changes. Both individually as you have already, and also collectively. In the next few months of your timing, what you call your summertime in this hemisphere, there will be shifts with our holy mother the earth and you have

been called upon and volunteered to be the light consciousness that knows that all is in divine order of the atonement, of the realization of at-one-ment.

You have in truth before this incarnation volunteered to be what you see as a certain storage place, a battery is a good word, of peace. Now you say, "Oh boy, I didn't know that and I don't know if I'm much of a battery for peace because I sure have the ups and downs in my life and I don't always feel peaceful." But in truth you as a individual soul and also part of a vaster soul group, you have volunteered to be the presence of peace while changes are happening and they are going to be as is seen now, they are going to be happening in the next few months of your timing to the place where when you reach your new year you will look back to this time and you will count an evolutionary process. You will be able to see what has happened.

I say this to you because I wish to awaken in you the remembrance of what you volunteered for. And to reassure you that you volunteered because you know at a very deep level within you that you are the stream, the flow of peace, of light, if you will. Divine intelligence if you will and you have said, "I will be the presence of peace. I will breathe peace into any situation that needs it, whether it be a physical situation or it be a situation that you will hear about or know in the mind about. You will breathe peace.

There has been terminology earlier in your lifetime, "To pray about it." Well I suggest you pray about it. But pray believing. Pray that it is all in the divine order which is believing that it is all in divine order.

For you will see changes on the surface of our holy mother the earth. The crust of it. There will be physical changes. You will see changes happening that have been brewing for awhile between brother and brothers, sister and sister to the place of boiling point. There are going to be, as it is seen now, uprising for there has been a growing frustration and fear and a frustration that could not be solved other than certain intensity of emotion.

So you will see uprising as it is seen now. Breathe peace into those uprisings. Whether they be in your area as coworkers who don't agree with each other, whatever, or if they be at a farther distance as you measure geography. Breathe peace and know that truly the holy child is arising as the phoenix out of every conflagration. Every seeming problem for that is truly what is happening. The divinity has to come to a place of remembrance and reawakening.

You have decreed that before there was descent into density. Before there was the descent into knowing creation from the inside out. You decreed that there would be

the phoenix of you arising out of the ashes. And so you will see ashes. As it is seen now, some of the ashes may be rather large but it doesn't have to be and that is where you come in again.

You so gathered in this room and those within the sound of my voice, you are the ones who volunteered to be the presence of peace during this time of awakening. You are the ones who have said, "I am the adventurer. I have been through multitudinous adventures and I know myself to be eternal because I have come through multitudinous adventures. I know that I will prevail." And you will. You will always be. You have to. But there is a knowing deep within you of light consciousness. And this is not the first lifetime you have volunteered to do this.

This lifetime it is going to be easier for you than some other lifetimes. Because you have also gone through an evolutionary process of awakening within your own belief system as you see your individual history. This lifetime will not require of you what you have given in some other lifetimes. For other lifetimes you have released the body in most sacrificial terms. That will not be asked of you in this lifetime. But you have volunteered to be the presence of peace, to be the presence of light consciousness. I am impressing that upon you.

You have set a certain time schedule. You collectively and you are now at a point where — how to you put this? — that push has come to shove.

[Yes.

Yes. You are willing. You are ready and you are able to be the presence of peace. To speak the word of peace to ones who may lose their center momentarily. Whether they be right face to face with you or whether they be within the mind because you know you have heard of them. You carry them within your mind and heart.

All of you have had experiences in this lifetime which have prepared you for this. You have had experience recently of turmoil, possible upsetting and you have found that you could be the presence of peace and give to others a measure of peace as they are willing to receive it. You with the ones you work with you do the same thing. You give them a measure of peace as they are willing to receive it. You have come through challenges, ones where you have been toe to toe with ones and all of a sudden there has come over you a sense of peace and you have said, "Oh well. Okay." And there has been a change of energy as that happens.

You have come through your challenges of the self-image, losing seemingly, but it hasn't really been lost, loved ones and you have gained a place of the reassurance of

knowing that there is an ongoingness which is characterized by peace. You have come through to a place of peace that cannot in truth be disturbed by the world. You have had time to practice it. Also for you, you have had time to practice. You have had much of the word around you that would give you opportunity to either be in dither with it or to be in the place of peace. And you have found a measure for yourself, of peace and you know how to center. You know how to stay in that place of peace. And the same for you. You have been surrounded by much that could be characterized as unpeaceful, even chaotic at times. And you have found that you have strengthened the sense of peace within yourself so that you could call upon it at anytime. And you have had to. Yes.

So all of you, you are ready. You are willing and you are very much able to be the presence of peace and to breathe, to remember peace and to move into that place of light consciousness.

For yourself individually, I recommend it because it is a most joyful place to be, and also for the collective, for the brothers and sisters who may have temporarily forgotten their center and their peace.

Now, having said all of this, it is not to instill fear. It is not, "Oh my goodness. What am I being told? Am I going to be able to handle this?" In truth you will find that one day will be pretty much the same as another day because you have been gradually leading up to this anyway. You will yet experience the changes I have spoken of. In other words, you will hear about them. They will come into your consciousness. Some of them will come closer to your doorstep than others, but not to the place where you have to worry about them. In other words it's not a place where it is not doom and gloom. That is not my message. My message in this evening is remember what you have volunteered to do. Remember to be the presence of peace. Remember to live in light and to take yourself lightly and others as well.

Remember that you are eternal. Remember that you have decreed that there will be an evolutionary process of the phoenix arising. Remember that you are so loved that you are the presence of love and sunshine.

That is this evening's message. It is to call forth from you a reaffirmation of that which you have agreed to do. It is not in truth, difficult. Now, how do you do it? You do it easily by smiling, by looking for the joy. By playing. Hear that well, in everyday I set for you a piece of homework. In everyday find something that you will characterize, define as play and spend at least five minutes playing. Whatever allows your heart to open, to feel joy. Play. And if you want to give yourself more than the five minutes please do.

Do that which comes to mind that feels light. If it does not feel light first of all ask, is it something that is necessary for me to do? And if it is something that you said you will do, then yes, you will do it and what you will want to do then is to find some way to play it. Some way that you can feel good about it. Already you have had to work with this kind of magic trick because there have been many times in a lifetime when there has been something you said you would do and you know that you have given your word to it but you didn't really want to do it.

And the inner child of you has said, "Okay. I'll do it but I want a reward. I want something, a pat on the back, a hug, a bubble bath, a strawberry treat, chocolate."

[Heaven forbid.

Heaven does not forbid. Think you where chocolate has come from? From heaven of course, yes, from the creative one who brought it forth in the first place.

Everything you make for yourselves such as chocolate, it is there to allow you to feel good. To find the play in it. To enjoy.

So for the homework everyday, play at least five minutes. Keep, please for me, a journal. I want you to keep a list of what you do in each day. I know that's going to be really heavy to do. I'm just not into making lists.

{Laughter}

Well if you do not actually make a list by writing it keep the list in the mind so that you can go back over the past few days and say, "I played on Monday by wiggling the toes," or whatever. "I played on Tuesday by enjoying my flowers. And I played on Wednesday by playing with my cat," or whatever. You keep a list in the mind. A mental list. It does not have to be the heavy writing of it. But for some of you who find it more ease in the writing, keep a small journal in this next fortnight of how you played. What was play to you?

Some of you maybe hard put to find something that is play. Know you that I understand this, that as you have been brought up there has not been an emphasis upon play. There has been an emphasis upon reaching goals. Satisfying goals. Striving. So you may have to do a bit of the adjustment of the thinking as to what do I enjoy that is as play? And then you will have to give yourself allowance to do it. Because there has also been taught to you a certain saying that it is not good to be idle. That it is not to just take it easy always. You must be working.

So first of all you have to think, what do I define as play? What is play to me? What will I allow myself even to contemplate as play? And then secondly, would I really allow myself five minutes out of the day to do that? Well I don't have five minutes. Jeshua, if I could have anything, I would like another hour in my day to get everything done and now you are asking me to do one more thing? Yes. I am asking you to play. For at least five minutes pretend that you are the holy child and that the Father has given you five minutes to do that which allows your heart to feel good.

Now I know for some of you, you will have no problem with it at all. But for others it will be more of a challenge.

Playing is moving into light consciousness. For when you allow even for five minutes the restrictions of the world to be set aside, you allow an expansion of the mind, the heart and the soul into the divine intelligence. And that brings more and more openness to more and more divine intelligence. So that you may find that you extend the five minutes into ten or even fifteen or you may find that the quality of the five minutes is such that you have packed a whole day into the five minutes because there has been such a connection with divine mind that you feel refreshed and re-nurtured and reawakened. That is moving into light consciousness. I recommend it. I will meet you there. It is where I abide all of the time and outside of time.

You see I play a lot. In truth everything I do now is play. For I take myself lightly. There are many in your world who take me heavily. Many who when my name is mentioned recoil because of previous teaching, because of previous heaviness and they say I don't want even to hear that name. So give them another name. Tell them that your companion is Fred, or whatever.

For you know that there has been down through what you see as the lineage of time certain belief system that had grown up about me and about what I taught. And yet my message was always one of simplicity, of love, of oneness with the Father, of play. Taking oneself lightly.

For if you take yourself lightly it is much easier to see a brother, a sister in light. If you take yourself heavily then everything else appears heavy and you find yourself very easily slipping into judgment of self and others. My message was always of simplicity. To enjoy. To be in joy in life, with life. To sing, to tell the jokes.

When we met around the campfires as we did often of an evening. When we met in what you would call now the tavern we sang. We told the humorous stories. We laughed at ourselves. We laughed at life and how it could be taken seriously. But we always looked

for the light in it. And looking for light is what has brought you to this place in the knowing now that there is good in life. That there is hope. That there can be joy, there can be love, there can be something worth living for and even better yet, to come. That is where you stand now, there is a most wonderful system that is working its way in subtly and sometimes not so subtly, into saying the best is yet to come. This is good but there is better and there is best yet to come.

Praise be to the holy child who is awakening who can entertain that thought and live in that thought of hope, that thought of joy.

My message was always one of joy, of love, of simplicity. The world gives you enough of complexity. It will tire you to the place where you have to breathe and then reconnect with the simplicity in that moment of peace.

Now beloved ones, I wish for you joy. I wish for you celebration and freedom. To play as the child. To go as the child. I wish for you peace and love, harmony, enthusiasm. I wish for you revelation and answers to all of the questions and I wish for you the knowing of the great eternal hug. Around the shoulders. Around all of the body which encompass the soul, the great soul of you.

Go now in peace. Go now in joy. Celebrate life. Give the hugs. Live in that place of light consciousness and I meet you there.

So be it.