

# The Light That Heals

11/10/2001

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. Great joy of reunion. Good to see you once again.

I thank all of you for hearing the invitation to come and be in this grouping this evening. Thank you for making trek for some of you have come a distance as you did in the day and time we shared together previously. For you had your duties in different places of the home, the dwelling but you also came to be with me at various places as I journeyed when I would come close enough to wherever your dwelling place would be, the nearest town, village, you would come and be within the, well it grew to be a multitude. You would come and be part of the grouping then, to share, to listen, to receive and then to give forth of your revelations and your inspiration and your love.

So once again in this evening we do what we have done in previous times and it is a joy to my heart to see you once again, another light, a point of focus. Another lifetime and yet all one.

Know you what joy you bring to my heart? Truly some of you have expressed to me your love and it is a part of what I feel for you. I treasure you, the times we have spent together, lifetimes, journeys we have spent together and once again it is not by accident that you find yourself in this room this evening. Once again being within reunion of the family. Great joy which is your divine nature.

Celebrate often the joy of your divine nature. Celebrate as often as you can remember to be in joy, to look for joy, to feel the upliftment of joy. Now indeed that brings me to what I would speak with you about in this evening.

All of you have been coming through what you would see to be challenges, the narrow part of the hour glass, the bit of squeezing. All of you have been coming through a period of time, some month's time, maybe perhaps a bit longer as you see the build up to what is now more clearly seen to be a challenge.

You have been coming to a place that truly is a gifting but it does not always feel as a gifting, but you are coming to a place now with the challenges to a place where there will be clarity about priorities, about what is important in a lifetime, what seems most to you in a lifetime. For you have questioned, "Why am I here? Why is there a lifetime? What should I be doing beyond just the day to day activities? Truly there is something more. Something that I will leave as a legacy when I have released the body. Surely there is more to life." And so you have been asking, "What is my purpose? Why am I here?" And in truth the challenges you have been facing in the past few months of your timing are bringing you to a place where you have decreed that you want to be, a place where you will look upon everything in your experience and evaluate it from the place of holy perspective.

You have decreed that you are ready, that you are willing, that you are strong enough to come through to the awakening. For truly that is what awaits you, is the awakening into the full realization who you are. So when challenges come, when the questions come, count them all as good. Count them all as friends for in truth they are your friends, your teachers, your servants. Every challenge.

You as a collective consciousness have been struggling with events in your world on a broad scale as you see a collection of energy. Those of you who are of another seeming geopolitical grouping, you are still involved in this because you know brothers and sisters who are very close to ones who are of this geopolitical grouping, this country. You are not and you have not felt separate from the brothers and sisters. You have felt very much in support of what has been going on. So all of you have been facing fears, old, old fears that certain events have brought up for you. One of the greatest fears being the identification with the body and whether it would be deceased by other's demand or not. And how to keep the body alive and well and functioning the way you want it to be.

Many of you on an individual level have been facing your challenges as well. You have been coming through issues that have been in other lifetimes, issues where you threw up the hands and said, "I give up. I am out of here," and deceased the body for you thought that whatever the issue was it was life threatening to that lifetime. Not life with a capital "L" but life threatening with the small "l" and you threw up the hands and just deceased the body. But in this lifetime you have said, "I want to look at various issues once again and see them from a new perspective. I want to know the still small voice within me that speaks even in the chaos of the world. I want to have the guidance, the true guidance that tells me who I am and why I am here, what I should be doing and how my interrelationship with the brothers and sisters is in truth, not how it should be, but how it is in Truth."

So you have said, "This lifetime I will look at issues that have been heavy in other times. And I will deal with those issues." Each and every one of you have been facing possible fears, old issues from other lifetimes, many, many lifetimes in Truth, and you have stuffed them into the knapsack on the back. We have spoken of that many times, how you have said, "I can't deal with it," and you have stuffed it into the knapsack and said, "I won't look at that. It doesn't exist if I can't see it." And yet you have carried it with you on your back lifetime after lifetime.

This time you have said, "Let us bring together," because you don't do anything in separation, "Let us bring together exquisitely the events and circumstances and timing so that I can look at, review all of the old fears, all of the old what ifs. What if the mate leaves me? What if the employment dries up and I don't have the golden coins? What if the body seems to let me down? What if I don't have enough time to do everything I want to do? What if there is something that is going to come in my post and be dangerous to the body? What if," etc., etc.

And I have watched you and you have brought joy to my heart, the way you have looked at your creations and issues being your creations. The way you have looked at them and have said, "I will breathe and I will have new perspective." And I have seen you wrestle and I have seen you overcome fears that in other lifetimes have been as the big black cloud that would engulf you. And I see you gathered here this evening with the smile on your faces. I see you gathered here this evening with love in your heart. I see you gathered here this evening with hope knowing the Truth of your Being. For hope is from the Truth of your Being, always.

Long enough have you struggled. I would offer to you in this evening my strength, my perspective, my guidance. Long enough have you felt that you had to carry the burden all by yourself and you have done well with it. That is why I have said, it brings joy to my heart as I have watched you. But long enough have you struggled in that place where you have felt bereft, where you had to do it all, almost all by myself. No longer do you need to have that perspective for I offer to you my strength, my perspective, my guidance.

Now in truth it has always been available to you. Nothing would I withhold from you. Nothing can I withhold from you. But I say to you in this evening a new promise so that you may hear it once again and take it deep within your heart. I say to you a promise once again, I give to you my strength, my peace, my guidance. Receive it for it is yours. Willingly I give it to you.

Long enough you have struggled lifetime after lifetime doing the best that you knew how to do. Feeling that you were in a place far from home, a strange place knowing that truthfully the world was not your home. Feeling that you were a stranger in a strange land. Long enough have you struggled in the darkness.

I would give to you now, your light. The light that heals all issues, all circumstances, all perceptions. The light that dissolves all fears. Receive your light. I will not say that it is my light because it is not separate from you. But receive your light. Feel it even now within you even within the body. Feel the light within the heart. Imagine, imagine what the heart chakra is. Feel a light. Imagine with the mind's eye, go within and feel the light within the heart chakra. See it in the mind's eye, how it will be. Perhaps as a flame that grows brighter. The light, the Christ light that you are. Never has it been extinguished, always it has been with you and is you. But often times you have turned the focus of your attention away from it as the world will clamor for your energy and you have given your energy with intensity to the world and you have gotten caught up most wonderfully in all of the events of the world and fears and darkness and what if's and all of the possibilities and even as you have seen them to be probabilities more fearsome as probabilities. The light, your Christ light within the heart and you can now imagine, you can see it, you can feel it, always has been with you as you. Now it is time to claim it, to feel it, to live it, to remind yourself during the day, "How does the light feel? Oh, I feel that it is a warmth. It tickles." Or whatever your sensation is. Whatever your key sensation is, remember that and come back to that during the day from time to time for I will meet you there and I will give to you my strength and my peace, in the place of the heart, in the place of light, the light that heals every fear, every misperception.

As you will have the willingness to go within and to imagine; first of all it will feel like, "Well I'm just playing at this. I'm just imagining it, but you know, it feels kind of good." As you will play with that, it will become more real for you. And there will be a lightness that you feel threading throughout the body itself. And you may know that it will be healing the body as it spreads throughout every cell of the body. For every cell has its intelligence. It has to, it is part of your divine creation and as you will allow yourself to connect with the light in the heart — now in Truth there is more light than just what is in the heart but we start with that first as a starting point, a stepping stone. Because you can imagine that. That much you can imagine. It will grow to the place where you feel the whole body to be light and you will, some of you will even experience a lightness that will allow you some levitation.

Now you know levitation from other lifetimes. You have experienced walking where the feet did not touch the ground. For you knew yourself to be light, not only light as

you see the flame, but light in the spirit and you did not take yourself heavily and so you walked a bit off the ground. Or you would find in times of great revelation that the body was no longer seated upon the chair or the floor but that you were lifted up. Not only lifted up in the emotions and in the mental realm, but lifted up even in the body. You have known that and there have been times in this lifetime that you have experienced that a bit and then you have said, "Oh, my goodness. What is it?" And then you have come back to the focus of reality – small "r" – that you have felt to be the accepted reality.

But even in this lifetime you have felt a lightness even of body. You have allowed yourself to know that in truth you are not held within any of the so-called physical laws. You have changed them momentarily for a new experience.

Know you that is why the small ones and also the tall ones enjoy the certain gymnastics as it is called, it is allowing them to have a freedom, to feel a sense of not being tied so heavily to the physical laws.

As you have been the small ones you have jumped, run, tumbled, sometimes with great glee, sometimes not, depending on how you landed I suppose. But you have been experimenting as small ones and also as tall ones to see what you can do with the body and how light it can be.

Some of you have the dreams where you are flying. Some of you have the dreams where you start at the top of the stairs and you just don't touch any of the stairs and you are at the bottom. Or vice versa, you are at the bottom and all of a sudden you are at the top you are that light. You have visions, dreams, remembrances of the spirit of you that is not held by any of the physical laws.

So as you will be willing to work with the knowing of the light within the heart and allowing that to expand throughout the body to the place where you see yourself to be a glowing orb of light, you will feel yourself lighter.

And what happens after that it is a most wonderful miracle. You begin to feel lighter in the mind. Lighter in the perception, lighter in what you see around you and how you interpret what is around you. And you go with a light heart and a light mind. A light step. And that which you do for yourself you do for others as well because as you are willing to live in the light and to live lightly, you stand as example for others. You give to them the gift, a very real gift, a vibratory rate that changes and they can feel this.

Some of them will wonder what is it that they feel? Some of them because of many lifetimes of armoring will not be comfortable with it. That is okay.

But many of the brothers and sisters are looking for light, the light that is at the end of the tunnel where they feel themselves to be right in the middle of that tunnel where everything is dark, black and heavy and they hope that there is light at the end of the tunnel.

And you come along and you smile at them and they see light in that smile. And it gives them hope that they can hold on to, to get through the next hour, the next day, even the next minute because sometimes the next minute can feel so heavy and closed in. And as you will smile at them, you work a miracle because your smile says, "I see something of worth in you." Now in truth you see the Christ in them, but you don't always say it in those words and they may not understand that.

But as they see you smile they understand that you feel them worthy of your smile and that says a lot to ones who have been struggling and feeling worthless. You give to them a change of vibratory rate because you are in a new place of vibration. You are in a lighter place of vibration and it is there for their acceptance, if they will, and if they won't, later. Do not trouble yourself. It all will come to the light. That has been foreordained; that in time all will come to the light.

But as you have chosen many lifetimes to go a detour here or there because you wanted to see what was down the road or that road, they also make their choices and they choose the various avenues and pathways where they will go. That is not with judgment, it is. Just is.

But you offer to them a new vibratory rate because you are in a new place. And as you will take yourself more lightly, you come to a place where there is a light that permeates everything you do, everything you see, everything you interpret, everything you say to another one. And you find yourself abiding in a place of great gratitude and awe, humility, true humility not as the world speaks of humility that would have you as a worm of the dust, but true humility that says, "How wonderful I am." It is important that you allow yourself true humility and to stand in wonderment of how wonderful the miracle of you is. How wonderful I am, because you are.

As you will acknowledge that for yourself and at first it is a bit like putting the toe into the water. You put it in, see how it feels, "Oh my goodness, I don't know if I can keep the toe there." But you try it. How wonderful I am.

As you will allow yourself to stay in that place, it is your true nature — the I Am nature — how wonderful I am. There is a sense of gratitude. You come now to a holiday in this geopolitical grouping, the holiday known as your Thanksgiving and you of the other

grouping, you have already had your Thanksgiving as a national holiday. But it does not mean that you cannot celebrate another Thanksgiving. Everyday in truth, is a day of thanksgiving.

As you are standing in that place of awe, humility, wonderment, realizing, truly realizing, making real in your experience that which is already Real – capital “R” – there is a sense of thankfulness, of gratitude of expansion.

For when you are in a place of gratitude where you are in a place of thankfulness quite literally the heart chakra expands. Not only figuratively, you can feel it. It feels like, “Why I am feeling pretty good things.” But literally, truly the heart chakra expands.

Allow yourself the gift of feeling in that space of great wonderment, that place of thankfulness, gratitude and awe. True humility that acknowledges the truth of your being. And feel the lightness that comes in that moment for it grows exponentially, one upon another. As we have started speaking even in this evening, the small flame within the heart, see now how it is expanding and it will do that as you are willing to abide in the heart, as you are willing to abide in claiming the wonderfulness of you.

You move into a place of more and more acknowledgment of light, that light that heals all things, all perceptions, all issues, all fears. And you move truly into the place of the Christ light, into the recognition and the realization of how wonderful you are. It starts with a willingness and it starts with a bit of discipline as you will choose to feel throughout the day, the light of you.

Then the most wonderful thing occurs as you are in the place of the recognition and realization of the Christ light, there is another light that comes into your experience and your expression and it transforms everything. It is the light of love.

Now some of you are in that place of the love light. In truth, many of you are in that place. You know the light of love. You have looked into the eyes of another one and you have loved them, truly loved them, the Christ of them. You have felt an at-home-ness, a resonance, a welcome if you will. And you have felt yourself head over heels in love. Even on the human dimension. You have lost your sense of small self and you have found yourself in that place of lightness of love.

Now love, we have spoken of this other times, human love it is most wonderful. Puppy love, the love of mates, the love that comes with the first blush of the bloom. It is a most wonderful place to be where you feel yourself expansive. You feel yourself to be light, to be alive. And we have spoken that human love while it is a most wonderful gift and a most wonderful place to abide, a most wonderful dynamic place it is but a

percentage, a part of what you truly are as you catch that feeling of love and you abide in that place. And all of you have had this experience and all of you have had that experience even in this evening where you have wanted to give. You have wanted to give a hug, a smile, a welcome, a word of encouragement, even a tangible gift. I have seen you sharing with others even the tangible gifts that are an expression of your energy.

All of you even in this time have felt the expansion of love. As you will abide in that space of expansion and imagine a turning up a degree a two or three or ten, you begin to get a glimpse, a glimmer of how powerful that love is, how expansive that love is, how all pervading that love can be as you allow it to be. And it transforms everything in front of you, in back of you, around you, anywhere you can imagine it to be. And you feel yourself to be young again. You feel yourself to be young again, innocent. Innocent in the true meaning of the word that you do not know separation from your Source.

It does not mean that you don't understand the world. You do know the world. You do understand the world. You have a certain interest in the world because of what you have given to it lifetimes and again in this lifetime. But you come to that place of true innocence where you do not know separation from your Source and the light dawns, a most brilliant light and the love is expressed and heals that which has been seen up to this point as unhealed, unholy. That is how powerful you are.

Any situation that comes to you, any decision that you have to make, go first to the place of the heart. Go first to that place of the light, the flame within the heart and abide with that light. The world will say to you sometimes that you have to hurry up and make a decision. In truth, you do not. The world has to wait for you. It is of your making. It has to wait for you. It will give you all kinds of voices and motivations that you must make your decision and make it quickly. But in truth you do not need to. You can abide in the place of the heart as long as you want to. And abiding there listen for the still small voice. Abiding there feel the vibration of light. Feel it pervading everything, the body, the surroundings, all of the circumstances that you have in your life. Feel that light encompassing the brothers and sisters, all of those ones you are in a most wonderful dance with. See their light because it there. It is a truth. They may not see it themselves but you see it. Know yourself to be one with that light, with their light.

Then ask, "How do I serve the light of us?" And if you get an answer that seems to be not of the light, abide with it for awhile. Ask to see it from another perspective because sometimes when you are abiding in the place of the heart, in the place of meditation, in the place of asking for guidance, there will come an answer and you say,

"But that's not what I wanted. I thought it was going to be x, y and z. And now you tell me it is alpha instead, a, b & c. Let me see, how does this fit into the whole picture?"

Because what you will want to ask for in your guidance is not just, now you do ask for immediate, "What do I do for the next step? Yes, I understand that. But I also want to know the holy vision." You want to know the whole picture. "Where is this next step going to take me, and the brothers and sisters? Where is this next step going in the long range?"

Allow yourself, in the meditation to go forward in what you see to be a years' time. Look back at where you are now and the decision that you perhaps would make. There is a decision here, option, another option here. Perhaps the third, fourth, fifth option whatever. Look at those options from the place of one year hence. Looking back at it. "What will have transpired if I make decision a?" To use your terminology. "What will transpire from that decision? If I choose b, a year hence, what will have happened in between. What is likely?" Now you may not know all of the specifics but you will get a clue. It will help.

If one year is not quite enough, allow yourself to go forward to see five years to be, or twenty-five years and allow that part of you that in truth exists even now, to speak to you as you see yourself now. You can do that. You can put yourself forward as you would see yourself to be the wise one, wise because of other years having transpired, you can put yourself forward to that wise one and you can say, "How does it look from your perspective? What has happened in the meantime? What choices did I make or did I have? How are the other ones that I am going this most divine dance with, how are they affected by a decision that I have made at this point in time?" You ask of the wise one a year, five years, twenty-five years down the road, "How does it look for them?" Knowing all the while that you are not responsible for the decisions that they will make. But asking of the wise one, "Show me more of the picture." And it will come to you for nothing in truth can be held back from you. The guidance will come to you. There will be a picture, a feeling, a knowing, a hint, clue, whatever you can accept. It will come to you.

Then, allow yourself to come to this point of focus which you see yourself now to be and try it on for size. "If I make that decision how does it feel now for me now?" And you will come out of this time of meditation with more knowing, more tools, a greater sense of clarity. Sometimes some surprises because there will be revelations, ideas that come to you that you didn't anticipate. But you will come out of the time of meditation more abundant, more clear, having more tools, perspective to deal with.

For I know that all of you wrestle with various choices and decisions. This is a time, this year and the next as is seen now, the next nine months of your timing which will take what into your early summer. This is a time when you will be making the choices, the decisions. Now in truth you have already started the process and the decisions will in truth be easy. But you will want to ask from time to time for a bit of centering, a bit of the touchstone to come back to that place of light, the light that heals. To come back to the light of your true knowing and to weight everything in that light.

You have most exquisitely, put together events and circumstances in the past nine months of your timing. We spoke of this at the beginning of your year this year, to bring you to this place. A place of the wake up call, a place of reality, not only with a small "r" but with a capital "R"—and the process you are, as it is seen now, well into it and it will continue but not in a way that you feel it to be a heavy. Not in a way that you feel, "Oh, my God, what is coming next?" I have heard you. I have heard from you and the brothers and sisters the feeling, sometimes voiced, sometimes articulated, many times just as a subtle fear, "Oh my God, what is coming next?"

Well I have good news for you. As you will judge it even from human terms, you have already dealt with the heaviest. Take that as a bit of encouragement. Will there be other events? As it is seen now, there are choices for other events yes. But it does not mean that they have to be on your doorstep. And at the same time, they are on your doorstep because there is no separation.

I have seen you struggling and I have given you the gold star with feelings of wanting to support, feelings of empathy for ones who have been more closely identified with the events. I have seen you struggling with the heart wanting to open, wanting to give, wanting to support, wanting to do. We have spoken of that the previous time we met, how you are doers. You want to be doing. You want to have the fast answer and you want to fix it. That is where holy vision comes in. It is to know that in truth you are fixing it, you are in process of fixing that which you see to be unholy. And the holy vision allows you the larger picture, to have a bit of patience. Sometimes it is in sparse quantity, this patience. But with holy vision it allows you to abide in a place where there is more patience.

I have seen you struggling with judgment. Judgment of, "How could these events happen? How could anyone be of such a mind to cause what has seemed to be great opportunity for one, other ones to be in sorrow and loss and abandonment." I have seen you wrestle with judgment trying to hold holy vision, trying to love, trying to understand,

trying to understand self as it relates to all of the events. That in truth is the big one. Trying to understand relation to self to everything that you see and experience in the world.

"If the world is of my making, did I make these events? If I did I must be terribly guilty." Well the world is of your making and you did make the events because there is no separation. But what is lacking from that understanding is that no event in truth is negative, tragic, bad. Every event in truth is neutral. It is.

Now because of previous habitual perspective events will be seen very quickly, judged very quickly because of previous habitual perspective. They will be judged to be tragic, negative, threatening, bad. But in truth every event is of your making and every interpretation is of your making. That is why we speak with you in this evening most clearly and directly, to go to the place of light within the heart to work with that knowing and to abide in the light and to claim once again the light that heals. The Christ light and the light of love as that Christ light is expressed it becomes love. The Christ light in action is love.

It is time now for you to put away old images, old judgments, old beliefs that in truth have served you well on the journey because they have brought you to this place. But it is time now to put away old beliefs and to step into your true being, the light, the Christ light. It is time now to arise up and to live lightly. To do that which you are guided to do. To make decisions from the place of light and to live as the innocent once again.

The life experience is not given to you so that you can struggle with it. Allow that one to go deeply within your consciousness. Long enough have you bought and paid dearly for the belief that life has to be full of challenges, has to be a struggle. That it is as the dark tunnel and that at some place and the belief has been many lifetimes, that at some place when you release the body then you will know the light and you will go to the light. But until then, your struggling with human life is going to have its challenges, its struggles, its darkness, its dark night of the soul. You have heard that term.

But I say unto you, that life is a gift, freely given. It is you. Life is you. You are life. And it is your free choice to live it as the innocent. Go freely into the next moment unencumbered by any habitual past teaching, any habitual past belief, any habitual past limitation. To go freely into the next moment as the child does. The small child that is exuberant about life. Can't wait to see what the next moment is going to bring. What did you bring me? What can I play with next? Where can I go? What can the body do? How high can I jump? Et cetera. Be as the child once again. Allow the heaviness of the old timer to be laid down. For you are young. Newly made in each moment. Allow yourself to

The Light That Heals  
2001/11/10

## Jeshua Teachings

2001

live life as the Child, the innocent holy Child. And to see all others in that same light. That is my message to you in this evening.

Accept my strength. Accept, please, my peace. Join me in that place of the heart, the light of the heart. Play with me for I do that all of the time. I take myself lightly for I know myself to be light. Take upon yourself my yoke for my burden is light.

(Looking at Glenda Green's painting of Jesus.)

Needs a bit of a smile. There is a hint. It is a nonjudgmental smile. But I will share with you that many times there was the boisterous laugh, the belly laugh, you call it for I enjoyed a good joke. I enjoy a good song. Even the rowdy ones.

Live life to the fullest. It is yours. Why come to the time of releasement of the body in a lifetime and say, "I wish I had done such and such." Do it now. Live in the light, the light that heals.

So be it.