

JESHUA Discussion Group 2014-11-15

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; Child of Light, forever expanding. I am the one known as Yeshua 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 abide in peace and joy with me.

Always, whenever we consciously come together as the One that we are, there is peace and there is joy and there is healing. Always you are the Light and the love of the Father/Mother/God/All That Is; always, forever on-going, forever celebrating the one Self that we are, knowing the truth of your being, coming alive in that truth of your being, coming alive knowing that you can ascend the highest mountains, the physical ones, as you have done, and the inner ones as well, as you are doing.

Every day you have challenges. You have question marks. You have questions of, "Why is this happening, and how can I change it?" Every moment of every day you are living the Light and the love that you are, and others feel it. Think you not that you have small impact. You have great impact.

In your times of quiet, you send out love, you send out feeling of harmony. In your times of quiet you send out the feelings that are healing to others, the ones who are open and receptive to feeling the vibration of love and the vibration of peace, the ones who are asking deep within themselves, "Who am I? Why am I? What am I supposed to be doing? I have a human life and I have challenges. I have great celebrations. But why? Why have I fashioned such a life for myself, and in what is termed the future, what am I going to be fashioning for myself then? How does my future look?"

You play with the ideas that come to you, and then you change them in the next moment. You say, "Well, no, I'd like to have that altered a little bit so that I can be the true being of myself, so that I can bloom as the rose; lovely. This rose is a thing of beauty, as you also are a thing of beauty. The Light that you are extends so far it cannot be measured. You go through a process the same as the rose goes through a process of blooming. You are in your beauty as I see you, always and forever being the perfect out-picturing of the divine One.

Allow yourselves to be happy. Allow yourselves to celebrate the greatness of you. For I see you sometimes when you have question marks and you wonder, "How can I be strong? I have fears. I have questions. I have ones who come to me and they expect me to have all of the answers. I go within and I try to find the answers, and they are here, but who has the answer for me?"

Sometimes you feel that you want to have someone you can come to and they will take you in the arms and say to you, "It is okay. Whatever you are doing, it is okay," as you have to do for some others as they come to you and they wonder what is going on, and "Am I okay?"

Human life is most wonderful. Sometimes brothers and sisters want to be finished with it and they want to go on to what they term their reward. But I say unto you that the human life is wonderful. It is one of the greatest experiences you create for yourself. It is not to put it down and to say, "I want to be finished with it. I want to be able to graduate and to ascend." Truly you will ascend, but what is important is the ascension of accepting yourself as you are, where you are, and to be happy with where you are, no matter where you may be.

Human life is one of the greatest creations that you make for yourself. Now, I know that there are challenges, and you say, "Oh, this physical body...I wish it were stronger. I wish it were taller. I wish it were smaller, more svelte. I wish...," and there are all kinds of conditions that you put upon the body. You think that it can be improved. Always this is what you have been taught from the time you were a small one. Unconsciously you have accepted the message that always you must be improving yourself. So you have heard that message; you have taken it within and you have wondered, "How can I be better in the next moment or so? How can I improve myself?"

In truth, you do not need to improve yourself. You are perfect already. You are living the human life in its perfection. All you have to do is to accept it, as you [Mateen] understand with the healing of the foot. All you have to do is to accept your perfection; not to try to take it apart piece by piece and examine each piece, and is this piece good enough. Am I expanding myself rapidly enough? Am I taking in love and giving it forth?

Just Be. Just be that which you are, and celebrate that which you are. Celebrate the life that you are living. And the plans that you have for the future, celebrate them as well, because you are going to be on-going. You are going to be expressing the dynamic quality of life—this moment, the next moment, the next moment, and after that; always—sometimes with the body, sometimes with a different form of body, sometimes without the physicality.

And sometimes when the physicality is speaking to you, you have thoughts that say, "It might be a bit easier without the physicality." But in truth, you are experiencing the physicality because you have chosen to, because you want to, because it allows you to do certain things that after you let go of the body, you will not have the same abilities as you do now.

So I say unto you, celebrate that which you are right now. Celebrate what you suffer through from time to time. Celebrate everything that you are creating, and know truly that you are going to come to a place where you are going to look at it and see it anew. You are going to see it serving you, because everything does serve you. Everything does your bidding. The body has to. You are the creative force that brings it together moment by moment. You are the creative force that heals it. You are the creative force that allows it to look like it might not be healed, and yet at the same time it is healed.

For truly, the being of you, the true being of you is already whole, and you do not have to try to make it better. The trying takes a lot of energy, as you have noticed. But allow yourself to say, "Right now, as of this moment right now, I am as perfect as I am ever going to be." Wow! And you are. That is the truth of your being.

You are as perfect now as you will ever be, even if the physicality doesn't seem to show you that, even if the mind has questions and says, "Well, how about when I was speaking with the boss the other day and I didn't quite know how to say what I really wanted to say, and you say I'm perfect?"

Yes, you are perfect, because even in that moment when you could not find perhaps the words that you wanted, you were already putting out the vibration of acceptance and love; not because you were conscious of it, not because you were trying, but because that is what you are, and you cannot escape it. You are Light and you are Love, and you are always putting forth the divine Love. It is your Being. You can hide it from yourself—you can say, "No, it doesn't exist; it's not there; I don't see it," but everybody else sees it.

You cannot hide that which you are. Others can see it; they can feel it. Sometimes you have walked into a room and you have felt the vibration in the room of the group of people and you have felt, for example, that these were ones who were very heavy energy. Other times you have walked into a room and you have felt, "Oh, this feels really good. Everybody here, they may be having their own challenges of whatever, but they're happy and the energy feels light. I like it here. It feels good. I find other ones who are ready to smile and to laugh, even though they may be going around with only one foot perhaps."

But the being of them is holy; it is whole; it is happy, and it rejoices in everything. Okay, now I've had my say. What would you like to speak about in this evening? Beloved brother, what would you speak of in this evening?

Charles: It's so wonderful to be in your presence this evening. You've already spoken quite a bit on the issue that I was curious about this evening. When I first moved from Texas to Sequim back in March, I drove out here with a very severe case of bronchitis. That cleared up; that's healed. And then when I got to Sequim, because I had been sitting for so long in the car—and I do have some circulation problems—my legs swelled up. They got ulcers on them, and they were weeping fluids profusely, and that has been healed.

And because I basically sat, for the most part, for several months, I then got bed sores on my buttocks. And now that's almost been healed up (Very good, yes) Now I have a severe rash all over my body. The dermatologist yesterday likened it to having a thousand little paper cuts all over, just itching all the time, and it does.

My existence right now, I have a feeling that somehow or other I'm leaving my body, but not in a scary way, not in a bad way, but it is just that my whole body is sort of expanding, you might say. I'm not frightened by it. I'm also not beating myself up thinking that I've done something wrong. In fact, I feel probably more love than I ever have. It's just really a different type of experience. So I thought maybe you could speak on that.

Jeshua: Truly this is a situation, a condition that everyone goes through, one way or another, in the human experience. You want to see your power of healing. You want to know your power, and so you create that which looks like non-power; in other words, the body is doing this to me. You have been at that place where you have started to beat yourself up as to why did I cause this.

But the bottom line of it is that you have caused it in order to know your power, your healing power. All of you, if you will accept it, are healers. You have often said that you wanted to be a healer. And you are demonstrating to yourself, sometimes not by the easiest way, but you are demonstrating that you are a healer, because you are healing yourself. And as sometimes you have felt, you could speak to another one and they would be healed, because you were in a space of healing. And this is true.

That is truly how the healers do work. They live in an atmosphere surrounding them, a knowing that they are in a place of healing. They know that healing is true. They

have experienced it, and they then have a vibration around them of healing. You are moving into a space of being a very great healer, into a space that you are sharing with a beloved brother as well. It is not by accident that both of you are coming through healings. You are fine-tuning the vibration of healing so that when ones feel themselves not to be whole, not to be healed, and they come into your presence, there is such an out-pouring—not conscious, although it can be, but it is because of the being of you. They will feel that wholeness, and they will accept it as their own.

Many of you have wanted to be healers. In truth, you have been healers in other lifetimes, which is why there is a resonance with the idea of healing. This is something that you know at a very deep level. This is something that you know at a very deep level, and you are creating the outward “evidence” of it in order to prove to yourself one more time how powerful you are—in a good way; not a way that the world understands, but in the way of truth.

So yes, it does feel like you are moving out of the body, because you are leaving the old body behind, the old body that said, “I have to suffer. I don’t know why I’m suffering. I’m not that bad. Oh, I must have done something, but I don’t remember what it was.” And you go to your counselors and you say, “I have this feeling of unwholeness. Tell me, how can I get rid of it?”

Well, you don’t want to get rid of it. You want to understand it. You want to come to the place of knowing your wholeness, which is why from time to time you recreate the “unwholeness”: because you want to know that you can heal. And you do. All of you in this room, all of you within the sound of my voice, you have been uncomfortable, you have been ill at some point in your life. And then somehow you’ve gotten over it. You have healed it.

You got a cold, as they call the sniffles. And you’ve had maybe the throat that was so sore, and you have come through to this place where you have healed. And you say, “Well, it took some time, and I don’t know how the body did it.” But you are not separate from the body, you see. You, at the divine level, have healed yourself.

So that is what you are doing. You are moving to a place where you are walking out of the body, walking out of the old consciousness of what the body had to be or was. You are moving out of that because you have wanted to. You go down a stair or so, you turn the foot a certain way, and the foot says, “I don’t like it that way,” and it complains. And so you say, “Okay, I’ll get a wee bit of help with this. I’ll have some support for it. I’ll go see what the expert says. And then I’m finished. I’m healed. I’m okay. Just give me a day or two; I’m okay.

And there you go—onward and forward and upward, always coming to the place of consciousness where you understand that you are the one creating it, and you are the one who is walking out of it, healed. So yes, you are walking out of the old body.

Charles: The phenomenon that I'm experiencing...yes, I have an itchy body, but it really becomes as if my whole body is vibrating at a much, much higher rate. It's an extraordinary experience.

Jeshua: Yes, and it is very good of you now to acknowledge that, to be conscious of it. That is a great step forward for your consciousness. You are leaving the old behind. You don't need it anymore. You've come to the place where you've said, "I don't need it anymore." And you are coming to a place of understanding that truly you want to move on, and you are moving on. And you are the healer. Others will feel it in your presence. They will know that something has happened within you; you are changed, you are a bit different.

Now, you are going to say, "Well, I've always been a bit different," and this is true. But that is because you have been always seeking to know your wholeness. Not all of the brothers and sisters are seeking to know their wholeness. They have other things that they are seeking to bring to themselves. And that is okay, because that is part of the journey. That is part of their journey, what they choose to experience and express. You are doing very well (Thank you)

Beloved brother, what would you speak of in this evening?

Don: Well, you say we create these things, and on God's green Earth, I never would create it if I knew what I was creating. So I have a hard time really accepting that idea, that I know I didn't do it deliberately (Right, not consciously) so I did it by consciousness somehow that I was not aware of (Right) Now the idea is get above and beyond this need to do that (Right) and I guess that's what I'm looking for. I've done enough of this creating a situation that I have to live with and come out of. And I'm really grateful for this past experience, because I've gained a lot from it in a number of ways. But still, all in all, I would never ever do it again, or I hope I won't (No, you won't) So clue me in. How do we do this unconsciously?

Jeshua: That is how you do it, is by being unconscious, by accepting certain messages that, "Watch out; that person just sneezed. I might get it." These are messages that are like below the surface of the consciousness, because you have heard these

messages for so long, from the time you were small in this lifetime and all of the other lifetimes where it was thought that something could be wrong with the body.

Now, in truth, there is never anything wrong with the body, although you may not like the way it feels or it is acting or it is evidencing. But even in its most uncomfortableness it is not wrong; it is just showing you what you can create and what you have done unconsciously. Always, it's hardly ever, very small percentage of a percentage, where ones say, "Well, I'm going to set out to create a pain in the chest." Ones don't do that. But because there has been something else that has seemed to be more important, you have left a door open that says, "Perhaps something could be wrong with the body." It's a message that has been given to you by generational teaching.

Long, long time ago in what your historians would call pre-history, you did not worry about the body. The body was always perfect; it was always your servant. You had your sight out there for something that you wanted to experience, to see, to do, and you knew that the body would serve you. It had to. And if it didn't, you'd remake it. See, you knew your power of the creativity of energy, and you didn't worry about the body failing.

Now that idea has crept into the collective consciousness that the body could fail; something will go wrong with it. Well, if there is that belief, even if it is unconscious and it's below the surface, the body is going to respond to you. It's going to give you what you are believing about it, even if it isn't conscious, and for the most part, always, it's not conscious. It isn't that you go to the store and you say, "I want that thing off the shelf there, and I want to experience that."

Don: Well, two thousand years ago you said, "You must be perfect as your heavenly Father is perfect." (Right) And the idea of picking up on that perfection...I guess the whole world comes in and says, "No, you're not perfect," and so you have a hard time.

Jeshua: Right. It has been an old belief handed down that many of the brothers and sisters have accepted. Not everyone accepts it, but it is the pretty generalized idea that body is going to go through challenges, and eventually it is going to be finished. Now, in truth, the body is never finished until the soul is finished with it, until the soul says, "Okay, we've done everything we wanted to do in this incarnation."

So you have seen examples of that, where ones should not by all evidence be still activating the body, and yet they are. And you've seen evidence where ones seem to be in perfect good health, and they're finished. You create the body moment by moment. This body right now is not what it was a minute ago. The energy, if you could see it—and your scientists are getting to the place where they can see it—is forever moving, fluctuating,

changing. The vibrational frequency of it is always changing, and the molecules are changing.

There is much about the body that is such a miracle. It takes care of all of the inner workings without you having to consciously think, "Okay, time for the heart to beat, have to breathe, have to do the stomach, okay, have to..." You don't have to think of those things. It is a miracle that you create. And each moment—hear this well—each moment you re-create the body.

But you are re-creating it according to what you have accepted as a belief—that the body is going to mature, and at a certain time you are going to evidence such and such, and you are going to feel sometimes the stiffness in the body, whatever. That's an old message that has been passed down, and you have unconsciously accepted it. That is not a judgment. It's only just pointing out to you what is a truth.

Moment by moment you change the body. One could take what they call the video of you and focus in on the molecules that are moving around in the body and swirling as energy around all of the body, and you could see that moment to moment it changes. Your scientists have already what they term the aura reading, where you can see the colors around you that evidence the energy and how the energy is swirling and changing. Already they have that as the proof of showing that something is changing around the body.

It is also changing within the body. So the body that we were speaking of five minutes ago is not the same as what you are right now activating. It changes. So at some point in time yet, humankind is going to remember that which you have known a long, long time ago and remember how to refashion the body into a comfortable form, an ease of form, where you are truly going to walk out of the body as it has been into a place of comfort where the body serves you. But it does not have to take long. It can be this lifetime.

I know your thoughts. You were thinking, "Well, okay, I'll program that for my next lifetime." You don't have to wait. You can have that in this lifetime. When I shared with you my lifetime, the very long lifetime after the resurrection, I shared with you how we traveled and reactivated the body so that we had to go and be with friends, relatives somewhere else because we were not aging, but the villagers were, and they wondered why we were not aging the same as they were. So then we had to make trek and visit some other relatives somewhere else, at least to make an excuse to travel from that village.

Mariam and I knew how to always activate the body at its prime level. We knew the energy. We know the energy. That is why there are times when I will reactivate a form and come and sit next to you or come and stand in front of you. I love to go to your shopping malls, and I love to have the discourse with ones. Sometimes there will be a mate whose feminine half is in there shopping and she's shopping and she's shopping and she's shopping, and the male form is getting tired of waiting for her. So I go and I strike up a conversation for a time to ask, "How are things going? What is your main concern? What are you thinking about?"

I don't put it in those words, but just how is it going today? We get into conversation, and then finally the female form of the twosome comes out from the store. Then he is free to pick up and go with her. I say my goodbyes and go around a corner and I'm gone, as far as the form. It is fun to go to your shopping malls. I don't even have to purchase anything.

Beloved brother, keep on knowing the spirit of you. It is truly the spirit that you have acknowledged that has brought you through the latest time of contemplation. That's truly what you were doing. When you allowed the body to be at its lowest and to sit and meditate and sleep, you were allowing a time of contemplation, and that is what brought you through it. Finally you came to a place where you said, "Okay, enough already." And the body said, "Oh, okay. He has spoken." And now you are getting on with the vitality of the body. It feels good, does it not?

Don: It feels really great, yes. Well, I thank you for the idea of holding to the pattern of perfection, and I can see that there's no reason to drop that guard or that knowing, and not to let anything else slip in there.

Jeshua: Exactly, and that is why I said, as it is written in your holy Scriptures, "Be ye therefore perfect as your Father is." In other words, I did not say "Be". I said "Is"; in other words, you are, but as it was written and as it came across, it came as rather a command to be perfect, as if you weren't already. But what I made as a statement, it was a statement of truth. You are perfect, as your Father/God/Goddess/All That Is, is perfect. You come from that perfection; how could you be less. You are not less.

Don: So there's only really one reality, and that's the Christ consciousness (Right) Everything else...call it duality or whatever you want to call it, but it's non-existent stuff (Right; it is a story. You're doing very well) Thank you.

ZuVuYah: I have a question about the body, though, in terms of the things that we perceive as afflictions. For me, since our body is a servant of the soul, isn't it that we start getting a memo of something, like errr errr; we ignore it, keep pushing and pushing, and it's like, okay, I'll turn up the volume, and that's when we really have some heavy stuff land on us, and for me specifically in my nose now, that I'm just ignoring the memos until it's like, okay, we're really going to take you down. So how does that play into the idea that we're perfect as we are? Is it a lesson we are bringing to ourselves?

Jeshua: Of course. Everything that you create is something that you are bringing to yourself to realize not the imperfection of it, but the perfection of the power of creativity. Anything else is a story. It is just a belief that you have given to yourself. There is absolutely nothing wrong with having a stuffy nose (It's not fun at all) It may not be the most comfortable, but in truth, you don't have to judge it (Well, that's what takes the energy down, to me, is when I start getting mad and calling my nose bad names) Exactly. And just say to the nose, "You wonderful nose, you are working overtime (That's a stretch; it is true, though) It is true.

ZuVuYah: What happens for me a lot of times, especially with the little impermanent tweaks and aches and squeaks, is like, okay, all of a sudden out of a clear blue sky, my knee is killing me. Like what? Okay. Now I'm finally...I mean, it took me forever, decades, but now I stop and say, "Okay, what is the memo? What is it? Are you afraid?" For example, for knees, for me it's something, a fear of moving forward on something, of going forward. So for me to stop and take a moment and think about, okay, what's before me that I'm either trying to expand into, but part of me is just la la la la la la, and then the _____ are freaking out, and somehow my knee is in service to that.

So that works pretty well, but the things that are just hanging on that I've been working with for years are just...sometimes it feels like ancestral stuff, which I think that's true (Right, and it is) And that really does boil down to the belief thing, and that's the hardest thing to really weed out and extricate for me, is that the beliefs are so entrenched and so...it's almost like the mycelium that we have that holds our forests together. I feel like I have these beliefs that are like myceliums or my Beingness. Extracting it isn't that simple. It felt like just pulling a weed up by the roots. It's really arduous, and there are times when I do better than others with having patience for it. And I do know that I've brought this experience to myself. I'm over the victim thing that I was in ten or twenty years ago. But it still is...yi, what it is going to take, what am I missing, what else do I need to do?

Jeshua: Ah, it always comes to that. What do I need to do? There is so much in the human existence that comes back to doing rather than Being. You are perfect, even with

stuffy nose, even with the knees that may be calling out to you. And you are right in what you say about the memos. If you do not listen to the whispers, then you will have to have the shouts. In truth, love every bit of it. Yes, stuffy nose and all; fat thighs and all. In other words, love your body. Love that which you are being, even if—and you have brothers and sisters who experience this—even if all you can do is to lie in a bed and breathe. Even if you can't breathe, they have the respirators that allow the breath to be there. If all you can do is to perhaps look, to look around, not to move even, and yet to Be.

There are masters who have created that for themselves so that they can just Be. So I would say to you, what is a stuffy nose compared to what the masters do who do not move perhaps. At least you can go around and you can blow the nose. You are doing very well with it. It is a creation that you are making for yourself, and there is absolutely nothing wrong with it, except that perhaps from time to time you think you should take out stock in a tissue company (Exactly) "I use so many tissues, I should have stock in that company." I make joke there, but this is what I'm trying to say to you in this evening.

That which you're creating, do not judge it, for as you judge it, you hold it to yourself longer, because you think there's something you have to do about it. You don't have to do anything about it. Just allow it to be. Easier said than done; I understand that. There were times in my human life when I perhaps would stumble over a stone and bruise the body, and it would show up as a black and blue bruise, and it would say, "You've done something to me." And I would say, "I'm sorry about that." And the next day it would be gone, because I no longer needed it. I accepted it as the gift that it is.

You see, that is your clue: accept it as the gift that it is. You do have a knowing within the collective consciousness. Ones will invite in, without maybe being conscious about it, the stuffy nose, the raspy throat, the body that feels really bad, and they say, "Okay, I need to go off to my bed for a couple of days or whatever. Then a friend comes along and says, "Well, you've created this because you wanted some time off." Okay, be alright with that. Oftentimes when ones will get the "cold" and they have to take to their bed for a while, it is time to have a time out and to re-create the peace of sleep.

Allow yourselves to recognize and celebrate the gift of sleep. You take it for granted until you can't sleep. "I have this project that I have to work on, and I have to get it done. I can't sleep, because I keep thinking about it. I will go to sleep for five minutes and I'll wake up and I'll be thinking about that project, that report that I have to write, that proposal that I have to write, or that person I have to go see tomorrow. Oh, my goodness, I don't want to see that person."

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Then you begin to really appreciate the peace of sleep. Most of the time, especially when you are very small, you take it for granted that all you have to do is put the head down, and there comes sleep. At least the parents hope that it will with the little ones that sometimes don't sleep.

But to get back to your main point, yes, it is a memo. It is saying, "Look at what I am creating." And then not to judge it; to be okay with it. I see your perfection. Celebrate your perfection. And when you do temporarily put yourself in a place where the body isn't comfortable, be okay with it. Allow yourself time. You have a saying in your world, and it is very true, that time is the great healer. Use that time to acknowledge the perfection of Self—capital "S"—the perfection that you bring to this reality that you can share with others.

Beloved brother, how are you in this evening?

Mateen: Perfect (Yes, you are perfect. You learn quickly) Well, I never broke my foot in my life or any limb. That was a different experience. But for the last few days I started to realize the reason behind it, and you kind of confirmed that tonight. My doctor thought I would not be able to heal before six to eight weeks, but I can run tonight if I want to (And it is true) So I am starting to learn my own healing power. It's interesting that a couple days ago I found out that a friend that I haven't seen for twenty or twenty-five years has been diagnosed with advanced cancer. I thought about maybe I would talk to you about sending him some healing feeling, but I had very strong feeling at that time that maybe I should talk to him and maybe I should be able to send him healing energy and he might be healed. But I wasn't sure what to tell him.

Jeshua: I would ask a question of you. Why do you want him to be healed? Is he not already whole?

Mateen: I'm not sure. I think...maybe I feel I have a gift (This is true) or maybe this is just my love to help; compassion for him (Right) Or maybe he doesn't understand that there is a healing inside him which I want to invoke somehow.

Jeshua: Right. I understand what you are feeling. I felt this way when ones were brought to me, and to look at the appearances, it seemed that they needed healing. But in truth, they were already healed. They were already whole, and they were out-picturing the journey, the adventure, the creativity of the divine Spirit that they are. I offered to ones what I knew to be their wholeness, their perfection.

Not all of the people who came to me were healed. Many were not. You have a record in your holy writings of the miracles of the ones who were healed, but it was not a miracle. It was their change of belief and listening to their soul pattern. For this friend of yours, it may be his soul pattern that he is completing and finishing with the adventure of this lifetime. For you to judge, do you walk in his sandals? Have you walked in his sandals all of his life? Of course not. You've been busy walking in your own sandals, I hope. But who are you to judge? You cannot, in truth.

Ones came to me and wanted healing. They were in an advanced stage of allowing the body to decay. I saw their wholeness and I saw their pain. I saw their suffering. But the pain and suffering, beloved brother, did not come from the body. It came from the supposed picture of what they should be. And yet, what they are is forever true. They are the divine holy One having an experience.

This lifetime your friend has said that he will experience the—as it is called—cancer. Many of the brothers and sisters are experiencing that. There is almost what you would call an epidemic of belief that ones can have cancer. There is nothing wrong with cancer. There is nothing wrong with any of the so-called diseases. It is only part of the journey. It is only part of what they are experiencing. Another lifetime they come back and they do not have the cancer. They do not have the belief that anything could be wrong with the body.

You see, you are looking and judging. How can you judge what is right for another one? I know that your heart opens and you want them to be comfortable. You want them to know vitality. You want them to be around you, have companionship for a good number of years yet. Always, in truth, you will have their companionship. Even if they are not expressing with the body, they will be with you anyway. But that is not always understood, and it is not always focused upon.

But I say unto you, how can you judge what is right for another? You cannot. But you can offer to them your love, your compassion, your feeling of knowing the wholeness of the healing vibration that you're speaking of. You can offer that to them, seeing their wholeness.

This is what I said to the disciples when they asked, "Master, how can we heal? How do we heal?" And I said to them, "First of all, do not deny the appearance. There's nothing wrong in the appearance. Do not deny it. And then look beyond it to the perfection of the Light-being that they are; the soul, if you will. Look beyond it, and then free them for their own choosing, their own choice as to what they will do. Empower them by loving them and accepting whatever their soul is choosing."

That is what I said to my disciples, and I told them to go and heal, but I did not mean that they had to be as your medical facilitators and prescribe different things that you will ingest or use. I said to them to acknowledge the perfection that that one already is and always will be. But love this one. Send him healing energy. Say to him, "If it be thy choice, I free you to choose. For myself, I would like to see you be my companion in this way much longer. But it is not my choice. It is your choice."

This is what you would say to him, what you do say to him. "I will love you no matter how the body reacts. I will always love you." Because, you see, you cannot see beyond what is the appearance right now. You cannot see what the next incarnation is going to be. You cannot see where he is going to be called to be as the energy, the divine love energy, where he is going to be called to be. He may in an instant, because of soul choice, he may heal. And then he will go on to lift up others as well, as you are doing, as you are wanting to give, and he may do that.

But you don't have to have a body in order to offer healing. Think upon that for a while. Allow (Very deep) Very deep, yes. What is great here is, he has come to you after a long time and he is allowing you to feel love, to feel compassion, to want to help. You have opened your heart to him. He has come with a condition that allows you to open your heart. That is the gift in it—the gift that he gives to you and the gift that you return to him in allowing him his choice (Very good) It is very deep. It covers a lot, and it is something that all of you will want to take into your time of contemplation.

As I have said, you cannot judge what is right for another. You judge—if you must judge—by righteous judgment, which means the right use of knowing the divinity of each one; not righteous as the church will teach you—this is right, that is wrong. That's not righteous judgment. That is generational teaching. But if you must judge, judge with righteous judgment, knowing that the spirit is what and who he is. He will make soul choice, and you will celebrate his soul choice, knowing that he is free. He is always free, as you are always free.

Yes, beloved one, you have a question or a comment, yes?

Pat: My friend Ellen this afternoon asked me to ask you a question because she couldn't come here tonight. She's been going through some perceived physical challenges. She said, "Am I here to learn the lesson of letting go? And I've heard that if you learn the lessons here, that the physical transition, the leaving of the body, is not necessary."

Jeshua: This gets back to the judgment again of judging what is right, or let's put it this way: with the gradations of what is better and best. The lessons, in truth, do not come because there is something wrong. The lessons are truly not that important. They are experiences that ones are making for themselves, and to not judge as one will go through what seems to be a "lesson" and ask of themselves, "What am I supposed to be learning from this?"

I've heard all of you ask that. "What am I supposed to be learning from this?" Well, in truth, it is just to allow and to love self. "And if I learn all of my lessons, will it make the leaving of the physical body easier or not necessary?" That is getting into a bargaining place with divinity and saying, "If I'm really good about this and I learn all of my lessons, then perhaps I won't have to lay down the body."

Laying down the body, in truth, is no big thing. You can lay down the body and raise it up. It is no big thing. You do it all the time. You lay down the body at night and pick it up in the morning. I make a jest, yes. But there is nothing more perfect about expressing with the body than expressing without the body. This room is full of Light. There are many discarnates who are attracted by your Light and want to know how perfect they are. They come, they sit in. There are ones sitting on your lap. There are ones sitting on your shoulder. There are ones sitting all around. This room is quite full with discarnates who are listening in and allowing themselves to be lifted up in non-judgment.

So say to this beloved one that truly she does not have to learn lessons. She already knows who she is. She is already perfect and she is already loved by me and by the Father/Mother. She is already as perfect as she will ever be. And do not allow her to think, "Oh, my goodness, I'm never going to be perfect, because I think I have imperfections now, and if he says that I'm as perfect as I'm ever going to be, woe is me."

That's not the message. The message is, you are already perfect. She is already perfect. So however the road in front of her twists and turns, she is going to walk that road, and perhaps she may even skip down the road, happy as the joyous child that she is. Always I walk with her, and she knows that.

Pat: Thank you. Second question: It's interesting when I read this. Am I "supposed to" show myself that this is not real; it's a dream?

Jeshua: She is not "supposed to", but by asking the question, she already acknowledges that, yes, it is a dream. It is a creation, and ones in human expression love to judge. It is the first thing that comes to mind—it's not the first thing that comes to the heart; the heart is love; the heart is acceptance—but the first thing that comes to

mind is to judge it and to say, "How can I be more perfect? Maybe I should be more perfect. If I were more perfect..."

But in truth, she cannot be more perfect, because she is already perfect, whole, complete. But she's having an experience of saying that there could be something wrong with what she is expressing. But that is what we have been speaking of in this evening, that in truth, you do not have to improve yourself. You have to only accept yourself and to accept the journey, to go wherever you feel your soul takes you.

Pat: And then she said, "And knowing that this is just a dream, can she be physically healed?"

Jeshua: Yes. But if she does not have physical healing, do not judge. Tell her very strongly that there is nothing wrong in having something within the body going a certain journey. It is the same as you would take a physical journey and you would go to a town, perhaps a small town that you've read about, and you want to see what it is like. What is the view from this town? What are the people like in this town? And so you go and make journey. You go, you visit, you see what is in that village or a big metropolis, perhaps. What is the artwork like, what is the consciousness like, what are the mountains like, what is the view?

You want to know what you can create. You want to know what in concert with the brothers and sisters you have created in what is termed the collective consciousness at a certain time. And you can do that, because you can step outside of it and you can see how quickly there is judgment, how quickly ones will say that there must be something that needs to be fixed. That's an old, old teaching, an old, old thought that is being replaced by the accepting of knowing how perfect you are.

That is why I come, and each time I have opportunity, I say, "I love that which you are, because I know that which you are." You are love itself, and you are always perfect. I see that, and I want you to do it. Why do I want you to see it? Because you want to heal your friend. Because I know that it feels so good—yes, out of compassion. That is a very good word, a very strong word—com-passion, being with a person in the passion for life, for expression. You can meditate on that word for a while.

Pat: Thank you for your wisdom (Thank you for asking) Thank you for the way in which you express it so that we can understand better (Very good; thank you for understanding)

Jeshua: Beloved Ave, how are you in this evening?

Eva: Always perfect in your presence (Very good; you have heard well) And it feels easy when I'm here with you and listening to you (And it is easy; BUT) But (I had a feeling there was a but) when I'm in the workplace and being the one that sees the perfection of everyone and their possibilities and their innate beauty, and yet that's judged and not acknowledged and bashed, it's awfully difficult to stay in the Light, when it's termed otherwise (Right, you are getting a lot of practice) I am; a lot of practice. And when I see someone else being denigrated, and like Mateen was saying about being in compassion with that other person, and when I have to witness it or I am forced to be part of it...or when I rebel against having to be part of it, and then it comes crashing on me too. Then I call out to you.

Jeshua: Right, and I hear you. You have the tender heart, and you want to make things better for other ones. But in truth, as you experienced with the small one, there were times when you could not change things for her. There were times when perhaps she fell down and scraped the knee and you wanted to make it better for her. You cleaned it and put the Snoopy Band-Aid on it or something that would make it feel better. And what you did with the Band-Aid and a bit of cleansing was love, and that is what she felt and took with her.

And these ones who are seemingly getting bruised a bit by other ones who are not as sensitive perhaps to feelings, they feel your love, they feel your support, even though they understand, and they do, that you cannot change it for them. You cannot change it for them because they are creating the experience for themselves. It is not an experience to be judged as being wrong and hurtful. Yes, at first look, it looks that way. But what is coming forth for them and from them is their own strength, where they can acknowledge that they are being knocked down in the most brutal fashion emotionally, and they will pick themselves up and go on to something better, something that will allow them to express more of the divinity, the divine power of them to use their talents in a certain way that perhaps would not be used if they were to keep on with this experience.

That is not always apparent at first. It doesn't present itself right at first, but with the 20/20 hindsight that humans are very good at, you can look back at experiences in your life where you have had certain things that really felt not very good, and yet they have brought you to where you are now. So they have been a blessing perhaps in disguise. For these other ones it is also the same. It is a blessing in disguise, and they will see it later. They will look back at it and they will remember your kindness. They will remember your support. They will remember your compassion. And they will go on from there acknowledging their own strengths, that yes, they can get knocked down, pushed

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over, overlooked, and judged, and yet they pick themselves up and they go on to something better. It will be better for them. You would not hold them back.

Eva: Thank you for that optimistic view. I appreciate it, because it really weighs me down to see them, especially the one just spiraling into depression and feeling she has been totally unappreciated, which she has been.

Jeshua: But she will go on, and hopefully in this lifetime she will pick herself up and acknowledge that the other ones do not know her well enough to judge her, and they don't. Right now she is accepting their judgment. She thinks they are right, she is wrong, that somehow she should be something else. But they are not right and she is not wrong. It just is. And she will, either this lifetime or another, acknowledge her value. It is good that you have acknowledged her value, because she can see that there is someone who looks a little farther and can see her value.

She does not see it. It is a human proclivity to take others' judgment of self first and to say, "Well, they must be right. I must be lacking. If I were someone stronger, better, more beautiful, brighter, more worthy, more deserving, whatever, then they wouldn't let me go. They wouldn't say that they have no use for me any longer. But in truth, she is being—and you can acknowledge this—she is being freed to go on to something better.

I don't know if there is a way that you can put that to her to let her know that truly...you have a saying in your world; you could use this with her: "As one door closes, another one has to open." Say that to her. Tell her that you truly firmly believe that and that she is walking through another door that is going to bring her more happiness than if she stayed in the room where she is. Can you do that? (Yes, I will) Good. It will give her something to look forward to.

Right now she thinks it is a door and there's nothing to look forward to. Tell her that she is going to be much happier and for her to get on as quick as she can to finding that happiness. That will turn things around (I hope so, thank you) You are welcome. I will, and I am, working with this one as much as she will allow. But in truth, as you have understood, she will accept words from you much more easily than she accepts words from me, because those are inner words, and she judges them as being not as good as the outer words.

Eva: And now the question is sleep (Ah, yes, I believe in it) Yes, I do too, when I can get it. I think all of the stress and the worry...the body takes it on I think, again, unconsciously, and it doesn't allow the rest to come like it used to. I used to have no problem sleeping.

Jeshua: And in what you term your future, you are going to be sleeping very well. This is, as you have judged it to be, as appearances, a very rough patch of time of going through the narrow part of the hourglass when you are going to all of a sudden be free of it into the big fullness. But right now you feel like you're being squeezed through the narrow part. And it is, yes, a time where there can be stress and where sleep does not come easily.

What will help you in this is what we have just been speaking of, is to know that truly as one door closes, another opens. An even better one opens that will allow all of the talents to be used. Because not all of the talents of these ones have been allowed to blossom. And when there is a new room, a new door that opens, they will be able to find the flower within them. So if you can keep that image in front of you of the rose as it opens and it is the perfect blossom, see this with each one that you have compassion for, and acknowledge that truly they are coming into their fullness as the rose will bloom.

Eva: Thank you. That's really beautiful, because it does feel like the management team is trying to squeeze people out, both directly and indirectly.

Jeshua: Yes, they are testing their corporate muscles as to how powerful they can be. They are working in the outer of seeing how they can move people like chess pieces on the chessboard. It is going to bring them no big amount of satisfaction.

Eva: They are blaming budget and lack for it (Of course) but I don't believe it.

Jeshua: No, as you have seen, when ones live in a place of allowance and love, everything blossoms and grows well. They will be squeezing to the place where there is not any more of the goodness in the turnip. I think you have a saying that goes along those lines, but I've mangled it a bit.

Eva: You can't squeeze blood from a turnip; that's what the saying is. Thank you so much (You are welcome) May I have a hug? (Of course, always. Will you give one in return?...Thank you)

Jeshua: Ah, yes, beloved Rose, how are you?

Rose: I'm good. I'm good after listening to you. I'm good, yes, definitely (I can see it in your eyes; they have changed) Yep (What would you speak of?) First of all, I need to request a prayer for my mother-in-law. She is going through some mental pain and challenges, so please send her some blessings. Because when she is in pain, it's not easy to see. It shifts towards us and of course the family members. So I want her to be healed

and to spend the rest of her life happy. We are trying to help her too and trying to heal her. So please...I am requesting all of them to pray for her (Right, so be it; it is already done) Oh, thank you so much.

And my second part is always...when I see you, and after seeing you, for a whole week I'm like high in energy (Good) happy, so happy, like I'm flying without wings, without anything, and so light. It's amazing; something magic happens. After one week, the second week we want to see you. I'm like...slow down, laying down on the bed crying. And little things long ago happened to me, like fourteen or fifteen years ago, tempting me again, bothering me, and I'm like...I want to go see Judith or talk to Jeshua. I need, I need, I need, I need...It's so difficult. So do you have any advice, any idea how I can deal with the second week? (Mateen: Move to Sequim)(Laughter)

Jeshua: Your beloved mate has given you a clue. It is to move, but not especially to Sequim and not in the physical. It is to move into the place of acknowledging that the joy that you feel in the first week is your true nature. It abides in the heart. Return to the place of the heart in love of yourself. You have a very kind heart. You love, and you want others to feel happy and to mirror that back to you (Right)

In truth, you cannot always change the other ones. They have a certain journey. They make certain choices, and you may look at those choices and say, "But they're not the best. They don't feel the best." But those are choices that, again, you allow them to make, because they want to be complete. They want to be complete with those feelings, and if you take those feelings away from them—which truly you can't—but if you would take them away, they would come back in another lifetime and have to experience the same thing again in order to come to a place where they acknowledge they are complete with the pain.

Now, I know it's not easy to be in the presence of one who is experiencing and completing, and many of the brothers and sisters in this day and time are completing that which they have judged to be not yet complete. You would say, I would say that they are already complete, but they have to say it. In other words, they have to know (That's the hardest part) That's the hardest part, as you know yourself.

And so in the second week, you remember how it felt in the first week. And if you begin to forget, allow yourself in the first week to write just a sentence or two in the evening as to how you have felt, and then the second week you go back and you read them. You say, "Oh, yes, that's how I felt," and you can re-create that (Good. That's a very good idea. Writing is always helpful) That's right (And looking back to them) Exactly, because it will re-create for you how you felt in that first week, and then you will say,

“Oh, okay, I’m in that space again. That feels really good. And it will take you through (You can create the same back again. Thank you so much)

Mateen: I have a request for you. We have technically put our house on sale. It’s not officially on sale, but we have to do some work. So I want you to please send some blessings so we can get this thing done completely and move to Sequim, which is really our life-long goal now. We want to do it, yes, our biggest desire (Yes, it is already done. You may rest easy) Okay. Thank you, Jeshua. I should have you all the time with me (I am with you all the time) I was just teasing; I know that.

Jeshua: Beloved one, do you have something that you would speak about in this evening?

Jani: Could you speak a little bit on Beingness and Enlightenment, and are they the same?

Jeshua: Enlightenment acknowledges the Beingness, the true Beingness of the Self—capital “S”—that you are. It acknowledges from whence you have come and where you will return when you remember that which you are. So they are tied together. They walk together—let us put it that way (Thank you) It is a good question, and it is something that you contemplate all of a lifetime as you are seeking, and then you find. It is most wonderful, the miracle that happens as you are seeking, because as you are seeking, it is always coming up for you, the questions, and do I look at it this way or do I look at it that way, and what is the truth of whatever you are acknowledging or experiencing.

Then you come to the most miraculous place, top of the mountain, where you see how everything fits together perfectly. It is fun. That is why you create human life. That is why you like journey. That is why you take physical journey, so you can see and experience something new. But you are on the most grand adventure all the time. Enjoy.

Beloved brother, would you speak in this evening?

Mark: I’m reminded that Christmas is coming. Are you getting excited? (I am; I’ve been very good) And when Christmas comes around, I always think of the name Jesus Christ, and I think, “I bet most people in our society and our culture don’t really know what that name means or what it comes from.” I’ve looked up “Christ” in the dictionary, and it comes from the Greek christos which means the anointed one. Then I look up

“anointed” and it means to be smeared with oil. What oils are we talking about, and why is that image used to describe it?

Jeshua: As you have discerned, I was and am in that incarnation Yeshu’a. I have explained to you other times that I go by the Anglicized version of it, Jeshua, because it’s easier for you to speak. And when I have referred to myself as Yeshu’a, everyone says, “God bless you,” because I sneezed. I was acknowledged as the Christ. The name was Yeshu’a the Christ.

And I will say that to you, that you are Mark, Markus as you have been in other lifetimes, the Christ. Don, Donald the Christ. The Christ was an acknowledgment, a term that was put after the name to acknowledge that this one was anointed in the old thinking of generational terminology of ritualistic anointing. Now, it could be with any kind of oil, as it was blessed as being sacred oil and it was part of the sacrament of the ritual where ones would be anointed on the forehead and sometimes on the heart. Now, the heart was more important, but usually there was the anointing on the forehead for the mind. You have acknowledged the importance that humankind puts on the mind.

So I was and am acknowledged as Jesus, Yeshua the Christ. Now, the word “the” is often left out, so that it gets to the contraction of Jesus Christ. Christ was not my last name, as you are Eva McGinnis the Christ. But Christ was not my last name. I was truly ben Joseph, son of Joseph. But I was acknowledged and seen by other ones as the Christ.

The church, in its early formation, was very happy to acknowledge me as being the very Son of God, the Christ, the christos, which I am and you are, but they forgot that last part, that you are as well. I am nothing more or less than what you are. We are from the Source. We are the christos. In moments of forgetfulness, called a lifetime sometimes or many lifetimes strung together, a forgetfulness. But that, again, is okay. It is part of the journey, not to be judged. But you have discerned well that the Christ Mass that is coming up, Christmas, is to acknowledge the Christ, the christos of each and every one of the small baby Jesus in the manger and of the tall christos of Markus walking, experiencing, loving, questioning, and being the anointed one as well.

Mark: So not to put too fine a point on it, but other substances could be used—soil or tree sap or...

Jeshua: Yes. You see, what you are tuning-in to, most beloved one, you are tuning-in to the ceremonies where ones acknowledged the Oneness of all expression. You have acknowledged in that moment the Druid of yourself, the lifetimes that you have spent, and you used the essence of the oak tree, the sap, for anointing. And it was not only on the forehead that you did it as the Druid, because you acknowledge all of life as being

One—every living bit of energy; every bit of energy is living, and you acknowledged that. So you are going back into your history and even farther back than that. Well done. It is a good point of view. Thank you.

Most wonderful evening. Most wonderful questions, most wonderful insights.

Beloved holy scribe? (Ted: No) No questions; all answered. Very good. I like that.

Well, beloved ones, it has been my great joy to be amongst you in this way, to be able to behold your radiance in the physical and to behold the radiance of the divine spirit that you are. Truly as you approach your time of celebration, the Christ Mass, allow yourself to connect with the Christ of you. Allow yourself to connect with the Christ of the one who stands before you. See them as the Christ. Allow the eyes to soften and to behold their Light, their radiance; not the intellectual radiance, but the radiance of the heart that reaches out in compassion and wants to love everyone, wants to uplift them, to answer all of their questions.

And yet, as you have acknowledged, as soon as one question is answered, another takes its place, until finally you are on the mountaintop and you can see all of the answers in the valley around you. Truly it is a wonderful life. That is why you have revered that motion picture of the lifetime—"It's A Wonderful Life". That opens the heart. See it again for the first time. Allow yourselves to rejoice, to re-member joy; rejoice; and to go forward as the Light that you are. So be it.