

STAYING CONNECTED

2015-07-11

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 to call me forth.

Great joy of reunion every time I see you in this way, every time I feel your love, your consciousness reaching out to me; great joy, because that is your divine birthright, is to live in joy; not in the old recollections of lifetimes and even of the hardships of this lifetime, but great joy which is your divine birthright, and to know that truly you are free to go as the wonderful spirit that you are.

There is nothing and no one who can hold you back except your own choice to delay it for a while. You have done that in other lifetimes, and you have said—because others have told you—that you are unworthy, that you are not even worthy to hold up the head, and that you must obey whoever seemed to be in power. So you acquiesced and you said, “Okay, that must be true, because they are telling me that, and they are in more of a position of authority. They must know.”

But in another lifetime you came back and you said, “No, this lifetime I am going to know who I am,” and that is what you have declared in this lifetime. You have said, “I want to know who I am. I have a name, yes. I have a biological family. I have friends. But I want to know, ‘Who am I?’”

And more to the point, why? Why am I? Why am I here? What am I supposed to do? What is my purpose?” Many of you pray unto me and to my mother and ask, “What is my purpose? I must have a reason for this lifetime,” and you do, and you wonder. You search high and low. You ask of the friends—if you can; if they are that friendly—you ask of the friends, “Why am I here? What is my purpose? What are we supposed to be doing? There must be a higher purpose than just fulfilling all of the biological needs and getting through certain number of years in the lifetime. There must be more of a purpose than just completing all of the various stages of life. There must be a reason. I don’t really know it yet. I wish somebody would tell me.”

And you find that ones will tell you—your religious/philosophical orders, known as your churches, they will tell you what you are supposed to believe. You take it all in, and you say, “Could be true. Doesn’t feel right.”

And you move on to the next church, the next grouping, to see what they will tell you. You take a little bit from that one from all of their philosophy and their beliefs, you read your books, and you take various ideas out of the books, and you say, "Well, this one resonates with me. I think this might be true."

After a while you come to an image of yourself, the realized person, as you are doing your reading, your questioning, and your asking of the books and of your teachers, "Who am I? Why am I? What am I going to be or what should I be doing in this lifetime?" Because you get to a certain stage in life, and you begin to take account of where you have been in this lifetime, what you have done, as human life will dictate that there are certain stages, certain things that you probably will do at certain ages.

You come through those, and it is good, but there is something more. There is a little piece right in the corner that you can't quite reach. There's a little piece of a question mark, wondering what more is there, what more am I than what has been told to me. I know there has to be more. I want to know.

So you pray to me, you pray to my mother, you pray to the saints and the wise ones of the ages. You read your books, and you come to a place of knowing a bit more. Then if you are persistent and you really want to know, nothing can be held back from you, and the answer will come to you. There will be the revelation that will, in your parlance, blow your mind, because the truth of you does not exist in your mind.

The truth of you exists in your heart, and the heart will speak true. Then the mind gets in there and starts to question it. I know you've all been there, where you've had a revelation of something—"Oh, this makes sense to me. It feels really true. I like it." Then the mind says, "Yes, but somebody else said such and such," and you start to take it apart.

And the heart says, "What is he doing? Why is she doing that?" And the heart says, "Always, from before time began, I have known the truth of being. The truth is love; love of self, first of all, because if you do not understand self and love self, how can you love another one?"

Sometimes the other ones will give you a clue. Sometimes they will give you a great knock on the head, and that doesn't always lead to wisdom. It may lead to a bump on the head. But after you come down from that bump, you begin to see that perhaps the mind doesn't know, but the heart does.

The mind's job is to take all of the pieces and examine them from top to bottom, side to side, back to front, and upside down again. After you have done that, you feel a bit upside down yourself, and you go around in circles with mind. Then you come back,

after you get really, really tired, and the heart speaks to you that which you have known from the beginning: stop, breathe, love.

If you will remember those three words—stop, breathe, love—that is the secret. But the mind says, “Oh, that’s too easy. I want something that is really exquisite, very intricate. I want to know more. So then the mind gets very busy and you get very busy with the mind, and after a while the body says, “Stop already; I’m tired.” And you stop and you breathe and you love.

You are coming now, beloved ones, into a time...you are already in process with it, but a time when everything you have ever believed about self and about others and about the world is changing. You have felt that. You have been reading, you have been seeing on your news media, you have seen with the conversations with friends that there is a lot that is shifting and changing, and there is a lot yet that you would like to see changing.

You are in the midst of a great revolution, and it is not an outside revolution with the brothers and sisters. It is a revolution within yourself, a turning around; not looking outside of yourself longer, but coming to looking within. This is a time that is truly going to test all of that which you have believed about yourself and about the world and about others, all of the questions that have already been coming up for you.

You watch your news media, and you wonder, “How can this be happening? Across the world, even in my neighborhood, how can this be happening? How can ones be so separate from other ones that they can be fighting and trying to destroy the brothers, the sisters? How can ones be so into separation that they can do anything to the four-footed ones and feel that it does not matter? How can ones feel that they have the power never to be touched by that which they send out into the universe?”

Know you that whatever you send out, it has come through you already and does touch you even before you’ve sent it out, and it will come back, and you will deal with it when it comes back. But already you have had the first wave of it as you have thought to send it out to someone—that judgment, that feeling, however fleeting it may be, of hatred, of judgment of someone else and saying, “I couldn’t be like that. I don’t see how they can be like that,” and making judgment and saying, “I don’t want them in my world.”

Then you catch yourself and you say, “Oh, wait a second; I really shouldn’t feel that way. Okay, it’s okay if they’re in my world, but I don’t have to deal with them.” Any time you have a feeling or a thought that arises like that, it is already within you affecting you. This is something that you’re going to want to really look at, because these times are changing times. These times are pivotal times. These times are making great

change in the collective consciousness of all who walk the face of our holy Mother, the Earth, and in other civilizations, other planetary bodies as well.

For you are not separate. Even though you would see others to be distant from you, others that might be with different form, they are spiritual divinity in creative form, and even if they don't have form, they are creative, divine energy. So you are all joined as One.

You may say, "Well, I am separate, Jeshua. I see my body. I'm separate. I'm not the same as anyone else in here. I'm different. I know my boundaries—right around here." Ah, but do you really? Your energy...already your scientists have been measuring what is termed the aura, and that is only part of what is around you. Your energy goes as far as you can ever imagine it, and it blends with everyone else's energy.

Your universes—and I use that as plural—are energy. You live in a vast creation, so vast that you get excited when your science fiction, as it is called, brings you stories from beyond. And why do you get excited? Because it touches a part of you that knows it is true. It touches a part of you that gets excited.

"Well, perhaps there is more of me. I always suspected that there was more of me. As a small one, I always wondered how far I could think, how far I could imagine, and I had great fun as a small one imagining traveling to another planetary body and being on the spaceship and going faster than the speed of light. I know the scientists have told me that that is as fast as you can go," but now you understand there is even faster that you can go.

It is exciting, and these times are exciting, because there is much shifting and changing that is happening. And you have prayed; lifetimes you have prayed for heaven on Earth, for ones to wake up and to be kind to each other. So I say unto you, if you are going to have that kind of change, something has to change.

And that something is changing. That is the good news. That is the good news that I came to tell you two thousand years ago, that you are never alone, that always you are joined with me in the Father/Mother's love. You are always joined with my mother, who many of you have worshiped and adored, and still have a fond place in your heart for her, and she for you. You are joined with all of the saints, all of the wise ones down through the ages.

Why do you think you are so interested in reading what they have to say? You have walked with them. You walk with them again as you read their writings. They come alive to you. "Well, yes, but I'm just kind of imagining that, Jeshua; it can't be true."

It is true; hear me well. You measure time in a linear fashion, but in truth, time is always Now. That which you can remember and think might have been a long time ago, if you can pull it back into your memory or into your present mind, it is right here with you now. Time seems to be a thing that comes and goes, but it is of your making. It is a creation that you have made in order to measure the interval between things.

It is your creation. You have seen this. You have proved it to yourself sometimes when you have left for a meeting perhaps that was supposed to start almost before you were leaving the house, and somehow you got there in time. How did that happen? "Well, Jeshua, I was speeding." Yes, and that does happen. I know. I help you drive your vehicles from time to time. I feel the wind in my hair, figuratively, as you go speeding down the highway. But that is not why you arrive in time. You arrive in time because you are the one creating the time, and you have said, "Okay, there's going to be a little bit of extra room in here," and so it opens up, and you arrive just in time; oh, that's great. But you are the one creating it, and you are enjoying it.

You enjoy your creations, and that is as it should be. But these times right now are a bit like having a foot on what has been and a foot in what will be. You feel a bit stretched from time to time, and you say, "Well, I've got more that I have to do before I get to this place ahead of time here, and I'm not sure I can bring this foot along with me, because there's a lot I have yet to do. I have a lot planned to do."

You get stretched a bit, but you always make it. It's amazing. You always make it, as to what you have to do. If you don't get it done, there's always another day, and then it piles up on that day, does it not? Yes, I know.

These are times that truly will stretch you, because you have said that you want to move into a new way of being, a new way that is loving, a new way that is creative, a new way that understands truly what is happening from a higher perspective. That is why you study your books. That is why you take various courses and you meet with other ones. You want to know what can be, how it can be, how and where I can meet ones of like mind who are excited about the same things I'm excited about and want to really discuss what is going on and want to accept me with my ideas.

And of course, they want to be excited and accepted by you. So you are of like mind, and when you feel and find others of like mind, you feel you've come Home. It feels good. You feel like you can be yourself; you can open up. And it is true. You are finding more and more ones who are questioning, more and more ones who are believing that there has to be something more than what you have been taught, something more than what your religious/philosophical orders have said to you was the truth of your being.

You are living up. You are going within to that kingdom within. You have spent enough lifetimes and enough time in this lifetime serving the kingdom outside of you, the kingdom of the world and the kingdom of mind that will bring up all kinds of questions that you can play with. But remember, you are playing.

Whenever anything gets too heavy for you, remember that you are playing. You are being creative. Stop for a moment and allow that wonderful laughter, when you are laughing at yourself. Allow that wonderful laughter to come forth and to say, "Oh, there, I did it again. I was playing with all of the heaviness of the world, and I thought I had to solve it."

Ever felt that way? Sure you have. When you listen to your news media, you think, "Oh, I wish I could help them. I wish I could change things." You start by changing yourself, by living in that space of accepting yourself, and then you can accept others, because you will understand that you have walked in their sandals. They have walked in your sandals other lifetimes, perhaps even this lifetime.

You find that you understand another one, where they are coming from. And when you do that, you are not so quick to judge. There is a space in between the thinking where the heart can be felt and the love can be known.

These times are calling out for love. These times are calling out for love of self. It starts there, and it is not what you have been taught, that it is selfish. You have to be Selfish—with a capital "S". You have to love self. You have to understand and say, "I am really happy with self. I really like myself," before you can like someone else. Because if you're not happy with yourself, you're going to see it in everyone else out there—supposedly out there—and you're going to say, "I judge them," because you are judging yourself.

These times are asking for you to be centered in loving self, living in the heart, knowing the excitement and the joy of the heart and coming Home once again to that place of the heart, coming Home to that place where you are accepted just the way you are. That is so important.

Remember that, because you have been taught all of this lifetime and many other lifetimes that you have to keep trying to perfect yourself. You "should" do this. You "should" be that. You "should"—all of these different things that someone else has said to you, because maybe that's how they were told.

But then you come to a place where you say, "Alright already, I've heard enough. I want now to listen to my heart. And my heart tells me, 'Hm, I'm not that bad. I love other

ones. I say a kind word from time to time; maybe not always, but from time to time I try to uplift other ones, because I know how it feels to be down. I try to give to them a kind word, because that's what I would like to be given. So, you know, I'm not too bad. Wow, I'm not too bad at all."

If you could see yourselves the way I see you—and you can—you would see the loving heart. You would believe in yourself, and you would know that every decision you had ever made was a good one, because it has brought you to this place of knowing what works and what doesn't, what feels good and what doesn't. If you had never made that decision and tried a different road, you wouldn't know what was down that road, would you?

So you make decisions, you make choices, and you go down a different road, and you say, "Oh, I should never have chosen that. What did I see in him/her?" Whatever. But you would never have known if you didn't make that choice and go down that road. You are all the wiser and all the wealthier because of the experiences that you have had and what you have chosen.

You have never made a wrong decision. You have made decisions, and then they have gifted you. Sometimes you liked the gift, and sometimes you didn't. But you have been wealthy, and you are wealthy because of all the choices you've ever made.

You can sit with a small one, and if they ask you—and it is important that you wait until they ask—you can share with them what you have learned. They may listen to you, or they may not. They may make the same choices and go down the same roads, and you will say, "But I told you." And they say, "Yes, but I had to know for myself," and of course they do.

Then they'll turn around and try to tell someone else, and someone else will say, "Oh, well, that's just your experience. It won't be that way for me." Then they go down that road, and they find, "Oh, I guess it is that way for me." But they wouldn't have known, and they don't know when you tell them.

One of the most beautiful ways to stay connected with the heart is what I've been asking you to do for a while now, to take at least five minutes every morning to visualize the Christ of you, the loving self of you; five minutes of just breathing and believing in yourself. Yes, I know that in the beginning it's going to be, "Well, Jeshua, I've got too much to do. I have to figure out what to wear, and I have to figure out what I'm going to say to this person. I have to figure out how to get where I'm supposed to go for this meeting. And you know, I don't have my homework finished."

I know, you always have your homework finished. Very good. All kinds of excuses the mind will come up with. Take the five minutes just to breathe. Take the five minutes just to sit. If the mind has to be busy, find yourself a picture that you can look at. And if you study how the colors come together, how the brush strokes maybe were made, whatever, that is okay too.

Allow yourself to sit for five minutes and enjoy. If you like music, put on a piece of music for five minutes. Yes, I know, it's probably going to go longer than five minutes; that's okay. Allow yourself to get outside of the world and inside yourself for five minutes every morning. And while you're there, speak to me. While you are there, listen, because I might just answer you.

In truth, I always answer you, but a lot of times, as you have seen, ones will pray to me or to my mother, and they go through a whole litany of all of the words, and then they're finished, and off they go. Ah, but I was going to say something to you. But they're gone. They didn't listen. So next day they come back; the same thing; prayer; down on the knees; same words probably. They get finished—they say it as fast as they can—do everything just right. Okay, did all that just right. Okay, not...and off they go.

And it's like, wait a minute. Maybe I'd like to talk with you. Maybe, if you would just stop for five minutes. It's okay if you talk with me, but stop; listen; listen to me; listen to my heart; listen to your heart; listen to our heart, because the heart knows and loves.

There is a wealth of healing in the heart. Have any of you ever felt unhealed, where you were sorrowful, and there was something in your life that you felt needed healing? Ever at a place where you judged self and said, "I am so stupid. I am a rotten sinner. I made all the wrong choices. I always make the wrong choice."

I know; I hear you. But it's not true. And yes, you know. You are the most wonderful piece of work. Now, I know there are ones who say that about you. "He is such a piece of work." They said it about me. They still say it about me. Some of your religious/philosophical circles don't believe as some of the other religious/philosophical circles believe, and they say, "Well, that Jesus, that's a piece of work." It's not true. I am true in your heart. Visit me often. Come and be with me.

This is a time when you will want to stay connected, when you will want to stay connected to each other. When you are going through something, reach out to other ones and say, "I'm really confused. I'm hurting. I don't really understand what's going on, and I don't know how to be. What would you share with me?"

Well, first of all, they're probably going to share with you that, "Yes, you know, the world's a mess." But after you get through that judging, then there is a chance that they will say, "But I see the good in you. I see what you are trying to do. I see how you are struggling. And I have seen you be really loving towards a four-footed one, towards a friend. I have seen you when you reached out and you did something good.

And you say, "Yes, but that was a long time ago. It doesn't really count." And they'll say, "Yes, it does count. It happened. It's for real." And if you don't find a friend who uplifts you that way, try another one. It's okay, because sooner or later you're going to find someone who says, "I've been there. I know how that feels. But, you know, I see you doing really well. I see you trying your best. I like you."

And you say, "Wow, you don't really know me then. If you really like me, you don't really know me." And they say, "Doggone it, I do know you. I do know you. I like your baking." If there's nothing else you can say about a person, "I like your baking." And there is much more that you can say about another person. There is much that you acknowledge about another one, and you uplift them. It costs you nothing, and it means everything to them.

In every day, look for where you can add to the positive in the world. Your news media will give you plenty of excuses for all of the negativity. That is okay. That is their job. But your job is to look for the good and to accentuate the positive. You've heard that song.

Beloved songbird might even sing it for us one of these times. That is good. We will supply you with the thing you strum, the guitar, the accompaniment, one of these times. Because you see, beloved songbird even writes his own music from time to time, his own songs, and they are good, and they have uplifted ones, because of his music.

All of you have a talent. All of you have a way of uplifting the world, and it is no small thing. Because some of you deal with people who are most dejected, who have lost their way, and sometimes you feel that you have lost your way. Then there is one you can turn to, and you can say, "I've kind of lost my way. I don't really know who I am or which way I should go. I feel really beat down." That is okay. When you feel beat down, there is nowhere else to go but up. Look on it that way. Nothing is ever so bad that you can't find a little piece of good in it if you will look for it.

So take the five minutes every day to be in peace, to talk with me, to talk with your higher Self. You don't have to talk with me. I am your higher Self, so you can talk with the higher Self of you. I will be there as well. You see, there is nowhere you can go

without me. Always I see the good in you. I see the radiance. I see the love-light in your eyes.

I see when you are excited about something, and the whole being expands, because you are so excited and so happy. I see this when you have discovered a new hiking trail, and you want to know where it goes. "Where does this trail go? Where will it take me?" And you get excited about it.

Each and every one of you have a love of something that you really lose yourself in, where you come alive and you find that there is more to life than just the days and the times that are set aside for work or for the same old same old. If you don't have something that excites you in your life, come to me. I will suggest. I will bring you someone who needs a friend.

So if someone comes into your life and they seem to need a friend, I've sent them to you. Do not turn them away, please. Sometimes they come to me, but when I answer, they don't hear me. So I send them to you, because when you speak, they can hear you. They know that you've been living a human life. You've gone through challenges. So they come to you, and you will be able to speak the loving words to them that I do speak to them, but they can't hear.

They sometimes need you, and you are there for them. You are my hands, my feet, my voice, my loving heart, and I thank you for that. It is so important in these changing times. Believe in these times in the best, because these are times that will make you question. Already you have seen that in this lifetime. There have been instances of things that have been happening, and you wonder, "Where is the good in this?"

These times are in upheaval, times of chaos. That is because you are bringing about a New Age, as it is called, a new consciousness, a good new way of looking at everything. And in order to do that, you have to have the upheaval of the old.

It is the same as when you are planting a garden. Don Jose there, you plant a garden. What do you have to do first, beloved holy scribe? What do you do first? You upheave all of the soil. You make it so that you can plant new. You don't go out and just say, "Okay, here you are, and you put the seeds on top of the weeds and grass, but you dig up the soil. You make a place for the new seeds to grow.

That is what is happening right now. Everything is being upheaved so that there can be a new planting, and the new planting is happening. The new shoots are coming forth. And you are the ones who are tending the new shoots, the new consciousness of

2015

acceptance of love, of saying to other ones, "Yes, I know life is hard, but you know what? I know how to make it sweeter." And you do. You make it sweeter for them.

Stay connected to your higher Self; your inner Self will see you through all of the upheaval that is happening. As I look upon you now, I see what is before you. Do not fear it. It is not heavy. It is not big. It is not so big that it's going to overcome you. There are things that humanly you're going to have to deal with, but that's okay. It is called life, human life, and it is making for a new understanding of what life is all about and how it is ongoing.

You have heard my beloved friend and teacher, the one you know as Judith, speak about a certain upheaval in her life and how it is ongoing, and how the communication is ongoing. And this is true for all of you. When ones release the focus upon the body, that is not the end of them. This is most surprising for many who release the focus upon the body, and they think, "Oh, well, now I guess I just lie in my coffin," and they find that, "I'm still alive. I'm still consciousness. I'm still experiencing. What has happened?"

They are still love. And after a bit, according to where they have been before they released the body and what the teaching has been before they released the body, very soon they are going to be expanding into a new peace and a new understanding of themselves. It is to be celebrated, and that is why there is a movement, a change in the thinking now. You have now instead of the old wake that lasted for two weeks—where you were so saddened because one was going through a testing and a trial and purgatory and maybe even down under...oh, my goodness, better light another candle—it is a celebration of ongoing life.

All of you are into that day by day, the ongoing life. Greet it with joy and excitement and say, "I can't wait to see what this day is going to bring." And that is true of every day. Five minutes of saying, "I can't wait to see what this day is going to bring. I can't wait to see what this day is going to bring to me, and what I'm going to have to sort out. What question is going to be brought to me? And will I have the answer for it?" And yes, you will.

Every day has its moments; its moments of questioning and its moments of revelation. Live in the moments of revelation. Celebrate the connection. Know that always you are staying connected as you will take that moment, the five minutes, the twenty minutes...I say five minutes, because I know how you value your time. But if you want to, you can take twenty minutes, even half an hour.

"Oh, my, Jeshua, I might have to get up early for that." Well, yes, you might want to get up early. "Uh, no." Yes. (chit chat) You will stay up late, okay. You can do that. It

does not matter whether it is at the end or beginning of the day. You stay up late enough that you're beginning the day. There you go. You see, you're ahead of everyone else. Very, very good.

It does not matter when you take your five minutes, fifteen, twenty minutes. Stay connected to the higher Self of you. Stay connected to the love Self of you. And the first thing that you do in that five minutes is to say, "I love myself," because you are lovable.

Each and every one of you, you are lovable, and I love you. If you think that no one else loves you, remember that one Yeshu'a, one Jesus, however you want to call me, loves you with an everlasting love. It has been decreed before time began, and will exist beyond the purpose of time. Always and forever I love that which you are. Always and forever we are connected at the heart. So be it.