

## **JESHUA DISCUSSION GROUP**

**2015-07-18**

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 the one Source, divine. 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: that is your divine birthright. I know that the world doesn't say that to you. The world says it is full of complexities, and you must use all of the brain power that you have just to stay up with everything. But truly the innocence of the holy Child is who and what you are; the innocence that does not know the true meaning of innocence, does not know the complexity of the world, and does not need to know; only abides in love, only abides as joy.

You have seen the small one who does not know what they have to learn. They do not know that life is going to be full of lessons, as the older ones might say. And the small one who just goes asking, "What is this for?" will pick up anything and will say, "What is this for?"

the most wonderful word they use very early and say often is, "Why?" When you are telling them that it is time to eat or it is time to go to bed, "Why? I want to stay up later. I want to see what it is like when the stars come out." "It's your bedtime." "Why? You are not going to bed right now" "Well, no, I'm not." "Why?"

The innocence of asking what is everything for. Learning. And those of you who have gotten a bit taller and you had the small ones in your care, you know how it feels to be not always able to answer the why question, although you do give an answer because, after all, that has to send them on their way for a minute or two.

But meantime, they'll be right back again with more why's to ask. You give them another answer, and maybe that satisfies and maybe it doesn't, and then they're back again.

It is a most wonderful adventure that you have said that you will go on, and you will share it with the small ones and with the tall ones, because sometimes you run into someone who is a bit taller who is still asking, "Why? Why do you believe such and such?" It is very good for you, because you have to go deep within yourself and to examine why. "Why do I believe such and such? Why does something seem very true to me, and I don't really know if it is logical or not, but it seems very true."

Some of your coworkers and your friends will ask you the pointed questions of why do you believe that. Where have you read that? Well, if you read that, how do you know that's true? And you say, "Well, it resonates with me. It feels true." And then they come and they say, "Why?" And you say, "Well, I've been over this road before," and yes, you have.

But that is life. That is the adventure of life, always discovering, reading something that will pique the curiosity, talking with friends who will bring up a new way of looking at something. Sometimes you think, "Boy, are they far out. How can they believe such and such?" And then you get to talking with them a bit more, and you begin to see, well, there are some reasons why they may believe that. Do I believe that? Well, you're not sure, but you look into it a little farther until you make up your mind.

Sometimes you say, "No, that's too far out," and sometimes you say, "Well, maybe," and there you are, asking why. So you see, even though you grow a bit taller, you're still asking, "Why?" Even to the very last breath, you will be asking, "Why?" You will be asking what to expect; how is it going to be?

You look to the older ones who have already gone on. You have talked with them when they were activating the body, what they knew from generational teaching, what they knew from their own deep wisdom, and you have put all of that into the mix of your own mind to see what to expect; how is it going to be?

And you have gone to your readers, as they are called, the ones who know something perhaps farther and deeper than what you feel you know, and you have asked them the pointed questions, and they have come back with some information that you then kind of weigh and sift and see how it feels. And then you decide for yourself.

It doesn't mean that in the next day you won't change your mind because something else comes along, and that is good, because you are always open to new ideas, especially those of you who are on what you call the cutting edge of things, the new wave of wanting to know, "What more is there? How can I look at something a little bit differently, because truly I know that there is more to experience."

So you ask the questions, you do the reading, you talk with the friends, and you get new information that you then put into the paradigm that you've already set up and believe to be the truth; and it changes, and that is good, because truly your experience changes. As you grow and you get a bit taller, you get more information, and your ideas change, and the questions change.

I'm going to ask you a question now. Last week when we so met, what did we talk about? Aha, have to think about this. [chit chat] Yes, transition and upheaval. How to stay connected. That was the title; that was what it was about. Now, how do you stay connected? What are you being connected to, in the first place? (YourSelf) Yes, with a capital "S", the higher Self of you; staying connect to your Source, the one Source.

Yes, staying connected. Now, how do you do that? How do you stay connected to your Source? (Inaudible) Very good; by taking five minutes every day to sit in peace and to breathe. And I gave you three very short words that work in every situation; magic words: Stop, Breathe, and Love.

In any situation, stop, breathe, love. That will give you the peace that then will allow whatever answer you need, that will allow whatever change in thinking that you need to stay connected to your Source. Stop, breathe, and love. It is as simple as that.

Now, the world will say to you that there are other ways to do this, very complicated ways, and many of your religious/philosophical teachings have come up with most wondrous rituals (Convolutated) Yes, and oftentimes when I am pulling your leg about something, I will say to you that in order to do this correctly, you must face the East, you must stand on one foot, hold the other one behind you; you have to close one nostril, breathe through only one, and close one eye—most difficult to do—etc. And if you can do that without falling over, you have mastered balance, the physical balance.

But in truth, all you need do is to stop; allow the mind to stop. Mind, as you have experienced, gets very, very busy, and comes up with all kinds of questions, all kinds of solutions. And sometimes the solution has been from other ones telling you, "Well, you've got to stand on that one foot...whoops, wrong foot, got to stand on the left foot, okay. Now, if you are right-footed, it may be more difficult. Ah, if it's more difficult, then it means it's more divine."

Stop the mind. Stop and breathe. Now, why do you breathe? Well, first of all, it keeps the body going. It is the first thing that you do as you take incarnation, independently. It is the first, and it is the last. As you exit the body and release the body, the breath is the last. In between, hopefully, you keep on breathing, because it allows the activation of the body.

It can be, as your masters have found, slowed down to a very low rate, and to put the body into a very slow rate of activation, but at the same time, there is enough of the breath that keeps the body activated.

Stop, breathe. Feel the peace that comes with the breath. It is very easy to do, and it allows you that break in between all of the mind activity to come to the place of peace, where if you are asking a question right before that, the mind being quieted will allow the answer to come in. If it does not come on the first breath, you take another breath; keep breathing. It is definitely recommended.

And then love. Feel yourself in that place of self-love, first of all. Know that truly you are a most created work of being. You are a wondrous being. Know you how many cells there are in the body? A lot; trillions; almost past counting. Now, I know there are ones who get the mind very busy, and they have guesstimated how many cells there would be.

Know you the organs in the body and how well they function, even without you—especially without you trying to get in there and coordinate everything. The body in the small one who is just born, the body knows how to be, how to breathe, how to take in, how to eliminate. All of the organs of the body can work, and do, in perfection, without conscious thought.

So you are a work of love when you will stop for a moment and realize—make real in your awareness—what a tremendous miracle you are, that you have brought together this creation so that you can walk amongst the brothers and sisters. You can love them. You can discuss with them. You can laugh with them, walk with them, be with them. You have brought this creation of the body so that you can function in concert with them. For the most part, you don't even stop to think about it.

Now, sometimes the body will scream at you so that you have to pay attention to it, or a certain part of the body may scream at you and say it wants attention, and then you do have to stop and breathe and send love to it, and wait to see if there is another answer of something more to do for it.

Now, beloved brother, you had a certain experience this week where it seemed to be a foreign something came and gave you a present in the hand, right? You did not look upon it as a present right away, but it was.

Don: Yesterday, a very wonderful thing, and I didn't know what was going on. Spirit spoke without words, and you know that when Spirit speaks that way, you know what it says. Spirit said, "Let go of everything that concerns you personally." I felt the absolute urge to do that, and I felt a need to do it, and I was deeply surprised at how much attention I was putting on the body, how much attention I was putting on the health of the body, the aging of the body, and all the things that we think about—relationships and everything. I saw the futility of all of that, and I let it go (Good)

then I felt like I was in no-man's land, because I didn't know where I was at and where I was supposed to go from that point, because there was nothing to refer to (Right) Finally I just laid back, and in time I learned to abide in awareness. That is without mind. There is no need to abide in mind; it's all Spirit, and you can just Be without the mind (Right, but it does feel strange, does it not?)

It was confusing, and it felt very strange to be without the reference of what I was used to thinking about. I was kind of in a zero place, but it's a very wonderful release, and I don't have to bother with anything when the mind might jump to a certain idea about those things. Right away there's a cancel going on, because there's no need for it really.

So the teaching that you gave two thousand years ago to seek and you will find; seek to know the truth, and the truth shall set you free. Seek first the kingdom of God and his righteousness; then everything else will be added. I could never figure out...you know, I hearkened to that the first time when I started seeking back in the early 60's.

Why isn't everybody else doing this? I've wondered down through the years that the people don't seem to be seeking within. I mean, they seek information without, but they think they get it intellectually and they've got it. You've got to go past the intellect. The mind will lead you Home, but you've got to let go of the mind in order to find Home (This is true) So it's what you were talking about a few moments ago. The mind cannot get you everything that you think it might.

Jeshua: It only leads you around in circles. It leads you into the generational teaching that ones have said is so important. And yet what you really want to know is that feeling of love, that feeling of acceptance of being Home, really truly understanding how wonderful you are, and coming to that place where you know that you are okay.

Mind will take you around and around into questions, and at times it is fun, because you like to play with ideas. And you are very creative. You like to play as to where will this idea go? Where will this take me? And that is okay until you get to the place where the body is then turned into knots because you are getting too intense about it.

Then you back off, you stop, you breathe, and you love Self. You come to that place where truly it is not a no place. It is a place of love. It feels at first like a no place. It feels like, "I don't have a reference here. I don't know where I am or what it is," and the mind is very unhappy at that point.

The mind says you should have reference point. You should. But in truth, you are just being. You are being love. You are being the ocean as well as being the drop of water in the ocean. It is when you give up the feeling that you are just the drop in the ocean and you feel yourself to be the ocean that you have given up all mind thought, and you just allow that peace.

Now, as I have said, the mind is not used to that. You are taught from the very early time that you must have all of the answers to everything. Your generational teaching, your parents have said to you that what they have taught you, you are supposed to parrot back, and you're supposed to have it memorized, and you're supposed to have the answers on the tip of your tongue, and if you don't, you're slow.

Heaven forbid that you would be slow. But truly, sometimes the slow ones are the ones who are already abiding in the Isness of just Being. So the judgment of generational teaching sometimes does not take in the Allness of experience. So yes, as we were speaking last week, it is to come to that place that the mind does not know, and it feels very, very strange. And then, because it does feel strange, you put into it a very active feeling of love.

You know love. You know how it feels to be in love. You know how it feels to give love, where you love someone so much that you bring forth that question of, "How can I love you more?" Because you feel so enraptured in love that you want more of it. So you know how to fill the void of love, of the mind saying, "Well, if you get rid of everything, what will you have?" You will have peace. You will have love, very active love.

That doesn't come right at first, because the mind is not used to being stilled, but it comes as you are willing to practice and to abide in love, to see yourself as the most loving being—because you are—to see everyone else as being loving beings, even if they don't act from that place; to be able to recognize that I can be love, I can be in peace, I can know dynamic love, very dynamic.

Because love...when you are in love, you know that feeling. You can't wait to see the other one. You can't wait to talk with them. You can't wait to think about them, even if you aren't with them. You think about them, and they take up 90%, maybe even 100% of the thoughts. Everything revolves. You forget yourself, the small self of you, and you are very much in the place of excitement, the place of wholeness, the place that says, "This is where I'd like to abide all of the time."

And then mind gets in there and starts setting up all of the judgments of, "Well, she's not really the prettiest one. She's really not even the brightest one, and her clothes

sense is a little bit lacking. Sometimes she doesn't really even pay attention to me. I mean, that's the worst...etc."

The mind gets in there and starts setting up all of the judgments of something. Yes, it is endless. If you allow the mind to do that, it is endless. But, beloved brother, you have found a way to be in quietness, and you have found a way to know your wholeness. Very good. It is what truly you reach when you are finished with all of the questions.

Now, I know that life is fun because of all of the questions. Two thousand years ago I played with questions. Where would I go? Would this village listen to what I had to say? Were there ones who wanted to hear what I had to say? Would they understand, or would they go back to the old way of thinking?

I had questions. I wanted to know, How is it going to be? Am I going to find the right words to get the idea across to other ones? There were times when they didn't seem to get it, and I thought, "Well, there's something wrong with me, because I'm not putting it in the right words and the right way."

I didn't recognize at that point that everyone has their own path and their own timing as to what they choose. When I came to that realization that everyone has free choice and their own timing as to what they're going to accept, it took a great burden off of my shoulders, because I felt, in the beginning, if I was going to be rabbi, teacher, I was going to know all of the answers, and I felt that I did.

But they didn't feel that I did. They thought I had some far-out answers that didn't apply. It was like, "Well, yes, but the Romans are here knocking on my door, and you're talking about love and loving them? How can I love them when they are being so forceful and demanding of me?"

So there were ones two thousand years ago who said, "You speak rubbish. It doesn't fit in this world." And I said to them, "My kingdom is not of this world." And they said, "Well, that doesn't do me any good, because I'm living in this world." And ones are still saying that.

Therefore, those of you who are open to understanding something a wee bit different, a bit more expansive, you are the ones who know Home. You are seeking for Home. You know that you are activating the body. You know that you are walking amongst the brothers and sisters. But you also know that you are seeking Home, even in this experience. And it can be.

The mind says, "Well, it can't be. It's too far out. It can't really be here. Maybe later after I release the body, then I can know peace. Then I can know expansive love."

But I say unto you, you are going to reincarnate because you want to know it even in the experience of activating the body, the incarnation. You want to bring it all together. Can it be done? Yes. Has it been done by other ones? Yes. Is it easy? No.

Don: Can I share an experience? Back in 1962 I questioned our friend Yom, who was living over two hundred years in the same physical body, how he could stay in that body for that long. And he said, "Well, my friend, when you know your true relationship to your physical body, there's nothing to wear out, you see. I never concern myself with the physical body."

And I just realized the other day fully what he meant. He was so illumined by his own being that he knew that the body was just a vessel through which he could experience, and he didn't have to touch it and worry about it or anything else. This is what you're saying, that the physical body is the miracle that we're inhabiting all the time; cells in the trillions working together as One to support who? The individual inside the body. It's a miracle.

the things that we're used to paying attention to in this world that grab our attention, that hold it there, and we think that's what we're seeing and being, is so full of errors that we really do have to question everything we're believing.

Jeshua: That is true. That is why those three words that I have given you are so powerful—to stop; stop the mind activity; breathe, which energizes the body; and love. Take hold of the love that you are. Take hold of the love that you seek. Take hold of that love that is most dynamic activity, and know that truly that is Home.

That is what you have been seeking and still do seek, is the love of Self; not the small self, although it will spill over into the small self, but the love of the true Self of you; to know truly the perfection that you are. Even when you are playing with the idea that it could be imperfect, it is still perfect. That is the most wonderful turned-inside-out truth of your being.

Always and forever you are going to be the love of the Father/Mother/God/Goddess/All That Is, always and forever. What you are asking to know is to bring it right here and now into your experience and to accept it; not from another person, because they may or may not, most often don't, understand it. But to know it for yourself, because you do know it, you do trust it. Very down deep you do trust it, and you can live with a smile on your face because you know a secret that the world doesn't know. All of you are great teachers.



Don: I would like to add that the beginning of this experience of letting go was about two or three days earlier when Spirit said, "Affinitize with perfection," and that set me on another course of action which led to letting go.

Jeshua: Right, exactly; very good, and it is a very good place to abide. You have many, many books that are written about it, because the mind wants to know. The mind wants to read, to study, and to see it out there somewhere. That is very good, because it is a step, a clue. But then finally you will take it within, and you will internalize it to the place where you know it, and no one else can take that from you.

How are you in this evening, beloved beautiful one?

ZuVuYah: Well, when I first arrived, I was kind of weird, because I had a very interesting session yesterday clearing a very toxic element of lead out of my body. So today when I woke up, I was feeling sort of foggy, off center, wobbly weird. But now I feel pretty good. I'm sure it's the energy that I'm sitting in now, steeping in this gorgeous love. So I'm very glad to be here; I almost didn't come.

It's so interesting, because I have such a will, yet I don't really apply it to discipline for certain things, like working out, something like that. Fascinating to me how I really don't put that will...for other things, will is just there in a New York minute, but to be doing something that I perceive could be more beneficial for me, like working out, I'm not 100% sold on that idea yet. I know that my body would like it better if I moved it physically, a little more challenge, por favor. So I'm doing really better than when I first walked in here. I'm very glad to be here. And I love those words. [Stop, Breathe, Love] I will probably have those tattooed on my body, because that seems like something I want to live with the rest of my life (It is very good) It's a very useful reminder for me. Kind of like all the keys that I need to complete a lot of the work that I've been doing for this lifetime.

Jeshua: Very good. It is simplicity itself, and yet it is the truth of your being.

ZuVuYah: And especially for me, the breathe part is very big. That's where I stopped myself in this lifetime.

Jeshua: Yes, but you do breathe. That is the miracle of it. You are a most wonderful walking example of ones who struggle through something, and yet they will not be held back. You have put all kinds of obstacles in your way. You have said, "Well, it's going to be really hard to breathe in this lifetime, but I'm going to," so you do; you keep on with it. It shows you the strength of the spirit.

ZuVuYah: Yes, and I'm determined; I'm going to be breathing freely through my nose, all the time, soon; it's only a matter of time (Yes, this is true) The fantasy of time (But in time you will know it) Yes. I'm so grateful for the person I'm working with. She's totally amazing and very resonant with me, and I feel it a great gift to discover a person like this that I know can unlock keys for me. And with her knowing this, and she's so graceful and not attached; it's so beautiful that she's just there with her skills, bringing these treatments and teachings to me, and then just sends me home to go ahead and unfold with it, and it's really fabulous.

It's very empowering, completely the opposite of the allopath. So it's pretty fascinating to be engaging with her and reawakening those parts of me that just knew and were just determined to state and know and be, that our body can heal anything. People can live 700 years, for goddess sake; you know, I can breathe in 66. So I really am heartened by finding this work and also bringing it to others.

And that must be one of the reasons that I came and did this experiment, so that I can share with others who feel that it's hopeless, that it's not hopeless, and then it's just a matter of finding, connecting the pieces, just finding what works for them, because I'm not going to be a big proselytizer about this one system. It's about finding a system that works for you.

Allopaths work great for some people; they wrote that. Not for me. So it's just a matter of people knowing that my interest is for people knowing that their body can heal anything, and then it's up to them to find the key. So that's probably one of the reasons I practice this interesting experiment in my way (Very good) And how are you? (Excellent, thank you for asking) Enjoying this gorgeous weather? (It is quite like what I was used to two thousand years ago) Bless you (I am blessed, and you are blessed. Thank you)

Jeshua: Beloved beautiful one, how are you in this evening?

Donna: I am great, thank you very much (Yes, you are) I was in Newport, Oregon, the last couple of days closing on the sale of my house there. I stayed with a friend who is a very aware person. She's very, very enlightened and I just love her, but in the course of our conversation, she shared that she was becoming really concerned about what she was hearing about the potential for an earthquake off the coast of Oregon and what that impact would be on the coast and people living on the coast, that there would be a tsunami, there would be blah, blah, blah, blah. (Aud: Inaudible) You are concerned about that too? She said that she kept getting messages from spirit that she needed to prepare for that. She needed to prepare. So it's like bringing it up into her awareness that this is happening. Her first reaction is fear. So we spent a lot of time talking about it, and I told

her what I thought. And I would like to open it up to you. What do you say to people when they are concerned about these apparent things that are potentially going to happen and change the way that we live, wipe out electricity, just really change the way that we can live on this planet?

Jeshua: First of all, you will ask them just to go inside for a moment and to ask why the fear—it has to do with preserving the physical—and to get them in touch with the spirit of them that is forever ongoing and will reactivate a new body in a time whenever. So the bottom line base of everything that the mind wants to play with has to do with fear and with the physical. Now, is this going to happen? Well, as it is seen now, it could, because ones have been thinking that we are kind of due for a big shakeup. And so when ones are holding that—if there are enough of the collective consciousness that wants to hold that—then there may be the out-picturing of that.

However, along with that there is a discipline that can be brought to bear on this, that even if there is enough of the energy of the collective consciousness to bring such occurrence about, it can be modified. This is where she will want to put her energy and her focus, that yes, this will happen in some time. It doesn't mean that it's going to be even in her lifetime, but it could be. But for her to work with seeing it to be not the big thing that has to be feared, but to be a little wave that comes onshore, so that she can visualize perhaps the energy of it being offshore, but by the time it reaches the shore, it is a little wave. Suggest to her that she work with that (The peace, be still, story) Yes, exactly.

Donna: What I said to her was, it doesn't matter whether it happens or not, because that's not what you're about (Right) Wherever you are, you are about being in connection, in the flow of spirit. And if you have work to do, then spirit will tell you what you need to do and what to do to accomplish that (Exactly)

Jeshua: Yes, you are always in your right place at the right time. Because if she is not meant to be in what she is out-picturing right now, then she will be told to make a visit somewhere else. But meantime, work with the little wave, because that will be helping the brothers and sisters. The earthquake, it can happen, but it does not need to be the big devastation...small wave (Yes, thank you) Thank you for asking that question.

Beloved one who is going to bring the ham sandwiches for me (Laughter—inside joke)

Pat: I forgot (Well, next time then) Oh, wow. I'll remember. Lately, and I guess throughout my lifetime, but in the last week or so, there's been a lot of people leaving the body as well as people coming in. And just a lot within a week (Right) And for some

reason, I'm in a very strange place, almost like being...I mean, lots of times I'm not here, but more so now. I feel very unable to focus. Hearing from ones that have passed and ones that are coming, it seems like it's a happy place. It's not a place of confusion. It's just very difficult to remain focused and to be here. So what do you say about that?

Jeshua: It depends on where you want to be with it. As you have spoken, it is a happy place. And when the world calls to you that you must focus upon something, you are able to do it. It takes a bit of energy, and the world does take energy, but that is okay. You have said that you will be open to all, that you want to know—enquiring minds; and you do have an enquiring mind that wants to know. And so you have said you will be open to communication with ones activating the body and ones not, and ones getting ready to activate the body.

At first it has seemed to be a bit of the imagination when you first started with this, and you weren't quite sure if this is really true. Now you have come to a place where you understand that it is true, because all things are possible, and they do happen. So you are a bit of a receiver and a transmitter at the same time. You are the conduit for messages, and sometimes you feel that you are not perhaps receiving the dividends of the Western Union with sending the telegrams to everyone. But you are doing well with it, and at any time you can shut it off. But you do not need to. You are doing okay. It takes a bit of the effort to bring yourself into this focus again, and that is very good for you to realize. Because many ones who are so steeped in the world and the activities of the world do not realize that it actually takes some energy to bring the focus into the world. You are able to tell them that (Thank you) You are doing well with this.

Beloved brother, how are you in this evening?

Charles: I'm here. I seem to be re-experiencing some physical ailments that I've had for the last year. I'm not terribly concerned about them. I'm more bothered and frustrated by them, because I think it's time that I finally learn how to fully heal myself. I can feel that coming, but it's just frustrating that it's not here yet. Because part of wanting to fully realize healing myself is then extending that healing to others (Yes, and you will be doing that) Anyway, it's just a period of frustration, but I know it will be over with soon.

Jeshua: It will be. Be easy with yourself. Do not try to push the river. Allow it to flow. Allow yourself to feel as easy as you can with it. I realize that when you are into a certain climate like this, the warmth, it probably makes the body not as happy as if you were cooler, but that will be coming. It will not be the heat of this season (Better than

Texas though) This is true, and you do have something to compare it with. Very good, yes. The mate has enjoyed that one. Great laughter.

But yes, as you have recognized and as you have discerned, it is a passing feeling. It is a passing condition, and it will not be with you for all time. You are releasing it, you are letting it go, and the body is showing it in ways that may not be too comfortable, but you are allowing it to be shed. So whenever you feel the activity of the body, recognize that this is part of the healing. It's not that you are waiting for the healing. It is already happening. So be it (Thank you)

Beloved brother, we come back to you, yes?

Don: No. No, I've said quite a bit. But regarding the tsunami coming to this coast, 2017 is what I understand the Quileute tribal elder received—the whales told them...

Jeshua: Yes, it is a possibility.

Don: I've wanted to go to their pow-wows, their gatherings, and find out what they're doing. I understand there's a Danish firm that is helping them relocate to higher ground? (Right, this is true) It is already happening? (It is happening. It is, as you say, in the works) Okay.

Jeshua: Now, a prediction and a prophecy is never set in concrete. It is a suggestion, even though it may be seemingly very strong, until it happens—this is why I do not prophesy; until it happens, it is still out there in the cloud somewhere. Ones may reach up and grab it and bring it into their experience, but meantime, until it happens, it is still in the cloud. You have a very good analogy of that when you speak of your computers—something about the cloud that contains the information. It is very much like what we are speaking of here. It is in the cloud. It is up there as a possibility, and ones will receive it, and if they believe it strongly enough and see it as inevitable, then it will be inevitable and it will happen. But it does not have to happen.

That is the point I want everyone to understand. It does not have to happen. So with these ones moving to higher ground, that is a good thing in itself. Whether the tsunami happens or whether it is as a small wave, it remains to be seen. I cannot go as you would say into the future and bring it back and say this is what has to happen, because it depends on the grouping there. It depends on the far-flung ones who are tuned in to the grouping there as to what will be the belief because, as you know, there are ones who can stand on the ground and they can say, "This is what is going to happen," and it will happen. There can be other ones in the same circumstance, the same place, who will be into a different belief system, a different dimension you are going to call it,

and they will know nothing of the great tidal wave. They will know nothing of it, because it isn't in their reality. So it depends, remains to be seen. However, moving to higher ground makes good sense.

Don: Well, I recognize taking advantage of the wisdom, because they sit right on the water's edge.

Jeshua: Exactly; it is just what you would term common sense to move. Yes, it is good. Then when you get to the year 2018 and you look back to 2017, it may have happened, and it will happen in some dimension. You see, that's the other slippery part about prophecy, about predictions. It will happen in some dimension, but whether it is the dimension that most of that grouping is living in, or not...mmm, cannot see at this point. But it will happen. The same as what you [Donna] were asking; it will happen, but it may not be in your friend's reality. So she can play with the small wave.

Beloved brother, how are you in this evening?

Mark: I'm well, I'm interested in what we're talking about. That's because I read this article in New Yorker magazine (Ah, yes; well, if it is in print, it has to be true) (Laughter) Incredible out-picturing...it's this picture that really captured me. I'm interested in plate tectonics and aliveness of the planet and the fact that all this wondrous beauty out here is here because of the wrinkling of the planet's plates and all these forces that make volcanoes.

So this article says that this cataclysmic kind of event has happened forty-one times in the past, and we're overdue for another. So rather than going into fear though, I am thinking it's a wondrous opportunity to be ready to face one's own death, because at any minute, according to the plate tectonic theorists, and of course humanity's experience with earthquakes, these things just bust loose here and there any old time.

And so how ready are any of us to step into the next dimension without fear, but in love? So that's what has been kind of on my mind in the last few days since reading this article. So I just kind of move a step aside here. Listening to brother Don reminded me of something I'd heard once that a great Indian saint had said—Ramana Maharshi, who died in 1950, I think. He was once asked, "How can you measure your spiritual progress? How can you tell if you're making spiritual progress?" His response was, "By the degree of absence of thought," which seemed to be what Don was describing (Yes, exactly)

I heard something else once with respect to love, that to love is to Be, to be here Now; not in the future, not in the past, but in one's full Beingness right now (Right) So when the tsunami comes, that's the place to be (Laughter)(Right) So that takes care of

that problem (Exactly, it does; that takes care of that problem) So maybe I'm making a little progress.

Jeshua: You are making a lot of progress. I would give a footnote to the topic of mindlessness, not dwelling in the mind. It is fine for a period of time, an interval. It doesn't mean that you are going to abdicate everything you have said you would do in conjunction with the brothers and sisters. You are going to know that space where you do not have to think about all of the mind questions and to go into a place of peace. And quite often you will be able to do that as you are out in nature, as you are breathing of the fresh air and looking to the mountains. There is a moment or so of non-thinking. There is a moment of just being.

So as you go into this space that has been described, it is a space for a time period, but not for all time, because you have agreed that you will be here and you will interact with the brothers and sisters and with the world part of the time. But you know that your Source is not in the world; it is beyond world thinking.

Now, as to what you were speaking about being in love and forever always being there, it is very, very good if you say, "Okay, I'm facing death, okay, the releasement of the focus upon the body." That is how I like to define it. To feel that you want to do whatever you feel needs to be done to express love to all of those who really mean a lot to you. So it is good that you sit and perhaps write the letters to various ones saying how pleased you are that they have come into your life and what you have shared with them. Whether you actually mail them or not doesn't matter, because truly all communication is mind to mind.

So when you hold a thought of someone and you hold them in love in that thought, it goes out, and if they are open to receiving love, they will receive it. Sometimes ones need the written thing to hold and to read it, and then that goes in perhaps making a little bit of the opening, but you can do this mind to mind as well. But it is a good exercise. It is a good thing that you might want to play with, just to make a list of the ones that you really love and have interacted with, and this can include the two-footed ones and the four-footed ones as well, and to let them know.

Mark: It seems like a very powerful exercise to work on.

Jeshua: It is, because what you do in that moment, you are abiding in love, the love that you feel for them. They may or may not accept it, but guess what? You are in that space, so you are gifting yourself with that love. It is a very good thing to do. It is a fun thing to do. And if anyone asks of you, "What are you doing?" You say, "Well, I am writing my thank you notes before I decess the body." And they will say, "Are you telling me

something that I didn't know?" You say, "No, I just want to be prepared." It is fun (Love, love, love) Exactly. That is why everyone grooves to the love songs (Laughter)

Beloved beautiful one, how are you in this evening?

Teresa: I am wonderful, thank you (Yes, you are a wonder. What would you speak of?) During your talk, and then again here, while you were speaking about being out of the mind or out of your mind (Yes, it's a good place to be) and then more into the love, I was thinking about back to the point of where I had the craniectomy and the surgery for the trigeminal and the difficulty then I had afterwards with the mind, with retrieving words, or word retrieval, with remembering. And then, oh my goodness, MRI's and everything else was normal, but no one could figure out why in the world I would have any problems with this, but it occurred. I stopped all the medication; it still was there. Who knows why it's there, I don't know. But what happened was that the only space that I could abide was in the heart (Right) and that was ten years ago.

So I've always thought, "Well, this is a good practice of abiding in the heart. I guess this is my lesson here." So then you're talking about it, and I'm thinking, "Okay (It was a gift) this is a nice gift. I have my gift." But I really would like to be able to communicate without having to stop and find the word; like think, hmm, what is that word, and then being really deceptive, and I practice very hard, and people knowing I can't find the word.

Jeshua: Have you seen me searching for a word. I do that, you know. All of your friends do that as well. So yes, it is part of the human communication. Ones, when they are a bit younger and fresher in doing things, they seem to just rattle off and remember everything, but in truth, as you put more information into the mind and you've met more people and more names and more experiences of geographical locations, it takes a bit longer for the computer to search back into the files and find it. So it is not something to worry about. It is not something to be ashamed of. Heavens, if I were ashamed, I wouldn't be speaking to you, because as you have noticed, quite often I have to stop and find the word to explain what I already have the concept for. So yes, it happens.

Teresa: Well, as Charles was speaking about completing the healing process, I'd like to complete that also. I think ten years is enough (It is. So be it. It is complete as of right now. It is done) Thank you (Very good; is there anything further) Oh, that's good (That is good. It is a biggie. I am well pleased with you) Thank you.

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



Charlotte: I'm wonderful, thank you (Yes, you are. What would you speak of?) Well, you know, I come and then at first I think I don't have anything to say, but as I was reviewing the last few weeks and the things that have happened, mass exodus seems to be kind of the theme of the day. And it's such an honor to stand with someone as they're making their transition, getting ready to. I've done it a few times in my life, and it always amazes me.

But this time, afterwards, a certain amount of my own grief came up, things that I thought I had dealt with, and had to a certain degree, but all of a sudden, there they were. And I was very blessed, number one, yesterday to be able to do the crystal bowls with Pat and Charles. I hadn't been there in a few weeks; oh, it was just amazing how I feel when I come out of that session. I was able to pass the information on to my sister who kind of doesn't speak the language, so to speak. But today I was able to do that, and that felt very good. And she was willing to be willing to think about it, let's put it that way.

The other thing was that someone helped me this morning just by listening, and that made a huge difference today to shift to a different spot. But my face is red because I've been in the sun and I don't do the heat very well, like most of the people who've lived in the South. I don't go there in the summer; I only go in the winter. I was cleaning, so I'm a little exhausted, but I knew I wanted to be here to be able to tell you, thank you. And the words that you shared—Stop, breathe, and love—that was astounding; thank you very much. I appreciate it.

Jeshua: You will keep those words in front of you (Yes, absolutely; thank you) Thank you. You are the presence of love. You have been that for many people, and you will continue to be that in what you see to be the years yet to come. You are the presence of love, as are some of your friends. That is why you are attracted to each other, to be that presence of love, to be that strength for other ones, and to know the truth of their being. Sometimes they know it; sometimes they forget it for a moment or so, and you remind them; maybe not so much in the words, but in your being. You remind them that there is the ongoingness of everlasting love, which is what you are and what they are, but sometimes they lose track of it; they lose sight, and they cannot see it.

And you are there with your smile. You are there with doing whatever needs to be done. You are helpful in the ways of the world, and you are helpful as spirit directs. Thank you (Thank you) And thank you to your friends as well. You have both—all of you, in truth, have shared a great experience of love with one who was close to you; came for a short time, made great impact, and is very close to you even now (Thank you; bless you) I am blessed.

Beloved one, how are you in this evening?

Kathleen: I guess my question is...we were talking a lot about making transitions. There are those who seemingly want to leave (Oh, yes) and ask to leave, and yet continue to hang on. So what could you say to them or how could you help someone in that situation?

Jeshua: I would say to them the truth of what they are doing is to be the one that others can help; in other words, they are living a certain "condition" so that other ones can help them with this. If they were not willing to be the presence of whatever that condition is, ones would not have the opportunity to serve. So oftentimes ones will not want to be in the position of being the example that needs to be served, and yet they have agreed before the incarnation that part of what they would do in this present incarnation is to be the object where ones can serve them.

So it is not so much that they are hanging on out of fear, although that sometimes does come into play, but oftentimes ones will be here longer than what they think they should be or what they want to be because they are serving others by being served. So it would be for anyone who is working with such a person to allow them to know that what they are doing is not procrastinating. It is not something to feel guilty about. It is not that if they were more holy they would pass on more quickly. It is that they have agreed that they will be in a position where others can serve them. And if they were not doing that, other ones would not have the opportunity to serve.

Kathleen: Gotcha. Alright, we're also at a point in time, I'm told, we're reaching the point where regeneration of limbs, regeneration of cells is actually possible within the human body (Oh, yes, it has always been, yes, but continue) Okay, well that would be my question. Is it absolutely necessary to have an allopathic medical physician there in order for this to happen, or can one do this on their own, specifically teeth. I'd love to regenerate teeth here.

Jeshua: Oh, yes, yes. That is one of the easier things to do (Oh, please, tell me how)(Laughter) It is by your belief. It is by knowing that it can be. It is by being in a grouping that believes. It is by being with other ones who have the energy of knowing that it can happen. If you don't feel it right away, attract to yourself a grouping that wants the same thing, that wants to heal and regenerate teeth. It can be done. It is very simple, in truth. It is; it is quite simple; not easy, but simple. Okay, there is a difference.

So yes, you have many recorded stories of instantaneous healing that did not have to be done through the regeneration that now your scientists know. That is good. That is

okay. But yes, it does not have to take a long time. It can be as your stories in your holy book recount, where ones, because they believed I could do it, they accepted the healing.

You have ones who are charismatic who have that certain energy around them that other ones can feel and can believe in. So when there is that energy, miracles, as they are termed, can happen. So yes, if you want to heal teeth, I would suggest that you get a group together, probably a small group, of other ones who want this as well. You do a bit of research as to what has been done in the past, because there are ones who have known this, and then you just know that it can happen. And do not judge right away. If it does not happen right away, do not say, "Oh, I knew it wasn't going to work. I knew I wasn't worthy. I knew it couldn't be." That'll be the human feeling, but it can be and has been, and ones have known it.

Kathleen: And the key to keeping the mind...we were talking about keeping the mind blank (Quiet) Most of the things that we think are usually judgments, correct? (Yes, quite often) And so when you stop judging, you're actually clearing your mind (Right) and you're letting it all go, because you're not judging anything. Because if you're judging something, you can't be loving it (Yes, right) That's true. Okay, I gotcha (You've got it; very good)

Jeshua: Beloved holy scribe, have you a question in this evening or a comment?

Ted: I'm just full of mind questions (Laughter)(Oh, good) if you don't mind. Do you equate mind with the small ego, and is it possible to exist in 3D without the small ego?

Jeshua: Momentarily, yes, it can be done. Quite often you will use small ego and mind to work in the world. But yes, what I am speaking of truly is to get out of the small ego into the I Am Ego—capital "E"—the holy Self of you, the place of peace, the place of knowing that I Am...without any end of that sentence; I Am.

Ted: But if you stay there, you're no longer in 3D; is that right?

Jeshua: Well, it depends on how you're going to define the different definitions, yes. You see, I do not do the gradations.

Ted: I want to clear up some inconsistencies. In your story which continued after the resurrection, you mentioned that on the boat trip to France, two children were with you. I'm assuming that was Benjamin and Sarah (Right) but we've heard other times from you that Sarah was conceived before the crucifixion, but was not born until later in France. So was she on the boat, or are we talking about a different kid, or...

Jeshua: If you will speak to a woman who is carrying a child...yes, she was on the boat. Was she independent? No.

Ted: But I think you were talking like she was there in body physically running around.

Jeshua: You know, it's a funny thing about men...(Laughter) They don't always see things the way women do. For me, she was already there. For Mariam, she was not already there. She was very much in the large size. For me, she was there (I told you I just had mind questions) Right that is fine. I have mind answers (Laughter)

Ted: Okay, let's try this one. You mentioned that both you and Mary Magdalene experienced two ascensions in that lifetime, and that Mariam's first ascension was after being burned at the stake in France, and she joined you a little later on the road. But when Mary Magdalene spoke in Dallas, she made it sound like she was only burned at the stake in France in a later lifetime as Joan of Arc. So is this the case, or did both happen?

Jeshua: The one she was referring to was the Joan of Arc incarnation, yes. Now, I'm not sure where you got the other story, but it was...(Well, it came from you, but was Judi just having a bad day, or what?) She does not have bad days (Okay, only bad hair days) Yes, she will pay me for that (Laughter)

Ted: Also, Mary Magdalene kept referring to Joseph of Arimathea as her uncle, but he was really only the uncle by marriage, right, because...(It was still an uncle, yes) Only through Jeshua (Well, yes) Okay.

Back to South Africa and the stone circles. What was Michael Tellinger's relationship to Enki. Was he like a right-hand man? (Yes, very close) And was I related to him then? (I will ask you that question) Well, I assume so, but I don't know (Well, if you assume it, you can have it) Alright.

In what form was the gold beamed up to their planet? In solid form, monatomic white gold powder, nano? (I don't know your word for it, but it was in the molecules of gold. What would that be?) That would be monatomic, the white powder gold. Okay.

Where was the gold beamed up from? Michael Tellinger thinks it was probably from Adam's Calendar, the thing that's similar to Stonehenge. But there were millions of those stone circles, and I thought that's where the energy came from. So was that energy from the stone circles linked to Adam's Calendar, or could the gold be beamed up from any of the stone circles, because they were all connected? (Yes, the latter. They were all connected, and it could be beamed up from any of them, and was) Including Adam's Calendar? (Oh, yes, that one as well; all of them. You see, they were all linked by

a belief system of knowing that this could happen) Linked only by belief system, not physically, is that right? (This is true, yes) Some of it looks like they're physically connected, but I doubt if millions were (Right; by belief)

If they knew ahead of time that the destruction of Atlantis was coming and it would disrupt their project, why didn't they beam all of the gold up ahead of time instead of leaving it in the tunnels there where it is now?

Jeshua: Well, you know how it is with committees (Laughter) They don't always get their act together. There are ones of the higher up in committees who know what's going to happen and say to the other ones, "Let's do this," and other ones say, "Tomorrow." So it was very much the committee mentality. The ones who knew were the ones who were more spiritually in touch with all of creation, and so they were the ones who then said to the minions—I don't exactly know what that means, but it sounds good, so we'll use it—so they said to the underlings, you know, let's get this done. But, again, as is the chain of command and committee mentality, it wasn't always done.

Ted: You were on the committee, weren't you? (I was there) Okay (I was not responsible for the committee. I do not take responsibility. I jest with you) Was Enki on the committee? (Yes) I thought you said you were Enki (Yes) Then you must have been on the committee (Yes) But you weren't responsible (Right)

How old did those people live then? Was it thousands of years?

Jeshua: It was truly, yes, getting on for thousands of years, although they didn't calculate it in that way. In fact, there was not the calculation of time as you understand it—pardon the pun—in this day and time (Okay, thank you) Thank you (End of mind questions for tonight) Very good, very interesting. We will play with some more the next time we meet. I'm sure you will have more by that time.

Beloved ones, it is always fun to have the grouping that wants to know more, that wants to feel more, that is truly abiding in love and will know the peace of that love and will take it out to other ones who are asking for it. It is always a joy to meet with you, to laugh with you, to play with holy scribe and all of the questions that you bring forth.

Know that your healing is well in progress. This is true for many of you who are working on physical things. Know that your progress is steady and it is happening, and it will not be interrupted. It will happen. The body is already healing itself. All you have to do is be tender with it and get yourself out of the way. Always, beloved ones, it is my joy to be amongst you in this way, to walk, to speak, and to see the radiance that each one

of you is. Go in peace. Go in love. Go in joy. And truly, I walk with you and as you. So be it.

**Judith:** Yes, very good. That's what he is saying. He says, "I so much enjoy these ones, because you're thinking beyond the mind. You're thinking beyond the usual questions that sometimes come up about, "How is my Aunt Sarah doing?" or whatever. And your questions are really indicative of how you are searching and where you are with things. He is just so happy to meet with you on that level. That's what he was saying to me as he left. Well, he's still here, but..."