

APPLYING THE LIGHT WITHIN

2016-02-06

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 be Joseph, Jesus you have called me, and other names as well, 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, great peace, great radiance, looking upon the countenance of one radiant one right now.

Know that truly all of you are bright Lights. You have sometimes been told that, sometimes in not such a complimentary way, but in truth, you are all great Lights, and you have brought your Light to this plane in order to illumine the dark spots, the dark places within and the dark places that are seemingly without.

You have called forth the love that you are to live in that space of love, to know it truly, to feel it. And yes, I know there are times when that love feels far away. There are times when you feel the confusion of the world, and you wonder, "Is there any sense, is there any love, is there any rhyme and reason to what is going on?"

In truth, there is, because what is being birthed right now upon this plane is going through a birthing process; labor, yes; pain, sometimes. But it will be and is worth it when you come to that place of realizing who and what you are and realizing that you are making this reality. And if you don't like the reality that you are in, you can change it. That is the good news.

You do not have to live with others' ideas of what you should be or how you should be living your life. The shoulds are very heavy, but you have options. You have free choice—to choose for love, to choose for friendship, to change what isn't happy in your life, and to go once again to that place of great love, and in that space you will meet me, because that is where I abide forever.

It is a very happy place to be, a very peaceful place to be, a very joyful place to be. Because, you see, in that place there are no shoulds. In that place it is only an Isness, and anything that you bring together as your creative reality serves you.

Truly you have wondered as the days have gone by, "Why am I here? What am I supposed to be doing? Why is life so hard? Why do I seem to make mistakes?" And yet you

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do not make mistakes. You make choices, and then you live with the results of those choices. But each one brings you up to a certain place of completion, a certain place of understanding that which was not fully known before, even if you had experienced situations like that.

Each time the situation comes up, there is a certain depth of meaning to it, a certain what-you-call learning—I will say remembrance—where you come to a place of understanding and feeling that truly you are in charge, because you are.

I know that the world does not say that to you. The world says that you have authorities who will tell you what you are to be thinking, feeling, doing, all of the shoulds of the world, and it can be quite heavy. But you do not have to live with the voice of the world. You can go within to that place of peace, and you can ask of yourSelf—capital “S”—who am I? Why am I?

And I have already given you the answer. You are the great Light. You are the love of the Father/Mother/God/All That Is, come forth one more time into a place of darkness, seemingly dark, to bring your Light and to understand that truly the Light within you is greater than any darkness in the world.

These are times right now when there is much of change happening. You have felt it in your own personal lives. You have had questions. You have wondered, “What is happening? Why is it happening, and how do I change it?” This evening we will talk about how you change it, because that is the most important next step. You have identified areas where you want to change, things in your life that you would have change or you would move forward in something. But the question has always come back to, “How do I do it?” This evening we will talk about how you do it.

You have come with questions, each and every one of you, wondering, and we will address the individual questions later. But the fundamental question that you have walked in the door with is why and how. Why am I here, and how do I change that which I don’t feel comfortable with?

You can change it. That is bottom line truth. I know that the world says, “No, you can’t change things. There’s just certain conditions, and you have to live with them. You may not like them. It may be sad. It may be difficult, but you have to live with it and make the best of it.”

And you will. You will make the best of it, but not the way the world tells you. You will make the best of it by coming back to the beginning of you, by coming back to the beginning of the Isness of you, the Essence of you, the true Being of you; not what the

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world defines as you, but the true Being of you. You will come back to that place of power; again, not as the world defines power, but you will come back to that place of power knowing that you are the creative One.

You are the extension of the creative One. You are right here creating this reality and what seems to be a roomful of friends, some that you know better than others. All of the ones in this room you have known before. Take that deeply within the mind and contemplate that later at your leisure, that all of the ones in this room, although they seem to appear perhaps a bit different, you have known them before and you have played with them before.

There is a certain...I will call it a soul group; sometimes I like to refer to it as a pod, because you are all of the same pod—Pod 454 (Laughter)—or as you perhaps like to call it, a soul group. You have traveled, experienced, created together many times. Sometimes you did not like the other ones creating with you, and sometimes even in this lifetime you have met ones that you have said, "Oh, they just rub me the wrong way." Well, in truth, they are sandpapering you to make a smoother person out of you. You have heard that saying, that expression. And sometimes there is more sandpapering going on than what feels comfortable. It's like, "Okay, already." But in truth, you are all traveling together to the same place of awakening to the Light that you are, awakening to the Being that you are, and awakening to the Allness from which you have come.

You see yourselves to be separate points of Light. Even that is good, as separate points of Light. At least you see there is Light. And you know that when you are with another one and they smile at you and there is a certain rapport that you have with them, there is a Light that goes on. There is a Light that you feel within, and that is your true Light.

In truth, your whole life can be in that space of knowing that you are the Light, the other person standing before you is the Light, and you meet in a lightness of heart that does not have to be and will not be of what the world tells you. Your news media is very good at painting the picture of separation, separation from your Source, separation from each other, separation from any kind of power that you might think or like to have for yourself.

But in truth, you are that power. That is why you are here. You would not be here if you did not have the power of the divine that allows you to express as a separate point of Light, seemingly; seemingly separate. And yet, as I have said, when you meet another one and you are eye to eye with that one and there is a smile on the face, you feel lighter, you feel accepted, you feel happy.

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That is truly what everyone is searching for: searching for acceptance, searching for the understanding that I am made of good stuff. And you feel that at a very deep level. Sometimes the world tries to knock it out of you, and sometimes it can be quite brutal, but it cannot knock it out of you, because that is your source of Being, the Light and the love of the Allness of you.

Your touchstone for judging anything that you experience is love. Does it feel loving? Does it feel light? Does it feel happy? And if it doesn't, you can change it, and you will change it, because that is what this lifetime, that is what this year is all about, about change.

It does not have to be difficult change. The world says to you, "If you're going to change something, it's going to be really hard to do, and you'd better have all of your ducks in order, and you'd better know what you're doing, and it's going to be a struggle. Everything in life is a struggle," the world says.

But it isn't. You can sail through life on the wings of love, and some of you have experienced that. You have felt how easy, how high, how light it feels when you look into the eyes of that "special" one who loves you no matter what you say, no matter how you look, no matter which sock you put on first; they love you anyway. And you come to a place of self-acceptance, of knowing, "Well, there is someone else, at least one, maybe if I'm lucky there might be two who actually like me."

You get to the place where you begin to accept once again your true role, your true reason for being. My reason two thousand years ago for being was to bring the Light, and to be what has been called since then a way-shower, to show that the body is not all that you are.

Some of you have experienced having loved ones who have laid down the body and moved on into what seems to be another dimension, and they are proving, and will prove to you quite directly, that the body is not the important part of the being. It serves for a while, and it's fun; it's fun to have a body.

I enjoyed having a body two thousand years ago. But there was the time on the cross, my demonstration to show that, yes, you can allow the vibration of the body to cease, completely cease, and then reactivate it. Because you are the one who activates it in the beginning, even before the physical part of you is allowed to be independent, birthed.

You are the spirit that activates it even in the mother's womb. And when you get to that place in the mother's womb where you are moving about, feeling how it feels to be

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physical, there's an elbow here and an elbow there, and the mother says, "Oh, I feel that. There is life."

It is a wonderful feeling, even though it may hurt a bit, but it is wonderful, because it is life, active, coming to that place where very soon you're going to have the interaction on the physical level of seeing each other, seemingly separate, and yet as any mother/father knows, you are never separate from the small ones, even when they grow to the tall size.

You are never really separate, because you know, you feel them. Even if they may be miles away, you feel them. And now with your technology, you can be right there in conversation with them quite easily, quite quickly.

Two thousand years ago we did what was a very ancient method of mind to mind understanding, communication. You do that even now, because you can feel what another one is going through or what they may be thinking, or when your technology makes a certain sound, you know who's going to be there on the other end of that sound, and you attend to it quite often. Well, sometimes you don't. You look and see...oh, okay. I've seen that happen a few times. But yes, you are now coming back to the understanding of Oneness, the understanding of one Mind.

Your technology...you have such a belief in the outer. This has been for a long, long time. You have been developing a belief in the outer as being the reality of you. It is not. The reality of you is right here in the heart, accompanied by the mind. But the heart is in charge, and it sends a message to the mind how to live in the heart, in the love.

So you are coming back to understanding, being on the same wave length with the other ones, and yet you are looking and saying that the technology out there is the power. But it isn't. As you have already discovered, you are the power that you give to the outer. It has to be you believing in it.

Then someone comes up with something new, and by the time you just manage to understand part of the technology, somebody has a bright idea—the light goes on—and they upgrade it. And then you say, "But I just learned how to use it. What do I do now?"

You are moving, as you can see with the technology, at a very rapid rate of allowing change in your life to bring you back to center, right back to the heart, right back to the Beingness of you. It looks to be yet right in the outer. That's where you say, "Well, that's my proof out there in the outer," and that you can understand as proof.

But the power is truly coming from you. You are the creator. You are creating your reality. And as I have said in the very beginning of this message, if you don't like what's

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going on, you sit with yourself and you ask, "How would I like to see this differently?" And then you get about doing something to change it, because nothing is set in concrete. Everything is malleable. Everything is changeable.

You may not have known a few days ago that you were going to be sitting here listening to a certain message, but here you are. Part of your Beingness knew that you would be with like-minded ones, knew that you wanted to be understanding some clues about things, and you have followed through on those nudges, the messages that come seemingly from I don't know where, but it might be a good idea to go and be in this grouping just to see what might be said.

In truth—now, hear me well—what I say to you is what you have already asked to have said. You have already put out the thought of what you have wanted to know in this evening. What I do is, I see you, but I also see the ideas, I see the questions that you have. I see the most basic question that you are asking. And yes, it is true: you are loved. You are loved with an everlasting love that will never leave you. It will never leave you. It cannot. It is you. It is the energy of you, all around you.

And when the seeming outward object, perhaps a loved one, has moved on, there is nowhere else they can go. They are around you; they have to be. You are calling them by your love. They are responding to that. But in truth, they cannot go away from you anywhere. They are right here. They are sitting on your shoulder. They are sitting right by your side. They are whispering in your ear. They are saying, "I am here."

Why do you think you were called to be here this evening? The question is for all of you. You have wanted to awaken to the Beingness of you, the Reality—capital "R"—of you, to the place where you know that you can change anything and everything in your life.

I know that the world says, "Well, certain things are set, and you can't change." But I have good news for you. You can change anything you want to change, because you are the one creating it in the first place. If you don't like it, you can just change it.

I will not mess with the hair; it is beautiful. Sometimes I am tempted, but I will resist. I reach out and I touch, because truly that is what you want. You want to be touched. You want to be physically touched. You want to know that you matter, and you do. You want to be in communion with yourSelf, the higher Self. You want to be in that space where you accept the higher Self of you. You want to know an ease of going in the world, and that truly is what you are doing. You are making for yourself a new path.

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You are making for yourself some excitement from time to time, because you are not really quite sure where the path is or where it's going to lead you. And you have questions. You ask of each other, "Well, how do you think it is? Or how do you think we should go? Or how does this appear to you?"

But at the same time, there is a part of you that already knows that you have arrived, and you have. And everything that you want to fill in in between now and when you accept your arrival, it will fall into place, sometimes quite rapidly, and then you say, "But what happened?"

You happened; that is what happened. You said, "I want change. I want something easier. I want love. I want to be with friends. I want to be accepted." From the time you were very, very small, the world has taught you that there is certain behavior, there are certain ways to ask for what you want, and sometimes it has been given to you.

Other times you had to go through some hard knocks in order to get to the place where you are. But the love that you are cannot be forced out of you. The love that you are cannot be beaten out of you. You know that; you feel that. You still have capacity for love, and you keep rising up every time the world knocks you down. Every time there is a bit of criticism of the world, you come back up again.

You are very much like some of the toys that you have for the small ones. The little one knocks it over and it comes right back up; knocks it over and it comes right back up. That is a clue as to what you do, what you can do.

Now, the how-to. The how-to resides within you. It's not going to be around out there. I'm sorry to tell you that even the very good books that have been written have clues in them. That is why you have the books, you have the tapes, you have the recordings of things: because they have clues. But the truth resides right here within you; always has and always will.

So the how-to part is to go within. It is to shut out the world for a short bit. Then you can come back out and play. You have lived lifetimes when you have lived in a cave all by yourself, because you have said, "I don't want to have anything to do with the world. The world is painful; too much vibration, too much going on. I'm going to live all by myself, and I'm going to pray and meditate the whole time."

So you did, at least one lifetime, probably more than one. But then there came a nudging, a thought, an idea. "Perhaps I can take my Light out somewhere, and I can blend it with someone else's Light. Perhaps I'm meant to do more than just stay here and be contained within myself."

So you went out, went to the village, went to the monastery somewhere to serve. You are still serving. That is why you have come into this lifetime: truly to love, to serve, and to remember; yes, three very good words, clues.

How-to? For many of you, you perhaps want to have something that will transport the mind somewhere else to be quiet. Now, I'm not talking about something you ingest or something that you smoke. I'm talking about something vibratory such as your music. There are tones of music that you can ride in the consciousness to a place of peace. That is, in truth, one good method that often has been used, to become One with the tones of the music, to become One with the tones of your crystal bowls.

That is why ones find healing with the crystal bowls and the toning, because they allow the mind to be very much in tune with the vibration of the sound, and then the heart can speak. Then the healing can happen, and does, because the mind has been put to one side into a place of peace.

Some of you have known the technique of the candle, where you will light a candle and you will sit and you will stare at the candle until there is a feeling of Oneness with the light of the candle. For some of you, that works very well because, again, you put the mind into a quiet space.

You know yourself that often you sit down and you say, "Okay, now I'm going to be peaceful, I'm going to be quiet, I'm going to meditate, I'm going to find an answer," to whatever is going on. And the mind says, "Oh, yes, you'd better try this. Oh, did you remember to..." The mind gets very busy. The mind says you'd better talk to so and so about this, etc. You know how the mind can be.

So the first step in the how-to is to quiet the mind. There is the technique of focusing upon the flower where, again, it is like using the candle flame. You stare at the color of the flower, the delicacy of the flower, one petal of the flower, and you become One with the flower. And the mind gets a bit more quiet, more peaceful.

You can go within at that point and find the peace, because that is truly what you are seeking. Yes, you think you have to have answers for the world, but truly what you are seeking is peace. It is that place of okayness, that place that says, "Yes, you have always been that which you are. You have always been the love and the Light that you are."

You get to abide in that space perhaps for one second, perhaps for half an hour, perhaps for longer. Or many times throughout the day, you can stop and take the deep

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breath and know that that is your clue to come to peace. And then magic happens. Yes, there is magic; at least it feels like magic.

The magic happens because an idea will come to you, a feeling of appropriateness, a feeling of, "That might be a way to go." It's just an idea. You sit with it, and you may get very busy doing other stuff, and it comes back to you. You are very busy doing other jobs, occupying your mind, and then the idea comes back to you. If it does, pay attention. Go within. It does not have to be for a long time, although I guarantee that once you have reached that place of peace within, you're going to want to return to it quite often, because it just feels good.

But it is a place that connects with the Allness of the creativity of you. You are creating what you are experiencing right now. You are creating what seem to be words of wisdom, I hope, coming through this vibratory rate. You are creating it, and each one of you is hearing it in a slightly different way, because you are inviting it. You are asking, "I want to know the answer to something, but what I really want to know, what I really want to feel, is how loved I am," and you are. You can run every which way, but you will never get away from the love that you are. That is the good news.

You try being very intellectual about things, and the mind loves that, because the mind loves to play. So what you will do is, you will go first to that place of peace within the heart, that space of peace that has nothing to do...it does not have to do anything. Oh, my goodness, the world doesn't say that. But you don't have to do anything; just abide in that space of peace.

If something occurs to you, that is good. If nothing comes, do not say, "Oh, well, I failed again. I didn't get an idea. I didn't get my answer." Your answer is the peace that you feel when you're in that space. Then if there is something that you need to do, you will be told. But if you don't need to do anything, you can just sit and abide in that place that feels so good.

And yes, I know, the world is going to come, all the small ones, the children, the neighbors, the world, the technology is going to come knocking on the door of your mind and knock on the door of your ears, perhaps, saying, "Pay attention to me." But all in good order and all in good time, because you are the one who is in charge. That is the first place to start.

When you are in the space of the heart, the space of peace, the space that the mind has taken a vacation from, that space of peace, I would suggest that the first idea you want to deal with is that you are in charge, because you are. And again, I know that's

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not what the world teaches you. The world says there are many shoulds, many ways you have to be. But no, you are the one creating. You are in charge.

So abide with that feeling, even if it's only for a couple of seconds, or perhaps longer, because it will grow longer. Know that you are in charge. You are not the victim. That is the voice of the world that says, "Maybe you're not good enough. You're the victim. You have to shape up. You have to do X, Y, and Z. You should not be feeling what you are feeling.

"But I am feeling." So you go to that place of peace within, and you abide with the idea, you abide with the feeling, "I am in charge. I—capital "I"—I am the maker of my reality," because you are, "and I choose to be happy. I choose to go forth as Light. I choose that I want to make this life something that when I decide to lay down the body and move on to another experience, I will say, 'That was a good life.' I choose to make my life what I want it to be."

And you do, you can, and you will. You have what they call the tabula rasa, the blank slate to write on, and you make it the way you want to make it. That is what you have been doing anyway, except some of it didn't feel as peaceful or as rewarding.

But now you are beginning to see that you would not be here, you would not be having this experience if you were not powerful, if you were not creative, and you are creative. So if, therefore, you exist—and I assure you that you do exist—you are creating that which you are experiencing, and if you are experiencing that which may not be exactly happy or fulfilling, you can say, "Alright, I have finished certain chapters of my life. Now what do I want to do? What do I want to do?"

Not what should I do, but what do I want to do? What really makes my Light turn on? Then you start putting the mind to work with the ideas of the heart, to the place where when you get finished with this present chapter, you can look at it and you say, "Well, you know, that was a good chapter. There was a lot that I experienced. Oh, my goodness, I experienced so much, it was like the fire hose coming at me." Yes, you know that feeling. "But you know, I'm still here. I survived it."

And that allows you to begin to accept the idea that you are in charge, that you are powerful, that you are creative, because you are. You are the extension of the one creative Mind; not as a being out there that has to be worshipped; that's an old thought; that's an old thought that you've already played with many lifetimes. "Please, Lord, I'll be good. Just give me whatever." Okay, turn that around and ask of yourself, "Okay, Lord/Lady, what do I want in this next day, this next week, this next decade? What do I want?"

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An exercise I often give to ones who ask me, "What should I be doing? What am I supposed to be doing?" I suggest to them that they play with an idea of being ten years, twenty years forward on. Take your age, what you think it is now, and go forward ten, twenty, thirty years and look back at the being that you think you are now. What would you like to do with the intervening years? When you get to be—let's pick an age—one hundred; does that work for everybody?

There are some of you who have accumulated a few years, but I think one hundred would work. When you get to be one hundred and you are looking back at you right now at this time, what do you see happening in the intervening years? "Well, I see friends. I see golden coins, enough; I don't really want to get hooked on them, but enough that I can travel. I want to see places. I want to interact with brothers and sisters who are perhaps right now seemingly far away. I want to visit other places. I want to be of service. How would I like to be of service? Well, you know, I think it would be fun to do such and such. I've always wanted to work with the small ones, the four-footed small ones. I've always thought that if I could do enough with the golden coins that I could actually be free to have a whole place where I love each and every one of them—I think you have a word for it; rescue? Is that what it's called?—okay, I could do that.

Some of you say "Well, no, I don't really want to do that. I'd rather do something else; write a book—that sometimes appeals. I'd like to play a musical instrument. Oh, well, you know, that would take years to do."

Well, what else do you have ahead of you except years? Start out with the small thing known as the piccolo, or maybe the longer one, whatever appeals to you. Allow yourself to play with, "What makes my heart come alive? Where do I want to be? What do I want to be doing? Who do I want to be interacting with? What kind of people? How do I want to be when I look back at the one-hundred-year-old me, looking back to here? Well, hey, I could do..." and then ideas come to you as to what you would like to do.

Then you get what they say—you have a term for it—you get turned on. Your Light gets turned on, and you begin to say, "Well, I didn't think that was possible, but you know..." And you get the mind to working on, "How could this be?" And then someone comes up to you and they say, "Well, you know, that dwelling place down the road there, they're looking for somebody to be there."

And you say, "Well, let's see, does it fit my checklist? Well, not too bad, etc." You just play with ideas. But what is important is the feeling, the feeling that says, "Oh, I'd really love to do that; that feeling of coming alive in it," before the mind gets in there and says, "Oh, no, you can't do that."

That feeling of coming alive in whatever topic or whatever way of service that you really want to do. Like, by the time you're one hundred, you look back and you say, "Wow, I'm really glad I did that." Not as the world judges, but how you judge; how you feel, how you come alive. That is the how-to.

Whatever technique works for you—the candle, the flower, the music, the deep breath, the place of peace—come into that place of peace within, and then using the most wonderful gift you have given yourself, the imagination, which is sometimes defined as image in action—imagination—how does it feel? How do you feel in that space? Try it on for size. If it doesn't feel right, okay, try something different.

Because, you see, every moment you are creating; every moment. Therefore, why not make it the best that it can be, the way that really makes you become expansive, where you come to that place you feel, "I'm really alive. Hey, I really like this. You know, yesterday I felt like, hmmm, woe is me; I don't think there's anything worth living for." All of you have felt that from time to time, when you've gotten caught up in all of the possibilities, probabilities of the world. But then someone comes along and they look directly into your eyes and you say, "I know you. You are me." You come to that place where you meet as One. You come to that place where your Light comes on.

You look at this beautiful one back here and your Light comes on. And you feel—not think, but you feel—at One. Then all power is given unto you. All power, because you are that power, because you are that power to begin with; not what the world says to you. The world says there are certain things that you have to do, certain rituals, certain words that you have to say, certain places where you have to go and get the callouses on the knees.

You've done that many lifetimes. You've been on your knees praying. But this is what you have prayed for. This evening is what you have prayed for, this evening of being One with each other, being happy, being turned on as the Light that you are. This is what you have prayed for.

Enjoy it. And you are, I can tell. Your faces have come alive. And the ideas in your heart are coming alive. You want to make of this life more than what it has been told to you that you could do. You want to make of this life something that you come alive with, that you are feeling.

"Yes, this is what I want to do. This is where I want to be. This is me. And the mind is to be the servant of the heart; not the other way around. Go first to the heart. Abide in the heart, and then let the mind be the servant of the heart. So be it.

Q&A Introduction after the break:

Jeshua: Now, we continue. One of these days you are going to surprise yourselves by seeing the energy that you are. There was so much energy in the grouping out there as you were talking with each other, very much all turned on, happy, and sharing as to, "Well, what is your name? Why are you here? How did you get here?" All of the good questions. One of these times you are going to surprise yourself, because you're going to be standing back a little bit, and you're going to say, "My goodness, you know, the Light is just shooting out in rays." I know that you felt it. You can feel that when you're talking with the friends. But one of these days it will be like, "Oh, that's what that looks like." So I just thought I would plant a seed for later time.