

## **ORLANDO**

**2016-06-18**

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, and yet I have said to you often enough that opposed to being the Child, you are an extension of the one Source, come to have a human experience, to enjoy it, to be in joy with it, or to fight against it—free choice.

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 and great love as I behold the radiance of you. I am most pleased to behold you, to see you in love with each other, to be in each other's presence, and to feel truly the divinity of you with each breath.

Know you the holy breath? Every time you take a breath, you are breathing in your holiness and your Light, and every time you breathe out, you are allowing others to know of their holiness, because you are blessing them, a bit like the mystery of the crop circles. You do not see where your breath goes. You do not know who it touches. But in truth, it goes out on what you have called the ethers and it blesses everyone as they will accept it.

Now, some are too busy. Some are just working with whatever is in the mind, and they do not attend to their holiness, but it is there all the same. And sometimes, as you have discovered, when you get the questions that come to you and you wonder, "What is going on? How do I get through this? How do I find enough time in the day to do what I need to do?" as you will stop and take that holy breath, it allows you to collect yourself—I have heard you say that—it allows you to collect all of the pieces of what you may have been thinking and may think that you are scattered to the four winds, and yet you can bring that altogether back with one deep breath.

It has been suggested that you stop each day in a twenty-four hour time period—well, we will say twelve hours, because I won't keep you up all night, although it is most refreshing when you do it—stop every hour on the hour and take a deep breath, and it will re-energize the body to the place where you probably will not need quite the hours of rest in the bed.

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I know that rest in the bed feels good. I know ones energize the body with certain stimulants that you drink, the coffee, anything with caffeine, to give yourself a bit of a start, and then to follow through for a while, hopefully.

But in truth, what you can do, and it is much more economical, is to remember to refresh with the breath. It does work, because when you are very focused upon the box that has all those numbers in it, you forget to breathe. You are not aware that you are not breathing, but when you stop, you can see that you have been holding your breath, because most of the energy has been going here, right between the two temples—well known, well worded—but it's been in the mind, and when you stop and take the deep breath, you re-energize the body most naturally.

We have spoken often that the first thing that you do when you take incarnation is to breathe, and the last thing that you do when you deacease the body is to stop breathing. It is the breath, again.

Now, I have been asked to speak about an occurrence that happened about a week ago in your timing, an occurrence that was made with volunteers who volunteered to be part of a great drama. The ones who were caught up in the very rapid dramatic event were volunteers, and it is not the first time that they have volunteered for such a mission.

All of you have volunteered for something. All of you have volunteered that you would be here at this time period to reach out to uplift other ones. You have said—I have heard you say—“How can I uplift other ones when I feel like I'm way down under everything and I feel this weight of what I have to do, the shoulds? Then you have taken the deep breath and re-energized, and you have gone forward.

Now, these ones in the event that happened just a week ago in your timing were ones who on the conscious level did not know what was going to be happening. On another level they did know, because truly there is no separation. There was a soul choice and a soul knowing that they were going to be part of this event.

Before the incarnation these ones met as a group. I will not say it was discussed, but there was a thought that was shared that there was a reason and a purpose for the incarnation, and there would be a time when they would all meet up again in the very same geographical location. Not all of these ones were abiding in the dwelling place of that geographical location, but they had come to celebrate, to be with other ones to celebrate.

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So at the soul level, there was a knowing that there would be a certain demonstration that would be made. They had agreed that they would do this, because as the masters that they are, they understood that the body is not all that you are. The body, yes, is the vehicle that you use in the incarnation. It helps with the speaking, the communication. It helps with being physically in touch with other ones, but they recognized, as you are recognizing, that the body is something that you create for a purpose.

The purpose may be to give the most wonderful hugs, which I have seen you doing, and sharing heart to heart with another one in the hug the love that truly has birthed you many times over. So I have often said to you to open the arms and to give the other ones a hug; be heart to heart with them. If you are familiar enough with a person, you can feel each other's heart beating and share the love from heart to heart. If not, you can give the other kind of hug—this kind. I have seen you do that, where there's a bit of space in between. But that is okay too, because it is a gesture of love.

These ones have been and are masters, and they have been the ones who have volunteered to make a demonstration, to make a point of how the collective consciousness was ready for a change. These ones, before they came to the evening one week ago, were already making demonstration by how they were living their lives, and they had already come through much of the understanding or misunderstanding of their fellow soulmates, ones who would judge them because they did not understand.

So they had already been tested, and truly in other lifetimes as well they had been tested, and so they were quite strong and still are. Many of the ones who allowed the body to be deceased within the few moments time were immediately back into the Allness that they know themselves to be.

There are some who are still resting—I will put it that way—still at a place... because everything was so sudden in the events that unfolded...there are ones who are still wondering where they are, what has happened. They are few, because most of the ones who volunteered had already been through something like this before, but there were some for whom this was the first time.

All of you truly have volunteered to be an example of love by whatever means circumstances of life bring to you. All of you have said that you will give to other ones your love, your support and, as much as you could, your understanding of them.

Now, I see you sometimes questioning other ones and wondering, "Where are they coming from? Why are they acting the way they are?" But when you move out of that space, you understand that truly in other lifetimes you have been the one who seemed to

be a little bit different, out of step perhaps; you have known what it feels like to be judged.

Even in this lifetime you have known what it feels like to be judged; therefore, oftentimes you will catch yourself judging and you will say, "Well, okay, I am not qualified to judge another one, because I have not walked a mile in their sandals. I do not really know what happened to them at a very early age that perhaps gave them an understanding that was different from mine."

And so you say, "Well, okay," and you walk on. In other words, you do not try to make over someone else. I know that truly you have tried, each and every one of you. You have tried to make over another one, and it did not work very well, because each one has his own program and his own understanding of what it means to be human.

So these ones, although not at a conscious level, knew that they would be making a demonstration—and now we come to the good part—because the collective consciousness is at a place now where it wants to heal, where it wants to understand the Oneness of the extension of God love.

Now, that does not mean it's going to happen overnight, but with this demonstration, as you have already seen in the past few days, there has been movement towards being more loving, more understanding, more accepting. Even if ones are only giving lip-service to the change in collective consciousness, they are aware that something has changed. It has changed because there has been impetus with the event that happened a week ago in your city that is called Orlando.

These ones are masters, the same as you. You are masters exhibiting other characteristics, other expertise you can call it, other attributes. But each and every one of you is a master. Each and every one—hear me well—who takes on incarnation is a master, because this is not the easiest plane of reality, and it takes a master to choose to walk this road of trials and to act like perhaps you don't know what you're doing, and yet at a deep level you do know what you are doing, because you have volunteered for it.

And yes, I know that there are steep hills. There are things that you look at and say, "I can't do that. What? Go and talk to a group of people about how I believe in love? What? Go and be amongst other ones who believe differently, speak a different language—and I do not mean they are just the sounds of language, but in a different language of belief—you want me to go and speak with them and be friends with them?" Yes, I do. And yes, the collective consciousness is asking you to do this, because it is ready to move on, to give up some of the belief in separation.

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I have been asked, "How could it be that brother would take up arms against another brother, sister against sister? Why would ones not know the Father's love and act from the place of love?"

There has been an experiment of trying something that is entirely different from the Father's love. How would it feel to be outside of the Father's love? Well, now you can answer that. You can say, "It's the pits. I don't want to be there any longer. I don't want to be outside of love. I want to be accepted. I want to be loved. I want to be understood. I want to be friends."

But before you tried the experiment, you did not know. It was something unknown, and the holy Child wants to know experience, try everything on for size. So you do. You find what you like, and you find what you don't like, and you try to choose, more often than not, for what feels good.

You have found that being with other ones of like mind and like heart feels the best, ones who accept you with a smile on their face and they appreciate what you are doing, and they give you the understanding that they respect you. That goes a long way towards understanding the Father's love.

The Father accepts you. The Father accepts the ones who truly laid down their bodies a week ago in order to make a dramatic point, that no longer is it fitting and proper to judge and to take up arms to try to change all of it. So you will see some movement of coming to a place of togetherness.

For too long, behavior has been based on the belief in separation. Bodies, as we have said, seem to be separate. You are sitting there, another is sitting over there, another is there, and it seems to be all separate bodies, and yet if you can see your energy, the aura as it has been spoken of and has been photographed, your energy, you will see that your energy does not stop just with the skin. Your energy goes out and expands, especially when you are happy, when you are really at that point of, "Wow, this really feels good. Oh, I feel so good!"

Your energy is out miles, and you have the photography in this day and time that can measure, take a picture of it. It can actually be measured on an energy device, to see the energy, how it is very strong around the body, and then it gets a little bit less, the farther out you go.

But you know yourself, you can feel that energy. When one walks into the room and they are really, really happy to see you, you can feel that energy. If another one walks into the room who has had a really bad day and they're just really, really down

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about it, you can feel that their energy is quite close to the body; it's not expansive. You try to maybe jolly them up a little bit, get their spirits up...well, in truth, you're trying to get the spirit of them up, the energy of them. You might even tell a joke. Tell a funny that gets them to laughing, even if it is considered...ah, that's a bad joke; gosh. And you are all very good at remembering some of the jokes; perhaps not the punch line, but all the rest of it.

Then people get to laughing, and when they laugh, the energy expands and you can feel it. That is why you are attracted to certain people, certain groups; it feels good to be with them. And that is why sometimes you go to the other groupings and take your energy into that place. You give of your energy to hopefully bring up the energy of ones in some of your healing places where ones are very much wondering what is happening with the body.

They are in a healing place where ones will tend to the body. Then you go in and tend to the spirit. You go in and say, "How are you doing today?" "Well, not too well. I have this thing wrong and that thing wrong." And you say, "Yes, but can you smile?" And they give you a little weak smile. Then you tell them a crazy, off-the-wall joke, and they look at you like, "How can you joke in a place and a time like this?" But before they know it, the face starts to crack with a smile, because your energy is infectious. It gets right in there under the skin. It makes them laugh, and then the healing can happen.

There has been for a long, long time a belief in separation. It came not as a mistake. It came because you wanted to know, "What does it feel like to feel separate?" And you are—as I speak of the collective consciousness—finding out now that truly it doesn't feel all that great. You really want to come back again to that time of innocence when there was not the knowing of separation. You want to come back to live your divinity even while walking around with the molecules of the body, and that can be.

You have had examples of that, masters who have been incarnate who have walked perhaps twelve or eighteen inches off of the flat surface of the ground or the pavement, wherever it would be, because they knew themselves to be Light, and it was just a natural thing for them to be living in a place of innocence, a place that did not think every second of every day how mortal I am. They knew their immortality.

You have examples of that written in your histories, of ones who would be walking down the street twelve inches off of the ground. My beloved friend and teacher has eaten something that is rather spicy, I suppose, so that the water tastes good. Bodies are interesting—I digress for a moment. Bodies seem to suggest that there could be something wrong with the body as it is set. But know you that in an instant that can be changed.

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You have the stories in your holy writings where there was the instant healing, because ones understood immediately their divinity, their wholesomeness, their wholeness.

There was sometimes the laying on of hands that the disciples would do, and there was the story—you have this in your holy writings—where the blind man was brought to me. Because it was necessary to do something in the outer, I took some of the dust of the road, I spat on it and made a little bit of a paste, put it on the eyes, and because he believed, he could see. Now, in truth, there was no magic in my spittle. There was no magic in the dust of the road. The magic was within him, because he knew that I could heal him. Now, in truth, I didn't heal him. It was his own acceptance of the miracle. He accepted that, yes, this could happen, that I could do this for him, and so he was healed. But for those watching, I did a bit of the demonstration. But I digress.

The ones who made demonstration a week ago in your timing made a big enough demonstration, as has been done leading up to this point with the small children, where there were ones of the small ones who also deceased the body rapidly. There were others who were taller, not the adult age, but getting on for it, who also some years ago made demonstration.

For the collective consciousness to finally, finally, finally—yes, three times over, magic number—wake up and see that truly the separation is not the truth of your being. The love, the feeling of happiness and joy that you have with each other, that is the truth of your being. When you are together with one that you love, you want to be with them, you want to share with them, you want to hold their hand, you want to tell them how much they mean to you. And you do this sometimes in words. You definitely do it with the eyes when you look upon this one, and they know that they are loved, they are valued—which you are—and they know that for all time that loves abides.

They know for all time, as you know, that that love abides forever. It is not lost when the body is cast away. That love goes on forever. Any bit of love you have ever had with another one, whether it be the formal type where you've had the certificate that says something, or any time when you have shared love with another one, it goes on forever. It is never lost.

So whenever you make even small demonstration of love, of friendship, of understanding, as when you go out of your way to visit someone who may need a little bit of upliftment, it goes on forever, never lost; there is never a bit of love that is lost. It may be forgotten momentarily; that does happen. But the love you have felt, the love that you have given goes out forever. It is there. It does not diminish.

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You have—again I digress, but I will remind you of something that you have seen—you have the exercise with a pendulum perhaps, feeling the energy of the pendulum back and forth, back and forth, and you can see what it will do. Oftentimes when you are in love, in a space of love, the pendulum will go in a circle. When you get into a space of judgment and perhaps even hatred, it goes back and forth, and what it does, it points to you. It goes back and forth and back and forth again, pointing, saying, “Wake up.” It shows you your energy. It shows you where your energy is. And the love, it is unending. Every bit of love you have ever shared in any lifetime, any incarnation, any non-incarnation, it is never lost. And you would say, “Well, where is it? Is it out there somewhere?” The secret is, it’s within you, and it is never lost.

So these ones who made demonstration a week ago did that demonstration for you, for all of you, to show you that truly it is time for the collective consciousness to change, to wake up, to begin to be more open, more expansive, more love, more acceptance of the wonderful variety of creation.

So you will be seeing much, you will be hearing much on this subject in the days to come, because the collective consciousness stands now at a point where it can choose to go forward in a more accepting way, in a more loving way, because these ones added their energy to what was already a movement in the collective consciousness, and they have said, “I will make what seems to be sacrifice so that we can bring attention again to the belief in separation, to the belief that I can do something to you and it will not affect me. We’re separate. I can take the assault rifle and I can mow you down, and it will not affect me.”

But it does. In truth, whenever you have a judgment of another one and you hold them to be less than the best they can be, that energy, where is it when you’re making that judgment? Where is that energy? Yes, right here. It’s right with you. They may not know. In fact, quite often they won’t know. But that energy of judgment is right here, right with you, because you’re doing the judging.

So I say unto you this evening, let go of it. Be happy. Do not hold judgment, because that is what happens; you hold it. Let it go as soon as you recognize that it is judgment. If you have found someone perhaps not to be as perfect as you think they should be or could be, let it go. They don’t know, but you do. You’re feeling that energy of judgment.

I look upon you sometimes and I see you running around like little ants, running around trying to find who you are, trying to find what you already are inside, trying to find love. And yet you are the lover. Take that as your motto. You don’t have to proclaim it

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to everyone, but remind yourself, "I am the lover. I am the lover who gives love. I am the one who looks upon everyone I meet and I love them, because I know that truly, even the ones who do the most horrendous—as it is a judgment—action, they are doing the best that they know how to do at that moment.

And the one who had the implement in order to make such a demonstration, that one was a volunteer as well. He volunteered to lay down his life to make a point. You would say, "Yes, but he was in judgment of all others who were in that nightclub. He was in judgment of them."

How do you know? You say, "Well, by his actions." How do you know that his actions said that he was in judgment of them? He was a volunteer as well, to make demonstration, a big enough demonstration, hopefully, that the collective consciousness is going to stop for a moment and do more than just say nice-sounding words, and perhaps realize, "I have been in that one's shoes," because you all have.

You have all lived lifetimes where you have been judged to be the outsider. That is why you fight so hard not to be outside in this lifetime. You have all lived lifetimes where you have been judged and you have been the outsider of the group, and you have been banished from the village or from the tribe and sent out to the forest. "We don't want you in our tribe." You were sent off, beaten, chased into the forest somewhere where some of your creations then decided you looked like a meal, and that was the end of the body for that lifetime.

So you've all had the experience of being the judge and being the one who is judged, and you know how that feels. That is why when you reach out to another one in love, in a hug, in holding a hand, in giving a smile, it feels good. It is because you are living your true birthright, which is love.

So in a few moments we're going to have a break, and during your break, all of you go up and give the hugs once again. All of you go up and smile at another one. Give the love-light from the eyes, and say to another one—perhaps not in words; that is not necessary—but say to another one, "I recognize the love that you are."

There is a saying, "The Christ of me greets the Christ of you." In other words, we meet at that place of Oneness, that place of love, the divine love from which you have come, and which you have never truly left. Always and forever you are the love of the one Source, Abba as I have called the Father/Mother/God/Goddess/All That Is. Never can you leave that love. It is your birthright. It is from your Source. And when you get finished with the body, it is where you will return.

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But we will not hasten that part, because you have work to do here, and it is a very worthwhile work that you do. It is worth all of the love that you give out and all of the love that comes back to you, because that is Who and What you are: love incarnate.

And these ones who made demonstration a week ago, they are love. It has been said that they gave their greatest gift. In truth, they will keep on giving. Not the body. The body is not the greatest gift that you can give. That you have done many times over. You have been in battle, you have laid down the body. Every way you can imagine, you have laid down the body; every way.

But the greatest gift that you can give is your love, your appreciation, where you look deeply into another one's eyes and you say, "I know who you are. I know the Christ that you are. And when we meet in that space, nothing else matters. When we meet in that space, there is no separation. There is only love."

You are well and truly loved. So be it.