

# WHAT TO DO WHEN YOU DON'T KNOW WHAT TO DO

2017-10-07

Beloved and holy and only Child of our heavenly Father, Child of the one Source, Child of Light, divine. That is who you are. Take it deeply within the consciousness and contemplate what that means.

I am the one known as Jeshua ben Joseph, Jesus you have called me, and it is in great joy that I come to abide with you this evening in your timing as you have chosen to call me forth. Great joy of reunion, great joy of remembrance, for truly I have called you to be here in this evening among friends, ones you have known in other times, friends that you are rediscovering, and parts of yourself that you are rediscovering.

It is most wondrous what you do, how you fashion the bodies, how you fashion the mileage and come to be in the same geographical space at the same time, as you call it, to interact with each other in love, to interact with each other on the mind level and at the heart level as well.

Beloved master, it is good to behold you. Thank you for making trek to come here.

You, beloved one, I am most desirous of the apparel that you have on the feet; beautiful. You have turned out yourself quite like the actress. You have everything matching, everything of same tone of vibration; beautifully done. The actress of you is coming out. And as always, the smile that you have lights up the whole room. Thank you.

Thank you for making the trek to be here, because truly I have invited you to be here this evening. There is a message for you, a message of love, a message of saying to you that you are doing the right thing, that you are following inner guidance to come to this place where you now have the dwelling, and to then make trek a little farther north to come to this dwelling place in this evening. I would say unto you, yes, it was a bit of a trek to get here, but not as long as it used to be upon camel-back. We used to do that.

It is a joy to behold all of the ones so gathered here. Your Light is very strong this evening.

Thank you for making trek, because you also had a bit of a journey, a heart-felt journey. You could feel the tug of friendship, and you came to renew the heart strings.

Now, in this evening we are going to continue on with what we had spoken of in your last month when ones were asking for prediction of, "How is this next year going to be, Yeshua? What do I have to prepare for?" I spoke with you that truly you are going to know changes. You are going to know love, but you are also going to be surfing all of the changes. Know you surfboard? You are definitely already beginning to know the surfboard and to try to keep your balance with everything that seems to be shifting and changing.

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I recommended to you a month ago that you do a certain exercise outdoors with the bare feet, five minutes by the clock, and to breathe deeply of Mother Earth, of the healing vibration; preferably in the morning, but it can be done at bedtime as well; to go out and plant the feet firmly on the grass.

And yes, I know the grass is cold at this time of year. I heard a few comments. So hopefully there will be ones of you who have been intending to get out there, and you will now take the courage in your hands to do something a wee bit different. You will go out of doors in the morning, five minutes, to stand on grass and to breathe deeply of the energies of holy Mother Earth, to energize yourself at a very deep level, deeper than what you normally do when you are in the dwelling place; to go out and fill the whole body with Light, fill the whole body with the fresh air and the dampness of the moisture in the early morning or in the eventide, and to bring to yourself a certain sense of Oneness with all life—holy Mother Earth, the life that she sustains, and the heavenly energy, to bring that in and to feel a marriage, if you will, of the energies, and know that truly you are One with that energy.

It will make for miracles. This is not always believed at first, but as you trust and go ahead with it, you will find that there is a change that comes over you, a smile comes for perhaps no visible outward reason, but just a smile that says, "I feel good, I feel One." You take it in.

Five minutes by the clock, because I have seen ones...my beloved friend and teacher, when she began, would go out (she was told to do twenty minutes) and stand there and talk to her tree, and okay, five minutes—she didn't have a timepiece, but she knew it was five minutes—and go back in the house, and it had been ten.

Yes, there is an elasticity of time. One of the wonderful awarenesses that will come to you as you are doing this exercise is how malleable, changeable time is. That's why I say five minutes by the clock, because otherwise you can be out there for five minutes and it will feel like fifty, or vice versa, you can be out there for fifty minutes and you will think it has been five; so five minutes by the clock, or more, whatever feels right to you.

But start with the five minutes, bare feet on the grass, or on the gravel. I have seen ones of you, mainly in previous lifetimes when you would do perhaps the meditation time on a row of nails, and you did not feel the nails; you felt balance. So if you want to stand on the gravel, or if you want to have the plank of wood with the nails sticking up, you can try that too. I have done it, but I do not exactly recommend it; it is not necessary.

In other words, standing on soft grass will give you the desired result. Because what you want to do is breathe in Oneness, breathe in the steadfastness of One, and to know that truly you are surfing all of the changes that you have seen so far and all of the changes that are going to be presenting themselves to you, as it is seen now.

However, your future, as it is called, is one of the things that can be changed. So that which is seen at this point, by the time you get there, it may be different. In fact, it will be different, because you will be different. So, that is my recommendation. You do not have to do it. You may choose to do it.

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Now, this evening we are going to talk about "If". If there is something in your life that you would change...contemplate that for a moment, if there is something in your life that you are saying, "If I could change such and such, what would it be?" Think to yourself, what would you change?

I know that at first something comes to your mind, and then you think, "No, if I only have one wish"—and in truth, you have unlimited number of wishes, but choose one for the purpose of discussion this evening. What would you change about yourself or about others you interact with or about the geo-political situation or about anything going on on holy Mother Earth, or even small things about the body? What would you change?

Now, I will give you a gift. Hopefully, you will receive it, because that which you would change, you can. You are the one making your reality moment by moment. It seems to be a continuum, because that is what you have accepted as a truth—lower case "t". But in Truth—capital "T"—you design and change your reality moment by moment.

That which was bothering you a moment ago is no longer, except as you have the rope tied around it and you bring it with you, carrying it behind you all the time. And every once in a while it taps you on the shoulder and says, "What about...?"

That which you would change—and we have given you opportunity to think of perhaps several things you would change if you could, and given you encouragement saying, "Yes, you can change it. Yes, it is within your power to change it." That which was bothering you, perhaps even today, no longer need bother you.

We have often spoken that there is always a gift in everything that comes to you. Oftentimes you focus, as is habitual training, on that which is bothering, and you may get sidetracked onto something else for a moment or so, but then the attention comes back to where you were and you say, "Oh, well, it's still there." Well, of course, it's still there. You have expected it. You have asked it to be still there.

How about if you say to it, "You can take a vacation. You can take a whole week off." I guarantee that if you do that and follow through with it, after the week is up you won't even think of it, and it will no longer be trailing after you like a little puppy. And yes, puppies do take a lot of energy, a lot of looking after, as do the small humanoids as well.

But you do this with all of your pet peeves. Know you why you call them pet peeves? Because they are your pets, and from time to time they are very peeving. Set them loose. Give them over. Tell them, "Take a vacation for five minutes. I'll call you back after five minutes." Then maybe you get busy and forget to call them back in five minutes; maybe it's more like ten or fifteen, and you say, "Oh, yes, I forgot to call that pain; oh, my pain is back." And sure enough, it answers your call, and it's there.

But it doesn't have to be. You have bought into a lot of the collective consciousness learning or teaching. You have bought into, "There are certain aches and pains of the body as we get a bit older." But you have seen the ones who are the gray beards, and they are out there playing pickle ball. It's a fun game to play. I don't know why they call it pickle ball, because you're not throwing a pickle. But I love your language. I love the way it looks, what it suggests.

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Everything that you bring has an image to it. And if you no longer want it to be bothering you, change the image. It takes a bit of what you would call determination and a bit of, "Oh, yes, well, you know, that pain is still there. Doggone; the back doesn't feel quite right. Gotta get a little more limber with this. Oh, but you know, I actually can bend a little farther than I thought I could, etc."

And you encourage the positive. You have that saying in your world, "Accentuate the positive." As you do that, your attention, at least for a millisecond, maybe longer, is upon the positive of it. "Like, you know, that's bothering a little bit, but not as bad as it was. I think it's actually getting better."

If you give that message to the body, the body hears it and says, "Oh, I guess we're getting better; okay." And it will respond. When you have said, "Oh, my aching back," the back says, "Oh, it's supposed to be aching; okay." And it will follow what you have said. Watch your words. Watch your thoughts. Know that truly anything of the body is temporary.

You have done this for yourself. You have felt, "Okay, it's kind of out of joint," so you go to the facilitator who has specialized in how to get the body back into shape, and then you work with it, and because there is belief, it happens. Then you say, "Well, could it happen if I didn't go and actually get twisted around so that I'm a little more limber?" Yes, because it all goes back to belief. It all goes back to the time when you were small and were told, "Don't do that; you're going to hurt yourself."

You have seen the evidence of this even in one family unit, where the small ones all have different personalities. All respond differently to the skinned knee. Some say, "Oh, my God, wow!" It's like the end of their world. Another one will fall down and scrape the knee and it's like, "Oh, no," and they go running off; no problem.

What's the difference? Each one has the skinned knee. The difference, of course, is how they have accepted some training. The difference can be from other lifetimes that they bring in with them, and yes, you do have memory that goes back farther than just the first day of taking the first breath, the first time that you say, "Okay, I am a separate being." You have memory of the womb. You have memory of other lifetimes. If there has been a traumatic occurrence in a previous lifetime experience, you can bring that energy with you in memory.

So you find that there is one small infant who, even before waking, is crying and already calling for attention. Another one in the same family starts to wake up, doesn't cry, just looks around. "Oh, okay, this is world; okay." You know, curiosity. Same family, same DNA, within certain range.

What's the difference? The difference has to do with outlook, and that, yes, can be trained. It has been trained sometimes unconsciously, but that can be different. That can be changed. It is never too late. "Oh, yeah, well, I've been like this forever." Well, what about the morrow? Are you going to be the same, or are you going to change a few things? Even without thinking about it, you're probably going to change a few things just because you aren't thinking about it.

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Set your mind and your thinking on the positive. It's a free choice, but the results are different. Know that truly you are the most wondrous creation. All of you so gathered here in this room, you are human. You have the eyes, the ears; you have the body. But no two bodies are alike. No two backgrounds, as you call training, are the same. Some of you are well-proportioned. Some of you are more opulent. Some of you are really muscular, out there every day doing physical work. Some of you are more in the mind and thinking and writing poetry and making delicious things to eat—pastries. Each one has a talent. Each one of you has individual things that you do, and you do them well.

Look at what you do, what you do well, and know that truly you do them well because you believe you can. You know that you can. "I know that when I am putting that wallboard up there, I can lift this heavy piece and put it up there, and maybe it will slip a little bit, but maybe it won't. But I can put it up there. I can do it." Okay, there are things I can do, even things that this body thinks perhaps she can't do, and then she tries, and my goodness, it worked. She didn't know she could do it.

Okay, as to that which you would want to change, what it comes back to is attitude. What it comes back to is belief. What it comes back to is practice and repetition of the positive. So that which has been perhaps something that you thought you couldn't deal with, for a moment assume another personality and say, "Well, this other personality I know can do it. I can't do it, but they can do it."

Okay, pretend. Pretend that the body is still the thirty-year-old body. "Wow! Hey, that feels really good." Okay, what keeps you from exhibiting that? The belief that, "Well, I've used it all these years, and it's probably wearing out. It's supposed to, at a certain age, and yet you have seen ones who have garnered to themselves many, many years, and they are still quite young, quite happy with life, quite active doing things.

You have seen the younger ones who have said, "Oh, life is so hard. I don't want to go on with it anymore." You have friends that say this. It is a choice. Truly it is a choice. "Oh, I don't have a choice. This body screams at me all the time, and I'm always doing everything wrong. I never have had any self-confidence, and I know I can't do anything right. So I've done this and that and all those bad things, and if everybody knew everything I've done, all the bad things I've ever done, they wouldn't like me. I don't like me, because I know all the things I've done."

I do like me. One Yeshua, I've been through a lot of experiences, this one being one of them—the cross, okay—but where am I now? Alive, speaking with you, having fun looking at the Light that sits in every chair. Know you that when I borrow this body and talk to you in this way, I have a choice? I can see you as you really are, the Light that activates the physical molecules, or I can use the eyes of my beloved friend and teacher, the one you call Judith, and I can see as she sees you, the body as it is delineated, and I switch back and forth, because it's kind of fun to do.

You can do this too with ones. It's easy to do. All you do is unfocus the eyes just slightly and look around, not straight at one, but look around them to what is termed the aura, and then accentuate that a little bit more—there's your ball of Light. It's fun. Try it sometime. Try it, first of all, with another person that you're close to. When they are speaking sometime, all of a sudden

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you get this idea, "You know, I'd really like to see what he looks like without the delineation of the form," so then you relax the eyes and allow the Light to be there, and sure enough, he is a ball of Light.

"I think I see a little feature there, something in the middle of it, but mainly Light." You are a big ball of Light, and ones say that about you as well when they hear some of your comments. They say, "Well, there's the Light again." And you bring joy to ones. That is your true purpose.

Oftentimes people will ask of me, "What is my purpose? Why am I here?" It is to bring joy. There, you just did it. Look at that face. Look at the joy on that face. That's wonderful. Then he kind of hides behind it. You do it very, very well. And in fact, all of you, when you smile, you light up the room.

Have you ever heard that expression—I'm sure you have—that when you smile, you light up the room? It is true. Each and every one of you allows the Light that you are to expand to the place where others see it, feel it, know it. That is why I often say to ones, "Let your Light shine."

Smile, and it will come to you. Your Light that you send out will be mirrored back to you. Yes, I know there are some hard nuts to crack, some friends who are a bit more dour. You know, they believe that everything has to be really serious. Then you smile at them and they think, "What is she smiling at? I don't think I said anything funny." And yes, they did, because they are going on in their own drama, and you see it for what it is, for the drama. It does not mean that you don't care about them or that you don't understand that they're going through something, but you also see their Light, and you acknowledge their Light.

So if there is something in your life that you would change, that you would have healed, know that truly you can look upon the positive of it and that the expectation that it is going to diminish will bear results. Try it, especially in the five minutes that you are out on the grass; the first five minutes, the first couple of seconds when you're in the bare feet and it's like, "Oh, this is cold." Sure. Revel in the fact that you can feel cold. There are ones who have numbness in the extremities, and they don't feel the cold. So if you feel cold from the grass, just think how lucky you are. Look on the positive. Accentuate the positive for yourself and for others. Let your Light shine.

So if there is something that you would change, and I know that with the human condition, there is always something that you would want to change, know that truly you can make it diminish, you can make it change. Look for the good that is in life. Look for the joy that you can find. And if you don't see it right away, imagine it. Imagine how it would feel. How would it feel to be young again?

You guys are not that old anyway, so you can imagine it by memory, because you're not that far away from it. Yes, you may have a number of years where you've had experiences, and that's all to the good. But how does it feel to be young? How does it feel to balance on the toes? "Well, that's a stupid thing to do. Who would want to balance on the toes?" Why not? Just for the fun of it. Did you do that when you were small? Of course, you did.

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There is nothing that you cannot change. Even your news that comes across and says, "Oh, this is so bad. Watch out for.... This one is saying, that one is saying. I don't know. Holy Mother, Mother Mary, save me." And Mother Mary says, "You are already saved. I gift you that which you already have. You are already saved. Wake up and know that you are saved. Wake up and know that you are loved," because you are.

Feel it. Revel in it. Write a poem about it. Share with other ones how it feels, because right now the brothers and sisters are suffering. Right now there is much that they hear on your news, which is not new; it repeats its pattern over and over. We've been there, you and I, even two thousand years ago, with all the things you had to watch out for. The Romans are coming; they're going to destroy everything.

So where are we now? Here, two thousand years farther on, listening to certain ones who are saying, "Well, you know, if certain ones press the button, and someone else, the Rocket Man does such and such, shhhhhh, there goes the whole civilization. No, that is not going to happen. Pay no attention to dire warnings.

You make your own reality moment by moment. How often do I have to say this to you? If there is nothing else that you remember from this evening, remember the reality, that you make your own reality moment by moment. And you can change it if you want to change it; anything. That is how miracles happen. And then you say, "Wow, I didn't think that could happen." Well, truly it is not so much in the thinking as it is in the believing.

You have before you such a wonderful future. You have before you, each and every one of you, the most wonderful future. Do not give up on it. Do not say, "Well, I've had the best years of my life. They weren't actually all that great, but I've had the best years."

No. You have a saying in this world, and it is a very good saying, that the best is yet to be. Say that to yourself several times a day, and you will prove to yourself that it is true. You will prove to yourself that, yes, it can happen. It can be true. No matter how many years you have garnered to yourself, every day is new. Every day you are new. Every moment, as you change your mind about something and allow the humorous quip to come off the lips, you change everything for yourself and for the others who are around you. Give them the gift of humor. Give yourself the gift of humor.

The world will try to tell you that everything is serious. You have to watch out for.... And if you're not careful, it's going to come in and wreak havoc. It won't. And even if it should ask of you your body, what is that to thee? You are the eternal being, and if the body decides that it's finished, and if you acquiesce to that, you're going to turn around and make another body anyway, sooner or later, for the sheer fun of it, because you have found that having a body is fun. There are certain things that you can do with a body, that without a body you can't do and enjoy as much.

Choose for yourself where you will live. Choose this day to live in joy, to enjoy what you are doing, because it is a miraculous life, miracles every day, if you see them and look for them;

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every day. And you have proved this to yourself. You wake up in the morning and ask, "What is this day going to bring? What am I going to do in this day?"

Some of you wake up and think, "Okay, here we are. I have to do this, I have to do that, I have to get ready for that, I have to see so and so, I have to call so and so." Yes, and aren't you lucky that you have all this, where you are affecting certain reality—lower case "r"—in your life. It is good to be alive. It is fun to be alive. And if it isn't fun, change it. Throw out that which is not fun. Who says you have to keep on with something that isn't fun? If you would bake a cake, and it turns out it's not the tasty one that you usually make, are you going to suffer and have to eat all of it? No, probably not. I have seen you.

With my own mother, the one you call Mary, there were certain dishes that she would make that didn't turn out exactly the way her mother had taught her to make it. And there were times when she actually, behind our backs, would just say, "I gave it to the goat." And the goat was happy with it.

So, okay, if there is something you would change, do it. Set about making it happen. Your life is yours. It is a gift that you have given to yourself, and if there is something that you want to do, do it.

Make plans. Don't just go rushing into something because Yeshua said that you should change everything, and you have the power to change. Yes, you do. You do have the power to change everything, but you will use a little bit of what is called common sense, and it is not all that common. But yes, you will think it through a bit so that you do not go rushing into the briar patch and then say, "Oh, but Yeshua, these briars hurt." Well, yes, that is their nature. Sometimes you can't go against nature, but you can make changes. That is what this year is all about. It is to surf the changes, to stay balanced on the surfboard. Know that truly you are the one who is in charge. You are going for the ride. You have paid your money. You have said, "Okay, I'm going to ride the surfboard. I'm going to stay balanced. I am going to enjoy the ride."

So when you don't know what to do, stop, breathe. Take the deep breath. It gives you a moment's peace for a new idea to rush in. When you come to a place where you feel like your nose is pressed right against what has to be, allow yourself the deep breath. If an idea comes to you, good. If an idea doesn't come to you, breathe again. Keep breathing—I recommend it—until you may see a way to look at it differently.

So allow yourself that space, the space of a deep breath. Then you turn to the other one and say, "I don't know what the answer is, but I sure feel good about it." Because the oxygen from the deep breath changes what is happening in the body, the energy in the body. And even if the mind, the mental part of you does not have the answer, the body has the answer, and it will come to you in time.

Life is to be enjoyed. It is to go back and re-create the joy of being young again. Collect to yourself the stuffed animals and love them. That is why you have put them in your reality. It is to reach out and hug the giraffe, the zebra, every one of the ones that you have collected into your home, your abode, and to feel the youngness of spirit again.

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The body may say, "Well, you know, kind of getting older. I won't say old, but maybe getting older." But the spirit of you is always young. Sounds like a good motto; probably a good selling point or a slogan of some sort.

Changes, yes, this year; changes. Are they going to upset everything and bring out the worst? No; only if you temporarily have that view of it. But, in truth, no. Everything happens to make room for the good. The four-footed ones know this. They make themselves comfortable wherever they are. And if they aren't comfortable, they soon scratch around until they do find comfort.

"Be of good cheer." You have this statement in your holy writings. "Be of good cheer, for I have overcome the world." You can overcome the voice of the world.

Five minutes out on the grass, breathing deeply of the fresh air. Five minutes even in the house, bare feet on the carpet. You don't really have to go outdoors. I recommend it, but you don't have to. Bare feet on the carpet, okay, with the deep breath; and another one. Feel you the energy that goes even down to the toes?

Now, you can reverse that. You can take the deep breath through the nostrils and let it out through the mouth, or you can breathe it in through the mouth and out through the nose. Experiment. See what feels like fun. And if you get bored doing it one way, try it another way.

These are things that we knew two thousand years ago. These are things that you knew when you lived in the monastery, when once in a while you would get news of the world outside there, always bad news of the world, and then you would center yourself with the breathing; very simple to do.

What is the first thing that you do when you are born? You breathe. That establishes your life, your individuality. What is the last thing you do when you expire? You let go of the breath. The breath is energizing. Breathe you well. So be it.