



## Jeshua: The Personal Christ Vol. 5 Chapter 18 - Metaphysical Paranoia

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Volume 5, Chapter 18

“Allow yourself to live life to its fullest. Allow yourself to love. Allow yourself to know that truly you are the divine holy Child - appreciating, reveling in, dancing through this lifetime.”

Jeshua



### Introduction

The heavy-sounding name of this chapter hides the absolute delight and joy that it contains. There is so much permission to live in joy that it makes all our worries, defenses and fears look rather foolish. Jeshua even challenges us to dance in the rain.

The underlying fear that Jeshua addresses is of our own making that there “could be a power outside of yourself that is stronger than you; that you have to defend that which is yours, that you have to defend the body; you have to even defend your own belief system.” This is a critical way in which we disempower ourselves and create a life of struggle.

Jeshua once again directs us to “have the desire to live in simplicity, knowing that you are always taken care of. You are the Father in expression, and you do know how to take care of yourself, always.”

He also assures us that we are in the process of ascending because we are “shedding a lot of the old belief system that life has to be heavy, that life has to be a struggle, that “they” have some power over you to do you harm.

“There is no one beyond you. There is no “they”, outside of you. There is nothing out there that you have not created, and if you have created it, you can call it good. You do not have to feel that they have power over you to threaten you with anything.” He does reveal that “sometimes a seeming disorder is held onto for reasons that only the soul knows. So there is not judgement.” What incredible freedom to live life in joy!

**Affirmation for  
the Week:**

**“I give up  
worry and  
struggle and  
celebrate my  
life in great  
Joy.”**

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## Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- What or who has your separated ego urged you to fear? Who are the “they” in your life? Have they robbed you of joy?
- How do you restrain or withhold your joyful innocent Child?
- “The world around you is asking for you to see it in holiness. It is asking for you to see it anew, in a new way, and to not be fearful; not to be paranoid about any aspect of it.” Can you imagine a life where you see everything as holy? How does that feel? What would you do differently?

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## Assignments

1. “Everything is put before you as a gift. You bring forth everything as the extension of the one Creator. You have brought it forth, and you can call it good.” What are some areas of your life that you don’t call “good”? Can you give yourself permission to make a different choice? If so, make an intention each morning to call some situation or thing “good” that you had not seen that way before. Does anything shift in your day when you do so. Write about how that feels and the power that it gives you over your life.
2. “The body knows how to serve you well when you live in simplicity and joy.” Are there any habits that you have formed that put a burden on your body, especially if you are experiencing pain? Take this question into meditation and see what is revealed to you. Call it all good.
3. Spend some time in Nature and let yourself experience it as a child would. You might want to read the following books: Forest Bathing: How Trees can help you find Health and Happiness by Dr. Qing Li and The Hidden Life of Trees: What They Feel, How they Communicate by Peter Wohlleben
4. Daily affirmation “I give up worries and struggle and celebrate my life in great Joy.”

## NOTES