



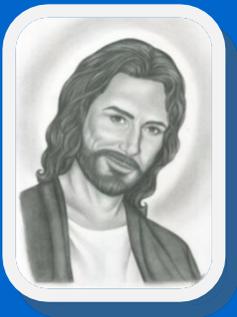
Jeshua: The Personal Christ Vol. 5 Chapter 19 - Alignment with Soul

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Volume 5, Chapter 19

“Divine love is the expansion where you know yourself to be energy, that you can fashion the body, your life, your journey, your interactions by visioning, by standing the place of alignment with the soul as the Beholder.”

Jeshua



Introduction

This is an action oriented chapter, with Jeshua giving us poetically-phrased advice on how to connect daily with our Soul Self. The connection with the elements of Mother Earth and the heavens brings us into the consciousness of the Beholder. From that place of communion we can easily slip into the realization of our Divine nature and alignment with our Soul purpose.

He reminds us that in the ancient time of the Essenes we were able to live long lifetimes because we did not think of ourselves to be limited. We knew ourselves to be the “spirit activators of the body; to be connected to soul and to all else”. We still have the power of “visioning”, by standing in “alignment with our soul as the Beholder”.

The way to releasing the constrictions that keep us from remembering our power and soul alignment is through the energy of Divine LOVE, which is how we came to be in the first place.

Jeshua often reminds us that “All is Energy. It depends on how you want to fashion it. If you did not want to keep on activating the body, it could dissolve back to the dust of the Earth, and the energy itself free to move as spirit.” What incredible power we have when we align with Spirit and step into the place of the Beholder!

**Affirmation for
the Week:**

**“Behold,
Beloved One
how holy thou
art.”**

Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- What is your relationship like with Nature? Do you spend time communing with the elements of Nature – sun, wind, air, stars or even rain? If so how does it feel to do so?
- Have you stood on the bare footed on the ground and just allowed the energy of earth flow up your body? How about feeling the energy from the heavens? Are you able to get into the consciousness of the Beholder? What are the messages that you get from this connection?
- Our Essene ancestors had full knowledge that they were the “spirit activators of the body” and it appears that they could exit or live long lifetimes, at will. How do you feel about having that ability?

Assignments

1. Jeshua gives us specific assignments if we choose to live in alignment with our Soul. One is to “commune with the angels of nature, to commune with the light that is in the sky” by standing with bare feet on the ground. And “spirit extending to the heavens”, breathe in peace deeply. Do this in the morning and before going to bed. How does it affect the course of your day, or the quality of your sleep?
2. Do the deep breathing also with the sun, the stars and air, releasing constriction and breathing in peace. Experience yourself in alignment with your Soul.
3. Another step is to go into “the place of the Beholder. Allow yourself to become as the sunlight looking down upon yourself. Allow yourself to be the starlight looking down upon you.” We can do this even with the wind, clouds and rain. How does it change your perspective on your life? Journal about it.
4. Daily affirmation “Behold, beloved one, how holy thou art.”

NOTES