



Jeshua: The Personal Christ Vol. 6

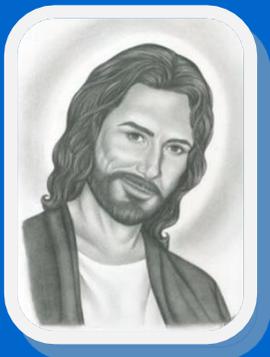
Chapter 14 Let Not Your Heart Be Troubled

Study Guide

January 22, 2020

Volume 6, Chapter 14

“Beloved one, it is a most wonderful time that you are living in now, because everything is changing. You have prayed for change. You have prayed for heaven on Earth, and in order to have heaven, you have to make room for the new.” *Jeshua*



Introduction

Jeshua’s kindness and generosity to us is so present in this chapter. He relates to our very human tendency to be upset over so many different things, which the separate ego calls to our attention. But he gives us very practical advice that he learned from the Druids and which we have echoes in the First Nation peoples of North America.

First of all, he reassures us that the changes that we are seeing are a necessary process for bringing about heaven on earth, which is what we have been praying for. So there will be opportunities for cleansing and releasing. **The four elements of earth, wind, fire and water** are all means of connecting and knowing our Oneness “with Mother Earth as the Light Being which she is”. The direct experience with each of these four elements is very powerful and can truly bring us to knowing our power and connecting with Peace.

“Count everything as a blessing, even if it does not look like it.” This is another recurring theme in this book, to get us to look beyond outward appearances and take advantage of the challenges that come our way as “opportunities for freedom”, for growth in new directions and to “truly know the power and the peace which the world cannot disturb or take away from you.” He calls that “abiding in the place of the Christ”.

The power principles of “Let Not your Heart be Troubled” are:

- **Make use of the power that comes with connecting with Mother Earth through her soil.**
- **Let the element of Wind cleanse you by** “flowing off all of the feathers of problems, right down to the holy Self.
- **Let yourself gaze into a candle flame** and “know yourself to be that **light**, for you are creating it light even as you see it.”
- **Experience the vibration of Water, its power to cleanse and experience Oneness with it.**
- **See the possibility of every experience as a blessing.**

Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- What is your relationship to the four elements? Are you conscious of the part they play in your connection with Mother Earth? How do you interact with them in your daily life?
- What is your earliest memory of feeling that power of water to cleanse not only your body, but your mind? How did it feel to swim in it or be totally immersed in it? Did you play in the dirt or sand as a child? Were you fascinated by fire? Did you like to be “outside”?

Assignments

- Jeshua gives us the benefit of his training with the Druids and shares the rituals that brought him into Oneness and Peace. Take each of the **four elements – earth, wind, fire and water** and perform the rituals that he suggests. Take one a day and immerse yourself in the practice for that day. Contemplate your reactions and what you gain from that practice. Which one do you resonate with most? Notice differences.
- Jeshua spends a portion of this chapter helping us see with new eyes situations like losing a job or a partner or finances as a blessing. Has this ever happened to you? If so think about how those changes have turned into “blessings” for you. Are you able to turn the situations around and with the help of hindsight claim them as “good”?
- There are many proven health benefits to interacting with Nature! Plant some seeds in the soil, whether for a houseplant or a vegetable garden. An amaryllis is commercially available around Christmas and grows quickly. Observe the miracle of growth that the sun and soil facilitates and the water and air nurtures. How do you feel in its presence?
- **Affirmation:** “I am free. I am perfect. I am love. I am so loved that I am Love itself.”

Affirmation for the Week:

“I am free. I am perfect. I am loved. I am so loved that I am Love itself.”

Jeshua

