



# Jeshua: The Personal Christ Vol. 6

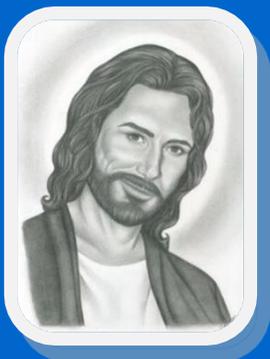
## Chapter 24 Memories

### Study Guide

April 1, 2020

Volume 6, Chapter 24

“Feel yourself so loved; truly you are worthy of great, great love and compassion. You are strong. You are courageous. You are able to make decisions which allow your life to go forward in a healthy, wholesome way. You never walk the path alone. Always I am with you.” *Jeshua*



## Introduction

Jeshua gives us some valuable new insights about the nature of memories and how they affect our lives. We carry the experiences in our very cells from past lives and even future lives, because “the creative Isness of you is never static.” We have the memories from which we have learned – “a huge treasure chest” of experiences. “Memories are a most important tool if they are used wisely.”

Again the choice is up to us, as to what we choose to focus on, the memories that are positive or the traumatic negative ones. “Choose you this day what serves you in remembering your divinity.”

The incredible teachings from this chapter are that we have never made a wrong decision – there is no judgement, only consequences of the decisions that we make. Another one is that “Anyone you have ever loved is always a part of you, and the memory of that one can be seen in wholeness.” Taking a deep breath allows the “space of peace” and the possibility of accessing the memory bank.

### The power principles of “Memories”:

- **Memories are a wonderful aspect of the human experience.**
- **Memories help us to consolidate the learnings that we have made over multiple lifetimes.**
- **We are always okay, courageous and loved.**
- **No one knows the wholeness of your lifetime up to this point. Only you know that and only you carry your memories.**
- **Make peace with the decisions that you have made and know that they all served a purpose in your creativity.**
- **Practice love and compassion for yourself and everyone with whom you interact. “You will change yourself. And more than that, you will change your world.”**

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## Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- It is truly a gift of peace to have “friends who totally accept you as you are”. My highest hope for this book study group and all who come afterward, is that we can be this kind of accepting, loving and compassionate community. “It starts with loving yourself and knowing yourself truly from the inside out. As you do that, you put more and more love into the world. You put more and more compassion into the world.” Has being in the book study group and part of the Heart Family, that the Oakbridge community embodies, increased your love and understanding of yourself? If so, in what ways? What advice would you give others from this experience?

### Affirmation for the Week:

**“I love you because you bring out the best in me. I love you because I see the Christ in you.”**

*Joseph*

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## Assignments

- There is an exercise on page 178 that suggests how we can access the “memory bank” and from a space of peace, ask for the memories with whatever you have been “struggling with, looking at, thinking about, contemplating, and you get to choose from the memory bank that which will serve you in a particular experience.” Give it a try and see if you can get insights to resolve your challenge.
- Do the reconciliation exercise (page 178 - 179) with someone with whom you had a contentious relationship and see how you were both “teachers for each other”. Write about how it changes your present day relationship with them (even if they are no longer in the body). For “extra credit” contact them and have a conversation. How does it feel now?
- If you have a decision to make or a situation with another person, practice the deep breath of compassion (page 183) and allow yourself to access the memory bank of how “how good it feels when you know that you are valued”. Journal about the results.
- **Affirmation: “I love you because you bring out the best in me. I love you because I see the Christ in you.”**



