



# Jeshua: The Personal Christ Vol. 7

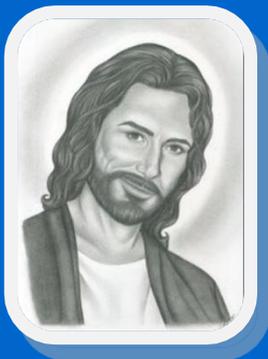
## Chapter 21 -Do You Know How Blessed You Are?

### Study Guide

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Volume 7, Chapter 21

“You are, in essence, a tone, but as the energy that you have incorporated you have a vibratory rate, and it changes. You are very much in motion all of the time. Even when you feel you are at peace, you are still vibrating, because everything is energy.” *Jeshua*



## Introduction

There are quite a few revelations in this chapter about the progression of our creative process over eons of time, which have brought us to this point in our evolution. It seems that we were not content in our creativity to play with loving creations, but we wanted to experience “unlike Love” and competition and duality were born. Separation from the knowledge of Home, our Oneness, from peace and trust in Love, as the dominate force in the universe came into the equation of this holographic reality and multiple dimensions.

But we also built in a “fail-safe” in this reality, in that **there is a blessing in everything that we experience**. And each blessing leads us to the ascension of ourselves as individuals and more importantly to the remembrance of the collective consciousness of our Oneness, which will lead to Ascension for all.

There were other interesting facts about the evolution of the human body in this chapter, like early vision was just in black, white and shades of gray. We had much keener hearing abilities, like that of other animals and we toned that down. *The loss of hearing ability as we age is for the purpose of listening inwardly!* However, he tells us that “You each have your own vibrational musical note. But it is just not one single tone. It is a whole broad spectrum of vibration that is shared as the One, as in the rainbow.”

So exciting is his prediction that “there is going to come a time when you are going to see other colors that you cannot even dream of right now”. Equally fascinating is our future as “beautiful flowing vibratory liquid crystal”. WOW!

### The power principles of “Do You Know How Blessed You Are?”

- **Even though we have explored creating from an “unlike Love” perspective, we have always retained “an awareness”, a Presence within, of our true divinity.**
- **“Everything happens for the grand purpose of awakening. And you are very blessed by everything that you create, even if it looks like manure in the first place.”**
- **Having expectations and judgements is a human condition, however giving them up and stepping into allowance, brings great rewards.**

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## Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination? Changes in how you understand yourself and your life?
- One indication of the evolution of our consciousness is “how soon you give up the **expectations** when they are not met. Some time ago you would have held onto the disappointment of the expectation not being met. Now you look at it and you have feelings about it, you have judgments about it, and then you say ‘Well, there must be more to this than what I see.’ As you stand back from it, you can see the bigger picture. It becomes easier each time, because you have had the practice and the experience of allowance.” (page 220) Are you able to *let go of your expectations, and judgments, wait to see the bigger picture and then practice allowance*? Discuss this process with your partner and give an example of a recent time that you had your expectations challenged. How did you react? How would you see this situation differently if you apply Jeshua’s recommendation?
- Jeshua tells us that “You are very blessed by everything that you create, even if it looks like manure in the first place. It allows you to grow.” What are some of the blessings of whatever current crises that you have experienced? At the time of this writing, the world is experiencing a pandemic. (For some it has become a “panic-demic”.) But knowing what you know about hidden blessings, how are you learning and growing through it? If this is still too “close to call”, think about an earlier crisis in your life, like a job loss, or a divorce or accident. How did it alter your life? Was there a blessing in that situation, which was not visible at the time, but is now clearer to you? Can you even be grateful for it? Discuss with your partner.

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## Assignments

- Jeshua tells us that we each have a vibratory rate of your own – a tone. “As you sit in quietness, you come to a place that truly could be equated to a vibrational musical note. You each have your own note, and when you are there, there is nothing else. **It is where you live, move and have your being, right there in that vibration.**” Have you ever thought of yourself as a vibration in this way? For the next few meditations, be conscious of this vibration and see, feel and experience the unique tone or frequency that is you. How would you describe it? Journal about it or speak to a trusted friend about it.
- Jeshua acknowledges that we all “**have a need to be needed**.” So I say to those of you who may be in transition, find a place where you can serve.

**Affirmation  
for the  
Week:**

**I have a great  
capacity for  
LOVE.**

*Inspired by  
Jeshua*

Later the golden coins will come to you. But you may find that in serving, the exchange of gratitude, the exchange of being needed, the exchange of being worth – of self-worth – is more valuable than all the golden coins that you used to get from the former employment.” (page 222). But even if you are not concerned about the golden coins, take a look at where you can volunteer and share your talents and love. How can you be in service to another? Make room for service in your life and you will experience satisfaction in being needed by another brother or sister. And remember that what you do for another, you are actually doing for yourself. Journal about it.

- Jeshua gives us an interesting exercise (page 226) when he says “You are blessed by all of nature that you have put around you. You look unto the mountains from whence cometh your help. Your help cometh from on high (a higher consciousness) and the mountains signify that for you. As you will lift up your eyes to the top of the mountains it allows you to come up higher in your consciousness, recognizing that you can be on top of the mountain and you can be in the valley looking at yourself on top of the mountain and vice versa. You can be on top of the mountain looking at yourself in the valley, and it is all One.” If you don’t have mountains to look up at – use a tall tree or a cloud and try this experiment of *bilocation* which Jeshua gave us at an Advance a few years ago. You can also do this practice focusing on another familiar spot that you would like to go to. It can be dizzying, so be sure to ground yourself afterwards. Or it may be exhilarating, so do this over a longer period of time and see what happens to your consciousness. Jeshua said that whatever he did/does we can do as well. Try it and enjoy!
- **Affirmations for the Week:**
  - I have a great capacity for Love.
  - I AM surrounded by all the blessings that are in my awareness.
  - I make my hologram beautiful and in resonance with my heart.
  - I remember the Presence of divinity that resides in me.
  - “I know my Ascension already. I have brought together all of my parts and I remember my Oneness.”
  - “Everything happens for the grand purpose of awakening.”

**NOTES:**

