

The Way of Mastery
Question & Answer Sections
(Complete & Unedited)

By
Jeshua ben Joseph
(Channeled by Jayem)

Introduction & Purpose

In the original recordings of The Way of Mastery trilogy, the Question and Answer (Q & A) sections were integral to Jeshua's teachings. In the original book versions, the Q & A sections represented 128 pages...clearly a major component of Jeshua's message. The Shanti Christo Foundation's (SCF) "Enhanced Edition" of The Way of Mastery (TWM) *does not include* any of the Q & A sections, but rather only include the 35 Lessons. Although the SCF offers a free PDF of a *portion* of the Q & A information, the PDF is not complete (it omits 10 of Jeshua's Q & As). Simply stated, the SCF does not offer a complete version of the TWM or of the Q & A sections in a written format. For those that use the Enhanced Edition, that desire a complete and unedited written version of the Q & A sections, this booklet fulfills that need.

Shanti Christ Foundation's editions of The Way of Mastery that predate their Enhanced Edition

For those that use a SCF version of TWM, that predates their Enhanced Edition, please be advised that those versions were subjected to significant editing and omissions, and thus, Jeshua's teachings were corrupted...to such a significant degree that apparently the SCF felt the need to publish an unedited Enhanced Edition. We are all thankful to the SCF for making the Enhanced Edition available. In addition to the corrupted texts, the earlier SCF versions also omit the 128 pages of Jeshua's Q & A sections. Due to these factors, customers should seriously consider purchasing complete and unedited versions of TWM. This can be accomplished by purchasing the Enhanced Edition from the SCF plus using this free booklet of the Q & A sections...or...Complete, unedited versions of TWM trilogy (The Way of the Heart, The Way of Transformation and The Way of Knowing) are also available from:

- www.BarnesandNoble.com or simply www.BN.com
- www.ChristMind.info

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THE WAY OF THE HEART

Question and Answer Sections
(complete & unedited)

By Jeshua ben Joseph
(channeled by Jayem)

Lesson One

Question and Answer Section

Following completion of the lesson, Jeshua often answers questions read to him on behalf of students.

Question: What motivates you? How does an enlightened person move throughout his or her day? Apparently you have moved into a state of Oneness with Source, yet you still have a distinct, unique personality. You are still a Self, yet you are also One with God. Can you describe what this state is like for us?

Answer: Beloved friend. What motivates me? Worldly accolades. Being hung on so many walls in so many churches across the world. Hmm . . . All of the many priests and ministers who make a very good living professing to teach my teaching, although they teach fear, and guilt, and judgment. Hmm. What motivates me? The bets that I have placed with my “comrades in arms,” who often believe that I’m wasting my time with humanity. For there are, indeed, many Masters in many dimensions that wouldn’t touch this plane with a ten-thousand foot pole. And yet, I say unto you, beloved friend, I speak somewhat tongue-in-cheek, although I don’t have one.

What motivates *me* is what must come to motivate *you* when the Christ Mind is awakened within your being, and has come to outshine any other possibility. For what will motivate you is the deep appreciation for the Grace that has healed your mind, the great Mystery from which you have arisen, that somehow reaches into your illusions and brings you Home. You know not how. *Love* of your Creator will motivate you as you become more and more empty of self, empty of fear, empty of the need to survive, empty of everything unlike Love, and more and more conformed to the *instrument of peace*.

Beloved friend, what motivates me is the very fact that you exist, and that, at times, within you, your soul has cried out to come Home. And because my Father has brought me home, because I know how perfect it is, how can I not extend myself to you? So to my many comrades, who seem to wish to avoid ever taking on the human experience, I simply, politely, nod my non-physical head and say,

The Way of the Heart

Well yes, but you see, I know that no one goes Home until everyone goes Home.

I am merely your brother. And I seem to have gone ahead of you a little while. And yet, I say this unto you, *The Way of the Heart* must cultivate within you—and will—the recognition that there is no one and nothing outside of you, and that only Love has the power to heal. And, therefore, everyone that comes into your life is an aspect of your savior, teaching you to cultivate the forgiveness, and the patience, and the willingness to hear not the voice of ego within you, but to trust the guidance of the Holy Spirit in all matters, regardless of how insane it may seem to the world. What motivates me is the Grace that released me from all illusion, even as that Grace is already at work accomplishing the same within you.

What does it mean to go through the day in an enlightened state? I would be happy to tell you, only I have no days, for a day is a function of time. Time is something I no longer know anything about. It is not something that pervades my beingness. I abide only in what is eternal. And when fear has been completely uprooted from within your beingness, you, too, will know timelessness. There is a message in that answer. I hope you're listening.

Beloved friend, what is it like to be One with the Source of all Creation, and yet to hold an individuated consciousness? Why not ask yourself? You know perfectly well. For in Reality, you *are* One with the Source. And again, as the message of this hour has shared, you are acting from your infinite perfection at all times, to call qualities of experience, qualities of energy to yourself. That is exactly what I do. The only difference is, I have chosen to call only that of the *highest possible vibrations*, while you are choosing to say to yourself and to me,

Well, yes, yes. All that bliss stuff is fine, but I'd still like to get a little taste of drama and suffering. I just want to make sure I've got this down before I leave this plane.

In all respects, the choosing mechanism within you is equal to that within me. Therefore, understand well, if you would know what it means to know you are One with your Creator, while yet exhibiting

an individuality, simply begin to observe your own mind, your own choices, your own experiences, with perfect innocence, constantly reminding yourself that the Truth is true always. As a sunbeam can never escape the sun, as a wave can never escape the ocean, you remain as you are created to be. And you are given *infinite* and *perfect freedom*, because you are made in the image of God.

Therefore, beloved friend, consider well what you would desire and what your intention will be. Ask yourself, moment to moment,

What am I truly committed unto? For what I am committed to is the focus of my intention. And the intention that I focus on brings to me the fulfillment of my desire. And what I am experiencing, like it or not, is always the effect of my desire.

Question: Would you please comment on the world of sexuality and sexual expression for those of us committed to a path of spiritual evolution?

Answer: Well, indeed, beloved friend, if you would be committed to a role of genuine spirituality, you must put that which is called, I believe, the *chastity belt* upon the body. You must separate yourself from all those who seem to elicit little tickles of sensations in your body. Hmm. You must banish from yourself all thought of another body next to yours. Hmm. And if these things arise, by all means, whip yourself! Hmm!

Beloved friend, I've said many times that *all events are neutral, all experiences are neutral*. They will be, therefore, precisely what *you choose* them to be. Sexuality . . . In your world, most minds take this to mean that there is some sort of juxtapositioning of physical bodies, some groping of the hands, and the lips, and the tongues, and what have you. But, indeed, this is only the outer reflection, or the symbolic expression, of the energies being held within the mind.

It is most appropriate to say that all of Creation is an act of sexuality. It is an expression of energy which wishes to birth forth with *great passion—Creation!* And all relationships between two bodies, or between the moon and the sun, between the Earth and the sky—all forms of relationship are inherently the same. They hold within

themselves the promise, and the purpose, and the challenge of discovering the *unity* between the two or the three or the ten. It doesn't matter.

Therefore, sexuality, as you understand it in your world, is only what you will choose it to be. It does not, *necessarily*, accelerate your awakening. And it does not, *necessarily*, impede it. What you approach with sanctity and purity of heart, what you approach in every relationship, what you approach from the recognition that Creation streams forth only from the Mind of God and, therefore, the Light of Love, the presence of Christ is present in that one before whom you stand or, perhaps, whom you lay next to. What you approach with *sanctity* is sanctified. What you approach with *secretness*, what you approach with *neediness*, is demoralized and destroyed.

I would say unto you, beloved friend, you cannot transcend what is not first embraced. Therefore, search the soul well, to see if there is any *fear* of the great *intimacy* and *vulnerability* that can be experienced in sexuality. Is there something in you conflicted that is not allowing you to truly drink in the beauty of the physical form of another, to pause over every curve and every dimple, and even every little hair upon the body? Can you see within *this*, grand Mystery? Can you pause long enough to lose the false self? Can you *sanctify* the touching of flesh? For I say unto you, you are the creator of what you experience.

Sexuality is a grand thing! Let no one tell you that I avoided it when I was a man. After all, that's the whole point. I was, after all, a man. But I *sanctified* it to keep it holy. And sexuality can be experienced in its totality merely by looking into the eyes of another and setting yourself aside, and asking only to see the Face of Christ. For sexuality, the great longing within humanity, is to find some method, some way to transcend the *fear*, the *guilt*, the *deep contraction* which is ego, to find some way to slip through the cracks and experience some momentary bliss of the unity of Oneness.

But I say unto you, cultivate the Reality of your Oneness within yourself. And, indeed, you will find that all relationships, whether you be with a body, with a blade of grass, or with the wind that

touches your skin, will feel like a sexual experience, as long as the body lasts. Let then, this energy *fill* you. Feel the *bliss* and the *pleasure* and the *joy* of sensuality and sexuality. See it happening all over the place on your planet because, without it, the planet wouldn't even exist.

Beloved friend, have you not ever watched little children who run naked through the fields and play with their genitals without the least bit of thought? They derive from it a moment of pleasure and occasionally, they may touch each other. There is no judgment in this. There is only innocence. And the adults look and go,

Oh, isn't that cute?

And some of them go,

Oh! Oh my God! Charlie, please, cover that up! You can't do that!

Hmm.

Mary, put your dress back down!

Why? What is the adult afraid of, if not Life itself?

And make not of sexuality a specialness, but rather, cultivate within it the sanctified state of consciousness in which you are deliberately choosing to set aside yourself, to *let Christ love Christ*. Sexuality is a rather good thing, if you choose to use the power of your beingness to *sanctify* it, that it may be *holy*. For what is *holy* gives rise to *wholeness*. And what is fragmented through fear, through guilt, through neediness, through mere lust, what is thus fragmented leads to fragmentation within one's consciousness.

Bless sexuality. Let it become sanctified. And set aside all of those incarnations you held as a nun in monasteries, listening to false ideas out of someone else's fear of the body. It is only a communication device. What would you, therefore, choose to communicate through your experience of sexuality?

Be at peace, beloved friend, and while the body lasts my suggestion to you would be: Enjoy it!

Question: I understand healing as Jeshua speaks of it in *A Course in Miracles*, yet what needs to occur for bodily symptoms to no longer be in one's experience?

Answer: Beloved friend, as I have spoken of healing in that text which you know as *A Course in Miracles*, is, indeed, the fundamental definition of healing. By considering it, it must flush up within you all the deeply held hopes and prayers and beliefs and need to have healing be something that also manifests the perfection of the function of the body, according to your desire of what that perfection should be.

What is necessary, then, for the removal of physical symptoms? The miracle. But the miracle is not something which is under your control. Listen well to the message of this session, for I've indicated already to you, and *deliberately* indicated, the answer to your question and you will find it there. For, rest assured beloved friend, when there arises within the mind the hope or the wish that a physical symptom would leave the body, there must already be the enactment of an ancient belief that the body is what you are. And that, therefore, disease of some kind, as you would call it this, limits your ability to extend Love, to communicate with all of Creation, and to be at peace.

You may rest assured that when my many friends saw me with a crown of thorns upon my head, they thought,

Oh, poor Loved One,

out of the belief that certainly spirituality must mean the power to overcome everything the mind has judged as a dis-ease.

The point that I'm seeking to reach with you is an attempt to dig deep within the depth of your psyche, to bring to the surface with you an ancient belief that true spirituality is recognized by all absence of disease, and that if you were truly whole, it would never arise within the body. Yet I say this unto you: What if every moment of your experience was literally being brought to you of the Father, Who alone knows the perfect plan for the healing of your mind?

Remember: *It is not possible to transcend what is not wholly loved.* Therefore, place the attention on deepening the *love of Self*, the exploration of the experience that has been called to the consciousness, through the form of dis-ease, of whatever kind. Learn to look upon it with the perfect innocence that you would look upon anything else. And see through it to see that it does not limit you in any way from being the unlimited presence of Love. It is not a weakness. And it is not to be compared to what may appear to be a diseaseless body. For the eyes of the body do not show what is within another's soul.

Beloved friend, there is a part of you that carries an ancient tear. Let it be released and healing will come.

Lesson Two

Question and Answer Section

Question: What did you experience when you went to the desert for forty days and forty nights? And what was the purpose of doing a fast?

Answer: Beloved friend, first, the purpose of the fasting was two-fold. The body is, indeed, a communication device. It receives and transmits what you might think of as signals. And we would emphasize here, for your benefit, that the body *receives* signals as well as it *transmits* them from your mind.

As you go through your normal day, you are abiding in a certain *vibrational field*. That vibrational field requires that you, within some boundary, live in such a way that you can effectively *communicate* and *relate* within that vibrational field. Therefore, the body learns to adapt to where you are placing it, and what you have decided to use the body for. When the soul is desirous of shifting vibrational frequencies, so that it might receive new signals, it is very valuable to *prepare* the body by shifting it out of its normal patterns.

For instance, each time that you eat a certain food, and you eat it daily, daily, daily, daily, month and year on end, the body adapts to that vibrational frequency. It learns how to receive the energy of that substance, to conform to that substance, to abide with that substance, and then utilize the energy of that substance. When you shift away from that substance, there is a *space* that is created. There is a time frame, if you will, in which the body now is no longer receiving the signals that substance brings. And it creates, shall we say, a pause. The very *intelligence* in the cellular structure of the body pauses. And as it pauses, you can begin to send new signals to the cells to be *open*, to be *receptive*, to attune themselves to *new frequencies* which can then be received.

Therefore, it is a very common practice amongst spiritual paths, that when the soul is desirous of deepening its sense of self-awareness, deepening its connection with God, however you wish to view this, that which is called fasting has always been known to help facilitate

such a shift, because it puts the body at rest. It takes it out of its normal range of vibrational experience so that it can be open, it can become *attuned to new frequencies*. So the fasting has that purpose, by way of preparation.

But secondly, this also affects the nature of the mind itself, the thinking mind that is linked to the body and to the vibrational field of physicality. Through the process of fasting, the *mind* also slows down. It becomes more *open*. Spaciousness is created within it. And why is that valuable? Because the soul wants to begin sending new signals down through the levels or depths of Mind, through the thinking mind, down into the cells of the body. It's seeking to recreate its perceptions, its structure that your lower self, your egoic mind, the mind that carries you through the day, has been operating from. It's seeking to change this. So fasting is not just a matter of the body, alone. It affects the thinking mechanism of the brain, as well, allowing new electrical signals to pulse through the brain and down through the body. And likewise, it creates a spaciousness so that new frequencies can be received.

It is not unlike living in a house in which you have a certain music playing at a certain volume all of the time, and then, suddenly, decide that perhaps you would like to hear the sound of the birds outside the window. So you reach over to the dial (do you not?) and you turn the volume of the music down. You change the *field* in which you are having experience. And then as the volume decreases, you begin to hear the background—it has always been there—of the singing birds outside the window. And your attention begins to turn from the vibrational field of the music you've been listening to, to the vibrational field of the song of the bird. New images come, new thoughts come, new feelings come through the body.

So fasting serves that purpose. At a deeper level, view fasting as a *deliberate decision* that really has nothing to do—levels of meaning—with just food. It is the decision to *interrupt* patterns that have become habitual. So you fast from sound, you fast from negative thinking. You fast from being busy. You fast from going to bed at the same time every day. You fast from arising at the same time every day, for a day, for two days, for a week, for a month, for forty days and forty nights.

You totally change certain patterns. And just as the effect of releasing the body from habitual use of a certain substance creates a space in which something new can take place, fasting from the simple time frame that you're used to arising in the morning, will create a *spaciousness* in the mind. And you'll become aware of things that you didn't know were going on. You'll receive signals that you hadn't received before.

When I first came to this, my beloved brother, in order to begin to recultivate our communication ability, I often came to him, and then, later, suggested to him, that he take up the practice of arising at 3 o'clock in the morning. That was not his customary time. And yet, by so doing, he *fasted* from his normal habit, which *heightened* his sense of awareness and created, or cultivated, the ability within the brain structure and within the nervous system, to become *attuned* to the *rarefied frequencies* that are always there, but are often drowned out, because you're still asleep. And the rest of the world around you has not yet awakened to fill the vibrational field with all the noise of millions of minds actively running about.

So that is the deeper meaning of *fasting*. It is *doing things in a new way, fasting from old habits, which heightens your sense of awareness, your vigilance to what is present*. Fasting is something that is extremely valuable and should be done by everyone, from time to time. We speak here not just of an occasional fasting of the body, but to begin to look at all of the habits you have, even the ones that are positive. If you go into your meditation room at the same time every day, the body and the mind begins to anticipate what *ought* to happen through learned experience. So go at a different time. If you are used to certain prayers, use different ones, from time to time. If you are used to abiding with certain friends on a regular basis, shift from time to time. If you are used to talking a lot, spend a day in silence.

Begin, then, to look at the habits you have cultivated that are almost continual—so much so that you never think about them. And then, set aside a time deliberately to fast from that habit. If one has the habit of reading the Sunday paper, go for a month in which no paper is read, and observe how this creates space for you to begin to not only perceive things differently, but to receive different impulses.

You'll find new thoughts will come about how to utilize that time differently. Fasting is an art, and one well worth cultivating within yourself.

Now, what did I experience in the desert for forty days and forty nights? Fear, cold, heat, boredom, mental busyness, hunger, joy, ecstasy, delight, freedom, out-of-body experiences, clairvoyance, clairaudience, visitation by angels, visitation by creatures that should have struck fear in me. You would call them snakes, spiders. Hmm.

Beloved friends, such a journey puts you in a position where you can no longer be distracted from all of the "stuff" that is going on in your daily consciousness. It is a time of *purification* . . . purification by having no opportunity to *escape* from truly observing everything that is going on within the field of one's consciousness. There arose within me thoughts of hating God. There arose thoughts within me of deciding to serve Satan instead of God. There arose thoughts within me of wanting to abandon my roots and become a very wealthy merchant surrounded by, what you call, the "dancing ladies" . . . hmm? If you can imagine any thought, positive or negative, rest assured that within that forty-day period, some symbol of that thought also arose within me to be experienced—even cellularly in the body. Self-doubt arose, anger arose. It all arose. The whole field of human consciousness arose within me within those forty days and forty nights.

So that whole time period was a fast. And that was the purpose of removing myself from all communication with anyone, from all comforts that I had become accustomed to. There was only me with myself. And by abiding with myself, I learned that I was never alone. The negative things, as you might describe them, tended to come up after about the fifth day and through approximately the twentieth day. Then, it began to shift as I began to notice that I could dis-identify with those things. I didn't have to judge them. I could notice being cold and just accept it.

The body's cold. So what?

The body's hungry. So what?

I'm desirous of seeing my friends and dancing and singing. So what?

I observed things arise. And finally, it was like they knew they had no place to make a home in my mind. And so, they subsided.

And just as when you physically fast, finally the body is empty. And the cellular structures of the body can begin to repair and heal at a deeper level. The nervous system can rest deeply. Likewise, my mind began to rest. And a *spaciousness* was created. And during the twentieth to about the twenty-fifth day, I could feel a transition occurring, as my consciousness began to let go of the world I had known. And everything and everyone became as a distant memory.

And more and more, I noticed that a Light was being birthed or turned on within me. A spaciousness was being created. And out of that spaciousness, I began to tap into levels of consciousness that I had, in fact, experienced before. But now, I had time to really cultivate being with those frequencies in which I could receive communication from other teachers in nonphysical realms.

I began to feel the great Love of God as I'd never felt it before. It came, not just as a thought or an inspiration or a fleeting feeling, but it came to seep down, if you will—and here I speak metaphorically—but a seeping down through my Mind and through the cells of the body and through the nervous system of the body. It came to be grounded, if you will, throughout my whole being. The deep peace, the perfect trust, the recognition that I was not alone, that I had everything I ever needed, because I was One with God.

So there were many states of bliss and of ecstasy, many states of transcending identification with the body and suddenly being transported to other realms and other worlds. Pictures of the rest of my life's path began to emerge, as though coming up out of the soil of the busyness of my mind and all the things—just like you—that I had to do just to take care of daily affairs. None of it was there to disturb me. And the *deeper* purpose began to reveal itself.

And I heard the Voice of my Father speak to me on what you would know as about the thirty-seventh day. And the Voice came clearly from around me and within me, saying unto me,

You are My Beloved Son in whom I am well pleased.

And suddenly, I realized the Truth that is true always:

God loves me.

I need do nothing.

I am as my Father created me to be.

And the opinions of the world dissolved out of my field of awareness, my energy field, if you will. And I began to be fully stabilized in what you might call an *enlightened state of mind*. I no longer identified myself as the son of Joseph. I identified myself as the Son of God.

So that is a synopsis of what I experienced during my pilgrimage and my fasting. The forty days and forty nights, by the way, was a *numerological representation* that was very important in the schools of thought in which I was reared. It represented a time of birthing, experience, and disillusion. It's like a cycle—forty days and forty nights—to be taken more metaphorically than literally. And when I returned, all things had been made new and different. Jeshua ben Joseph had, indeed, journeyed to the desert, but the *Son of God* is who returned. Therefore, beloved friend, occasionally, give yourself permission to fast from the habits you have created.

Question: Please comment on Mary and the messages that are being published recently as coming from her.

Answer: Indeed, beloved friend, do you have volumes for me to fill? Do you have hours to listen to me speak? For in Truth, I could utilize the whole of time to speak with Love of the One that was known as my mother, who remains always an intimate part of myself. For we remain, of course, in perfect communication.

This One, as a soul, chose to allow, to agree to enter into, the drama of my own incarnation into the world. This One was therefore put into a position to bring up within Her everything unlike Love, to look at the very habits of being a mother and to transcend those habits, in order to serve a bigger picture. That incarnation was the one in which She perfected Her own awakening, Her own commitment to what is far beyond each individual's consciousness. That One lives even as I live. And That One has never ceased to follow *The Way of the Heart*—that Way which is perfected when the

consciousness knows,

I live, yet not I, but That which is the Creation of my Father: The Christed Consciousness, alone, lives through me.

She is extremely active in what you call your current time frame. She is speaking unto *many*. The appearances that have been recorded by what you call the grand authority of the Church, these appearances are not anyone's imagination. And they will, indeed, *increase*. The messages She is giving, we should say those to whom She is seeking to communicate, require that Her message be given in such a way that is somewhat different than the way in which I'm formulating the message that I'm giving to you through this channel. And why? Because the wise teacher learns the language of the student, the temperament, the space of consciousness in which they are, and then speaks in terms that can be understood.

And so, She speaks of Earth changes. She speaks of the Love of God. She speaks a language to many that you may not prefer, but others do. And yet, there is an art and a skill and a purpose. And Her *entire purpose* is the same as mine: to cultivate within anyone who will listen the realigning of their perceptions so that they can heal their sense of separation from God and return to the Truth of Love, and worthiness, and power, and Grace. To *awaken*, in other words.

There are many who claim to channel Her who do not. And if you pay attention to the vibration you feel, in the books you might read or the tapes you may listen to or what have you, you'll always know Her presence because there will be a *softness*, there will be a *gentleness*, there will be a quality of *perfect mothering*, if you will, in which you feel like you just want to lay your head upon Her breast and dissolve away into the bliss of Love.

Those that are not communicating Her, but would love you to believe they are, you'll always detect some kind of constriction, some sense of egoic energy, some sense of fear over the future:

You better do this.

This is going to happen.

There's no way to get around it.

Those kinds of statements do not come from Her at all.

And, indeed, as I did then, This One I love deeply, and look upon as a radiant example of what consciousness can be.

Lesson Six

Question and Answer Section

Question: How can I integrate the breath work and techniques that I am learning this week with your lessons in the *Course in Miracles*?

Answer: Beloved friend, the question comes from a quality of mind that would perceive a separation between the two. For only what is perceived as *separate* must be *integrated*. Know well, then, that *A Course in Miracles* is a teaching device aimed at a specific goal or conclusion. That conclusion or goal is the re-establishment of peace. Peace begins to be re-established in the mind when the mind is convinced that there is a way of perceiving, a way of orienting itself to its experience, that brings a greater reward than what has been known before.

A Course in Miracles was given initially to two people who had asked from the depth of their being (although they were not aware of it at the time) to be shown a way to perceive differently. A wise teacher first learns the language of the student. And the two that asked the question carried an orientation in which their primary mechanism for experience was through the level of the mind, or the intellect. Therefore, the teaching tool needed to be conveyed in a way that could be acceptable to them as the student.

Secondarily, of course, as you well know, the essential message that I sought to bring forth through that teaching device is equally applicable to anyone who may be attracted to pursuing the study of it. And yet, the *Course* does not seek to answer every question that a teacher of God will, indeed, come to ask. It is designed only to re-establish the mind at peace, and to cultivate within that mind the willingness to ask of what I've called the *Comforter*, or the Holy Spirit, for guidance, rather than remaining attached to its own devices for decision making. This opens the way for the mind to be guided ever more deeply to what is required to become fully re-established as the embodiment of Love.

What you have called here "breath work" is merely a next stepping

stone. Those who would hold that the *Course in Miracles* is a complete teaching device within itself are accurate, *if* they understand that it was given to those who are deeply embedded within the intellectual processes, and that it has a specific goal that is self-contained. Those that would assert that viewing the *Course in Miracles* as a complete teaching tool in itself, if they take this to mean that there is nothing further to explore, nothing further to deepen and become, are inaccurate. View it then, as a *teaching device* with a *specific goal*, given in a way that is acceptable to those who have learned to abide primarily in the level of mind that is engaged in conceptualization.

I answer your question this way because the body, itself, is not outside of the Mind. It arises from within the Mind. And you can, therefore, look upon it and what arises within it, to witness the effects of the thoughts that are actually occurring within the Mind, or have occurred in the past, and have not been corrected or changed. Mind is far reaching. Mind is everything, as the term is used within that teaching device. It should always be spelled with a capital M. Mind also encompasses feeling. Mind encompasses the body itself. For without the Mind's first having chosen the thought, the imagination, there could not even be a physical realm in the first place.

When you choose, therefore, to allow yourself to breathe, recognize that it is from the *power to decide*, that is, the *power of the Mind to choose* that you are creating the effect of allowing the aspect of the Mind, known as the body, to also receive illumination. To integrate *A Course in Miracles* with what you are calling "breath work," and what I have addressed earlier in this hour as the way of feeling, and what, indeed, we have called for the whole of this year *The Way of the Heart*, requires only the continued *little willingness* to surrender any and all limited perceptions of what Life is, and what awakening is, and what Love is, and what healing is, so that the Holy Spirit can guide you into the Truth of all things.

For, indeed, beloved friend, understand well that what was shared earlier deeply pertains to you. Namely this: When, from the depth of your being, you have fully committed to awakening from every last trace of separation from God, when you are truly committed to not seeking for Love, but you are willing to seek for all of the obstacles

that have been created within you that block the awareness of Love's presence, then, indeed, what you find yourself attracted to, what you find yourself deciding for, in terms of the experiences that you would call to yourself, these things are the answer to your prayer. For just as my *Course in Miracles* came to your life, as you well know, as the result of your own longing to deepen your relationship with God, so, too, have you found yourself journeying to a tiny speck of dust in the middle of a large body of water—to breathe!

It is an extension and comes from the guidance of the Comforter, the Holy Spirit. Therefore, the integration is simple. Decide not for yourself, but turn decisions over to the Holy Spirit. And then, take what He has guided you toward and make it part of your life. And trust, in faith, that all these things are not without purpose. Ask only that every aspect, every tiny corner of your Mind become so illuminated, so healed, that only Christ abides where even there seems to be the body.

Question: Can you speak about the need, or lack of need, to work directly with the dark side, both on the physical and astral plane?

Answer: Yes, I can do that. [Pause]

Question: Will you?

Answer: That is another matter.

Indeed, beloved friend, first look well and understand the place within that would draw a line and decide what is *light* and what is *dark*. For remember that suffering comes from a split mind, a mind that sees conflict, division, separation. If it is true that only Love heals—and I assure you that it is—can you look upon what you have called darkness and discover the light within it by shining light upon it? Are there dark forces in the realm of experience, within the realm of Creation, as you know it? Yes, but I do not mean by this that there is a force separate from you or separate from the reach of God's Love that holds the power to direct, influence, or control you in any way. Darkness . . . As the journey that you're on begins to end, you will come to see that darkness is nothing more than a part of your own beingness which has been neglected and not loved.

For when you love what you perceive as darkness, you reclaim it as a part of yourself. And by loving it, you transform it. And the power you had given it by separating it from you, returns to you where it truly abides.

Is there a difference between what could be called darkness in the realm in which you live and move and have your being, seemingly as a body in space and time, and that which you call the astral realms? No! Everything exists right where you are. For you abide as fully on those realms as you do sitting on the floor in this moment. An astral realm is made such only because you have withdrawn your awareness of it and sought to constrict it merely into the physical dimension. Therefore, peering out from within a body, it looks like there is another dimension, that you choose to call the astral realm, where things are hidden from your view. They're not hidden at all. They are merely inaccessible if you use the apparatus of the physical eyes. But if you use the eye within, nothing is hidden.

What is astral and what energies abide therein are, therefore, nothing more than that which abides within your own consciousness, your own mind. And what is the way of working and dealing with those dark forces? Where you are in your third-dimensional experience as a body-mind requires only that you look lovingly upon your brother or your sister, that you *touch* them, if you will, with your words, with your smile, with the tips of your fingers, with the words you speak, so that Love is extended and forgiveness given. For those many forces and beings that seem to reside in realms unseen, called by many an astral realm, the strategy, if you will, is perfectly identical. It is one and the same thing, because only Love can heal.

Think well upon what is given unto you in this answer. Contemplate it deeply. Within three weeks' time, given the current momentum of your mind, you will begin to have some rather interesting revelations. You will literally feel the mind, shall we say, being rewired, shifting to a whole new level of perception, understanding, and natural ability. For what seems to be unseen on the astral realms . . . you will then begin to move in the direction of seeing it as clearly as you do the hand before your face. Pleasant journeys!

[*Note: The previous question is not available in the audio version.*]

Question: How can I tell the difference between old ego habits of feeling and feelings which need to be felt to completion?

Answer: First, beloved friend, is there a difference? Your experience is always of and in the present. For what arises is not past, it is now. Is it an old ego pattern? Perhaps. If there is a sense of constriction, a sense of resistance, a sense of judgment of self or another, rest assured, that which has arisen to temporarily dominate your attention is an egoic pattern, since the ego is, by definition, the constriction away from Love. And therefore, the loss of peace is its result.

Look well, then, and simply recognize,

*What is arising in this moment? Am I willing to look upon it,
to feel it, to embrace it?*

And as we would perceive and observe, you're beginning to recognize,

Am I willing, yet, to breathe?

For to breathe is Life!

Feel, then, what you are truly feeling. *Observe* what is truly present within the mind. In this way, you take your hands and cup them around whatever that is. And you've done that, then recognize this great Truth:

I can choose again. And I can choose peace instead of this.

Now the "this" is not so much the picture of what you might call a memory or a feeling or something that's coming up. The "this" speaks to your *judgment*, your *perception* of what is arising. *You can choose peace instead of the perception that steals your peace.* And *that* is the place of infinite and perfect power to literally *transform* your life!

Beloved friend, the past does not exist at any moment. If the Mind is causing, bringing forth, a picture or a thought that seems to be reminiscent of the past by your own decree, rest assured that it is arising in *this present moment*, which is the only place creation and

experience occur. The past, then, can exist for you only if you re-create it now. This re-creation does not mean that an image or a picture can not arise in the mind, what you call memory, although, it is a very present experience. We are speaking here of the experience you *created* when that same picture appeared in your experience in a different time frame. Your experience is never caused by what arises in your field of awareness. Your experience—listen well—your *experience* is how you have chosen to *react* in the *emotional* and *mental field*, to a *neutral event* that has arisen. All events are *neutral*. *The reaction to them is what generates experience.*

When nails were driven through my hands, that was an entirely *neutral event*, although, by the way, many friends scurried about. It didn't *appear* to be so neutral. But it was neutral for *me*. Therefore, understand beloved friend, that whatever events have *ever* unfolded in the realm of your experience, *each and every one of them was perfectly neutral, until you responded with the reaction that you were choosing in order to create an experience in the emotional body, in order to create a learning experience about the potentials of your own consciousness.*

Forgiveness, healing, peace, and awakening are equally *potentials* within your own mind. Equal to and, indeed, even greater than, anything that you have experienced heretofore. Therefore, understand, beloved friend: Nothing has been *caused* by anything or anyone outside yourself. What arises is always present experience. Embrace it, look upon it, claim it, own it, feel it, breathe through it, and then recognize that you are free to choose again.

Herein lies the straight and narrow path that leads to *Life!* And you have a friend, currently without a body, who wants nothing more than to witness your *true Living*. And you have countless friends, with bodies, who share the same desire.

Be you, therefore, that which you are! And live from the power given unto you, from the freedom in which you abide always—as the Love that you are!

Lesson Seven

Question and Answer Section

Question: If God wants only me to be happy and doesn't require any specific action of me, what does it mean to be the servant of God? Is there a divine plan for action God would have us follow, or are the actions given us based wholly upon our momentary self-perceptions? Do we have to do things here in a particular way?

Answer: First, beloved friend, that is not one question. That is a host of questions. I have said unto you many times that the Father asks only that you be happy. And if, indeed, you are not asked to do anything, what then, could it possibly mean to be a *servant of God*?

When you serve another, you act, you are in such a way that they receive the joy of knowing that your full attention has been with them. To be a *servant of the Father*, then, means that you have finally chosen to set aside anything else that would distract your attention, and to place the *fullness* of your attention, which is the fullness of your being, on the Reality of the Love the Father would extend unto you. You serve God by *receiving unceasingly* what God would offer to you.

Imagine going to work for someone who makes chocolate ice cream. And you say unto your employer,

What would you have me do?

And the employer smiles and says,

I love this ice cream that I make so much that all you need to do is eat it. I will pay you very well, if you would just fulfill that function.

And you look at this one and you go,

Well, I happen to like chocolate ice cream, too. And if that's all I need to do, you can rest assured, you're going to have the most loyal employee you could ever possibly imagine.

To serve God is not to work in the world in order to fulfill some conception that the mind has conjured up about what it means to serve God. It means only to drink so deeply that your cup is always *overflowing*. There is no sense of lack and, therefore, no need to reach *outside* one's self to have the cup filled. And when your attention is so devoted to the Reality of the Love that dwells within you, your cup does begin to overflow. And as it overflows, it will seek its own way, that is, like a river that has overflowed its banks will begin to cut new grooves, will it not? And you can never tell, you could never bet on which direction the new streams are going to go in. But it will bring the sustenance of Life and of Love to all that it touches.

But those new streams will cease flowing if the main river ever forgets its source. Therefore, you need do nothing but receive the Reality of God's Love for you. And, again, as you do that, it may seem in the course of your life that you are asked to embrace some phenomenon that is passing by, whether it be healing the shadow of one little blade of grass within what you think is *your* conscious mind, as opposed to everybody else's conscious mind, to doing something that seems to be involved with relationship in the world, whether it be feeding a hungry child, bringing the nurturance to another through touch or through song, planting a seed in the ground, delivering a piece of mail. It doesn't really matter.

As I've said many times, when you *truly understand* that you need do nothing but receive the Love of God unceasingly, you will have become that perfect servant. And then, if it arises that you're going to be a street sweeper, you will simply sweep the street. And you will not have anything else in mind, save that your cup is overflowing. And others will pass you by and they'll say,

This person is just a simple street sweeper, but I find myself wanting to walk this way to work, just to say hello. It seems to make my day.

And perhaps you'll be asked to be the savior of the world. Only the voice for ego would see a difference of being the savior of the world and a street sweeper.

Therefore, strive not to know what you should do in the forms of this world, but be you wholly dedicated to being in loving devotion,

in order to receive all that God would shower upon you: Love so grand that the Mind can not even conceive of being without Love. And, indeed, your cup will overflow.

Herein is the essence of the many questions disguised as the one.

Question: What is the difference between a twin flame and soul mate? Please describe the importance of bringing two whole people to a relationship and maintaining uniqueness while creating synergy.

Answer: It would not be appropriate to say that you can *create* synergy. Nor would it be appropriate to say that you can *create* genuine individuality. What you can create and cultivate is the willingness to be wholly committed to *allowing* every last trace or obstacle to the presence of Love to be dissolved from within you. Synergy and genuine individuality arise from your devotion to being unceasingly open and receptive to the Love of God. Like a flower bursts forth from a seed well planted, both individuality and synergy in a *holy relationship*, which is where only synergy can be found . . . these things arise from the *receiving* of Love, the *allowing* of Love, the *remembrance* of that Love.

What is the difference between what are called twin flames and soul mates? First, the only difference is a matter of definition. The concept of twin flame was given by a friend of mine as a way of assisting minds to see that there is an aspect of them that is uniquely and profoundly linked to something that is as much them as the self they think they are is, that has become fragmented, that what was whole became apparently fragmented, and, therefore, mind becomes imbalanced.

The idea was to create a story line in which the mind, so attuned to seeking for fulfillment outside of itself, would, at least, begin to desire that which symbolizes the movement into wholeness, the linking together of the male and female energies within the consciousness. At the risk, of course, that some minds would actually believe that to discover and find one's twin flame requires finding another personality in a body. And yet, because in Reality that fragmentation has never occurred, you need not go any further, in Truth, than your own awareness, your own beingness, to discover that that one is still

within you. And you can not be separate from that one at all.

It may be that in the field of time, you, as a consciousness, will need to have the experience of attracting one who seems to be in another body, so that you can come together. But that is more the fruit of *your* belief that you *are* the body than of some objective reality. For in Reality, the Truth is one. Separation does not exist. Period.

And for soul mates? Same story. It can be appropriate to use those terms to describe to some minds what they're experiencing, as a way of giving and understanding that allows them to relax and get on with it. It is also true that within the drama of the dream of separation, there are souls—fragments of awareness, if you will—that have danced together and played together and have never lost the sense of union or love with, and for, one another. And therefore, over a period of *time* and the creation of *specialness*, those seeming two souls spark something within one another. They recognize the Truth in the core of the other, because they never really lost it, as they may have successfully lost it in other relationships. And, therefore, it is . . . hmm-m . . . it occasionally happens when two such that are on the path of awakening require coming back together, in space and time, to spark, to re-spark the commitment necessary to heal the sense of separation and to awaken from the delusion that a separate self has ever existed.

This means that you are not in need of *anyone* to be whole. It also means that when you discover that wholeness within yourself, you will be free, if you wish, to enter into relationship with anyone you might choose, and who would choose you. Hopefully, it will come from a place of holiness and freedom, and not fear and specialness. For the latter leads to pain that must yet be healed. The former leads to ongoing creativity and enjoyment.

It is only when two who are whole come together, having looked within and *truly understood* that *there is no lack* and, therefore, *no need*, that the power of creativity can flow through that entity. And any such committed relationship creates another entity, and gives birth to that which reflects the Truth, so that it can be seen by others who abide in space and time.

The Way of the Heart

Do not attach *specialness* to the concept of twin flame or soul mate. If anything, remember that your *soul mate* is your Creator. Everybody else is your *friend*.

Question: How can we bring to light unconscious blocks that keep us from manifesting our heart's desire?

Answer: The answer is not as difficult as it may seem, for these blocks are merely various forms of the *decision against peace*. Therefore, look well and notice how you *truly feel* in any given moment, not necessarily what you're telling yourself. Is peace present? If it is, and something seems to be coming into your attention, you may rest assured that the Holy Spirit is asking you to bring the Light of Love to something that requires healing—without asking you to identify it as your own. We spoke of that the other evening.

You can not bring to Light what needs to be healed, since you do not know what healing truly is. Learn to know what true healing is, and what requires healing will present itself to you. And *true healing* is the *decision for peace*—not the denial of *feeling*. For peace is like an ocean that embraces all waves that may appear. One simple thing is all you need do:

Am I truly at peace in this moment?

If the answer is no, you need only ask,

What is in need of healing that peace might be restored?

It will not be hidden from you. Willing to put that into practice?

Response: Absolutely!

Jeshua: Now when you make such a statement, there are those of us who say,

Oh, well! I'll bring you some of my "case load."

When there were stories written about me that said I *took on* the sins of the world, and when you hear of masters or teachers who transmute the sins of their students, just think of that as "karmic case loads." And when one says unto us,

I'm willing to do all of this. I'm going to put this into practice—absolutely!

Ah, well! We've found a possible "employee." You'll never be given more than you are capable of transmuting. And, of course, you can always quit and look for another line of work!

Does the answer make sense to you?

Response: Yes, it does. Thank you.

Jeshua: Thank you for asking. It signals the desire for the answer.

Question: What is the interplay between playing out strong attachments, habits, compulsions, addictions, in order to let them go with gentleness and understanding, or using discipline and self control to end these attachments?

Answer: Discipline is not a rigidity or resistance *against*. Genuine discipline is merely a product, if you will, of the Mind. *Genuine discipline* requires only that you bring your attention to precisely what is true in any given moment of your experience, without judgment. Discipline is the vigilance of awareness and the decision to *be* the presence of Love.

The answer seems simple and short and to the point, but if you will contemplate it, even if you will sit in your meditation and write the answer out slowly, so that you watch the letters of the words appear on your plain white paper, and as you give yourself permission to be patient, not in a hurry, more will be revealed to you. And yet, the essence has, indeed, been given. Enjoy the discipline of contemplating the answer.

Question: There are two religious movements dear to me that I've seen growing over the past twenty years. These are the Christian Pentecostal and the New Age. How have you been an influence in their growth and development, and how do you feel about them now? If you had the opportunity to address these groups, what message would you desire to communicate to them?

Answer: First, I've been instrumental because I subsidize their marketing. [Laughter] And you laugh, but I mean that quite literally.

The Way of the Heart

Hmm! There were many, there are many even in this room that would say,

Those are two movements dear to your heart that seem rather wide apart.

And this is important because the form is always secondary. The healing of the separation from God, melting into genuine forgiveness, the willingness to merely let Love live where once there was a little tiny gnat, insisting on its own ideas—this is what matters. In this way, then, a pathway that genuinely seems to carry one to the recognition of the Truth and, therefore, sets them free, is equal to any other path, regardless of the “external decorations” that come with such paths. Indeed, beloved friend, enjoy what you do of each of these paths. Appreciate them. And walk on.

If I were to assemble everyone that represents each of the groups you’ve recognized and stated, what would I say unto them? The same thing:

Only Love is Real.

God is but Love.

You are God’s Creation. Therefore, *your Reality is Love.*

Now go and live from your Self, that your Self might give Love to this world.

Don’t look ahead to tomorrow. For the time spoken of is *now* for any mind that decides that this is so.

Look not for a savior to come from the clouds. For I am with you always. And I dwell within your heart, where, in fact, you dwell as well, hanging out in your living room as friends having a cup of tea.

I would say unto each of them:

See not difference in one another, but see merely the distinctiveness of a pathway through Life, in which Love can be remembered and lived.

And if that would not be sufficient for them, I would suggest that they seek yet another path.

Lesson Eight

Question and Answer Section

Question: During a period of higher consciousness, I was aware of a presence that encompassed individuals. It was plain to me that it performed a function of guiding the person into appropriate experiences. I'm not clear if this is what you call The Holy Spirit. It seemed to be like an Oversoul of the person. Would you please clarify this presence and the Holy Spirit?

Answer: Beloved friend, the answer to be given fully would require some complexity and a great expanse of your time. For there are many qualities or nuances of experience within consciousness, what you would call "higher consciousness," though personally, I know of no such higher or lower. There is merely *awareness of*, which is what consciousness is.

What I have called as the *Holy Spirit* is not an *entity*. It is a *form of energy*. I've called it before *right-mindedness*, which merely means Mind that is operating in alignment with unlimitedness, aligned with the Mind of God. Therefore, what is required, by way of guidance or knowledge, simply flows in an unimpeded way. The Holy Spirit is that aspect of one's own Mind that is, indeed, and has always remained aligned with the Mind of God. Therefore, it would be very appropriate to say that The Holy Spirit is as your Oversoul, if you will. It is an aspect of your own beingness given and shared equally by all. The Comforter, The Holy Spirit, is right-mindedness, correct seeing, right alignment.

In the experience that you had, it was a very valid experience. You weren't coloring what you were experiencing at all. You were just witnessing it. It would be very appropriate to say that you were, indeed, seeing, perceiving, feeling, what you can call the Oversoul, an aspect of one's soul. And yet, at the same time, it was and is, remains the presence of the Holy Spirit, that part of the Spirit of that being that has remained whole always. Often what is called guidance, those little intuitive nudges, the clear pictures and visions, the feelings throughout the body, emanate from that part of your own right-

mindedness. It seems to be speaking to you from another place only because you have not yet cultivated the quality of understanding that that is more you than the you that you thought was you.

Higher consciousness—there is no such thing. There is only the remembrance and the recognition of what is true always. Yes, you can constrict yourself into what you call lower consciousness, but what's present? Consciousness, the free will choice and the use of unlimited power to generate experience for yourself. That doesn't sound very low to me at all. It is infinite. It's just that perhaps tomorrow, you might not make that same choice again. But it does not make it lower. Lower and higher are a judgment.

There is Love and fear, but I've never said that fear is *lower* than Love. It is merely a choice. And *from choice comes experience*. And you are free to gather to yourself whatever form of experience you wish—that which expresses Love or fear. But underneath each of them, the power to choose remains one and the same—infinite forever, unstoppable forever—given to you freely by a Creator Who loves you, Who loves you so much that you are given perfect freedom.

Question: What is the difference between that which needs to be healed and just being the perfect being we are?

Answer: There is no difference. When you are, in Truth, being the perfect being that you are, you will find that there is an absence of resistance. The mind that seeks to try to understand what must be healed, or the mind that says,

Well, this is coming up and I really don't think that's who and what I am anyway, so why don't I just abide in some spiritual realm?

That mind is in *resistance*. It has lost its humility. It has lost its perfect trust that the Father of all things knows how to guide you home. And home is merely back to a place where you become willing to allow something to be extended through you.

Let me share with all of you something that's rather important that has not truly been brought out as clearly as it needs to be. Often, when something comes up for healing, it is an energy—listen well—although you seem to associate it with some memory or

experience that you think is within your very private realm of experience, what is actually coming up to be healed is an energy that is involved and is controlling the life of another soul. It's being presented to *your consciousness* because *you* are at a place where you have the *power* and the *clarity* to *understand* that it *can be healed*.

And that is why when you choose healing, when you don't resist what comes up, when you realize that Love trusts all things, embraces all things, allows all things and transcends all things, when you realize that you are merely the bringer of Love, then it doesn't matter what comes up!

Oh! This needs healing.

And you heal it from an *impersonal level*. You don't identify with it, even if you think it's linked somehow to something you are quite certain has been part of your past experience.

Sometimes you can't even remember where you put your car keys. How do you know for sure it's from your past? Just heal it. Because when you do that, you are being the perfection of the beingness you are. You are being Christ that is saying,

Come and lay your sins upon the altar of my Heart, and I will heal it for you.

It doesn't matter where it came from. It doesn't matter who caused it. All that matters is the healing. If it comes up and you recognize there's an obstacle, something that requires healing from the perfection of your being, wrap the Love of Christ around it and heal it. And when you do that, you uplift a brother or sister who you may never physically meet.

If your commitment is to Christ, your commitment is to the healing of anything that is unlike Love. It's mere entertainment to try to figure out whether it's your stuff or somebody else's. Does it matter? And is there a separation between you and all of your brothers and sisters? To assist another to heal is to heal yourself. To heal yourself is to uplift another. There is only Love and fear. Ultimately, you are really just healing fear by bringing Love to it.

The Way of the Heart

There seem to be many minds and individuals through which Love and fear seem to battle for ascendancy. That is like the waves on top of the ocean. In this realm of experience, you believe that there are many separate minds. Ultimately you are all but an aspect of one another. And there is only one Child of God that exists.

Heal what is presented to your consciousness, and stop identifying it as yours. There is Love. There is fear. There is the need to heal, which is the bridge between the two. Will you choose to identify as fear and, therefore, deny Love? Or will you identify yourself as Love and get on with it? If you are abiding in the perfection of your being, I believe the answer becomes self-evident.

So! There are so many that come and ask me questions, but I never get to ask one. So I'm going to ask a question.

Will you, you who hear these words, will you be willing to be the Light that lights this world, by fully becoming committed, in each moment and with each breath, to the choice for healing through Love and forgiveness?

Just something to think about from time to time. Peace be with you, then.

And those of you that are listening to this tape, or hearing these words and are near the time when you are to lay the body down and get the precious "beauty sleep" you need, will you rest your head upon the pillow this evening and give me just a moment of your time by acknowledging that you know that there is no distance between us at all, save the width of a thought you would choose to think? Think, therefore, and know that I am with you. And we will, indeed, journey together while the body slumbers.

Peace be with you always.

Amen.

Lesson Nine

Question and Answer Section

Question: Is it necessary, Jeshua, to go to the other aspects of ourselves and ask forgiveness for errors that we feel we have made?

Answer: This is a very, very good question. I am glad you have asked it. In fact, I want to make a suggestion to you that you transcribe that question and the answer that I am to give you and send it to this, my beloved brother and his mate, and mention to them that I have suggested that it would be most appropriate to include this question and answer in their next communication with their friends.

Now, is it necessary to go to those aspects of ourselves and ask forgiveness, those voices within the mind? Is it necessary to go to them in order to bring about some form of healing? Now listen very carefully. There is, in Truth, nothing which is *necessary* in itself. There's not something etched in stone that must be achieved in order for healing to occur, except complete and unconditional *self-acceptance*. The way in which each mind arrives at that goal will be unique and somewhat different. And why is this so? Because each mind uses its freedom of power, its freedom of consciousness, to create a spiral that took it seemingly away from its deep sense of perfect union with God.

If you could imagine many strands of thread suddenly unraveling from a central ball of thread, and they all seemed to go off in their own way and their own direction, that would be like the many minds which have split apart from the One Mind of the Son of God. And therefore, they find themselves seemingly at the end of that thread, somewhere out there in the vast space of Mind wanting to come home. And then, they begin to create their pathway back to God.

As the mind does that, it is actually using the very thing which is the Kingdom of Heaven, which is your union with God. You are using the power of consciousness to create perceptions of yourself, and all that you see around you, to make the journey home. An idea comes into the mind and you move in that direction. And it seems to work

for a while. And then, you have to go to a different idea, a deeper idea. Everyone is doing that. And so, they are literally creating their pathway home, not quite recognizing that what they are seeking is the very power to create, with which they are creating their pathway home.

So, at any time, there can be the miracle of miracles, the quantum leap, that transcends time, because the mind can suddenly understand and get all that it needs to do and understand is to accept itself, and it is already home. Generally, there are glimmers of that. And so there are little quantum leaps, little accelerations in which old ideas and perceptions are discarded as self-acceptance deepens.

Again, for you, as well as for many, there seemed to be stages at which accessing the different voices that you have made, in your attempt to fragment yourself from God, can then be perfectly appropriate, perfectly empowering—and even, it will seem to appear, *necessary* from where you are, as you come up that strand of thread on your way back to perfect union.

So, for each mind, then, it is necessary to go within and truly be honest.

What am I feeling?

I keep sensing that I haven't forgiven myself, or this thing, or that thing.

I feel this voice keeps calling to me that says, "You're not good enough. You're not good enough."

If those voices keep calling, something keeps calling for your attention. Then that can be best accepted as your way home. It may be different from someone else, but that's irrelevant, since comparison and contrast is a tendency of the egoic mind and not the Mind of Christ.

Merely observe what is occurring for you. And then allow yourself to take whatever action is necessary to help bring about that healing that keeps calling to you. Ultimately, all healing is the healing of the perception of illusions. So yes, the voice that is calling to you is an illusion, a chimera. It's an echo of an old something that never really

happened. But within the great dream of separation itself, it is rather senseless to be in denial about it.

Therefore, beloved friend, for you we would say, yes. Because these voices call you and because you have a feeling, even in your body, that you haven't totally come to self-forgiveness, then, by turning your attention—playfully and innocently—and listening to those voices that are echoing to you (the very places within yourself to which you have not extended forgiveness), this will bring those voices to the surface. Then, have a dialogue with them as if they were a separate entity.

And then, learn to wrap your arms of forgiveness around those parts. This is an important aspect of your unique pathway home to the ball of thread sitting in the middle of the Heart of God. This is true for everyone. There cannot be denial. There cannot be comparison, analysis, judgment. There can only be acceptance, allowance, embracing, trusting, feeling—until that One Mind finds its way to bring the ship into the harbor. No one can do it for you. However, you can have many friends, such as me, who will assist you in the way that you have chosen.

Does all of that make sense for you?

Response: I will send it to Jon Marc and Anastasia.

Jeshua: Indeed. I would appreciate this, as it serves in the bigger picture of the thread that is being interwoven now between many who have been called, and many who will be called, to join in this adventure which is called the energy of the Shanti Christo. Think of it this way: As the One Mind fragmented into many points of Light, in one corner of the Universe there were a few hundred thousand points of Light that said,

Well, we spun out together, we might as well spin back together!

Response: That's precious. I've wanted to ask you that question for a long time.

Jeshua: Yes, I know. Did you know that the question that seems to be resisted in the mind is exactly the doorway being presented by the

soul to the conscious mind through which one takes its next leap up the thread back to the Heart of God? That is why the questions that come up from the depth of the Mind are of utmost importance. And you can train the Mind to observe the question itself and go,

Ah! This is a doorway coming up for me. I wonder what it is that is within the question? What does the question that is coming up from the depth of my being reveal to me? What does it conceal from me? What energy is beginning to shift in me now?

The question always reflects what's coming up from the depth of the Mind itself, to be learned, to be integrated, to be transcended.

There! Now you have something to consider from time to time.

[*Note: The previous question is not available in the audio version.*]

Lesson Ten

Question and Answer Section

Question: Can you elaborate on the importance of our natal charts and the different influences and energies that transits in astrology bring?

Answer: As I have shared with you before, it is appropriate to say that the soul chooses to enter into a field of energy that has a certain *flavor* to it. And that flavor is the *matrix of vibrations* that makes up the energy field of creation in the dimension that you're entering at the time of your birth.

Nothing arises by accident. And those children that delay their birth, or speed it up, are simply trying to, shall we say, get to the "train station" before it leaves. They don't want to be too late or too early, because they've already decided which "car" they're going to be sitting in. And why? Because when they do so, they create for themselves a certain flavor, a certain sphere of energy, a certain creative matrix, certain fields of energies that set up the learning situations within their own consciousness. They then attract the situations, the friends, the relationships that can express—what would you call this—the *flushing up* of those energies that the soul is choosing to explore, and play with, and master.

It's really not all that complex. It's very, very simple. The danger comes when the mind looks upon its intellectual understanding of those matrices, those fields of energy, those certain flavors, and believes that the *power* is in *them*. That is like a carpenter suddenly becoming deluded and looking at the hammer and saw on the table, and then, sitting back and waiting for the hammer and saw to build the house.

Take up the tools, take up the qualities that make up your beingness, that even influence how the genes of the body generate energy, how they digest foods, all of the preferences and likes and dislikes. And begin to see these things as symbolic:

What energies am I choosing to experience?

Why do I hate the country so much and love the city?

Why do I hate the city so much and love the country?

Why do I love the snow and hate the sun?

Why I do love the sun and hate the snow?

These are energies, matrices, fields, sandboxes in which you are playing. But your role, your goal, is to *transcend* and *master* those energies, not to be mastered *by* them, not to wait for *them* to dictate to *you* what choices you will make.

To come into this world and master this world means to embrace all of the matrices, the fields of energy, that dance and play amongst themselves and create the interwebbing of relationships we have spoken of prior. And to learn of these things, to cultivate an awareness of how they work, so that you can master and direct *them*, rather than the other way around.

And ultimately, mastery is achieved when you have perfected the gifts that are seemingly dictated by your chart. And then you transcend it completely by resting into that Mind which forever transcends all manifestation. For those that would use the language of the astrology, the window of astrology, we would say to be very, very careful. Are you looking to your intellectual understanding for the power you believe is there and giving your power to that understanding? Or are you merely allowing yourself to see certain patterns, to get a flavor for certain possibilities, inclinations, so that you can bring awareness to them and refine your mastery of them?

Dictate the effects of your astrological chart. Do not let the astrological chart dictate the effects you experience.

Question: I recently saw a friend's heart with my inner eye. And the symbol was a beautiful Cross of Light. I would like you to elaborate on the symbology of the cross.

Answer: Again, as we have shared many times, the cross symbolizes this: The vertical axis symbolizes the union of Creator and Created, of eternity descending into Creation or into time. The horizontal

axis represents the extension in both directions; that is, that which embraces all of time—the past, the future. The horizontal plane is the plane of the Earth, the plane of space and time, the plane of created manifestation. The vertical axis represents, also, the pathway of ascending or turning your attention away from the horizontal axis, in order to access the guidance of the Comforter, the Mind of God, Herself. And to bring that Light, to bring that vision, to bring that Truth, down to the Heart where it can then be extended as far as from the east to the west—to join eternity with the things of time. And, thereby, to *transform* what has appeared to be the imprisoning of space and time.

As you would look, then, upon the friend and see this cross, it means, then, that this one has begun to awaken to that consciousness; that it's not about living unconsciously, whereby the things on the horizontal plane dictate your reactions and your choices. But rather, it is to quietly go within, to receive vision and guidance, and then to learn how to *translate* that into the horizontal plane.

This cross is also the symbol of the Christed Consciousness, which is exactly That Mind that is committed and dedicated, not to escaping creation into some formless abyss, but rather, to access the Mind of God the Love of God, and to *descend* it, to bring it down into the mind—into the human mind, the human body—in order to extend it, to create in a different way . . . not a fearful-based way, not a survival-based way, but a way based on revelation and vision and the willingness to receive the perfectly unlimited Thoughts of God, and then to extend them.

You can begin to look upon anyone in that way. Simply tune into their heart, which is their core or their essential vibrational pattern. And simply ask,

Well, Holy Spirit, is the Cross of Light awakened within them? And if so, to what degree?

And you will find that you can come to see it that quickly. And then you'll know who to spend your energy with and who not to. Not out of judgment, but out of recognition that you can't put the Cross there yourself. You can only learn to recognize where it has

awakened in others. And those are the beings you want to, shall we say, dance with as brothers and sisters upon this plane. Does that make sense for you?

Response: Yes.

Question: Can you talk about initiations, and passing through them, and, then, having similar energies represent themselves again at a different level of the spiral?

Answer: Beloved friend, you've already done all that needs to be said. Initiations are those experiences which you cannot formally set up ahead of time. You can have the commitment, the intention, the dedication to awakening and healing and birthing Christ. Then you let the Holy Spirit take care of the details. Those details become, at times, *windows, doorways, initiations.*

To use a very simple example, imagine one who is sitting at the feet of a master learning the grand art of deep meditation. Then, one day the master says,

Oh, by the way, I need you to fly from the Himalayas to New York City to delivery a letter. Would you mind doing that?

No problem.

And the student takes the letter and gets on the plane—after spending sixteen years in the cave in the Himalayas—and goes to New York City. *Initiation time.* Can that student draw on what he has learned to be at peace in this new world? Hmm?

Now, it is very true that the process by which you let yourself awaken to the reality that ascension is already over with, carries you through the spiral of time and through dimensions and worlds. And so you will often come back around to experience similar energies that you experienced before. But now *you* are *different*. There is more of *you* that can embrace those energies being presented to you. The initiation comes in that because the old energies presenting themselves once had a certain effect, the first thing that they will kick up in your consciousness is the old effect, as a memory.

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The *initiation* comes in this: Will you recognize that you are free to choose *differently*, or will you let the *old* association, the *old* memory, *dictate* your choice of perception and behavior? When the old memory, the old reactive pattern, is that which dictates your choice, you have failed your initiation. And when you fail a course, you must repeat it.

But when you look at it and say,

Oh, there are those energies again. I used to be very judgmental here. I used to flee. This time, I'm going to stay. I'm going to breathe. I'm going to use this as an opportunity to teach only Love, to extend forgiveness, whatever the lesson may be. Because there's more of me available, I am safe to turn and embrace what once defeated me.

Now, you may not break off the entire chunk. Or you may—you may be done with it. And you'll know that you're done with it, because the next time you come around in this spiral and the world presents to you that old energy, you'll see right through it. And there will be no reactive pattern, whatsoever. You'll merely look and say,

Oh, yes. I've been there before. It's boring to me now.

The new pattern will simply guide your way—the pattern of forgiveness, the pattern of Love, the pattern of being at peace, no matter what the world seems to be doing. If one is projecting on you, whereas before you may have been in fear, then when you come around (you've succeeded in your initiation), and one projects their things on you, you merely sit and *see through* the delusion of consciousness that your brother or sister is living in. And you see the Christ within them. And quietly, you bless them, in order to bless yourself.

Initiations are what time is all about. Do you feel complete with that?.

Response: Uh-huh. Thank you. Done with questions.

Jeshua: Hmm! We will see. Remember, beloved friend, *there is a place within you that already contains all answers*. The day will come when you trust that *so much* that you'll no longer even be interested in

spending the time to ask me. We speak of questions you would ask for yourself, not as a service to others.

And so, with that, we'll let your bodies have their "breaks," and then put them back together, and we will continue.

Amen.

Lesson Eleven

Question and Answer Section

Question: I would like to hear Jeshua address the following issue brought to my attention by one who does not embrace our path or beliefs. This person quotes, "The message from Jeshua tends to privatize spirituality and right action. One could easily forget or rationalize away one's responsibility to the poor and oppressed."

Answer: Indeed, beloved friend, it is with great joy that we come forth in this hour to address this specific question. For indeed, it is a question that has been brought forth by many, many minds in many epochs. For, you see, there is a tendency for the human mind to separate spirituality into two camps.

There have always been those that sought to *separate* themselves from culture, from community, from daily life, and to run off to their caves and their monasteries, in order to seek a purely interior relationship with God. Now, there's nothing wrong with creating a purely interior relationship with God, since that is the Truth of your fundamental Reality.

However, when the mind holds the perception that it must separate itself from what it perceives the world to be in order to discover God, that mind is already beginning its search on a futile premise. For this means that one is still a victim of the world, and that the world holds a power to separate you from awareness of Love's presence.

Now, in the other camp, there are those who would wish to believe that genuine spirituality means constantly being engaged in finding someone to help or to fix. But this, itself, is also but an expression of egoic consciousness.

If only I can do for others, then I will validate my worthiness—not just to myself, not just to God, but my neighbors will see all the grand works that I do. So let me, indeed, rush about to feed the hungry and clothe the naked and house the cold. And, of course, whenever I gather with my

friends at a cocktail party, I'll let them know what I've been doing all week.

Each approach is founded in egoism. Now, in the latter camp, there are those who would seek to render service to others and perceive spirituality to require *sacrifice* of time, of energy, of money—it doesn't matter as long as the idea of *sacrifice* is, shall we say, fulfilled. I want to share with you that none of these approaches is genuinely what could be called *spirituality*.

Anyone—*anyone*—who has ever come into contact with what I teach, not just through this, my beloved brother, but through any of the other numbers of channels or friends with whom I am communicating with your world . . . if anyone would but read *A Course in Miracles* . . . if anyone would but read the sentences printed in red in their Holy Bibles (some of those are actually genuinely what I taught), they would be hard-pressed to overlook the most fundamental of teachings that I've offered.

First, the greatest of gifts, the highest form of service that you can give to anyone is to *assume responsibility* for your underlying sense of separation from God and to *rectify* that mistaken perception. That is where spirituality *must* start. For, until that is accomplished, all of your doing in the world will be *clouded* with *egoism*. Those who strive for peace would do well to first become established in true peace within themselves.

Those that seek is to serve the hungry would do well to nourish themselves until they are filled, not with that which satisfies the body, but with that which satisfies the soul. For only when the soul is brought back into perfect alignment with its established unity with God can the Wisdom of God inform that soul, that person, in which actions truly serve the highest good. Without it, one will merely use ideas learned from the world and will try to be the *maker* and the *doer* of its service.

This is based on the assumption that one knows what their brother and sister needs. Therefore, if you see one who is hungry and sitting on the side of the street, saying,

Here, give me a few shekels of coins so that I can go and eat,

... if you perceived spirituality as being a *duty* to the oppressed, the poor, and the hungry, you would immediately look about to see what you can do for that person, based on their request. And, more importantly, based on what *you perceive* is amiss.

But how do you *know* that there is something amiss because a soul has chosen to create a situation in which they have no job, no home and no friends? Remember always that each mind literally creates its lived experience in this domain. There is no such thing as victimization. And oppression does not come from without. Oppression is a perception created within that mind. Anyone who looks upon the history of humanity can recognize many instances in so-called oppressive situations where individuals have simply chosen not to be oppressed, and have moved with freedom and with dignity, even into what appears to be death.

Therefore, beloved friend, understand this well: Relationship is the means to your salvation. But the fundamental relationship that must be rectified, must be nourished, must be healed, must be cultivated, is your *direct* and *immediate union* with, and *communication* with, your Creator. When this is established, the soul rests in perfect peace. It has far transcended the impulse to be the doer and the maker. It looks out upon a world completely forgiven; in your language, “let off the hook.”

One does not look out and see a world that must be saved. One no longer looks out and sees a world in travail. One merely becomes the servant of the extension of Love and makes no pretense that it knows beforehand what that should look like. But in every moment and with every breath, that mind merely asks within,

Father, what would you have me do this day? How might I be of service as your plan for the Atonement is achieved in human consciousness?

One learns to listen to that InnerVoice that might very well say,

I want you to establish hospices in every city in the world. Begin now.

That same Voice might say to you,

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Go and sit by the park this day and forget the world. Breathe deeply of the Angel of Air. Let the Angels of Sound of the Running Waters fill your soul and heal your bodies. Nourish yourself today. Go watch a movie, play with your friends, read a good book, have a cup of tea.

Those that believe spirituality rests on how much service is given to the oppressed might never hear the Voice that says,

Include yourself in the circle of your Love.

Therefore, awakening requires that all vestiges of the world mind are cast aside and one rests in that Perfect Truth which can *inform* perfect action, *right action*, through you. Again, the fulcrum of what I am sharing rests on this: Without the interiorization process of cultivating the healing of your misperception that you've ever been separate from God, without cultivating deep Self-love—not love of ego, but love of Self—without that, the deep silence required wherein one hears the Voice of the Comforter is never achieved. And only that voice, the right-mindedness within you, can perfectly *inform* your actions in the world.

Therefore, he who follows me, indeed, journeys to the desert for forty days and forty nights, and leaves his friends and disciples and businesses and associates to go off and be alone for prayer, for cultivating daily the process of seeking first the Kingdom . . . that all things, including how you can be of service, might be added unto you. Think not for yourself, but love the Self enough to surrender the world into God's hands. And see it not as a place that needs you to fix it. For, of yourself, you can do nothing. "I am the vine and you are the branches." Remember always that, without the Christ Mind dwelling within you, that of yourself, you can do nothing. And your service, though laudable in the eyes of the world, means nothing.

Question: I understand that the path of the poor and oppressed is their path. However, when and how will they understand, comprehend, that they are not victims? And how can they, too, participate in embracing ascension? Do we have a responsibility to bring the message, help them spiritually and physically to throw off the bonds? I feel a need to share the Love. How is this to be done?

Answer: Beloved friend, when you look upon one who you would perceive as poor, hungry or oppressed, *first* pause and look within yourself. What part of *you* is feeling poor? What part of you perceives yourself as hungry? Where within your own being do you feel oppressed? And then take steps is to rectify these perceptions by healing your life of their energies. When you look, then, upon another again, always cultivate first the ability to see the very essence of their soul. For they are pure consciousness, pure divinity. They are like a sunbeam to the sun, yet given perfect free will choice. Their journey has been as long as yours and as varied. Therefore, when you look upon them, see them in, and held by, the Light of God.

Why is this important? It is not just mental gymnastics. For, as you see another, you will see yourself. And as you see yourself, so, too, will your brother come to see you. If you wish to help another be lifted up out of their misperception that suffering is a requirement, then be you, therefore, *committed* to being the *embodiment* of one who has awakened to the *Truth* and *lives it*, who *breathes* it, who *acts* it, who *thinks* it, who *talks* it without ceasing!

Now, when will they come, those that you perceive to be oppressed? And rest assured, in any given moment, when you look upon who's sitting by the wall on the sidewalk with a little tin cup, saying,

I need some money,

you need only go within and ask the Holy Spirit,

Is it appropriate, now, for me to render any form of service to this, my brother or sister?

The answer will not be hidden from you.

Again, that returns us to the point of not thinking for yourself. But turning all decision over to the one Teacher and Guide given unto you, the bridge between the Love of the Father and the place of your soul: the Holy Spirit. When will they arise from their slumber? Beloved friend, when did *you* arise from *yours*? You may not remember that hour and that day, but there was a moment from within your consciousness—it may not even have been in this

incarnation—when something *changed*, and a decision was made not to accept limitation, not to accept the pain and the guilt of perceiving yourself as separate from the Source of your creation.

Therefore, know well that not you, *no one*, not even I, can force another to arise. And no one can do it *for* another. You can, of course, listen to the Comforter's guidance, so that Love is extended through you appropriately in each and every moment. And then, release yourself from being attached to that extension, whatever it may be—whether it be a golden coin, or a meal, or a new Mercedes. It doesn't matter. It might be just a gentle smile. For as you choose to extend Love, by first abiding in the Reality that you are the *presence* of Love, having been made in God's image, you provide for your brother or sister the *opportunity* to recognize the presence of Love and *decide anew* for him or herself.

And if you're guided to feed them, then prepare them a meal. Let them eat it, but be not attached to the fruit of that meal. See their essence, love them, and live *your life* in fulfillment. Far too many seek to assist others when all it does is truly *oppress* them, because it does not *empower* them to take responsibility for the choices that they have made and the effects that have come from them.

Do not just give money indiscriminately to those that say,

Oh, I'm broke. Do you have an extra \$5?

Go within and ask,

Am I just in my neediness to be a helper and a fixer? Can I surrender this and just ask Holy Spirit, "What would you have me do or say? I am completely unattached to my need to be of service."

When will they arise and know ascension? When they decide to, just like you did. And how can you extend Love? Beloved friend, *by giving that Love first to yourself*. For, if you are not fed deeply, you cannot feed another. Therefore, lay up for yourselves treasures which are in Heaven. That is, cultivate higher consciousness. *Cleanse* and *purify* your communication device, the body. Make it as *radiant* and as *beautiful* and as *healthy* as you wish it to be. Create abundance in

your own life. Feel rich and wealthy in God's Love, so that your cup can organically and naturally *overflow*.

If there are two that are hungry, it is wise that one arise and learn to feed himself. Then the Holy Spirit can use your gifts, use your power, to assist in *genuine service* to others.

Question: Jeshua, how does one teach a young child peace and Love when they're acting out their fear and anger?

Answer: Beloved friend, this could, indeed, be a whole year's tape series in itself. However, for the sake of this hour, we would say this unto you: Remember well that when you perceive a child acting out their anger, their fear, whatever it may be, first, ask yourself: Are you sure it's *theirs*, just because it is being expressed where their body seems to be? For be of assuredness, that children come into this world sparkling clean. They are very clear—*very clear* and *very, very sensitive*. Therefore, if there are emotions that the parents are not dealing with within themselves, if there is lack of communication between the parents, if there is anger that has been repressed in the mother or the father, then indeed, *the child will know it*, and often will begin to unconsciously act it out, since nobody else is bothering to, shall we say, "clear the decks" and be honest. Therefore first ask yourself: How do you know it's their anger? Ask the Holy Spirit,

What is the source of this?

The answer will not be hidden.

Now, how to help them? Where you perceive anger in another, first make sure that *you* are clear of anger within yourself. Then, as you look upon the child, remember that that child is *perfectly free now*. Ask of yourself: Does their anger, their acting out, push *your* buttons? Can you give them the space and the freedom to act out that anger, to move that energy in a way that is healthful and helpful? Can you allow them to do so? And convey to them that,

This looks like fun! Maybe I'll join you!

And start to move your body the way they're moving their body. Make the sounds that they are making. And tell them straight out

like an adult. Stop talking gibberish to children, for they are as old as you are the moment they are born. Tell them in perfectly clear adult language,

Anger is perfectly okay. Let's get into it and see how it feels in the body.

Have fun with it. Make it as charged as possible. And you will find that, in a very short moment, the anger will shift, and the children will begin to feel a sense of play. For they will know that they have been *accepted*, and that there is nothing wrong with them the way that they are. Just because they don't conform to adult perceptions does not make them wrong.

How, then, do you teach them of peace? By being peace yourself. How, then, do you teach them to cultivate peace? By not hiding from them your own emotions, by living honestly—not hurtfully, but honestly.

Yes, I'm feeling angry right now! It makes my stomach tight and my shoulders crinkle up into my ears. It makes my knuckles get white. And I just want to stamp my feet!

Well, *do it* right there in front of the child! And, as *you* start to feel better, you can smile and say,

See how easy it is? I think I'll just be at peace now.

Therefore, always remember that the greatest of gifts you can give to a child is to be the living embodiment and model of one who does not deny or repress their humanity.

Beloved friend, each relationship is a teaching and learning relationship. Therefore, when a child seems to be acting out their anger, first give them the space to do it, and *observe* the child. How do they move their body? Do they just live in their head? Or is their whole being involved in it? What can *you* learn from the child?

And when the anger has subsided, *always, always, always* wrap your arms around them, at least metaphorically. Let them know that you love them. Let them know they're okay. Let them know that yes, you too know that sometimes it's a little hard to be in the world and

that you thank them for being present in your life, because you are committed to learning *from them* as much as you are committed to *teaching them*.

Cease—everyone that could hear these words upon your planet—*cease treating children like second class, incapable people. Their consciousness is clear and bright!* Talk to them like an adult. Live like a mature adult in your relationships with them. Give this a try, beloved friend. There is much here for you, if you will but cultivate the treasure within these words.

Lesson Twelve

Question and Answer Section

Question: On the day of your crucifixion, it was told that you spoke the words, "Father, why hast Thou forsaken me?"

Can you elaborate on that? Will you?

Answer: That is always the proper question. First, I have, indeed, given forth this answer to a certain one that you're aware of. We would highly suggest that you merely obtain that answer, for it was not given to be kept and held in privacy. Now, we would amend it by saying that I've felt guilty about that statement ever since.

[Laughter]

Beloved friend, if I have not touched every kernel of humanity and the experience of it that you have known, it is useless for you to listen to me. And I have nothing to offer you. Therefore, to have come into your world and to have, shall we say, made myself impervious to doubt, pain, guilt, tears, anger, you name it—yes, even lust—to have done that would have rendered my relationship with you *meaningless*.

That is what we'll give as an amendment, a clarification, a driving home a very important point that can then be amended or added to the answer that you will extract, that has already been given. Does that make sense for you?

It is a very good question, but in the end, bring it around a little further and ask of *yourself*,

Why have I said, "Father, why have you forsaken me?"

Something to be pondered.

Question: There seem to be many, many women who tap into memories and experiences of being Mary Magdalene. Can you talk about that, or the fragmentation of that one soul?

Answer: Beloved friend, we would suggest here there are many in what you call the male body that also hold secretly that very same

thing, a little more deeply, because they would perceive that it would truly be seen or perceived as insanity.

Well, since I only have this kind of apparatus . . .

what you call the plumbing and that which helps to—in the procreation process of the body,

since it is of a certain type, surely I could not possibly have ever known incarnation in any other kind of form. So, if I say to another “I believe I’ve tapped into being—having been—Mary, the one that you speak of;” but then I would certainly be laughed at. Because, after all, my chest has too much hair on it. But no, I don’t believe I’m just the body!

[Laughter]

Now, what occurs? In the beginning, Mind is One. You—we speak to all “yous”—were That Mind. A dream was dreamt in which fragmentation seems to have occurred. In that fragmentation, it is as though many individual Points of Light, Souls, Sparks of Divinity, call yourself whatever you want, call yourself a Burp in the Mind of God . . . it doesn’t matter. That is the *result* of the dream of separation, which, in Reality, never occurred.

It does rather boggle the mind—thank God for that! In that process, many worlds have been birthed, and continue to be birthed, by Mind as It perceives Itself as fragmented. In one tiny, tiny, tiny speck of dust or speck of Light, a world was birthed that you call the Earth, and all life forms with it. And in that tiny speck, a time frame was evolved or created in which human bodies were given names. And minds believe themselves to be, much as you still do yet today, that you are somehow something other than the one who sits apart or across from you, just because there’s a body that creates the perception that there’s a distance from you.

One such very temporary illusory fragmentation is That One known as Mary of Magdalene, Mary of Magdala. Within that dream, one emerged known as Jeshua ben Joseph. And in the process of that expression of that dream, these two, shall we say, looked upon each other and went,

Oh, my goodness! How sweet it is!

That is, as souls, as yet still parts of that dream—it's not that we're from someplace higher than you. We're all in it together, since Mind is One.

In that dream, there was relationship, 2,000 years ago in embodied form, between two Sparks of the same Mind, manifesting as individualized consciousness. One is called Jeshua, one is called Mary. And a rather nice friendship evolved in which one seemed to serve as the teacher and the savior, and the healer of the other, who then, in turn, served as supporter, healer and awakener of the other.

Now here's the point: That individualized focus of Light lives within *everyone*. How could it be other than that? Just as I, as an individualized aspect of the dream, *abide wholly in everyone*. You, again speaking to all of you, could not begin to recognize me as Jeshua ben Joseph, that individualized Spark of Divinity that somehow got its "stuff" cleared up enough to remember the Truth and let it shine through—you could not know me or remember me, if I was not you. It takes *One* to recognize *One*.

So when you approach the question of Mary Magdalene from the perspective that there is something separate from yourself to begin with, you'll end up with all kinds of fantastic perceptions and philosophies. Now, within the dream, That One, who's really you, experienced a process of healing and awakening, a transformation, a healing of the heart, experienced relationship with me and many others, experienced passion and sensuality—what you call the little sparks that excite the cells. When This One died—and death is an illusion—that crystallized contraction of energy has, in itself, never incarnated again.

However, it has—in a sense, you could perceive it this way—extended or radiated aspects or strands of Light of its own being that have made a home in other individualized body-minds. And therefore, in the process of healing and awakening, This One needs to be looked upon as a *symbol* of an aspect of the part of consciousness that is awakening within yourself—that part that can recognize and love

Christ and take Christ into its arms, *your* arms, and embrace it as the *Beloved*.

It is time to release the insane perception that there is a separate you, distinct from all other "yous," that has incarnated over and over again. We talk this way because a teacher must have a form of language that the student can understand. But the point is to lead *beyond* that language and understanding, to release the attachment and the value that has been placed on an *individualized past*. And to anyone who feels that they *must* have been Mary: You're not special. Do not make the egoic mistake of claiming That One as yourself, in order to feel *special* or *closer* to God.

Your value is not found in the past. It is not found in who you *were*, but in who you are choosing to be *now*. And if your name is Fred or Ralph or Hazel, it doesn't matter. For Hazel can be just as Christed as Mary ever was. And indeed, Hazel *must* become Christed in order to be free.

It is the egoic mind that looks to the *past*. It is the egoic mind that *requires specialness*. It is the egoic mind that simply refuses to let you, so to speak, settle in to be Hazel, or Fred, or George, or Anastasia. These are merely sounds floating in the ethers that designate a temporary aspect of Christ's incarnation. So you're beginning to see, then, why there can be so many "Marys." Some are sincerely tapping into that aspect of the One Mind. Some need to create the illusion that they were That One because they refuse to heal the holes in their bucket where they are, and seek to reach back and find that energy in another and make it their own. It is called *special relationship*.

Look well, then, and see:

Is there anything lingering in me which needs to reach out to grab another part of myself in some ancient past so that I can finally feel I have some measure of worthiness?

The only thing that defines your worthiness is how well you are choosing to be the embodiment of Christed Consciousness *now*.

This is why I once taught, and continue to teach, that belief in reincarnation is not necessary for awakening. And if you think it is,

you may rest assured that, if there's anything unhealed from the past, it is with you now. Learn to look only to how you are *now*. For there you will discover the effects of what was not healed in what you perceive to be the past.

You need not go to the great Akashic Record Library and research yourself on the cosmic microfiche of the world in order to discover who you *were*, so that you will understand why you're such a schmuck now.

[Laughter]

There, I finally got it! Whew! Ah, that explains everything.

As you down yet another beer. You are creating your schmuckness nowhere but right now. So, will you be the princess of schmuckdom? Or will you don the cloak of one who assumes complete responsibility for creating their experience?

To those that seem to feel an affection for the "Johns" and the "Marys" and the "Peters," the "Judases," notice that it's coming up in your consciousness so that you can make the decision to love that expression of the dream and see the Christedness that is its essence. Bring it into yourself. Love it. Let it go. Let it be assimilated to that which you are.

Therefore, for all of you, then, to contemplate, especially if you're feeling some affection or attraction or identification with this Mary, why not stop keeping Her at arm's length and, in your meditation, ask yourself,

What are the qualities of That One that make me feel so affectionate toward Her? What is it in Her that I desire to have within myself?

And bring those qualities in. Again, as though you were a sponge. Make them part of your being. Overcome the fragmentation that has occurred in the dream of separation. Does that make sense for you?

Now, I know that what I've just shared might give a few a bit of a start when they hear these words. If it does, it only means that they're yet needing to perceive themselves as having some *special* form of

relationship that somehow got lost in an ancient past. No. It is not lost. And they must take another step and realize that they have to start doing the work, if that is what it is perceived to be, of getting on with what has not been completed here and now.

Am I embodying Christed Consciousness?

Yes or no.

What steps do I need to take to do that?

That's all there ever is.

That should suffice for now. The only other alternative, of course, is to remain in the kingdom of schmuckness.

Question: You had mentioned you're coming through 2,003, or so, other people. And there have been several people out there claiming to have channeled St. Germain. And we have been told by Jonah that nobody does channel St. Germain. They only receive thought forms. So the question is: Are there people out there who are authentically channeling our mutual friend, St. Germain?

Answer: You're asking what is called a technological, philosophical question. You are doing what is called the "mincing of words." It is the *effect* that matters.

We would suggest here for you that This One, my friend who was once my—almost my—executioner . . . that, indeed, is symbolic for you. For who do *you* perceive as *your* executioner? That One communicates with many. For That One has long since learned to assume responsibility for those assigned to Him. That One does communicate through thought forms to a *multitude* of beings. That One, by the way, still pops in and manifests a body whenever He wishes—just to spend a few moments on a park bench with an old friend. This One lives in complete unlimitedness.

Therefore, to the degree that those minds receiving This One's thought forms are continually at work keeping their garden well-cultivated and free of egoism do, indeed, reflect very accurately that which This One would seek to transmit. As you would understand

that which you are calling channeling, in which This One's consciousness blends with the temporarily-crystallized form that you call a certain individual, in order to speak through the mind, the mental field, the language structure of that one to others, This One, my friend, does indeed do that, from time to time. But as you would perceive it, the number of those through whom that effective blending is occurring is very, very small. We would say that you could count the number as less than the fingers on two hands.

But there are a multitude who receive This One's thought forms, and a multitude who do a very, very good job of transmitting those thought pictures, those images, those thoughts, into a language that conveys His message to those in your world. Does that help you in that regard?

Response: Much.

Jeshua: Always what matters is this: Anyone who serves as what your world is now referring to as a *channel* has the very same work in front of them, constantly, that anyone does—the work of constant self-cultivation, surrender, allowing, trusting, letting go, letting go of egoic consciousness, letting go of need for specialness, staying in observation of how one is truly being. Surrendering, surrendering, surrendering.

I'm not the maker and the doer.

I'm not the one who knows anything.

I need nothing from anyone.

Who do I need to let off the hook?

How deeply can I master forgiveness?

And all of the rest. That is primary. And, in fact, the relationship, such as the one between my beloved brother and myself, is one that accentuates the need for that one to practice these things.

We would also say here that it is possible, and Germain is one of these who can overcome the impediments within the consciousness of another to get their thought form well planted, well received. So it's kind of a mutual thing. The channel must always be involved in

the same work that everyone's involved in, because *everyone is a channel*. And nothing is manifested through them, save the frequencies that they are allowing to make a home in their mind . . . those that channel my beloved friend, as you would call Him, as St. Germain . . . although, where we abide, sometimes we joke about the "saint" part of that. Now, those that are channeling Him, then, are no different than you. They need to keep doing their own inner work. Their goal should not be to rest, but to continually desire to be the embodiment of Christ Itself, Not to rest on their laurels, so to speak.

At the same time, rest assured that we are capable of ensuring that the purity of that vibration be maintained. Because, when it isn't, we simply pull away. If egoic consciousness begins to take root in any channel, we simply, shall we say, "put it on a shelf" and wait until later. And it is only *you* who can discern whether what is being spoken is flowing from us or is merely the repetition of a record that has already been implanted in that one. Then they've reached a certain limit of their own growth and we have departed. And you are well aware of that. It is a vibration that you sense, even in the cellular structure of the body.

Does that help you in regard to that question?

Response: Yes. Thank you.

Jeshua: Indeed. So have you any other questions?

Response: No.

Jeshua: Rest assured, unto you we would say that, in the weeks to come, a multitude of questions you did not know exist will come into the surface of the consciousness.

Response: I'm sure.

Jeshua: For only one reason: so that you can embrace them with the answers that you already know. And, thereby, be freed of the past.

Response: Amen.

Jeshua: Very well then, as you have spoken: Amen.

THE WAY OF TRANSFORMATION

Question and Answer Sections
(complete & unedited)

By Jeshua ben Joseph
(channeled by Jayem)

Lesson One

Question and Answer Section

Following completion of the lesson, Jeshua often answers questions read to him on behalf of students.

Question: Who are the other masters occasionally mentioned?

Answer: Indeed, unto you, beloved friend who has asked the question, rest assured that during this coming year, your question will be rather continually answered. We will begin in this, what you call your monthly tape, to share with you that from the moment I first, shall we say, “kissed” the edge of the mind-field of awareness that I call my beloved brother, the one that you would perceive to be Jon Marc, others were present with me. For is not a journey more delightful when your friends go with you?

And chief among these friends is one that has come to be known to the world as Germain, or Saint Germain. This one is a brother and friend, with whom there is a resonance. And so, we delight in creating communications together—in many different ways, and with many different beings, in many different dimensions. We have walked together in physical form during the time of the incarnation you would call mine, as Jeshua ben Joseph. And I have shared the story of who this one was in other times.

Also, the one that you know as Mary is, of course, with me often, as my friend and my equal. There are many other masters. And remember, a ‘master’ is one who has transcended limited perception of the Self. Therefore, those with whom I am enjoined as I create a certain form of communication, a certain vibration of communication, through *A Course in Miracles*, through this, my beloved brother, and as well, through many others . . . there are many beings, these masters, who are joined with me.

But they are exactly what *you* are. The only difference is that somewhere along the line, they decided to use time constructively to remember the Self that they are. And as they recultivated the true awareness of themselves *as* the embodiment of Christ, the Thought

of Love in form, they simply began to play in grander dimensions. The stakes were higher—not in a negative way, just in a playful way.

All of the ones that we will be sharing with you have known physical incarnation and were like drops in a certain field that created a vibration or a resonance, a strand, that we call the *Lineage* when we speak with this, my beloved brother, privately. That Lineage extends back, as you would perceive time, back through my time, back through Germain's time, Mary's time, back through the time of Enoch, back through the time of Moses and Elijah. There is a strand of masters, if you will, who have become friends, and have created a resonance.

Imagine many flute players coming together and going,

Oh, well, let's make some music.

So we find a way to bring our favorite notes into *harmony* to create a vibration that fills the auditorium with that which is pleasurable and attracts those outside the auditorium to come in and sit down and partake in the music. That is an image, of course, of what our consciousness does when we join and blend together. Indeed, they have always been present *in this form* of my communication with you through this, my beloved brother. And we will be identifying them, and also this year, allowing them to have a few moments, shall we say, "on the stage" of verbalization to you.

But you are also a master when you decide to see yourself as such, and assume responsibility for the experiences you are creating. Then, you take up your rightful place. You join the dance. You participate within the Lineage. And you can join with a multitude of masters, beings of Light, creating universes that are designed for nothing else but praise of God, or whatever you wish. You'll always find willing partners in the great Field of Creation that is the Mind of Christ.

That should be sufficient for this one for now.

Question: What is the difference between judging and discerning? And what guidelines can we observe to better practice discernment?

Answer: The difference between judgment and discernment is a very

fine line, but one of great importance and impact in the field of your experience.

I want to create for you a little picture. Imagine one who picks up a flute and relaxes into perfect innocence and trusts that the perfect flute-player is living within them. And they give the flute over to That One. And through the impact of the oxygen, the breath that flows from the body, crosses the mouthpiece of the flute, a most delightful note is created—one that doesn't jar the nervous system, one that doesn't grate on the nerves or the ears of anyone, but one that is sweet above the taste of honey.

This is like the quality of *discernment*. It is a *quiet recognition of patterns of energy* that are temporarily playing out—whether within your own field of consciousness or in the field of awareness of a brother or sister. There is no condemnation. There is no perception of right or wrong. There is simply the *quiet awareness of what is*—noticing the sound that is coming from the flute, observing how it is affecting you or them, and simply being aware of it.

Judgment is an entirely different note.

I am going to take this flute. I blow across it, the sound came out, and I don't like it. That sound is _____.

And fill in the blank. That is the quality of judgment. You must make a decision in the mind in terms of *interpreting* what the sound *is*. And that interpretation is always some form of right or wrong, good or bad.

Each time you are operating from judgment, you need only look at the *effects* of that note upon your own being. For you will discover that it creates a *tightness*, even in the body itself. The stomach might churn. The breath might become short. The mind becomes agitated. The brows, the forehead, will become tight and knotted with little furrows. The jaw gets tight. Something doesn't feel at peace within you. Rest assured, that is always the effect of judgment. Judgment comes forth from the perspective that you adopt in which you have decided that you are the one who can decide whether what is being perceived is right or wrong, good or bad.

Discernment is simply noticing,

Ah! Hmm, yes. I hear that note. How interesting.

You might, in that moment of discernment, ask the Holy Spirit,

Well, this seems to be occurring right now. Is there anything that would be useful or helpful for me to say or do?

If it's about yourself, something you're discerning within your own consciousness, you might ask the Holy Spirit,

Is what I'm experiencing truly useful for me? Or would it be more appropriate for me to let it go?

And you simply listen and receive the answer. You might find yourself saying something to a friend,

You know, I notice that that's your third bottle of vodka in the last twenty-five minutes, and it might be appropriate if you let me drive you home.

That's much different than saying,

My god! Why does he keep drinking this vodka?

You see? A different resonance is created.

Judgment *always* separates you from the one or the thing that is being judged. And *any form of separation is the loss of Love*. And where Love has been lost to you, your peace is disturbed and you are alone.

Discernment does not create any jostling of the nerves. Love is not lost. On the contrary, it is *deepened*, for discernment creates *joining*. And in joining, your peace deepens. Your compassion also deepens. And your wisdom becomes more and more effective. It is wise, always, to be as wise as serpents. And a serpent merely has that capability of seeing the fine line of what's really occurring in yourself and around you—not being *beguiled* by words or intentions, but noticing the subtle vibrations of the notes being played in the consciousness of another, and trusting how that is affecting you. And then, simply asking,

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What am I most committed to? Living at peace, or living a lie?

Discernment is like becoming a master of the flute, knowing exactly what notes are coming forth, the subtleties of those notes. *Judgment* is like being the impetuous child who has not the patience to become a master, and therefore, judges the notes as right or wrong, as fearful or helpful. In *discernment*, there is no fear; there is no lack or loss of peace. In *discernment*, there is simply wisdom. In *judgment*, there is loss, suffering, separation, and loneliness.

Learn, then, beloved friend, to notice the subtle qualities between these two. And the exercise we would give you is deliberately let yourself be judgmental. When you get up in the morning and you look at your hand before you get up, look at it and say,

My god, that's an ugly hand! I have decided that that hand is useless.

And just notice how you feel.

Then, look at the hand again, and go,

Hmm. How does this hand really feel? Let me tune in. Ah! Hmm. It's a little tight. It's a little relaxed. It's a little limpy or tired. It wants to get up and do things. Oh. Hmm. Okay.

And again, notice how you feel within.

As you go through the day, when a friend walks in, let yourself be judgmental of the clothes they are wearing, at least within your own mind.

Oh, what a terrible color! I don't like that color on them at all!

Again, notice how you *feel*. Does that bring you closer, or does it separate you? Do you feel at peace and expanded, or do you feel contracted and agitated?

Then, simply change the mind and look upon them, and simply notice. *Feel* the quality of vibration that the colors they are wearing are sending forth. How does it feel? How do they blend in with the other colors that they are wearing? Notice around the corners of your awareness, can you discern how those colors are affecting their

Lesson One—Question and Answer Section

state of mind? . . . since they are the *effects* of how they were feeling when they chose to get dressed that morning.

Play with it. Learn to play these opposite poles, just as a master of a flute learns what is beautiful by being aware of what is not beautiful, and learns to position the flute differently against the lips to create different effects, and observes how those effects sound to his or her ear.

Judgment and discernment are not something you are a *victim* of. You can cultivate them and grow with them. You can become their master. There is much more that could be said about this, but this will be sufficient for now.

Indeed, then, peace be unto you always.

And as always, we are with you. Look not afar to find us. Simply be quiet and acknowledge,

I am as my brother is. And therefore, my mind is joined with his and with all beings who love me.

And from that state of awareness, choose how you will experience each moment.

Amen.

Lesson Six

Question and Answer Section

Question: How is vulnerability the sure path to invulnerability?

Answer: Indeed, beloved brother, you will well hear the world tell you that the path to invulnerability is concealment, is self-protection, is creating privacy from your brothers and sisters, to find a way to create a dark and quiet place within your mind to which you can retreat and find the illusion of safety. Some would go so far as to believe that it is in the requirement of finding invulnerability for the body, by walling it up and not venturing out into the world. Many have gone to monasteries and temples for thousands and thousands of years, thinking they are seeking God, when, in fact, it is fear that is driving them to go and hide. Not all, some.

And yet, I say unto you, beloved friend, invulnerability can never rest on the illusion that separation is possible, but rather, on allowing the Truth of this one idea to enter your mind: *All minds are joined.* Period. There is no privacy. And then, to realize this: *The only way to invulnerability is to dissolve fear.* I've share with you that mastery is a state of fear-less-ness in which nothing of the phenomenal realm compels you in one direction or another. You merely wait and let the Holy Spirit decide for you.

The way to dissolve fear is to make yourself as *transparent* as possible to the world, to your brothers and sisters. And how do you do that? Well, you could stand upon a street corner and remove all of your clothing. That would not do it, for you are not the body.

Beloved friend, vulnerability is simply that process of allowing *intimacy*. And intimacy means "into me see."

Here I am.

I just had a fearful thought come up.

I'm trembling in my boots as I ask for this raise.

Sometimes I don't think I'm ever going to get it right.

. . . whatever may be arising in the field of your awareness.

Don't wait to find someone to give you permission, but realize that everyone is really, ultimately, doing the same thing as you are—stumbling their way along to the moment in which they will realize they've *suffered enough* and they want only God. It's just that you happened to be there a little ahead of them.

Therefore, use each moment to decide to be vulnerable to your brother or sister.

*God, I'm really frightened of you right now!
Do you know that I've got this distaste in my being and I'm watching
my mind say you're the cause of it? Silly me.
Sometimes I'm so fearful that I'll never be enough.*

. . . Whatever it is. Just decide to be vulnerable. And you will begin to notice that as you choose to become transparent to yourself and to others, that something rather odd is happening. The tightness in your belly, the constriction in your chest, the tightness in your jaw, the attack thoughts, the judgments, the dark old wounds that you just can't seem to release, seem to melt away almost without you noticing them. And why? Because it is fear that has been holding them in place.

And the practice of vulnerability . . . you can make it a game. You can have a great deal of fun with it.

Humph! I just allowed the gas to pass through the anus. Oh, well!

Begin to make a joke of your own existence. Notice the great humor of it all and be real about it.

As you come to recognize that everything arising within you is a perfectly neutral event, and as you're willing to share it with yourself, as you're willing to just open up and say,

*Hey, here I am. Look into me and see. If you want to hate me, hate me.
If you want to judge me, judge me. If you want to love me, love me.*

you will discover that the barrier of fear, which has been as an iron bar, so to speak, is melting in the sun of your Love.

And therefore, vulnerability brings you through the illusion of fear

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to deep self-love, and then to love of all of Creation. And you will realize that in Love, you are perfectly safe. You are so invulnerable to the slings and arrows of this illusory world, that you simply look upon it with compassion, with Love, and with patience. And if a weed shows up, you merely move it aside, because what you want to delight in is seeing the Christ in another.

If you fear vulnerability, you merely create the impossibility of ever tasting the peace of knowing that you are invulnerable to this world. Begin, then, to practice vulnerability. Open wide and reveal yourself to your world, to yourself. And if you find fear arising, at least find what you call a friend and ask,

Would you do something crazy?

And they'll say, "What?"

Would you let me become as vulnerable as possible? It scares me to death, but I want to know who I am.

They'll be, you see, very happy, because that means they don't have to do anything. They don't have to fix you. They don't have to give you advice. They don't have to do anything except *witness* you. And in that witnessing, they provide for you the space to choose your healing by becoming perfectly vulnerable.

Practice well, beloved brother. It is a very important question that you've asked. And you've asked it because you know the weight of the fear of vulnerability is growing too much to sustain. Practice well. Indeed, beloved friend, go to that one that you would know as Reverend Kay, and suggest this practice be distributed amongst those who come to practice the *Course in Miracles* with her. Let it become an experiment, so that a group of twenty people, or so, come together regularly to simply witness their brother or their sister practicing vulnerability. That's all they have to do. And then witness the miracles of healing, of bonding, of Love, that ensue.

Take this to her, and therefore, to them. And practice well as part of that group. That should be a sufficient answer for now.

Question: Then this is a metaphor—vulnerability. Did you learn that on the cross? Was that the message of the cross? Vulnerability and invincibility?

Answer: Yes. For you see, vulnerability is the willingness to embrace the world as it is, to reveal yourself to the world, to give up constriction and self-protection, which carries you through to invincibility. And another way of saying it is that the meaning, or the teaching, of my own personal experience of crucifixion . . . and it was only my learning experience; there's no need for anyone to repeat it. And frankly, there are many more gentle ways to awaken. Another way of putting it is that I made the decision to discover my power to rest as the *presence of Love* in the most *hideous* conditions that I could imagine and bring forth to myself in that time frame. I made myself *vulnerable* to the experience for a perfectly *selfish* reason: to return, finally and fully, to perfect invincibility, perfect invulnerability—the presence of Love. And Love embraces all things, heals all things, trusts all things, and thereby, immediately [snaps fingers] transcends all things.

Yes. Although, beloved brother, it does appear that for you, crucifixion may yet be necessary. [Laughter] Merely crucify the memories that, because of your prayer, are now being helped to be brought up into your memory. Crucify them with the Love of Christ. Allow. Allow. Allow. Embrace. Feel. Bless. Transcend. After all, what else do you have to do with your time?

So, then, is there anything else? We already know that you are okay. The only question is, will *you* embrace that reality?

Therefore, indeed, I will take my leave of you. As my brothers and sisters who are with me, shall we say, grant me permission to be with you in the answering of these questions, as the one to whom there are many who still require personal relationship with me. Perfectly okay, I don't mind at all.

Remember then, who you are. And wherever you are in this moment, why not drop your seriousness? Just for the fun of it! And simply hold the thought,

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I abide in my Father's Kingdom. And only Love reigns here. Thanks be to God!

[Laughter]

That is the effect. Indeed!

Be you, therefore, at peace, once again, beloved friends. We will continue again when you have had your thirty days.

Amen.

Lesson Seven

Question and Answer Section

Question: Jeshua states that He has never enlightened anyone. Yet the Sufi and Hindu traditions, including a number of gurus, state that they do most of the work for one person. They say that once someone surrenders to them, through their own God Consciousness, they can bring that being to Oneness. There are also traditions which state that one must look into the eyes of a true guru to become enlightened. Let's face it, it does sound quicker and easier. Is this a different state of awareness? Was this tradition meant for a different era?

Answer: Beloved friend, we are, indeed, quite pleased that you have asked this question. And by way of background, I will begin by again sharing with you that when I walked upon this world as a man, and entered into that pathway that took me finally into the abode of my Father, into perfect enlightenment or peace, perfect transcendence of the *illusion* of the maker and doer, I, too, went through a process of learning how to manipulate subtle energies, and therefore, created the perception that *I* had the power to *change* another.

I have already shared with you, in other ways, that often this would bring about what would be perceived as physical healings. Yet, in those documents that came to be known as your scriptures, the Holy Bible, there are, indeed, stories of healings, but not much follow-up was done. And in those cases where follow-up was done, those aspects have been deleted from your scriptures. For rest assured, I *was able* to manipulate subtle energies of the body-mind, in order to *change* an *outpicturing*. But often, within a matter of hours, days, or weeks, or at the very outset, a month or two, the old outpicturing or pattern would show up again. *Except in a few*. And what was the difference? The difference was that in the *few*, my interaction with them was recognized by *them* as being an outpicturing of the Truth of their own being. Therefore, correction occurred, not because of what I was doing, but because *they* chose in that moment to recognize and accept the Truth about themselves.

They claimed complete responsibility for changing what they were outpicturing in their body.

I learned a humble lesson through that process, and went deeper into an understanding of what the world is and how mind works. I came to see, then, that because all mind, and all minds therefore, are made in God's image, *free will cannot be usurped!* Therefore, even one such as myself, who had studied long and trained hard under many, many masters of subtle energies, I who had gone into the depths of my own being, and had faced my own shadows, and had surrendered so deeply into the Love of God—even *I* had no power over the free will of another mind.

This actually took me into deeper freedom. For I came to realize that what I was doing in my life was designed only to teach *me*. I became perfectly *divinely selfish*, wanting God *fully* for myself, recognizing that that required not that I try to *do things* in order to know God, but that I simply *surrender* into God. And if it be God's Will, my cup would overflow.

When I returned from India to begin my ministry, that idea was not my own. My idea was to remain in a certain valley in what you call Kashmir, and simply abide in a deep state of prayer until the body dissolved. But in that state of surrender, the Voice of my Father spoke, saying,

*Beloved Son, there are other minds that I would reach through you.
Return to your homeland.*

I arose from my prayer and began the journey.

Beloved friend, there is only one Guru—the Comforter, the Holy Spirit—one Teacher, one Ray of Light that corrects the mind. That Guru, that Ray of Light, has *already* been placed *within you*, from the very moment that you entertained the thought of separation. *Love waits on your welcome* is another way to say that the Teacher is sitting inside your heart, waiting for you to become quiet, to learn from the Christ Mind within yourself, to surrender that That Light might fill you and inform you.

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Many traditions have, indeed, grown up as a result of unenlightened minds watching an event, such as was perceived with me. I was perceived as the Messiah, the Holy Son of God. And others seemed to awaken and heal in my presence. Therefore, the unenlightened mind says,

Well, I couldn't possibly heal myself or awaken. Therefore, the Messiah must have done it to them.

Over a period of time, in many cultures, that perception becomes a theology, a belief, a ritual, a teaching. And it is passed on, unthinkingly, from generation to generation, even to the point where there are some teachers in your world who, much like me, are passing through their own stages of awakening, and merely believe that the power is in *them*. And why not? If a multitude *give* them that power, and say,

We cannot believe that we awaken ourselves. But we'll come and sit at your feet and have enlightenment experiences, and then say you did it to us.

Do you see how that begins to operate in a mind that is not yet totally free? I say this unto you unequivocally: *No one has the power to awaken you but YOU!*

Now, if you're perceiving yourself as unawake, that looks like quite a burden. But remember that this means that the *opposite* is also true. It means that in *no situation* does anyone have the power to *prevent* you from being awake. It is much easier, in your world, to use the opportunity of relationship with unenlightened minds to choose to be awake, than it is to search for the needle in the haystack, hoping to find one enlightened mind with the power to save you. Therefore, seek not for the guru outside of yourself, but begin to use time constructively. See that each moment of your experience is just another opportunity to recognize the Truth that is true always,

Oh, I can choose peace! I am One with God! I wonder how much fun it might be just to bring a little Love to this moment?

... by dropping the illusions, the clouds that pass through the sky of mind that seem to enter your field of awareness—the clouds of

judgment, the clouds of reactivity, the clouds of the perception of the need to be right.

Beloved friend, whenever you hear again of one who says they have the power to awaken you, go somewhere else. Turn, shake their dust from your sandals. They're not worth your time. When you hear of anyone who says,

I am merely a lover of God. I can do nothing for you but abide with you in the prayer that together we can be the Truth that sets all things free.

To *that one*, make haste! And come as an *equal*, for of such is the Sonship.

I believe that should be sufficient for now. So, it has been a short hour. And with that one question, there is enough.

Therefore, peace be unto you always.

Amen.

Lesson Nine

Question and Answer Section

Question: How do you know if you are truly being guided?

Answer: Indeed, beloved friend, this is a question of great importance, though think not that *importance* requires *seriousness*. Therefore, understand that as you seek to separate yourself from the roar and the din of the world, from the world mind, from the opinions of those around you, and seek to shift the momentum of the mind back toward the heart, toward the Kingdom of Heaven within you, toward that silence in which the Voice of the Comforter speaks, know well that the very first step is to *begin at the end*. By this we mean *always*—and never, ever fail to do this—*always* begin any such period of meditation or prayer by acknowledging the Truth that is true always, that transcends the shadows, the illusions, the misperceptions of the world. And that Truth is simply this: You cannot be less than what God has created you to be. Separation from God does not exist. And if you find that you exist in this moment, it can only be because you are, indeed, one with that Creative Source that has birthed you in It's own image and has given you access to all wisdom and all Truth and all support. For you are, indeed, loved above all things.

Therefore, begin always by acknowledging that this is the Truth. Then, allow the body to relax. And as it does so, look with the inner eye, the mind's eye, at the situation, the context that seems to be presenting itself to you—whether it be of relationship, career, what have you. Simply, then, look with the mind's eye upon the context and say,

This context has no power to harm me. It comes because I have called it in my own desire to grow in wisdom, to grow in strength and power and certainty.

Then, remind yourself that only the Comforter's guidance, the inner Voice of the Holy Spirit, can think *rightly* for you. Ask of That One,

My Friend, what is this context for? What lesson do I need to learn?

What decision truly will carry me in the direction of my deepest commitment?

And I emphasize the word *commitment* here, for as you well know, and we have spoken many times, that until the mind, until the soul, until the heart becomes fully committed to awakening from every last trace of illusion, until it becomes fully committed to bringing forth the gifts that have been placed within it by God, life is like a ship without a rudder. Therefore, ask what that decision is that *truly serves* the commitment that you have made to awakening to the Mind of Christ, to being the embodiment of wisdom and of Love and of peace.

Now having done that, remember that—at least in the initial stages of the journey—the egoic mind will always speak first. In other words, you have *learned* to look to the *world's thinking* to find the solutions to the contexts, or what you call problems that present themselves. There is a period of *retraining* the mind in which you become more and more detached from the thinking patterns of the world. But when you begin to enter silence in this way, and ask,

What decision truly serves my highest good, my deepest commitment?

the first voice that you will usually hear is that little voice that says,

Oh, no. Don't do that. No, no. Don't do this. This will not leave you safe. And what about this person? And what about that person? And what about all of those things?

If you are observant, you will notice that when that voice speaks, it creates a restlessness within the body-mind itself, like an ocean churned by an angry wind, so that the waves toss to and fro. The breath changes. The shoulders tighten. There is a restlessness, and it seems as though it is difficult to maintain comfort and ease. The *egoic* voice, which is the voice of fear, the voice of guilt, the voice of self-judgment, the voice of unworthiness to be what God has created you to be, that voice always creates inner turmoil and loss of peace. Therefore, merely observe it. Do not seek to be rid of it, but just learn to observe it as it is.

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Oh, I've asked the question within and asked for guidance, and immediately my mind became disturbed, my body's changed and tightened, and I'm thinking about all manner of things that are 'out there.' This, surely, is not the Voice of the Comforter. Therefore, I will simply ask again.

Simply return to the acknowledgment of who you are and ask again, as we've suggested. Begin to observe, then, as the body begins to relax, that you need only say within the mind,

In Truth, I do not know what a single thing is or is for. I am here to learn what it means to be awake, to be the embodiment of Love. And there is one Teacher given unto me who guides always correctly.

Merely then, ask your questions again. And notice the effect. Say within the mind,

I am not attached to the answer, for I trust Love to direct my course.

When you begin to observe that the mind, your beingness, is less and less attached to the outcome that you're looking for, then the Voice of the Comforter can begin to speak to you. You've heard it often said that God speaks to you as a small, still, quiet Voice. This is the opposite of the world's thinking. Therefore, as you cultivate the ability to rest in silence, to be detached from any need to have the answer look a certain way, more and more you will access that place in the depth of the mind, or the heart, in which the Comforter dwells at One with you.

Remember that the Holy Spirit is merely *right-mindedness*. Right-mindedness, correct seeing, correct feeling, is that that is aligned with the Will of God. That right-mindedness was placed within you by God Herself, if you will. So you are truly listening only to the *depth* of *your own being*, what we have referred to often as the *heart*, as a way of drawing a distinction from the thinking, restless mind.

It is in silence that the Voice of the Comforter speaks. And silence comes when you are no longer invested in the outcome of the contexts or decisions that confront you. You will know that you are truly guided when a picture, a thought, even a voice, a feeling in

the heart, comes and your whole being resonates with it. Therefore, there is no conflict. There's no tug of war any longer. There's a moment of simple knowingness. It is not the kind of thing that needs to be explained to anyone. It is not the kind of thing that you question or mull over in your mind. It is a simple, immediate knowing.

This is the right decision.

This is the journey I must make.

This is the book I must read.

This is the relationship I'm to be in, or not to be in (it doesn't matter).

The point is, you *feel* in your beingness a clarity, a resonance, that indicates you have stepped into a state of *wholeness*. You *know* what you *know*, and there is only certainty.

Then, of course, the next step is to *follow through*. The voice of the ego will rise again a thousand times, debating with you. And why? Because the voice of the ego, again, is that voice made up by you as a result of your guilt and fear and your belief that you are *unworthy* to be One with God, that your innocence has been tainted, that, therefore, the Creator has forgotten you. This is never the case. You are loved wholly. You have never sinned. And you remain as you are created to be. And your Creator merely waits for you to awaken from the dream of unworthiness and to take up your rightful place as His creation, that the *good*, the *holy*, and the *beautiful* can be extended through you in the very act of creation.

Beloved friend, guidance is something that is *learned* in the field of time. It occurs to the degree that you are willing to stop thinking for yourself. It comes to the degree that you are willing to set aside the guidance of everyone around you—and if you open yourself to that, you'll find there are many just waiting to tell you what you should do. It comes as the result of your willingness to begin to turn every decision over to the Friend, the Teacher, the Comforter, that has been placed in the depth of your mind and your heart by God. And God is but Love.

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Therefore, to cultivate tuning into, resonating with, listening, and then following that Voice in the depth of your heart means that you are learning to let *Love* be your guide, *Love* be your teacher, *Love* be your friend. And that Love is universal. That Love is eternal. And that Love is within you *now!* You cannot be alone at any time. And all power under Heaven and Earth is given unto you to guide and shape your journey through time. And over time, you will become a master of tuning into guidance.

Making the direction toward the Kingdom of Heaven, you will learn to go only to that altar and not to the altar of the world. And as miracles occur, as success builds upon success, you will learn that after all is said and done, the world has been wrong. You are not alone. You do not need to make your way. Your way will be made *for you* by a Power and Love and Intelligence that birthed you in the first place and has only your highest good in mind.

Practice well then, beloved friend. Look to see how you can begin to turn decisions over. Begin with those that are quite simple, so that fear does not arise. Begin, for instance, by simply asking,

What would be the best thing I could put in my body for breakfast?

Which of these two movies would I most enjoy?

And then, practice listening for the inner guidance. Again, in this way, you begin with situations that are fairly 'safe' for you. And then you can progress to 'bigger' decisions, until, ultimately, *every* decision is turned over—even the most ordinary decisions. Not in a way that anybody will see or notice, but your mind has been corrected, so that in each moment, you're quietly asking,

Father/Mother God, what would you have me do? For only your plan works, and only your pathway is strewn with the flowers of miracles, and wisdom, and peace, and the fulfillment of my soul.

Begin practicing, beloved friend, making the decision to turn every decision over to the quiet place within where the Friend, the Teacher, waits for you.

Question: Jeshua, you have mentioned that all events are neutral—several times. Could you please take that and go deeper with that and explain it for us?

Answer: Beloved friend, I would be most pleased to do this for you, except that your question is a neutral event that has no interest! [Laughter] Hmm.

Now you have, indeed, heard it said to you many times, and I'm certainly not the first one to share this, that *all events are neutral*. What do we mean by this?

There is a moment, unknown by the world's thinking. It goes unperceived, unnoticed by those who live their lives *seduced* by the shadows that make up the world, because they are run by fear, by judgment, by doubt, by guilt. This is like a turbulence in the mind that covers up the simplicity of the moment we're referring to. There is a *moment* in each and every one of your experiences where an event begins to arise, a gap if you would say so, in which your mind is not *interpreting* the event. It is merely *arising*. This is its reality, its "suchness," if you will. It simply arises. You don't know where it came from. It arises from Mystery. For in Truth, no one—*no one*—can say why there is anything at all. It arises from Mystery—energy dancing in an endless shape of forms, beginning, passing by, and then ending.

The world in which you live, this world of energy called your physical dimension, is like a constant *light show*—energy dancing, cascading, changing. There is a moment of perfect peace, a moment that can be cultivated to be expanded, so that your mind notices the *innocence* of each event. But the *perception of innocence requires the healing of fear*.

I've shared with you many times that there are fundamentally only two emotions, if you will, only two worlds, or two realities: Love and fear. And between these two, only one is Real: Love. For God is Love and does not create unlike Herself. Fear, then, must be healed within the mind and the body, as long as the body lasts, in order that the mind can perceive this *moment of innocence* . . . watching a wave arise

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out of the Ocean of Mystery without a need to judge it, without a need to hold up a placard and say,

We'll give it a five or a nine.

No, that's a bad wave.

This is a good wave.

What will this wave do to me?

Oh, I don't want this wave!

You know all of that kind of thinking.

There is a moment in which the *perfect innocence* of each event is *undisturbed*.

What, then, occurs to change a *neutral* event into one *charged* with meaning? Listen well, beloved friend, for here is the whole crux of the very problem, if you will, which requires you to awaken from it.

Perception takes place. Perception is like a *coloring*. Imagine that you had a pair of sunglasses, and as you walked outside, you had them in your hand, not on your eyes. And for a moment, you saw things just as they are. And then, in the next moment, you're putting the blue-colored lenses over your eyes. Immediately, the world, that which you are experiencing, has been colored in a certain way.

Perception is much like this. The only difference being that the lenses are *deep within your mind*. The lenses are made up of all of the beliefs and perceptions and attitudes that you have taken on from others around you as you sought to adapt yourself to this world. It creates beliefs. And you will literally believe that what you see is 'out there'—when, in fact, you're merely looking through the lens, the prism, the lenses of your own mind. This is why I have often said there is nothing outside of you.

Therefore, when you experience any event, notice your responses. And then, if you truly desire peace, stop trying to *justify* your perceptions. And rather, go within and ask with the innocent wonder of a child,

I wonder why I'm choosing to see this event this way? I wonder if I could see it differently? Perhaps what looks like a trauma is offering me a treasure, if only I could become quiet and ask the Comforter for guidance.

The reality of your 'world' is this—listen carefully: *It does not exist.* That is, it is not occurring outside of your own mind. Mind is all there is. And freedom comes from the willingness to take responsibility for it, that the Mystery which brings forth all events can be seen the way you *want* to see it—from freedom, from power, from safety, from peace, *from Love rather than fear.*

Because you are made by your Creator to create, you are creating without ceasing. And until awakening comes (and that's another subject) you literally are creating the world of your experience through the lenses of your own perceptions. You are free at any time to heal those perceptions and to learn to see differently—eventually to see through the Eyes of Christ. And Christ is just the reflection of the Love that God is.

Regardless of what the egoic part of the mind will say, this one thing never changes: *All events remain perfectly neutral.* What value and meaning, then, can they have? They will have the meaning and value that emerges from your decision about which *voice* to listen to—the voice of the ego, which is the voice of fear and judgment and unworthiness, or the Voice of Love, in which the Comforter translates the events of time and shows you how they can be utilized for your own awakening and healing; and, by extension, the awakening and healing of the world, itself. This is a Voice that the Christ within you listens to. It is the Voice that speaks of forgiveness, the Voice that speaks of fearlessness, the Voice that speaks of wisdom, and of patience. It is the Voice that serves only one purpose—that purpose which can bring each of God's Children Home again, to uplift them to the peace that they seek, out of the suffering of guilt that they've been used to.

One who is fully awake, in the field of time, looks to be very ordinary. But in their mind, their consciousness, they've been given over to letting the Holy Spirit interpret every series of events *for*

them. And the Holy Spirit will interpret events *only* in the way that serves the awakening process. Events no longer have any other purpose than the correction, deep in the mind, that allows Love to be remembered and restored, so that Creation can flow without obstacle.

You will know that you are listening to the voice of the ego when you *argue for the correctness of your perception*. Learn well, then, beloved friend, again by practicing innocently, to recognize that all events are neutral. You can do this in a way that I've explained many times through many channels. Merely give yourself five minutes a day in which you sit in a chair and observe the things around you. And each time your eyes fall upon an object or perhaps hear the phone ring, or what have you, you merely say,

*I do not know what this is or is for. I don't even know how it got here.
I rest in innocence, and place no judgment upon it.*

In this way, you begin to cultivate the mind to let the gap widen, in which, within your mind, the *moment of innocence* lingers long enough for you to be aware of it. Eventually, you could literally be *crucified* by beings who swear they hate you, and you would look upon it with equanimity and peace, saying simply,

Father, forgive them, for they know not what they do. This is simply a neutral event. And I remain One with God.

Practice well, beloved friend, and look. You'll begin to discover what you are still valuing, where you're still holding on to your need to be right about your perceptions. And merely invite the Comforter to change your mind for you.

That should be sufficient for now.

Question: Please explain more about the paradox of living as one Christ Consciousness and yet also living in an individuated body and ego.

Answer: Beloved friend, please listen well as we give you the punch line. In Christed Awareness, it is *impossible* to live as an individuated mind or ego, since Christed Awareness is becoming established in

the *transcendence* of the old misperception that you are living inside a body and peering out through it and are, therefore, separated from others because of the distance between bodies. In Christed Awareness, you literally feel and know your identity to be *Spirit*. And Spirit embraces all things. You literally recognize that there is nothing outside of you.

Yes, it is quite true that the body-mind you once used to be identified with is still going on. But it has been *translated*. It has been *transformed* because your perception of it has been corrected. You realize that your ability to be aware is the very gift of God that created you in the first place. That power to be aware is the power of Spirit Itself. Therefore, it is no longer 'my' body-mind, 'my' egoic mind, it is just 'the' body, 'the' mind. And it is given over with every breath, with every thought, to Spirit.

So, that's the punch line. As you ask the question, it is impossible. You cannot live as Christed Mind and still be an individuated body and ego.

The highest state of consciousness, then, is a state in which perception has been corrected. And the body-mind walks upon the planet as long as it lasts, but now, instead of being you, it is a simple tool for Spirit. You're no longer identified *as* it, or *with* it. You look at your hands and your feet, you look at the head, you look at the thoughts that come and go, and you realize that the body-mind could never possibly have any purpose or value except that which God gives it. And you have surrendered ownership. You said,

Father, it's pretty evident that I haven't known how to live happily, joyfully, and at peace. I give myself—I give all of this—back to You. You use it. And I'll go where You want me to go. I'll take the carcass, the body, wherever You want it to go. It no longer matters to me. I am here only to be at peace and to offer this body-mind as a possible way through which Love can be revealed to another, through which wisdom can be given to the world. I'm not even attached to that; all things are yours.

Therefore, beloved friend, as you go through your day, begin to notice how you are thinking about the body itself. How many times do you say 'my' body, 'my' ego, 'my' thoughts? Begin to create some

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distance by simply saying 'the' body, 'the' egoic mind (which is really not the possession of anybody; it's just a temporary quality of mind that many beings seem to be sharing), 'the' thoughts. If you were sitting next to your ocean, and you were watching waves arise and fall, would you say,

That wave is mine and nobody else's?

Of course not. You would say,

Oh, there goes a wave.

Can you teach yourself, during the course of your day, to do the same thing?

Oh, the body is washing dishes.

The body is walking upon the grass.

Oh, there are thoughts passing through the mind.

Can you become the *Witness*, or the observer, of what is arising and passing away? For the more that you develop the quality of the Witness, the more the world becomes transparent, and the more you realize that you are the Watcher of all thoughts. You are the Seer of all things. You are Spirit. You are like the ocean in which waves arise and pass away. And you begin to become identified—not as the body, not as the particular personality or history—you'll become identified as that which embraces and trusts and allows all things. You will be Spirit. And *then* you will know the answer to your question, for it cannot be answered with the intellect. It can only be *known* and lived directly.

That should give this one pause.

Question: Can you talk about what the perception of the New Age movement is regarding 'up and out,' riding the ascending current and ignoring what we call the 'shadow side,' and how to balance the . . . not to be in denial of the shadow? Can you just discuss that—riding the ascending and descending currents (in less than ten minutes)?

Answer: Beloved friend, this would be a very good question to devote an entire hour to, or perhaps several hours. And yet, I will give the answer to you in two minutes. The only question will be, will you be able to *realize* that Truth in the seven or eight that are then left to you? [Laughter]

Here is the answer: *The Seeker must become the Finder.* The desire to ride the ascending current is a subtle aspect of *seeking experience*. The heart that is awake embraces *all* things, trusts all things, denies nothing. And if you are in this world, what you call the 'shadow' can be loved as easily as any ascending mystical experience. The desire to ride that current is nothing more than the desire to avoid something. If you know that you are Spirit, there is nowhere to go *to*. There is only the loving embrace of that which is, that it might be restored to a moment through which Love is extended.

Therefore, *embrace* all things, *trust* all things, *allow* all things, *transcend* all things. That should be sufficient for now. But within it, there is much to be contemplated.

Did I accomplish it within the two minutes?

Response: You did an excellent job.

Jeshua: Hmm! It is because I spent so much time riding the ascending current. [Laughter]. But more than this, it is because I spent time embracing the sinner, the sin, the illusion of suffering, and bringing Love to my brothers and sisters—by turning to look at what I thought was darkness, only to discover that within it was the Light of God, and that nothing could harm me in any way. *I became free when I stopped seeking God, and allowed God to find me.*

Therefore, the one who seeks to go *somewhere* is just playing the same egoic pattern. *Only Love is Real.* And in *that moment* [snaps fingers], Christ is present. The Atonement is completed. The Master has arisen in the twinkling of an eye.

So . . . But again, we want to suggest that you create a context in which that question can be given much deeper consideration.

So, to those of you present, know that nothing comes by accident.

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And you have chosen to set aside your time. You have chosen to set aside your time to be in this room, not by accident, but because, *already*, there is a place within you that knows how to listen to the guidance of your heart. Therefore, *trust that guidance in all things*. You are *not* alone. And the power of the Love of God is with you even now, and will be throughout all eternity.

Peace, then, be unto you always.

Amen.

Lesson Eleven

Question and Answer Section

Question: Each soul has the same purpose, that is, to wake up fully from separation from God. Yet, within the dream, in space and time, based on soul experiences and predilections, do we have our own unique purpose?

Answer: No. Do you want an elucidation, or is that sufficient?

Response: That's sufficient. You were the one to tell me to ask this question.

Answer: Indeed. Beloved friend, this is a question that actually serves to . . . it brings up into our awareness something that really serves to limit the awakening process itself. The *ego* places value on *form* more than *content*. The egoic mind searches for a *form* of expression which it hopes will fulfill its perceived purpose, and thereby, grant it what it wants,

Ah, I have done it! See how good I am?

The only purpose of the soul is to awaken, to allow the transformative process to occur, so that Christ again reigns supreme in a mind where fear had created a substitute.

Content is what matters. And the more any mind devotes itself to *content*, the appropriate *forms* merely materialize for it. Why? Because the universe, or the world you experience, is nothing more than an outpicturing of the Love of God that is working through the Holy Spirit to create the contexts that allow *you* to awaken, and, as we said earlier, to give you contexts in which you can become more and more skilled as a conduit for the extension of Love.

Uniqueness, once again, is an *ego interpretation*. For instance, there is nothing unique about me showing up as the primary spokesperson for that which I once referred to as the "Lineage." There is nothing unique about this, my beloved brother, who joins with me in this process. It may look unique to some minds. And some may say,

Oh, Jeshua. What he's doing is so unique among all the masters!

That is a projection. All things have one function: the healing of the Sonship so that Love can be extended *sanely* from the Mind of God through His Creation, Who is Christ. That's all. You could see those things as two sides of one coin.

There's nothing unique in what I do. There is nothing unique in what you do. It only appears that you're in a different place and a different dimension. And the actions of the *body* make you *think* that what you're doing is unique or different from somebody else's function. *The ego compares itself to others.* It measures its worthiness by *thinking about* everybody else's function. It does not see that it is merely projecting its own value onto what everybody else is doing.

Only *one thing* is occurring: *mind is waking up.* To give you a picture that would help you in this, imagine that one baby lays its head down on a pillow in its crib, and begins to dream. And part of that dream becomes the process of its own wakefulness, as the first rays of dawn begin to touch the crib through the open window. One baby, all by itself, resting in a crib, dreaming a dream, and then stirring itself to wakefulness.

The Sonship is that one baby. And you participate perfectly within it. Body-minds not withstanding—they do come and go, of course. It looks like there is a multiplicity, but there is only mind. And it is *mind* that is waking. One purpose . . . how can you find uniqueness when there is only *one* baby in the process of doing *one* thing—awakening, giving up dreams, stepping back into the wakefulness of Reality?

Therefore, to all of you, I want *very much* to encourage you to be very aware, and very wary of, the tendency within the mind to become attracted to what looks like a unique function. And the pictures that the mind gets, the fantasies that it creates about becoming a great president, about becoming a great anything—that is always secondary. And it is the ego that does those things. The mind that is informed by Love is merely available awake where it happens to find itself, doing what it happens to be doing. And it *sees clearly* that all power under Heaven and Earth is flowing through it, and is available in that moment to serve the one function of the healing and

restoration of the Sonship. Where the body-mind happens to find itself is only secondarily of importance.

Does that help you in that regard?

Response: Yes.

Question: Could you please elaborate on the *Lineage*, and how one comes to be in your lineage, and speak of soul groups?

Answer: First of all, beloved friend, if we approve of you [Laughter] . . . you might be allowed in.

Now this could, indeed, encompass an entire hour or several hours in itself, since it is a question that deals with the very heart of the dream of separation and the process of the baby's awakening in the crib.

Within the dream itself, and we have used this analogy for you before, imagine that there is a Light, a singular Light that occupies all of space. You might think of it as a Star that fills all of space, so there's only the Light of the Star. For some inextricable and unseen reason, that Star bursts into many, many Starlets, if you will, many points of Light that now look as though there's a multitude, but they're all made of the same substance: Light.

Each one of them, as that process begins, begins to see itself as unique and separate from the other aspects of the Star that has burst. Each one of them, then, begins to set in motion a vibration that looks like it begins to carry it into different corners of the universe. Different experiences begin to flow out of it, so different vibratory rates are established, would be one way of saying it. And yet, they're really all occurring within the context of the One Star. And if there had not been that One Star, none of the little points of Light could have any existence whatsoever. They are embraced by the vibratory field of the One Star. They never lose touch with that. They merely express what appears to be variations on a central theme.

Now, as that process continues, eventually, time is birthed. Think about that sentence for a while!—*Eventually*, time is birthed within the dream. And with time comes space. And with space comes bodies. But bodies are, first, merely condensations of energy, far

subtler than what your scientists know as atoms or quarks. And yet, they emerge, as the vibrations continue to create out of the belief of uniqueness, that which coalesces thought as a vibrating energy, called an *atom*. And atoms coalesce into a multitude of forms, as you well know, since you are one. You are a coalescing of a whole lot of atoms into the *appearance* of solidity called the *body*, which you then call “myself.”

So, that’s kind of what occurs. And, again, we could spend many hours discussing the process of the dream, itself—the very mechanics of the dream, itself.

Again, please understand: *the one baby is awakening*. The dream never really occurred; that is, the perception of the reality of the dream never occurred. The valuing the *dream* over the *dreamer* has been a *mistake*. And the dreaming of the dreamer never separated the dreamer from the *power* of That One that gives forth the freedom to dream. Understand well, then: There is no uniqueness. Everybody’s doing the same thing. One child is awakening. And that’s all that’s going on. That’s *all* that’s going on . . .

Something to think about.

Question: Can you speak about *specialness* and *holiness* in regard to expressing sexuality?

Answer: First, you might find this somewhat surprising, but many associate sexuality with the body. It seems rather natural, doesn’t it? And yet, the body is the *last level* of the expression of *true sexuality*.

What is sexuality, then? It is the very force—the creative force—of energy itself. You could say that God, your Creator, is *pure sexual energy*, since Love radiates at such a pure state of being (I won’t use the word “high” because that creates the perception of a hierarchy), a pure state of vibration, so filled with *ecstatic celebration* of Its own nature, that Its only function and desire is to create like unto Itself. And what comes forth from That One is Christ. *Christ is pure sexual energy*.

As the dream began to take hold in the Mind of the one Son of

God, initially as merely a temporary play, but then began to be taken seriously—the fall from Grace was the taking seriously of the dream—as that vibration begins to descend into . . . more and more into space and time, and then into bodies, it still seeks to express itself. But now, fear and the belief in bodies has usurped the role of sexuality and *perceives* it to be . . . let us say it has the value for procreating more bodies. That's an ego function. There's no need to procreate more bodies. You've done it long enough.

As you find yourself, then, in a state of consciousness in which at least part of you is still holding value for the body, you will and must feel sexual energy, because sexual energy is creative energy—that's all. It is the desire of Love to procreate Itself, to express Itself, to extend Itself. Within the body's use of sexuality, the best that sexuality can do is to say unto another,

I accept you as you are and I behold your innocence. I elect to allow this body to be utilized in such a way to express the simple Truth.

No amount of sexuality awakens the Sonship. However, it *can*, if it is used by a mind *fully committed* as a Disciple of Christ, the body *can* become the context through which Love helps to dissolve fears, self-unworthiness, certain perceptions that have settled, or crystallized, in the mind of your brother or sister. The body cannot be used to *get* anything. Its only sane purpose is to extend or give—that's all.

The purpose, then, of sexuality and the body is not to seek pleasure, but to allow transformation and healing of illusion. Because the body is the ego's home, and sexuality has been usurped by the ego for improper purposes, if you will, sexuality and the body in *your* world is the place of great power. A great catalyst can come through those energies, but also great risk, because it stirs up the most fundamental places in the self where the ego has tried to suppress true creativity, and tried to take it over as its own.

Sexuality, then, ideally, in an awakened state, would be entered into only as the result of prayerful appreciation, not of the other, but of God, so that the body relaxes and is surrendered into the Awakened Mind, that then allows the Holy Spirit to inform how another is touched, how another is spoken to—always *informed*

from the perception that the mind is seeing in the other their perfect innocence and is expressing its acceptance, its whole acceptance of the other . . . not in order to *get*, not in order to *own*, not in order to *be pleased*, not even in order to *please*, but only to *express the innocence of Love*.

Sexuality is God—pure and simple. It gets convoluted in the dream as the mind separates itself and takes on fear, begins to see the body as real, begins to try to use the body in order to get, instead of as a communication device for allowing the Holy Spirit or the Christ Mind to express through it that which brings healing to the Sonship.

Can sexuality, then, be used in a sacred way? Of course! A pencil can be used in a sacred way. It is the *mind* that decides the *purpose* and the *value* of all things. To decide to use the sexual energies of the body only as that through which the Holy Spirit can touch another mind and heart and let them relax into self-acceptance, because they are seen and appreciated for *themselves*, and not because there's someone trying to get something from them—this is the highest use and value that the body's sexuality can have. And, by the way, anything *but* that—anything *but* that—is a decision *against Christ*, pure and simple.

Now, you mentioned the terms 'specialness' and 'holiness.' The ego would perceive often in your world that sexuality is what creates the holiness of the joining of two. It's upside-down thinking. Holiness requires not a movement—it requires a surrendering of illusion within each of two minds. Holy relationship, whether it be having a pizza or having what you call 'sex' . . . you're always having sex, by the way, even when you're eating a pizza . . . holiness occurs when any two beings look within themselves; that is, they make the journey within and discover the Truth that *there is no lack*. Then they join, not to *get*, but to *create the good, the holy, and the beautiful*. That might be a pizza. It might be a retreat center. It might be what you call, 'making love.' I don't like the term 'making,' by the way. That's what the ego does. All action, then, is *informed* from a different place of consciousness, and that is all.

Specialness . . . Specialness is nothing more than the attempt to use relationship—with a pizza, with another body, with a brother or

sister—to *get*. That is what makes it *special*. It doesn't mean—holiness doesn't mean—that everybody lives in a house all by themselves and nobody is in a committed relationship, because in *holiness*, the Holy Spirit *informs* the purpose of the relationship moment to moment to moment. And if it looks like it's appropriate for two to come together and live under the same roof, even as man and wife . . . that *form* is *secondary* to the *content* that each mind has awakened to. The form being secondary can be easily embraced, and it can be easily released, when the content calls for the reshuffling of the cards. Specialness would hold that,

No, now that we're together, the form is what matters.

The ego loves *form*, for it believes that form can give it the safety it needs while it tries to *survive* in its *fears*. The mind awakened to holiness is *fearless*, and only loves. And so, form has become secondary to content.

Does that help you in that regard, then?

Response: Yes.

Jeshua: Worthwhile questions, do you think?

Response: Yes.

Jeshua: Then perhaps, if we are most fortunate, some help will come from the answers.

In regard, then, to the latter, we would suggest unto everyone: Are you making of the body and sexuality something 'special'? Or can you give even this to the sacred holiness of the purpose the Holy Spirit would give unto it, and value it so highly that you will allow no other use of it to enter into the sphere of your experience?—that each joining with a friend, with a brother or sister, *is* a sexual experience; there's *an exchange of energy* going on. There is Life, and Life is Love, and Love is God! Can you bring such presence to sitting across from a friend and smiling while you're eating a pizza, so that *you* know you're having a grand sexual experience? You're in the *ecstasy* of knowing that Life is good because goodness is of God!

And if you happen to do what is called the groping and the touching and the stroking and the copulating and the panting and the heaving, and all of that other thing that happens in a *certain tiny form* of expression of sexual joining, that *your* world has made such a big thing of, can you bring that presence together so that the two that are joining are joining as though they are the Awakened Christ, serving no other purpose than to bless the other with acceptance of the other? . . . Seeing their perfect innocence, *celebrating* the innocence of one another, without clinging, without possessiveness, without fear of loss. For where minds have joined *in Love*, loss and separation is no longer possible.

So, we will, then, allow this hour to come to a close.

We come only, then, because we love you. We come only to allow that Love to inform us, and then, stepping that down through the matrix of one particular body-mind and set of vocal chords, so that words you can understand with the conscious mind can be brought into your energy field, and yet, perhaps, used *differently*, their *meanings* interpreted differently, to assist you in releasing illusion, and allowing correction to come to your mind. That is our sole purpose, because you are the Sonship.

Because you are the Sonship, you are those points of Light that are of One Substance with us. We, then, are your brothers, sisters—your friends. And we come only because we love you. Do we have a choice? Hardly. For your healing and awakening is *ours*. Your joining with us in wholeness *is the healing of Christ*.

Therefore, indeed, peace be with us *all*—always. Whether in your world or ours, within the dimensions of Creation, only Love is truly occurring.

Amen.

THE WAY OF KNOWING

Question and Answer Sections
(complete & unedited)

By Jeshua ben Joseph
(channeled by Jayem)

Lesson Two

Question and Answer Section

Following completion of the lesson, Jeshua often answers questions read to him on behalf of students.

Question: Jeshua, could you help us define *Knowledge* or *Knowing*?

Answer: Certainly. Knowing or Knowledge is an immediate quality of feeling. It transcends symbols. Knowledge is the result of revelation, and revelation is always intensely personal. That is, revelation flows across the gap that has seemed to exist between the Mind of God and the mind of the soul, or the Created. It cannot be mediated by symbols, since symbols are removed from Reality.

If you were to try to describe your revelation, you must immediately move into the realm of ideas and words. Words are symbols of symbols, and are thus twice removed from Reality. Ideas are what words are symbols of. Reality is unmediated. It is immediate. All of you have had many, many revelations. In an instant you simply see and know,

Ah! I see. I know. Ah!

Then you let it go. If someone were to ask you,

Well, what just happened?

then comes the *art* of trying to communicate through the mediation of words and ideas to give some sense of the revelation.

This is why even the greatest of your mystics, the greatest of your teachers, have tried to utter in words the essence of their revelation, or revelation of awakening (indeed, it is a revolution, too). Everything that I ever said, when I walked the earth as a man, anything that I have ever said to you, is the *artful attempt* to use symbols to point you in the direction of some *feeling* of the revelation that has occurred within my own mind of Christ. It's just the way it is; there's not much you can do about it. The attempt to communicate requires

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communion. And a teacher seeks the art-filled, art-guided way of evoking a state of communion between his and her mind and the mind of the student, in order to transfer the essence of revelation.

Knowing, then, has nothing to do with theology, religion, or a single text that has ever been given. Knowing, or Knowledge, is *immediate*. It is a Knowing by *being* that which the mind would seek to know.

When you touch Christ Mind, *you know it*. Because all of your beingness, the mind, the emotions, the physiology of the body—everything changes and comes into alignment. And in that moment, there is *no possibility* or even *memory* of fear. There is *nothing* but simply being present. It is timeless, it is eternal, it is peaceful.

Therefore, indeed, beloved friends, come to understand that *Knowing is what you seek*. And yet, Knowing does require that you begin by acknowledging that you are Christ. Remember always that this is the first and most fundamental act of purification. Your mind will tell you,

No, I'm a wretched sinner. No, I'm not there yet.

That is egoic thinking. You must notice it and say,

No. That cannot be the Truth of me. The Truth of me is that I am the Holy Son of God—now.

You've dropped a pebble in the pond that creates ripples that will dissolve the patterns of fear that you once created to replace the Truth.

Knowing and Knowledge has nothing to do with belief. It is beyond belief—quite literally to the world mind. Knowing and Knowledge has nothing to do with theology or religion. It has everything to do with Reality.

That should be sufficient for now. We would suggest that you think deeply about what was said. It, in itself, will drop pebbles in the pond that help dissolve the resistance to Knowledge.

Question: Over the years we have seen many people who appear to get right to the crux of their blocks, and then they stop. After, they will pull away. And sometimes there can be projection, the forming of “glee clubs,” and even outright attack. Could you speak to what’s occurring there, as well as the best way to deal with it?

Answer: Well, indeed, beloved friend, I *never* experienced this when I was on the planet! Hmm.

Remember, always, that the world is the attempt of mind to create a *substitute* for the Kingdom of Heaven, to create a substitute for Reality. It is the *misuse* of power. It is a *waste* of the very gift that the Creator gives to the Created. It is *extremely* important to remember that as you walk the Earth, in the world (and there’s a distinction between the world and the Earth: the *world* is what mankind has made in error), as you literally walk down your street, you are walking through a *field of illusion* in which *fear* seems to dominate. When everyone is fearful, everyone will believe that everyone is sane and normal. It is just taken to be the norm. And yet, the world is the opposite of the Kingdom.

Why is this important? Where fear has made a home in the mind, where any mind has become entranced with fear and doesn’t even know it, it will cling to the foundational structure of belief upon which it is based:

I am guilty. I am separate from God. This is why I have to manipulate you, because I can’t trust God. I won’t find my security unless I figure out how to shape the world to give me what I think I need.

Fear has many stepchildren. They are all vicious. And in the world you will encounter viciousness. You encounter it right now a thousand times *every day*—the store clerk who seems to be absent or not present with you as you put your groceries on the counter; the driver who honks at you because you are going three miles an hour slower than he or she wants you to. All of these are expressions of the insanity of fear. For where there is Love, there is a willingness to show up and be wholly present in the body-mind. Where Love is present, there is patience, trust, allowance, graciousness. The world

you live in is permeated by fear—it's what made the world in the first place. Never deny this.

What then happens is this. *The first part of the mind which engages the spiritual journey is the ego.* It is the ego that first decides to listen to a tape of Jeshua ben Joseph. It is the ego that first opens to my presence. It is the ego that first picks up *A Course in Miracles*. Why? Because the ego is what is in charge. It has tried everything else. It's coming close to the time of its death and dissolution. And therefore, it looks upon spirituality as the one last-gasp attempt *to gain power and control.*

The ego always speaks first. So, you'll read a paragraph in *A Course In Miracles*, and immediately start thinking about it, immediately start pontificating about it. That's nothing but the ego! Those that would puff themselves up with many words *about* the *Course* are usually those least interested in *living* the *Course*. Do you see?

Therefore, what occurs is this. As any mind begins its "grand spiritual journey," what it's really being run by is the seeking for experiences that *it* has decided will *feel good*. Now, it will begin to have some experiences. It will go to workshops. It will read the *Course*. And guess what? The Holy Spirit seduces it. It does have moments of dissolution, little deaths, "Oh!" Spirit breaks through the ego. So the ego is attempting to use something for its own good, not even realizing that it's the very thing the Holy Spirit will eventually succeed at using in destroying the ego, the grip the ego has on the mind.

However, imagine that you are the defender of a castle. And around the castle you have five thousand acres. Now, out there in the fringes of your dominion, your kingdom, there are a few small hamlets. When the enemy comes to attack your castle, and you first hear that the enemy is amassing at your borders, there's a little fear:

Well, okay. So we'll give it a few hamlets. Big deal. We'll let Genghis Khan have the hamlet at the furthest edge.

But the closer Genghis Khan comes to the castle, the more ferocious Genghis Khan seems to be, the more the ramparts are pulled up, the

more the soldiers come to line the fortress, the more you prepare yourself with your cannons, machine guns, and what have you. You'll do anything to defend the heart of the castle.

Now, in Truth, there was never a Genghis Khan. There were merely angels on white horses coming to bring the petals of Love and healing, coming to teach you that you need not build fortresses at all, that you can let the castle go and live in the meadows in the Father's Kingdom. However, those angels are turned into ferocious monsters that look like Genghis Khan and,

Surely, they're out to destroy me.

Never underestimate the viciousness of the ego. This will happen time, and time, and time, again. As, on the one hand, the egoic mind that says it's on a spiritual path will engage its practices and—oh my!—it will just talk and talk and talk and talk, and read and study, and travel, and do workshops. It will do all of these things, never realizing that it is really about trying to defend its inner castle—the place where the ego is still in authority.

And as Love begins to penetrate and take over the hamlets, it gets closer and closer. And sometimes, the heat is too much. The power of the ego is still too strong and it pushes Love away. Now, how do you push Love away? By *calling it* something else. By seeing it as Genghis Khan:

How dare you ask me to question my own views on sexuality! Why, I know the truth! This is the way it must be!

And then, that very mind will go to a workshop and hear about denial, projection, attack. It will hear all these nice theories and it will go,

Yes, yes. Ha, ha, ha, ha! Oh, yes. Well, hmm, hmm, hmm.

But boy! When its own inner castle is threatened, and reactivity rears its head, and it sends its soldiers to the wall to keep Genghis Khan out . . .

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It takes much, much experience in the pathway of purification to come to recognize that *where there is reaction, there is fear. What is not Love is fear*, and nothing else. At any time, when you have enmity with a brother or sister, that is, you're getting your buttons pushed, you've got a problem or an issue . . . when you do not go to them directly, but rather seek out others to talk to, you will seek an accomplice—what you have called a “glee club”:

Let's get together and sing the chorus of what's wrong with that person over there. This way, we both get to be right.

At any time that you think you have an issue with someone, and you do not go to them directly to discuss it with openness, to discuss it with the goal being growth and learning, you may rest assured that you have rushed into your castle and sent your soldiers to the wall. And you are *delaying* your healing and awakening. Any time you seek an accomplice, you have lost and the ego has won. Because why? Because fear has won!

Oh, gee. I've really had this issue. Gosh, what you did is really pushing my buttons. But I'm not going to talk to you about it. I'll go find somebody else who's also had their buttons pushed. We'll get together and discuss what's wrong with you, so we get to be safe.

Where? Inside the castle of illusion.

So, as Love penetrates the veils, the hamlets, of the kingdom of the ego, it gets closer to the castle. The ego seeks to fortify its boundaries. Why? Because the ego is fear itself.

It takes *much* experience—*much* maturity—at *truly owning* that what's occurring under your skin is *yours*. Are you committed to Love and healing and growth? Or are you committed to keeping the status quo in place? Fear grips you [snaps fingers] that fast! It causes all manner of reactivity, projection, attack. That's just the viciousness of the insane ego.

Now this has occurred, as you know, in the nature of your journey with me, for the two of you specifically over the last nine years, many times. Why? Because your work, both within yourselves, and

therefore within the outer work, the service that you give to others, is *about* dissolving the castle. That is what the essence of Shanti Christo is: *dissolving the deepest, innermost bastion of strength in which the ego is running the show.*

This work that I engage with you in is *the deepest work possible.* It is *only* about the Atonement. The Atonement is not to make you feel good. It is literally to purify the mind of the grip of the ego, so that God can possess, if you will, your mind, your life, your being—so that you can return to being a creator of the good, the holy, and the beautiful.

This means, first of all, that this work attracts those who are at various stages of their desire to awaken. Many of them are at the egoic stage. What is the egoic stage of spirituality? It is that stage in which the ego knows it's tried everything else. It's tried to make money. It's had relationships. It's done its drugs in your culture. It's had too many hours of TV. It's tried *everything* to stay in power, and it perceives that perhaps in the "spiritual life" it will finally gain the power it seeks over what it perceives to be Genghis Khan on the borders of its dominion.

Therefore, many will first be attracted to my message, through this, my beloved brother—through the various forms of the work that I have guided you to learn, to become skillful in. But the first level of attraction is always *the seeking of a new power.* The rattles will come when the hamlets begin to be attacked. And depending on the strength that the ego has—no matter how much so-called spiritual journeying one has done—the strength of the ego within the castle will be perceived by those who pull away, by those who need to project and attack, those that need to form glee clubs—these are *signs.* They can merely teach you to learn more deeply the subtle nuances of how egoic consciousness works. This, in turn, improves your ability to teach.

This is why whenever you feel attacked, what matters first of all is to recognize the mechanics that are at play.

Oh! If someone's attacking me, they must be in fear, since there is only Love or fear. If there is an issue that I know they have, and they're not

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coming to talk to me about it, this only shows how deeply fear is actually running their life.

Now, the first thing, then, is *compassion* and *prayer*. Hmm? Seeing them as healed, seeing them as whole, asking for guidance,

Should I go speak to them?

Yes. No. The Holy Spirit will let you know.

The second thing is, if I'm *feeling* attacked, let me drop *them*, bring attention back to myself,

What's feeling attacked in me?

For only egoic consciousness can *be* attacked. Christ cannot be attacked—it's impossible. Christ just laughs. Christ may choose to take the body-mind away from those who are dangerous to the body-mind, but *Christ* never feels attacked. So it's a great offering, and in this sense they've become your savior—not because they're enlightened, but because you can use the situation to more deeply see what *you* may yet be afraid of.

Now, what's the crux of all this? Anyone who truly wants God will seek out situations of teaching and learning that literally create a context for the greatest fire, the greatest purification, the greatest heat. Why? Because they want to get the gold melted down so it can be reshaped by the Hand of God.

If you are not experiencing other minds saying that you're wrong, if you're not experiencing other minds being activated by the life you're living, you better take another look. What's really running you? Are you afraid to speak and live your truth? Are you afraid to choose Love over fear? Are you afraid to look different to other minds? True meekness stands out like a sore thumb, for the meek know that they do not know. The meek trust the Holy Spirit. The *ego* is out to get others to like it. The *soul* wants only God.

Therefore, remember that when you are being attacked, you have, in the palm of your hand, a great gem that is totally priceless. For you can deepen your own embodiment of Christ Consciousness. You can

learn more deeply the subtle nuances of how egoic consciousness dominates the mind, whether yours or another's. You can learn and learn and learn, and thereby become a greater teacher, capable of serving the Atonement.

Now, to come back to our analogy of Genghis Khan attacking the kingdom, think of all things as a vibration of energy. When two people come together in relationship, or when ten thousand come together, they come together because there's a certain level of accord or resonance. Now Genghis Khan can come so far into the kingdom and everybody in the kingdom and in the castle is relatively okay:

Yes, yes. Well, the war is out there on the farthest reaches of our kingdom. We can still party. Isn't this great? Oh, yes. Ha, ha, ha!

Genghis Khan comes closer. And now, every mind must make a choice:

What am I committed to?

If, for example, there is conflict in a relationship, if one mind in the relationship refuses to go to the other and say:

Gosh, I'm really having this issue. We need to go into this because I recognize that if I have an issue, there's something here that I need to learn.

If they're not willing to do that, they've reached their edge, what you have called the "crux of their obstacle." They've looked within, the situation has flushed something up, but *now*, they make a choice—without even knowing that they've made it. Their choice is to defend their castle. They will then spin out and leave you. They'll spin out and form glee clubs, they'll project, they'll attack, whatever it is. It's all harmless insanity. It only means that they've missed an opportunity and will have to come back around at another time, through more painful experiences, to look at the very issue that they aren't willing to go through. They've come to their edge of their ring of fear. And fear has won the day.

That's their loss. But it need not be yours. For anyone, at anytime, is *free* to learn more deeply about forgiveness and Love, about patience,

about allowing, about transcending, about growing in the maturity of embodying Christ. The mind that reaches a certain stage of maturity is really no longer concerned with projection and attack—in fact, begins to relish it. For that mind knows that greater power must be coming through it if it is activating other minds. Do you see? The ego seeks safety. The Christ Mind serves the Atonement—and has fun doing it.

Now this means that in the stages of Shanti Christo, as we began this work some nine years ago, going on ten years ago, from the day that I first came to this, my beloved brother, the goal has always been to fulfill my agreement with him to bring him fully into God Consciousness, to journey with him until my obligation as his teacher had ended. Now, within that, the secondary effect is to create a work that allows a context in which others *also* can join with me, can enjoin the process of awakening. That's what Shanti Christo is, the creation of a context that can invite the entire humanity, the entire family of humanity, into the process of dissolving the innermost castle where the ego has built its fortress. That is what it must serve at all times. This means that the more powerfully you are doing that, rest assured, it means the more you will probably find people coming and going, find yourself being projected on. It's always been that way in the world, where any Ray of Light gets too strong and too clear. Do you see?

So in the future, those of you—and there will be more and more playing with you at deeper and deeper, more mature levels of commitment . . . when you find yourself attacked by others in the world, *remember this must mean you're on the right track!* It doesn't mean you're going to be destroyed. No one will destroy this work. It doesn't mean you're going to be hurt. You can't be hurt. You're going to succeed. It simply means that that's the way it is when Light penetrates darkness. Each mind *must be given freedom* to protect its castle, to wait for another day, or to choose to step into deeper maturity, deeper commitment to the great dissolution and death of egoic control that growth in Christ Mind requires.

So when people come and go, give it no thought. Merely love and keep growing yourselves in Christ. The only reason you've achieved

the level of miracle-mindedness and success that has been achieved is because you have matured enough to recognize that this journey must first be *your own*.

Let each one who comes to join with you remember that the growing success of Shanti Christo requires *their commitment* to penetrate their own castles, whether they be your employees, whether they be your Board of Directors, whether they be your members. Those who say they want to see the success of this venture *must* be fully committed to the ongoing process of *birthing Christ in themselves*.

Does that sufficiently answer your question?

Response: Yes.

Lesson Three

Question and Answer Section

Question: How do I not keep one love for myself and yet continue loving myself?

Answer: Indeed, beloved friend, it is a question well asked about a very subtle, but important, point as one comes to live a fully Christed Life. When I said not to keep one love for yourself, I was indicating that the egoic mind looks upon forms of any kind, whether it be person, place, or thing, and projects its love onto it, and then misperceives it as a source of Love.

There is nothing outside of you that serves as a source for Love. One of the great tricks of the mind, in the human experience, is that when the mind experiences Love, it forgets that it is experiencing It because it is making a decision to do so. It believes, then, that something outside of itself has had the power to change its own state. But this is not so. Therefore, those “loves” become attachments. They are idols. And that would be another word to use for the love that you should not keep for yourself.

Make not an idol of that through which you’ve experienced Love. Make not an idol of the great physical lover who gives you ten thousand orgasms in a single night—hmm? Do not keep that love for yourself. Do not seek to possess that one for your own selfish reasons. Do not seek to possess the money that comes to you and to hoard it up in barns to save against a rainy day. For that will only ensure that you will experience a rainy day.

Keep not one love for yourself. How, then, can you experience self-love if you’re not keeping one love for yourself? Beloved friend, the answer is just the opposite. How can you experience self-love when you are caught up in trying to possess the loves that you would see as outside of yourself? Self-love requires surrendering attachment to the illusions that you have formed about those things—persons, places, or things—that you think are sources of Love. Think about it. It’s a hundred-and-eighty-degree turn.

You do not love yourself, you see, by bringing more of the things into your life that you say you love. That is a great mistake. If you say,

Oh, I absolutely love shoes.

You will then see that “shoeness” is a source that has a magical power that can trigger a change of heart and mind in you. And you will then take the dollars that flow to you, and every time your energy drops, you’ll think,

Oh, shoes!

And you’ll run out and you’ll buy yet another pair to get a temporary fix.

You will think you have loved yourself by giving the *things* to yourself that you think you love. That is not truly self-love, although it is a great beginning point when working with someone who is totally insane; that is, totally caught up in egoic consciousness—so much so that they won’t even allow themselves to enjoy their egoic state of consciousness. It is very wise, then, to say to one,

Oh, you like ice cream? Very well, give yourself total permission to have all the ice cream you want.

It’s not the ice cream that matters. It’s the act of recognizing and re-cultivating the ability to *feel* and *receive enjoyment*—that’s all.

But as that begins to mature, you begin to see through the transparency of the things of the world. You come to see that you can give yourself enjoyment by taking a deep breath, stretching the arms out with the palms up, and receiving Love. Nothing has to change around you. You don’t have to eat anything. You don’t have to sex the body. You don’t have to accomplish anything great in the world. You need only receive the presence of Love.

Self-love, then, actually comes to grow the more you release attachment to the idols of love that you have created in the world. A woman who “loves” her garden in the back yard because *it gives her* so much enjoyment—not quite true. She *decides* to bring enjoyment to the act of gardening, while the neighbor next door can merely

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have a garden to try to keep up with the Jones's, but hates every moment of it.

It is not the garden that creates joy. It is the decision to *bring* joy to the activity of gardening. And then, you see, the lady can never leave her house, can never move away, because,

Oh, my god! I can't give up my garden. It's the source of my greatest joy!

And that woman stays in the same house until the day she dies, pushing away her dreams of seeing Europe. Pushing away her dreams of swimming with a dolphin. Why? Because the garden has become the thing with the power to give her joy.

Hold not one love for your self.

Let it go. Let it become transparent. Do not be attached to it. Learn to recognize that in any given moment, when you are experiencing Love, it's because you've *decided* to. *You* are the one who has brought enjoyment to the context of the moment. The thing, in itself, is neutral. Power is not outside of you.

How, then, can you let go of the loves of the world that you have created and still love yourself? By holding what I've just shared with you, by sitting with it, by putting it into practice, by recognizing, more and more deeply, that when you are doing what you love, it's because you have first decided to open your heart in Love, and then take action. If you love to sing, it is the Love that is present first. And then you sing. The singing doesn't cause love for yourself.

Therefore, indeed, beloved friend, contemplate well what I have shared with you. For the great paradox of the mystical Christed Mind is to see that there's nothing to hold onto in the world because there is no world. There is only the Reality of Love extending Itself through the temporary context of form. If you find yourself loving to make music, know that it is *from Love* that you are *choosing* to be a music maker, temporarily.

That should be sufficient for now.

Question: Since we do not know what our brother or sister needs, is it possible that the Holy Spirit would guide us to say and do things that others would react vehemently to, such as You did when You yelled and got angry at the moneychangers? Is it true that we can't put a lid on how the guidance of the Holy Spirit would sound or look?

Answer: By its very nature, the guidance of the Holy Spirit comes from beyond the realm of ideas and perceptions that the mind identifies itself with. If you think of a room in a house as being where you normally abide, you know all the furniture, you've identified it all, you've defined it, it's under your control. In such a room, when you go to access the answer for a problem or a situation that has arisen, you can only go to what you already know.

That is what the egoic mind tries to do, even when it begins to receive into its "room" new ideas—spiritual ideas, metaphysical ideas, religious ideas, magical means ideas. It still is in the realm of the known and so, when a situation comes up, it rummages around the room looking for something it knows is already there. And it looks for what it thinks will be the device, the word, the phrase, the action, that is the right thing. But this is the very same thing as saying that you already know what you need to say or do. But you do not have that knowledge in the room in which the ego lives.

That space or channel, that we spoke of earlier, through which Love can inform your decisions, requires that you recognize it is *beyond* the context of the room that you're used to living in. The mind, as you know it—your daily mind—can operate *only* in a closed universe of what it already knows.

Therefore, in a given situation, the Holy Spirit may have said to you,

Take this homeless brother into your house and fix him a good meal.

And so, you've done it. Now, ten years later, there is another homeless man outside your door. You rummage around in the *past*, and you see that once you brought this person in and you fed him,

Oh, this must be the solution because this is my "homeless person" tape.

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I just pulled it out of my dresser drawer in my egoic mind.

And then you set about to act on that and you discover that that homeless man steals everything in your house. You've forgotten that there was a time when a homeless man appeared and you didn't know what to do. You let go of everything you thought you knew and you asked in prayer. This same way of *not knowing* is the ultimate state of *Knowing*. Knowing that the egoic mind does *not* know is the source of *powerful Knowing*.

Therefore, could it be the case that the Holy Spirit would guide you to say or do something that might cause others to act, or react, vehemently? Indeed, beloved friends—yes! But remember this: the Holy Spirit's guidance is not what is causing another to react vehemently. Their *own mind* causes that, because they are not committed to healing and to Love. Any reaction that is not the extension of Love must be fear, and nothing else. Any form of attack or judgment can come only from fear, and not from Love.

Therefore, when I felt guided to approach the moneychangers in front of my Father's holy temple, I was not guided to say:

Excuse me, could we have a slight conference here? I would like to express a slight opinion, and of course, you're totally free to do what you will, because you're actually very powerful, rich beings and I am just a lonely Essene. But if you'd just give me a minute, I'd just like to share my thought.

No. I was guided to move with *great power*, to literally act in the ways that some would call violence—not that I hurt anybody, but I overturned their tables and I yelled deeply that,

You have made my Father's house a den of thieves!

Now, that got their attention. Why? Because the Holy Spirit saw that those minds engaged in those activities could respond only to a powerful energy, since they idolized power, itself. They were always putting themselves in the position of having more power than the people who came to the temple. So, what was required was someone who put themselves in a greater source of power and demonstrated

that the moneychangers were not as powerful as they thought. They couldn't imagine, before that moment, that anybody would upset their apple cart. But through that act, it began to create what you might call a rattle in their mind and their being as their reality was shaken up a bit. And some of them began to ponder what it was that they were doing with their lives.

Now, if I was attached to my own *safety*, if I was attached to being *liked*, I would not have allowed that expression of the Holy Spirit to be made manifest. And that is what far too many in your world tend to do:

Oh, if I say what just came to my mind, I may not be liked. But I'm really committed to being liked, while pretending to live a spiritual life.

But indeed, beloved friend, the way of Atonement, the way of service, is *not* a popularity contest.

Therefore, indeed, precious friend, understand well, *you* have no idea what your brother or sister needs—from a gentle kiss on the cheek to a swift kick in the ass. But if you are committed to Love, to innocence, to freedom, to trust, and if you choose to access the perfect freedom of your channel of communion with God, and not to react from the egoic mind, then you will be guided as you need to be. And as you choose to fulfill that purpose, you have fulfilled your own pathway into the depths of knowing God.

So, yes, the Holy Spirit is not a namby-pamby, strawberry jelly kind of energy. The Holy Spirit is committed to one thing: *the Atonement*. The Atonement occurs when illusions are shattered. The Holy Spirit knows what is required. And what is required may not always, shall we say, meet the approval of the social world in which you find yourself. But those afraid to rattle the cages of others are simply afraid. This means they run their life by fear and are more committed to their comfort or safety, which is to be committed to the insanity of the ego, and not to the freedom of Christed Consciousness.

Does that help with that question?

Response: Very much so.

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Jeshua: Now, I'm not saying there is not an art involved in that. The degree to which you enact the suggestion of the Holy Spirit comes from your willingness to save not one love for yourself—to be unattached, to recognize that you are the student of the Holy Spirit. You see? Which is, of course, the cultivation of Self-love.

Response: I see.

Jeshua: Indeed. So, have you anything else, or is that sufficient for now?

Response: There are no more questions for this tape, but if you want to continue elaborating on anything, I'm sure we'd all be happy to hear your message.

Jeshua: There is nothing further that we would choose to elaborate upon. We would ask you, however—each and every one listening to this tape: Find some way in which you allow yourself the experience of the *pleasure of Love's presence*. Do not let this day end, from the time you hear this tape until the time you sleep, find a way to enjoy the pleasure of Love's presence.

And with that, indeed,

Amen.

Lesson Four

Question and Answer Section

Question: Jeshua, in *A Course in Miracles* you say something about the “Great Rays of Light.” What is that about?

Answer: Indeed, beloved friend, although I did not spend much time in seeking to define it, the Great Rays of Light simply refer to the Truth of each and every one of us. In this way, by way of metaphor, your Creator is as the Central Sun. And out of its overflowing, Rays of Light are cast out. And those Rays of Light are made of one substance with the Light. And yet, something incomprehensible occurs. Each Ray of Light can be seen, in a sense, to stand alone in its relationship to the Central Sun. It is made of the same substance as every Great Ray of Light, and each Ray of Light has its own pure potentiality for the creation of experience. The Great Rays of Light, then, refer to the essence of each and every soul. For the soul is an infinite Ray of Light—eternal, unbounded, unborn, and undying.

But there is another level. And this simply means that the Great Rays of Light is like the realm of ideas. Ideas each carry a certain vibration or quality. The Great Rays of Light are the great ideas, the great visions. For instance, *forgiveness* is a Great Ray of Light. Judgment is a distortion of Light. *Unlimitedness* is a Great Ray of Light. Fear and contraction and limitation are distortions of that Light. You could think of many more: *compassion* instead of control, *trust* instead of fear, and so on.

So Great Rays of Light also refer to the *ideas that liberate the mind*, the ideas that are *eternal* and are found in every form of the Universal Curriculum. Indeed, each and every one of you listening to these words *is* a Great Ray. And the Great Rays have existed *with* that one Central Sun throughout all of eternity. That is the Truth of your being, and it is perhaps the most fundamental Truth that must occur as a Knowingness within the mind:

I AM A GREAT RAY OF LIGHT—unbounded, eternal, unborn and undying! Try as I will, I cannot get away from being a creator,

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a co-creator. So maybe it's time I stopped pretending I am less than a Great Ray, and got on with discovering how I can let that Light shine—even in this world.

Does that help you in regard to that question?

Response: Yes.

Question: You say that everyone is Christ, yet even among highly enlightened beings, there seems to be some difference. Does everyone have their own *unique soul essence*?

Answer: This is actually a very loaded question. For differences are the effect of perception. That is, ten human beings looking at two enlightened beings might see any number of differences. Some of those differences will be a projection of their own likes and dislikes, and they will, therefore, conclude that one enlightened being is more enlightened than the other enlightened being, which is, of course, a contradiction in terms.

However, it is a great paradox that while Mind is one, while Light is one, Consciousness is one, Awareness is one, Love is one, Creation requires differentiation. In other words, the *creation of relationship*. It is not possible to *know* a thing, to even be aware of a thing, except that you have an awareness that it is not *another thing*. Does that make sense to you? If there was only one thing, that one thing would not even be aware of itself, because it's all there is. You become aware of yourself by knowing how to *distinguish* yourself from a flower. Is that not true? Indeed. Therefore, while you are made of the same substance as the flower, there is a *distinction* in the expression of form.

Creation is *extension*. Extension is *expression*. Therefore, each Great Ray of Light, while being of one substance—perfectly the same substance—expresses itself, creation is extended through it, with a *subtle nuance of difference*—a different twist, a different flavor put on it at a very subtle level. And therefore, each being seems to express a unique *individuation*. The *spell*, in the physical dimension of the human mind, is that individuation means separation. It does not. Just as many instruments make up one orchestra that creates its own unique music, so too, do the subtle nuances of differentiation create

an orchestration that is called Creation.

Therefore, what is important here is for the mind to realize how much *energy* it spends trying to conform itself to be what it perceives all the other Great Rays are doing. Do you see? *Become your own individuated Ray of Light!* You don't do that by pushing others away. You don't do that by *separating* yourself. You do it by *loving yourself* and following the *impulse* that comes through the depth of a quiet heart.

To own and embrace your individuation and to let your Light shine, so to speak, your authenticity to shine, you actually experience greater *unity* with the Universe than you do by trying to hide your Light under a bushel, and then trying to show up as a personality who pleases everybody else by conforming to the world.

You could say that *I* stood out like a sore thumb. I did not seem to fit in with *anybody*. And yet, my experience was that the more authentically I expressed myself, in the dimension of space and time, *the greater depth of union with my brothers and sisters I experienced*. The more honoring and loving of their essence I could be, the more I could discern their essence, because I was claiming my own essence, my own authenticity. Does that make sense for you?

It's a rather important thing to consider. If you want to *love* in this world, then you had better individuate yourself and love yourself *so uniquely* that you do not conform to anybody else's ideas. You can *agree* with them, in order to play and create, but don't *conform* to them—it's very, very different. Too many human beings suffer because they think their life is shallow. They put all their energy into pleasing everybody else, into showing up in just the right way so they never upset anybody's apple cart. And then they can't understand why their life feels so shallow.

Individuate! Stand out! Shine! Let the power of the Universe move through you. Become the *most unique being* anybody's ever imagined. And when you do that, you will paradoxically feel closer to all of Life than you ever thought possible, for you will be close to your Creator. And when you are close to your Creator, you embrace Creation.

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Does that help you in regard to that question?

Response: Yes.

Jeshua: Indeed. Very well. And then, to each and every one of you: I love you, that which is called Shanti Christo. I've said many times that it is designed to express Christ Consciousness and to bring Christ Consciousness to this planet in ways that have not yet been done before. That must mean that it must operate *differently*. So it is, so it shall be!

It will remain to be seen who can *discern* the great differences that are at operation in this adventure. For to *see* the differences will require that that being who sees the differences must have changed, in order to see at all. Just something, somewhat cryptic, to consider.

And with that, indeed, beloved friends, be at peace this day. And let your Light shine.

Amen.

Lesson Six

Question and Answer Section

Question: What is the difference between *joy* and *pleasure*, and why do a lot of spiritual traditions denounce pleasure?

Answer: It is a very wise question you've been prompted to ask in your willingness to be a creator. Hmm! There is, indeed, a difference between *joy* and *pleasure*. In your human realm, in the realm of the body-mind, joy and pleasure are often deeply confused. And so the mind becomes hoodwinked into pursuing *pleasure*, believing it will find *joy*.

How, then, to distinguish between the two?

Pleasure is dependent on a specific energetic state temporarily passing through the nervous system of the body. Joy is a quality of recognition in the Spirit, or the Deep Mind, or the Heart, that *transcends* all conditions. A mind that is awake can know joy in the midst of what appears to be the hardships that can pass by in life.

By way of my own experience as a man upon your plane, your world would say that my crucifixion was a *very* painful experience. There was a lot going on in the body, but I was in a state of joy, not a state of pleasure. When I danced and sang and drank some wine and broke bread with my friends, I experienced pleasure. That is, the food substances, the vibrations of the music, created a temporary pattern of energy in the nervous system that elicited certain reactions within the brain-mind and the body itself—pleasurable sensations.

I learned, because I was taught to learn, that pleasure is exactly the same as pain in this regard. It has a beginning and an end, and it passes through the physical body and the nervous system and the brain, and that's it. I learned that joy was becoming free of all illusions of separation.

Imagine that the depth of your mind was truly like a spacious ocean that could contain all waves that arise within the field of the body-mind without any resistance at all, without being disturbed in its

depth. There could be a great storm on the surface, but the depth of the ocean is undisturbed. Joy is a quality of awareness that is brought about through the release of illusions and the correction of how the mind thinks and how the heart feels. Joy is a quality of being that is not dependent on health or disease, money or poverty, birth, death, loss, or gain. To gain something in the world does not increase joy. It may, temporarily, give you pleasure.

That should give you enough to think about in regard to that part of your question.

Why have certain spiritual traditions denounced or sought to have their practitioners get out of the pleasure trap? Well, frankly, just because of this. Because the human mind *equates* pleasure with joy. And therefore, when unpleasurable sensations, such as sadness, such as confusion or doubt, or such as a physical sensation from an illness is passing through the body, the mind wants to get out of that state and create a different state. But that is merely the realm of duality in which there is no freedom.

True joy comes when no passing state of feeling in the body is denied or judged, but rather, embraced and experienced because that mind realizes it is not the passing state—it is not limited or identified with the passing state. The *joy-filled mind* can cry like no one has ever cried before. The joy-filled mind can embrace sadness to the depth, the greatest depth, that could be imagined. The joy-filled mind is the mind that observes all things, trusts all things, allows all things, embraces all things, transcends all things.

Joy, then, is a quality of *Knowingness*. Pleasure is a *physiological* state—very temporary—of the body-mind. Why, then, would any spiritual teacher say,

Be very careful. Don't seek pleasure.

Simply because the mind can become addicted to confusing joy and pleasure. And therefore, whenever things aren't going right, it will try to recreate a temporary pleasurable state in the body. But all that does is continue the rut of the mind's misidentifying itself as the

body. It keeps it in the realm of temporality and not in the realm of the eternal.

Now does that mean that you should refuse pleasure? Absolutely not! Just don't seek it. What do I mean by that? I have said to you many times that the body cannot be used to *get*. It can only be used to *give*. The Healed Mind does not need to use the body to get anything, for It sees that the body is merely a temporary communication device. It receives communications from other forms of life, other beings—rocks, trees, and human beings, and the wind and the waves and the stars—and It communicates *Itself*, It communicates *Mind*, through the body.

Many, for instance, in the realm of sexuality, are trying to *use* the body to *get* something called the pleasurable state because they think that pleasure is the same as joy. But the Awakened Mind, no longer misidentifying joy and pleasure, allows pleasurable states to pass through the body-mind, but only as a secondary effect of Its decision to use the body to enjoin with sexuality for the sole purpose of communicating to another:

I see you in your perfect innocence and would celebrate it by joining with you whole-bodily.

So It is involved in *giving*, and the pleasurable states, that may or may not come and are always perhaps a little different, are only secondary. And that afterward, that Mind doesn't give it a second thought. It doesn't say,

Wow. The lights and bells and whistles didn't come on. It just wasn't what it should have been.

That kind of mind is involved in *getting*, because it needs pleasure, because it believes that pleasure is the same as joy.

Joy is the recognition that,

I and my Father are One. And in all contexts, I can choose Love over fear.

Therefore, indeed, there is a reason that many spiritual traditions

have warned its students about the pleasure thing. Often that has gotten misinterpreted and gone beyond the point of its usefulness. If a mind *denies* or *suppresses* pleasure, it has the same effect as the mind that becomes *addicted* to pleasurable states. It will put out as much energy to *resist* a passing physiological state as the addicted mind will put into *seeking* pleasurable states. Either one is imprisonment.

Therefore, my suggestion for you is: Do not seek pleasure, but rather, seek the Kingdom. Be the presence of Love. And when pleasurable sensations pass through your awareness in the body-mind, notice them, accept them, and be done with them. Just like when so-called unpleasurable states—sadness, anger, fear, whatever it is that is arising—notice it, embrace it, let it pass through. Get on with being the presence of Love.

Does that help you in regard to your question?

Response: Yes.

Jeshua: Did it bring any illumination?

Response: [laughing] Yes.

Jeshua: Then indeed, beloved friend, remember: The body simply cannot accomplish *getting* anything. It *can* be used for grand things—the extension of Love. That, in itself, usually will generate acceptable, passing, pleasurable sensations.

Do you have anything else, then?

Question: Yes. The Shanti Christo board had a phone conference today, and I asked if anybody had any questions for this tape. And they suggested that we just ask you if you could speak to us—the board and the members as well—about the direction we're going and anything that you would care to address about the frequency of Shanti Christo and what we can do to keep our frequencies in alignment with the vision.

Answer: First, the frequency of Shanti Christo is unchanged, unchanging, and unchangeable forever. Simply because it *is* the *Peace of Christ*. But remember that peace is not a passive state at all.

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Rather, it is the foundation, the very empowering foundation, from which one accepts the pebble in the pond of the Will of God and knows that it is unlimited forever—with all power necessary to do *whatever* is asked. Such a mind is very powerful. Such a mind might be *extremely active* in the world. Such a mind remains at peace.

What can you do, then, *for* the vibration of Shanti Christo? Absolutely nothing. What you can do for *yourself* is want more of it. In that way is the vibration or frequency of Shanti Christo extended into the world. I once said that Love merely attracts the seeker of Reality to Itself.

God, then, pours Himself out into the world by becoming so attractive that His creations—the minds that populate the world—want more of Him. And they open to receive what is present.

Therefore, if you would serve the extension of Shanti Christo, be ever-vigilant to discipline the mind to want *only* more of God—for yourself. As you open to more of God, and *wait on no one*, other minds will decide whether or not they are willing to release what is obstructing them from receiving more of God. And then you'll be guided in how to create a context that might allow that to occur. Not that the context *causes* it. It merely gives the other mind permission to do so.

Do not become overly attached to the form or the accomplishment, but rather to the frequency you are allowing yourself to live within. Remember that all things are perfect. You need not be concerned about—hmm, shall we say—being a model, being a way-shower. You should not be concerned, whatsoever, with satisfying everybody who's looking for God who might come your way.

Rather, see that *you* are releasing the impurities that block the pure presence of God's Love: specialness, egotism, denial, fear, what you would call as I've heard you term it "Going up and out instead of down and in"—thinking instead of feeling. "Thinking instead of dancing," would be my way of saying it. Are you extending Love? Are you giving freedom to each and every mind, wanting only that mind to experience greater joy, letting them have their freedom in how they discover that. Are you awaking each morning with

appreciation and joy, knowing that Shanti Christo has already been fulfilled and manifested? Are you delighting in allowing it to manifest in such a way that *you* learn something new about the nature of mind, the power of consciousness, and the Reality of Love?

If indeed, then, you would serve the vibration of Shanti Christo, you must be a *creator* and not a *maker*. But remind all of this: making is not the same as taking action. A mind can be involved in making by *refraining* from taking action. Does that make sense for you? Therefore, trust all things, allow all things, celebrate all things, see the perfection of all things, and *be* the vibration of Shanti Christo.

That should be enough for now.

Do you have anything else?

Response: No.

Jeshua: Very well. Therefore, we'll bring this question and answer session to an end.

And yet, I would say unto all of you—each and every one of you who will hear these words now, and even fifty years from now—remember always that the One who speaks to you through the vibration of these vocal cords is indeed that One who walked upon your plane as a man some two thousand years ago and delights only in extending Creation. Who looks upon you as a brother and as a friend, and who sees only your perfect innocence and delights in communicating with the only begotten Child of God—you!

Be you, therefore, at peace. And *know* you are loved.

Amen.

Lesson Ten

Question and Answer Section

Question: There is a book out now, and it is called *The Bible Codes*. And there's been discovered a secret code in the Torah, which indicates a lot of events that have occurred now, in this time frame. Would you care to elaborate on the validity of that?

Answer: Indeed, beloved friend. It is not by accident—as nothing is—that it is come to pass that the question is being asked now. Anyone who has listened closely to what I just shared with you should have a good smile and a good laugh, recognizing that the question about these Bible codes is in perfect alignment with what has been shared.

There is, indeed, what you could call, a secret code that passes through the Torah. It will not be discovered to be as clear as expressed in the New Testament, except through *certain strands* of my teachings. That secret code is like a road map, laid *under* the field of Creation of humanity. For remember, from the time the dream of separation first entered into the mind, the Father created its *correction*. And that correction is being played out in the field of space and time. That which was called the Torah was, indeed, written by *prophets*, if you will—*mystics* would be another word; or how about *channels*?—who received guidance to tell stories, some of which, by the way, are fictional, and yet, carry what you call a mythical element. They are fiction, not as a lie, but as stories designed to prompt the soul to remember the Truth.

Within these books of the Torah, then, there has been a strand of Light, like a thread woven through it all, that carries little molecules, or little atoms of essential Truth, revealing and carrying forth God's plan for the enlightenment of His Creation. Within this strand, yes, many events have needed to come to pass. Many events in your world are secondary, or third or fourth in levels of importance. Some are quite *primary* within the greater expression of God's plan. I am mentioned in the Torah seventy times. I do not mean here by

the words that you would read in your scripture of the Torah, but through that which can be revealed through these Bible codes.

All of this is to say that it was already known by the Lineage that a day would come within this Family called the Jewish nation, that a certain one would be born who is like the *fruit of the fruit*. There is some of Moses, some of Ezekiel, some of every prophet within me, as that strand of Light, emanating from Abba, *culminated* in the expression of the life of Jeshua ben Joseph, *mirroring* the Truth of every soul back to Itself, even though it was so deeply asleep. Whether it be Judas, or Esther, or Mary—all of them, every being who has ever come to hear of my Life, no matter how asleep they've been—Abba, through me, created that which models the Truth of every soul. That is what I meant when I said I was merely a prototype for what is to come, and what I meant when I said,

Greater works than these will you do.

For there is great power—exponential power—when there are ten Christs as opposed to one, or fifty thousand Christs as opposed to ten. That's what's coming on your planet—a *planet of Christs*. And then, as they say in your language, *look out!*

Therefore, indeed, the code is valid. It's not by accident that it is only being unraveled now, with your high technology. It required that technology to even begin to discover it. It does, indeed, predict many events that have come to pass, but this is only to remind you that all is *already* in the Hands of your Creator. Darkness *cannot* overcome Light. Fear *cannot* defeat Love. Hell *cannot* replace Heaven. The dream of separation *cannot* replace the Reality of perfect union. The spell or illusion of what you would call *maya*, cannot come to overshadow enlightenment.

There are many ways to put that duality, but it comes down to the same thing, and it's the very same thing that I have been speaking to you for hours and hours and hours over these many years. There is something being enacted on the human plane. It is the awakening from illusion to Reality played out in the field of space and time—played out in the field of your own consciousness, which mirrors, or recapitulates, the dream that the Son of God has chosen to have. It is

just a dream. And guess who wins in the end?

Yes, there is a code within the Torah. It will be found, eventually, to extend through the teachings of mine that are yet pure, and purely recorded in what is called the New Testament. But it will not be found to permeate all books of the Bible. The Torah, my teachings in the New Testament, and little smatterings here and there elsewhere.

Unfortunately, the code *requires* that the individuals using it be willing to ask *bold* questions. So far, they have asked conservative questions because they are conservatively-minded. But that's perfectly okay. All that matters here is that you recognize that this is simply more evidence for the Truth I have shared with you many times. Namely, that in the moment the dream of separation was created, the Father created the correction, and it is in place. It's already occurring, it's always been occurring, and *it will not fail!*

Does that sufficiently answer your request?

Question: Yes. Can you explain more about the free will of children, because it often appears that they are at the mercy of their parents' choices?

Answer: Remember that in the bigger picture there is only One Mind, playing out the dream of separation and awakening to the Reality of Love. Now, in the complexity of this journey there is that which is called "karma," would be your word. There is that which is the truth that the sins of the fathers are visited unto the third and fourth generation. That is, the *energetic patterns of perception* are handed, one mind to another, until some mind begins to awaken. When you are asleep, and lost in darkness, you will take hold of any hand extended to you. Why? Because your desire is to survive.

The desire, by the way, to survive in the physical form is but an analog, or an expression, or a metaphor, for the *soul's desire to survive in God*, to awaken to the Truth of the Christ. I've said to you many times that everything is just a symbol for the spiritual journey. So therefore, when you look upon your children, all the children of this planet, *of course* there is a stage in which they seem to be influenced by the psychic field of the parents, peers, teachers. This recapitulates

the fall into the dream of separation and the choice of every soul to awaken. But awakening requires the embrace of humanity's shadow side, or darkness. You cannot embrace what you do not first own as a part of you. Therefore, the soul takes *on* the shadow, takes *on* the cloak of the dream of separation, and then *decides* whether it will be a *victim* of that, or whether it will be transfigured *in spite of it*, and, therefore, overcome the world.

Each soul, in its particular expression, has its own unique dynamics, in terms of how it has fallen under the spell, and how it is choosing to go about requiring or learning the lessons it desires in its way of releasing, bit by bit, fear of the extraordinary Truth of its being.

So, from one perspective, it looks like a child is a poor victim. That is part of the game of separation being played out. In Reality, it is not possible to be a victim. *It is not possible to be a victim*. Nothing can come unless it is called.

The experience of every child is by the sovereign power of that soul. And the lessons that it is garnering are rich and varied. This is why you cannot compare anyone's journey. What you can do is *honor* everyone's journey. Never look upon another and say,

I'm so sorry you've had that experience.

Rather, learn to ask of them,

What has this taught you? How will you choose to respond to this condition? Will you choose victimhood, or will you choose transfiguration?

Which is to say,

Will you accept the power within you to heal, or will you require, through lack of forgiveness, the continuation of your belief that you are small, that you are unworthy. Which would you choose to create?

I'm not saying do not be compassionate. Quite to the contrary, *passion* means to *enter into passion with*. Compassion, community—to join with, in passion. But empathy should never be sympathy.

Trust, then, your children and the path that they choose. Indeed,

learn to love them as an aspect of your own soul. And yet, give them complete freedom to choose. It is extremely important. The sovereignty of the soul is sacred above all Creation.

Does that help you in regard to your question?

Response: Yes.

Jeshua: You see, often when an adult looks upon the plight of a child, and *feels* helpless, or *feels* that this is wrong, or *feels* anger, all they are doing is expressing a tender point that has not been healed within *themselves* regarding their own childhood experiences. It is an *edge* being revealed to *them* that calls for deeper healing and forgiveness in *themselves*. For only those that can forgive themselves, only those that have healed within themselves, can, indeed, be of any value in helping another to heal.

I once said unto you that those who speak and work for peace, but do not have peace in their own hearts, accomplish nothing. It is no different than working with a child who's been abused, who's been hungry, who's going through turmoil with peers, whatever it is. If it is activating *your emotion*, look well to see what might yet remain unhealed within *yourself*. In other words, take the log out of your own eye, before you attempt to help another with the speck of dust in their own—that looks like a log because you are projecting what is unhealed within yourself. Only the *healed mind* can assist in the healing of another.

We'll let that answer, then, be sufficient for now.

Response: Thank you.

Jeshua: Indeed, you are most welcome.

And unto all of you then, again, blessings and peace be with you always.