

## **A Part of You That's a Little Reluctant to Be Overwhelmed with Joy**

Look around you for a moment, fellow travelers, desirous of mastering the only curriculum that needs to be learned. There are many ways to approach it but until you accept that to learn that curriculum must mean that the structure of your life around you becomes wholly and radically changed – and that will mean something different to each of you even now – you really haven't quite yet been willing to learn the curriculum no matter how many texts you've read. No matter how many verses you've memorized. No matter how many prayers you've said. Some part of you has not quite been willing to become vulnerable. And yes, I would tell the Pope the same thing.  
(JT - J2)

But remember, it's not just thought. It is a feeling of power that literally wells up, vibrates the cells of the body so you can't contain it. It's not quite the same thing as what you experience as ecstatic happiness that seems to take you to a crescendo and then you're burned out afterward. That's not quite what I am talking about. This joy is a frequency that you can feel vibrating, and it can become constant and you can learn to master it so that you walk around, albeit a few inches off the ground, and you'll find that you will be able to function even in that frequency. Certain things begin to emerge within that frequency: your ability, for instance, to be in this world and yet be totally with me, in total communication with me or any master you want to be, becomes available – no separation between you and myself whatsoever. The ability to tune in to see how your friends are doing on the other side of the planet and to know what they are doing – all becomes very natural. Where to go, who to talk to; it all becomes an effortless flow.

Joy is like a fire and a frequency that burns out all of the cobwebs, gets rid of all of the static, clarifies the Mind of Christ. And if you don't feel it down to the cells of your body, you don't know yet what it is.

*[So at first the idea comes to the mind, at least to my mind, while I choose joy or I choose to come from Love. But the body is not healing yet or whatever is going on is a heaviness. My mind actually makes the statement, "I and my Father are one." Then what's the next step after the statement is made? The desire is there and then the body is feeling heavy, whatever the reason.]*

What is the reason?

*[The only thing I can think of is that I don't want it. For some reason I don't want it and I'm blocking it. I am scared of it at some level.]*

And that's what I was talking about earlier. That fear gets projected outside of yourself. You become fragmented, thinking the thing you fear is something outside of you. The fear is what is within you. The next step beyond the words – and I've given you many, many cues – become outrageous, play and sing and dance. Get a new motion going in the body. Get a little crazy. Do things you've never done before. Interrupt the patterns of the mind.

Ask the Holy Father to overwhelm you. It is fine and well and good to begin by saying, "I and my Father are one. Isn't that a great thought? But I'm depressed."

Now the next stage, is to learn to find ways to evoke joy even in the body. You know some ways, but I am talking about some others here in which you truly begin to create a frequency, and we are going to do a little bit of that in a few moments. But it must be felt. It must get to the point where you can turn the frequency on no matter what.

Know you that which is Reiki or the hands-on healing? It's just a dimension of letting some rays of joy enter the field of another's mind. They think it's entering their body. It just enters the mind. The body follows suit. You've already allowed it to enter the field of the mind, but you are keeping the trapdoor closed if it doesn't pour forth into the cells of the body. Eventually, no matter what, you can turn it on and you won't turn it off.

That's the next stage. And there is indeed, as you well know, a part of you that's a little reluctant to be overwhelmed with joy. A part of you yet carries the sadness that you unwittingly yet identify with. Not as much as in the past. It's lessening, but it's there. And so, when you speak joyous words, "I and my Father are one. I choose love and not fear" it's almost like you tune into it up here {pointing to head} but there is a heaviness down here {pointing to heart} and there seems to be a gap between the two. What we are talking about now is really being willing to close that gap. To erase what is down here that blocks that downward descent of joy.

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**Feel that joy as though it can begin to lift you out of your chair.  
Feel gratitude and beauty. Say "yes" to that Light. Indeed!**

True light is strength, and strength is sinlessness. If you remain as God created you, you must be strong and light must be in you. He Who ensured your sinlessness must be the guarantee of strength and light as well. You are as God created you. Darkness cannot obscure the glory of God's Son. You stand in light, strong in the sinlessness in which you were created, and in which you will remain throughout eternity. (W B 94)

"I am as God created me.  
I am His Son eternally."

Now try to reach the Son of God in you. This is the Self That never sinned, nor made an image to replace reality. This is the Self That never left Its home in God to walk the world uncertainly. This is the Self That knows no fear, nor could conceive of loss or suffering or death.

Therefore, allow the eyes to close for just a moment. Imagine that by so doing you are turning away from the roar and the din of the world, choosing to relinquish how you may have perceived this day. And with the eyes closed, allow the angel of the breath to move through the cells of the body like a gentle stream of golden light, unlimited forever, given to you freely and eternally, as though you could ride on the crest of that golden Light, that breath. (JT - Awakening)

For is it not written that God breathed into man the breath of life? That is how close you are right now to the One Who has created all of us. And with each in breath you are receiving life eternal and with each out breath allow that golden Light to be extended beyond the form that you think you are, like rays from the sun that reach out to every corner of the universe.

Allow images perhaps to come into your perception of ancient friends, family members, children, lovers, enemies. Imagine that you could allow the whole of mankind to come into your inner view and still the rays of your Light shine all around them. Envelop them and penetrate them. See them becoming that Light itself, but do not strive at this. Allow it. Feel the beauty and the simplicity and the joy of embracing the whole of creation with the love that you are. That love is eternal and unbounded and there is not a single obstacle that can impede the extension of your love.

Witness within yourself creation becoming in that Light. See other minds awakening and remembering. And think not it is your imagination for you cannot imagine what you have not experienced somewhere along the way. Begin to feel that joy ever deeper and deeper as you see creation awaken to the Light of its only reality. *Feel that joy as though it can begin to lift you out of your chair. Feel gratitude and beauty. Say "yes" to that Light. Indeed.*

And if yet you think there is a single shadow left within you, right now turn it over to that Light. Just turn it over. If it's a fear, a doubt, an old hurt, turn it over. It can no longer serve you to hold it. Every chain that has been upon you melted and dissolved. Light of very Light. Truth of all Truths. And the Light grows brighter and brighter. More and more radiant. And every solar system is enveloped in your love and it is expanding to touch even other dimensions that are not physical at all.

Embrace them. Embrace all beings upon them. Imagine that you could embrace every master that has ever been. For some of you that communicate with masters on other planes, embrace them with the love you are and see that they have arisen within your beauty and your Truth.

And look now upon all dimensions and all worlds and all time frames that have ever been and every brother or sister you have ever known – and you have known all of them. And feel the meaning of these words as yours: "I am one with all of life. I am one with my Creator and I embrace every aspect of creation as myself. For I have learned the only lesson I have ever needed to learn: that there is nothing outside of me."

And then in your own way, abiding in that Light, simply feel the energy of eternal gratitude. Eternal gratitude. "I am that Light. I am that Light. As it was in the beginning, is now, and forever shall be." And being that Light, I choose freely, freely to begin to take on the appearance of a single personality, a single mind. And I will don the cloak of what seems to be but one body and I will choose this time frame on a planet known as Earth, and I am the Light that becomes that form that I would call myself. But from this moment forward I will utilize that vehicle for no other purpose than to extend the infinite Love that I am and to give it to this world."

Coming down then, beginning to feel the flesh of the body. Delight in it. It is not your prison. It holds no power over you. It is a vehicle through which Christ can communicate. And begin now, as though for the first time, to allow the eyes to open. And as they do, look around you. Who do you see that you do not know and love?

Welcome to this moment of a rather interesting drama of space and time. And you, the Word of God, have just chosen incarnation. I would call it rebirth and that rebirth will continue to be the foundation of everything you do unless and until you choose to reach back into an illusion and bring back to yourself a perception of lack, of limitation, of fear, of guilt. It is not just an exercise that bides your time. It is your own reality remembered.



To enhance the main topic(s), this material was extracted from both *Jeshua Transcripts* (JT) and *A Course in Miracles* (ACIM).

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WL - Workbook Lesson Number (ACIM)

If a paragraph does not have a page number reference, it is part of the previous paragraph's page number.



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