

# The Totality Of My Life Was *My Journey Back To God!*

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## **The Totality Of My Life Was *My Journey Back To God!***

### ***What will you choose to demonstrate?***

The end of all seeking occurs when one *dares* to hold within the mind a *different* thought. You have heard it many times through *A Course in Miracles*, through many of my other channels: *only Love is Real*. You are not the body. I and my Father are one. I am awake and walk this planet as Christ. I **choose** Love over fear. (WM 198)

What does that mean? Love is pure Spirit. Fear is contraction, density, false perception, egoic consciousness. When you choose Love over fear, you must *decide* not to respond according to the momentum of egoic consciousness. You must decide to live as though you are not the ego. In this way, what has been *formed* becomes *transformed* – *that* which pervades and extends beyond what has been formed is transformed.

*I have often hinted to you that the totality of my life was my journey back to God*. I chose it freely, not because I was separate from God, but because I had already awakened to the truth that: What could possibly exist except the Love of God? (WM 301-302)

I chose to look upon the body-mind and live only in the question, "What do I want?" One thing I chose was to demonstrate the *unreality* of death. *What will you choose to demonstrate?* For see not in my demonstration something grand and beyond you, but rather see that everything you demonstrate is *equal to* that same power. For it flows from *that* power, it abides in that power, it manifests that power. It is the living breath and Reality of God!

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### ***Do you want to attract beings who will support you and love you?***

When Love leads the way, when Love is the field of energy that you are abiding within, everywhere you go, you are touching the universe in a way that is much more subtle than the conscious mind. And the universe will respond to you, because Love responds to itself like a flower that opens to sunlight. (WM 327)

Now, I am not telling you anything you do not already know. But you have not stopped to consider how profoundly important it is in the nature of your own life. You know that you respond to a happy person, to a kind person, to a loving person more than you would to a person who is being wicked. It is simple common sense.

You know that you love to be around beings that talk about unlimitedness, that talk about great Vision. Why? Because they are reminding you that you too are a great visionary, that unlimitedness is the natural state of the Kingdom of Heaven.

The problem is that you have unwittingly taught yourself to live from fear, to think negative thoughts, to believe that the opinions of the world mean something. You have literally created a world in which people are negatively minded, do not want to support you, and do not think you are worth anything. Yet, *you* are the one that is projecting that belief about *yourself*. And you, therefore, will attract a like vibration. For like attracts like.

If you, therefore, *want to attract beings who will support you and love you*, decide to be a being who supports and loves *yourself*. Decide to open your arms wide to receive the Love, the presence and the pleasure of God's presence.

Think only loving thoughts. Learn to master forgiveness. Dare to follow your heart! Celebrate life! Do what brings you joy! Walk as one confident in the Light of Christ! Dare to look out upon the world and say: My Father has set the table before me, and every being and blade of grass is here to support my enjoyment of God!

As you cultivate that kind of discipline, your life will change, as it must. For the universe responds to the vibrational quality that you are emitting from the radio station of your own mind.

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### **You Are Here to Extend Love, and Love Cannot Be Extended Through A Contracted Energy Field!**

Beloved friends, you are, indeed, Love. But when you decide as you get up in your day, that you must fear the attitude of the boss, that you must safeguard the feelings of others, that you must sacrifice in order to be conformed to the opinions of the world, you shrink your energy field.

And the only thing that leaks out is something like the statement, "I choose to live in fear. I'm not willing to be bold and big and happy. I don't want to laugh too much today because somebody might be offended." (WM 328)

All of that is delusion. You are free. You are here to celebrate. You are here to be outrageous. *You are here to extend Love, and Love cannot be extended through a contracted energy field.*

Therefore, teach yourself to *notice* each fearful thought. Teach yourself to notice when your energy field is contracted and do the opposite: choose to receive Love! If you start to go through a single day, and you notice that by five o'clock your energy field is not feeling very good, ask yourself: Where have I been waiting for Love to show up as a gift of something or someone else to me?

Stop what you are doing and be the one who gives Love to *yourself*—*simply* so that you can enjoy it.

You, and you alone, are completely responsible for the quality of your experience of each moment. No one is doing anything to you. The world is not an unsafe place. And what you experience in life is the direct result of what flows from the inside *out*. For there can be no flow from the outside *in*, except that which you *receive* and make your own. Is there any point, then, to be fearful of something? Of course not!

If you *are* fearful, at least accept that you have *decreed* it to be so, by saying, "I choose to be fearful, and therefore, I will not take this opportunity and run with it. I am fearful of the opinions of others, therefore, I will not give speeches in public." At least say, "I choose to have the experience of being a contracted and fearful human being." At least take ownership and recognize the simple truth that as the world shows up to reflect that fear to you, it is doing so only out of *loving service to you*.

The universe is *only* Love. And beings will respond to you according to what you want to call into your being, that is all. Nothing else is even possible. It is quite true that you may be calling a calamity to yourself because you, as a soul, are ready to discover a greater depth of Love and forgiveness in yourself. Life might bring you challenges, but only because you have asked it to bring you challenges so that you can grow your capacity to maturely direct Love in this world. *Nothing can occur that you have not called to yourself.* (WM 329)

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### ***The Holy Spirit always knows the shortest route to God!***

I could not begin to tell you how many times I have conspired to create opportunities for many, many beings to step into the fullness of their Christed consciousness with full power and glory in the shortest possible time, only to have them say, "No, no. I can't do that. That's just not who I am. I have to go do something else." And the something else is always something based on fear. Something the egoic part of the mind thinks that they can be comfortable with. And something that will take them many more lifetimes to reach the same result.

*The Holy Spirit always knows the shortest route to God.* It will, when presented to you, bring up for you your deepest *fears*, since it is *fear* that obstructs the Light of Truth.

How, then, do you dissolve the power of fear? By recognizing it, by feeling it, and by owning the simple fact that fear is not your master and continuing to walk on. The "ring of fear" of which I speak quite deeply in *A Course in Miracles* is simply that. The ring of fear is something constructed from the inside out.

In reality, all power under Heaven and Earth is given unto the Holy Child of God. When you are presented with an opportunity, you are not presented something in which you are asked to walk alone. If you accept the Holy Spirit's function as your own, *every obstacle is removed before you reach it.*

Therefore, beloved friends, where in your life are *you* resisting the opportunities that have been presented to you? Where have you resisted and said, "Well, that's just not me, I'm not that way, I really can't do that?" When, in fact, you are merely afraid of the world. Fear has defeated you. In The Way of Knowing, fear has no power. One simply abides and does, gives it back to God, and goes on.

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### **The Less Resistance You Have To The Flow and Movement Of Life, The More You Recognize Your Perfect Innocence and The Perfection Of All Things!**

You abide – now – in the perfect opportunity to walk through your rings of fear. Therefore, look well. Where do you feel a contraction, a fear, and a hesitancy? Is it in something that needs to be said to a friend? (WM 330)

The more transparent you become, the more you merely speak when you feel moved to speak, do when you feel moved to do, go where you feel moved to go, laugh as you feel moved to laugh, and cry as you feel moved to cry. *The less resistance you have to the flow and movement of life emanating from your own heart and soul, the more you recognize your perfect innocence and the perfection of all things.*

The more you do that, the more you will create for yourself a mind set, a state of being, so that when the body dissolves and you are in your infinite magnificence, fear will not contract you. You will simply say, "Oh! Well! What can I create now? I seem not to have a physical body any more. Hmm, how interesting!"

Where you choose to resist moving through your rings of fear, *as you know they exist in your current life*, you are building a prison for God's child – pure and simple. The world will tell you, "Do not trust the impulse of the heart." Not the impulse of the ego or the mind, but the impulse of the heart. Yet, it is in the Heart that the guidance of the Holy Spirit speaks.

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### **You Are Free To Live In Your Highest Joy!**

The things of the world become translated into that which supports your ever-increasing joy, success, fun, pleasure, material improvement and new friends. It supports all of it when you see through the eyes of Love. Then you literally look at the world around you and finally get that it was never what you thought it was because you failed to separate yourself from God. (WM 338)

Everything you see is there to support your happy experience. *You are free to live in your highest joy*, to ask for what you want, and to open the Heart and love. And the universe will respond *according* to the beliefs you hold about yourself, within yourself.

Look at your life, then, with respect to your karma or the action that is occurring in response to a former action. One of the most powerful things you could ever do is to ask the question: What must I have believed is true about the world to be living the life I am living now?

This is not to say that karma is bad or wrong. It is not. It is merely effect – cause and effect. Then ask yourself: Where in the effects I am experiencing now can I bring a greater degree of unconditional, loving acceptance? Where am I looking through the eyes of boredom instead of appreciation? Where can I bring a greater depth of unconditional Love? Where can I let go of resistance? Where can I give up trying to direct my own life and allow the Love of God to direct my life?

Karma can be transcended by translating it into something else. Karma can become the fulfillment of your purpose, your very way to extend and teach only Love. For when you see that the effects, called your life, are the result of limited, fearful negative thoughts or beliefs you have held about yourself and about the world, you can embrace the effects you have created and see them in a new Light: I choose to allow these very conditions to be those conditions under which I now learn to choose Love. What can I appreciate in this moment? What can I give forgiveness unto? Where can I overcome fear of speaking out and share a truth with a friend? What have I been avoiding that I can now embrace?

In that very means, any set of conditions created as the effect of fear-based thinking *now* becomes the very *pathway* that will lead you to transcend the negative thinking and enter a domain of the use of the mind that will create effects far more enjoyable, far more expansive than you have ever imagined. (WM 339)

Do not, then, lament your life as it is, for it is *absolutely perfect*. Each set of conditions contains within it everything you need to translate your life into that which expresses your Love of God. Never lament what you create. Never lament what you experience. Never judge yourself and say, "Oh, why did I do that? I should have done this other thing." No.

Appreciate what you have created. Find what can be appreciated within it. Wrap the arms of your love around it. Bring unconditional love to it. Thereby, you will find a window, a doorway to the creation of a new use of the mind that must necessarily *require* the universe to *rearrange* itself to accommodate the new vibration. Appreciation and Love and unlimitedness *require* the universe to show up in a different way.

In other words, karma is not your prison. Bringing your attention to the effects you create is a pathway to great freedom. What you did in the past to create the effects that you no longer want was not a sin or a mistake. It was merely a free choice in order to create experience. Fine, you have been there; you have done that. Now, bring love and appreciation to the very effects that you may be judging.

In fact, every time you think you have failed, celebrate! Celebrate your so-called failure as though it were a success. For remember, it is up to *you* to decide what you will perceive.

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### **Become One Who Is No Longer At The Effect Of Karma!**

Events are just neutral. Therefore, you are free to celebrate what you *call* your failures. When you celebrate them, they are your successes. Any successful person knows that they never fail. They merely learn and become wiser. (WM 340)

*Become one who is no longer at the effect of karma.* Become one who uses karma *wisely* by looking honestly at their life, learning what needs to be learned – without judgment, but rather in celebration. Become one who translates their karma into the doorway to an ever-increasing awareness of God's presence and perfect Love spread across the face of the Earth, permeating everything you see, translating the world into the very means that can uplift you, awaken you, care for you, and heal you.)

The greatest lesson that you must learn is that you are free now. The power is now – not tomorrow - to insist on choosing to live only in unlimitedness, only in Vision, and only in the present and not in the past. It is the only time healing can come. The only time. (JT - A)

Therefore, precious friends, as you are learning, learn well: There can never be such a thing as an idle thought. Never! You are choosing to indulge in an illusion that has limited you before and will continue as long as you choose to hold it within your mind.

That is why I have said to you that vigilance is so critical. Vigilance. What am I choosing to think, now? Some of you indeed would laugh and chuckle because perhaps you have cursed out the person that runs the stop light in front of you. There is no such thing as an idle thought, and though you may think you are doing it in jest, your body is responding to your judgment and all the chemistry in it has changed immediately to respond to negative thought. And the thought you think is not separate from all other minds. It is so critical to play at choosing only loving and unlimited thoughts and to learn how to abide in what we will call here that frequency constantly.

That is the only way you can awaken the Light that you may perceive as yet dormant within you: to practice in every moment to be that Light. It's the only way anything changes, you see. It is the only way Heaven can return to Earth: for you to choose with me to think only things that are unlimited.

And, you see, that's the great power. That's the gift given unto you: That no matter what has happened in the past, no matter what thoughts you have held, no matter what actions you have done, no matter what anybody's done, what your Father extends to you in every moment is the freedom to think anew, now. Right now!

And though you might not see it, every time you have had a negative thought, if you would look back at perhaps a two or three year period or a lifetime, whatever you want to look back upon, and see it as a time of heartache or struggling or loss or what have you, it doesn't matter, all you are doing is looking at a movie that you have brought with you. The experience has already been dissolved in Light. That is called Love.

You could say that your Father is like a grand street sweeper, and though your horses seem to leave a little muck and mire in the street, He comes right behind you and sweeps away all of its effects and waits only for you to understand that there isn't anything to feel guilt over, nothing to bring a heaviness upon your countenance, because the past has already been washed away. It no longer exists.

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***Give your forgiveness to the world wholly as quickly as you can!***

When mankind chooses to stop writing history books, it will begin to understand that the future is present now, dependent only on what thoughts are chosen now. “Well, we've got to keep our armaments up, because, you see, there have been wars. You hurt me once. I remember. It may have been last week. It may have been ten thousand years ago, but I remember and I am not about ready to forgive you.” And then you can't understand why there is something in you that doesn't feel forgiven.

You *are* your brother and with what measure that you mete unto them, so, too, shall it be meted unto you. That's how it works. It doesn't mean that if you judge another, somebody is going to come along with something called karma and hit you over the head. You have already done it to yourself. And when you hit yourself over the head, you then prove to yourself, “I must only deserve being hit over the head. Yes, it's a tough world.”

Do you begin to see how it all weaves together? It's so important. *Give your forgiveness to the world wholly as quickly as you can.* Let everybody off the hook – you know, all of those beings that you have hung on the hook in your basement? “Good, you are going to stay right there and I am going to remember.”

Let them all go. Release them from their cross. Let them go. For as you release your brother, you have released yourself. There is no other way.

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## **Heaven Waits! Heaven Itself Waits On Your Acceptance, and Your Brother Waits On Your Acceptance For Him Of The Heaven That Lies Within You Both!**

When fear seems to come up to prevent you from doing something, remember it's not even your thought. It's an echo of a past that has already been dissolved. And if there is a phone call you have been waiting to make, if there is an old friend that you have just been missing, if there is a job you want to apply for, by all means go and do it. It's just a drama. That's all it is. You've been playing a game and you took it seriously, and part of the game has been the creation of guilt and pain and suffering and limitation and lack. And right here, right now, you can choose to put a new game piece on the board. You can choose to live unlimitedness and you don't even have to know how to do it. That's the great thing.

Does not a loving parent take a child and say, "Here, I will show you how to cross the street?" Your Father will show you how to cross this universe. You don't have to know how to do it. All you need to do is give Him your willingness, no matter what. It *is* called throwing in the towel of separation and understanding that your will *is* your Father's Will.

For there are many of you who have felt the desire for abundance – what we will call here material abundance – and yet, you have blocked it at every turn because somewhere you have perceived that it is not really good to desire material abundance. That is just a thought in your head. Throw it out the window.

*Heaven waits. Heaven itself waits on your acceptance, and your brother waits on your acceptance for him of the Heaven that lies within you both.* Heaven waits on your acceptance. What if indeed you were the one? What if you were the one that holds the key? You are what they would call the one hundredth monkey, and if you choose to adopt that new perception, then suddenly in the twinkling of an eye the whole of mankind will sit up and go, "My goodness gracious, there's no one here but Christ."

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### **All You Need Is To Be Willing To Ask Before Every Decision and You Will Have the Guidance That You Require!**

What if you were that one? Please join me in not waiting any longer for somebody else to do it. That is the whole essence of the Second Coming of Christ: your choice to turn the key to the Kingdom of Heaven that dwells within you and to understand you don't have to know how to walk around as a living Christ. *All you need is to be willing to ask before every decision and you will have the guidance that you require.*

Indeed you can join me now. It means giving up the game. It means assuming complete responsibility for every feeling you have and realizing completely that there is no one outside of you who can affect you unless you allow it.

When your Light so shines before men, before mankind, that its radiance cannot be limited, you will then know and understand – to use some Biblical words, since some people seem to like them still – that though you walk through the valley of the shadow of death, you need fear no evil. The rod and the staff of the Love of God is in you, within you, and around you always. And there is no one there in that valley save yourself, the face of a brother or sister who asks you to help them awaken from the dream.

Now, how do you do that? Well, of course, you slap them around a few times and tell them to wake up. No, you don't fix anybody. You can't fix anybody. It's impossible. All you can do is be what you would choose to teach them. That's it. And allow them to choose to see the Christ in you. For to do so will mean that they must have begun to recognize that Christ in them, too, because only Christ can recognize Christ.

That means that the only thing you are asked to do in this dimension is to live as though you are not an ego and to live as though you are Christ.

I can't make it any simpler and only you can make it difficult. Sorry about that. What do you think? Is all of this making sense?

Well, then how do you choose to live right now? This moment? Who are you?

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***Nothing I have ever done has ever been designed for any other purpose except to help you open the floodgates to the love of Christ that lives within you!***

You are the one who has been here throughout all of time and all of space, and you have danced with one another in a million different ways. If you can think of a role, you have played it. Whether it be a role that could say to be wearing a white hat or a black hat, if you can think it, you've played it.

So whom are you going to judge? Somehow in some way because of the Love I see in you, you could say I am like one who looks upon this world and sees parched land, and then I look at each of you and I see this infinite reservoir of the most nurturing waters that one could ever comprehend without end and without a bottom. Sparkling clear. Radiant Light. Such a perfect water. And all I ever really try to do is to find a way to let you let me open the door and take a glass of it out so that we together can pour it upon this world. One glass of your Love is all it takes.

And in everything that I have ever said to you, whether it be this odd form or the other two thousand and three that I am currently doing a similar work with, or through any of the hands of an infinite number of healers that I also communicate and work with, whether it was a single word or act that I ever did through my Father's Grace when I walked among you, *nothing I have ever said or done has ever been designed for any other purpose except to help you open the floodgates to the Love of Christ that lives within you.*

So, does the world need saving? No, the world is an illusion and how are you going to save it? All you are asked to do is not to fix anything, whether it be on a macrocosmic scale or the microcosmic scale as you would perceive it called your life. Stop trying to fix what may have occurred in the past. Simply begin *now* to think with different thoughts. Not to say, “I wish I could be unlimited. If only I could get rid of this,” whatever it might be. But indeed begin *now* to put the fullness of your attention on being the unlimitedness of the Love of Christ through Whom anything and everything can be accomplished. And remember, it's easy because you don't have to do it. You only have to allow it.

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### **There Is No Grander Technique Than This!**

Now, the great news – and, indeed, a miracle – is that there is no distance to be traveled from the world to the Kingdom, save this: to choose anew. To pay vigilant attention, and when in any moment you choose to see with perceptions that can serve you no longer, that would tell you that you live in an unsafe world, a world that you must fear, and that you must live in lack and that you are powerless, stop and choose anew. (ARC)

*There is no grander technique than this.* No amount of mediation, no amount of lamentation, no amount of giving alms can even come close to the power of that simple prayer which is a choice to choose anew. For indeed, if you required lifetime after lifetime of effort, then God would not be Who God is. And God is eternally Love, and love turns not away from that which Love alone has created. So I am sorry to say I cannot come forth and give you textbooks of technique.

But, indeed, I can extend unto you that Love that lies within you and waits to be birthed wholly through you with every breath you breathe, that, indeed, you might be the one that will embrace the whole of this world and settle for nothing less than the establishment of the Kingdom of Heaven upon the face of this your Holy Mother. The choice is entirely yours: to receive that Light and allow it to be extended through you, allowing that Light to shine through you.



To enhance the main topics, this material came from both *The Way of Mastery* and *A Course in Miracles*.

Page Ref:

The Way of Mastery

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JT - A	Jeshua Transcripts – Awakening
ARC	Archive Files

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21-02-I15