

# HEALING THE BROKENNESS

2021-08-07

- 2021-0807-001 Beloved and holy and only Child of our heavenly Father, Child of the one Source, Child of Light, divine. That is who you are. Take it deeply within the consciousness and contemplate what that means. Child of the one Source, divine, acting in the realm of human, and yet bringing forth the energy of the divine.
- 2021-0807-002 I am the one known as Jeshua ben Joseph, Jesus you have called me, and it is in great joy that I come to abide with you this evening in your timing. Great joy of the divine coming forth to be expressed and to be experienced; great joy and great Light.
- 2021-0807-003 Now, in this evening we will address a question that has come up, a question where ones have been saying, "There is much that does not feel peaceful. There is much that needs to be healed, at least the way I perceive it." And in truth, you are the divine One having human experience.
- 2021-0807-004 Allow yourself to treasure that which you are bringing forth, and then allow yourself to sit with all of the "Aha's" that come to you and take them deeper to understand the divinity that allows you to express as the human, to take form, to walk amongst you—as now I can do—and to say to you, "You are the Christ incarnate. You are here to have both a human experience and also the spiritual."
- 2021-0807-005 Allow yourself to take a deep breath. Feel the intake of spirit. Feel the intake of all that you are, the infinite Light. And do you know, beloved one, it shows. When you do that, there is a radiance about you that expands. Each and every one of you, as you will inhale of the spirit, the Light that you are expressing goes out even farther.
- 2021-0807-006 You think that you are small beings, that you are just the body. I've heard you say, "I don't have any influence on things that happen." But in truth, you create your reality as you go along. You create, and then you judge. I would say to you to use righteous judgment. Come from that place of understanding the Christ of you experiencing and expressing upon this plane, and know that truly you create moment by moment as you go along.
- 2021-0807-007 I have said to you many times that if you do not like that which you are creating, stop, breathe, and create anew. In the middle of a conversation with someone, if you are feeling like the two of you are up against each other, stop—they will wonder what has happened—and breathe, and come from a new vantage point, the place that says there really truly is only One of us. It is the Christ expressing as the human.

- 2021-0807-008 So allow yourself to feel the infinite possibilities of the spirit of you, to go deep within and to pull forth the peace of spirit.
- 2021-0807-009 Many times you get wrapped up in what is happening in the outer and you feel yourself to be responding to the outer. Allow yourself in this moment to go within, to take that deep breath and connect with the spirit that is activating the body; the spirit that says, "I am bringing together my reality—lower case "r"—and feel the infinite power and possibility of the reality of you.
- 2021-0807-010 For truly everything is in front of you. You sit as you would be in front of a buffet meal, a smorgasbord, and you can take of this and a sample of that and put it all together. If you don't like it, you can change in that moment. You say, "Okay, I will try something new."
- 2021-0807-011 This happens when you are speaking with a friend of yours and perhaps there is not quite what you would call agreement that comes together. Stop, breathe, and choose again. It is most wondrous what happens in that instant, because the other one will wonder, "Well, what has happened to him? He was really reading my history, and now he has stopped and there is a smile on his face. What has changed?"
- 2021-0807-012 It is you. You have changed and come back to your Christ nature which is always accessible to you, always right there as you will smile and as you will go within and recognize the One true Self that you are. Even in the middle of a sentence I have seen this happen with my beloved friend and teacher, the one you know as Judith, who would be quite active about something she is experiencing. And then there is the deep breath and the smile that comes across her face and she says, "Pardon me, but I really didn't mean it to be quite that energetic." And you take time for the deep breath, time to realize the One spirit that you are.
- 2021-0807-013 Oftentimes the reality—lower case "r"—seems to be that you are individualized energy. You have your place, and this is what you believe, and they have their place, and this is what they believe, and you get to exchange viewpoints if you will breathe together until you come to that one place of understanding.
- 2021-0807-014 Now, I know in this time you have many realities swirling around you, many realities that ones are putting forth. Some of them mix well and play well with each other and some of the realities do not play well with each other. And you are wondering, "What is going to become of us? We are so split in our expression and understanding of reality—lower case "r".
- 2021-0807-015 When you will stop long enough to breathe, to take that deep breath and come Home, you will see things anew and you will feel anew. You will feel more at peace. So I advise all of you to allow yourself to take the deep breath right in the middle of a sentence—in fact, that's the best place for it—and to stop and realize anew Who and What you are. You *are* the Christ Light going forward

having a human experience, and that human experience is no mere thing. It is a gift that you give to yourself.

- 2021-0807-016 No matter how many years you garner to yourself, each day is a gift. Each day is truly an adventure. Each day there will be something new that comes to you, a new perception perhaps, a new way of interacting with someone, someone that you said moments before was like a stone wall and you can't get through to that one. You stop and realize—make real in your awareness—you realize that, yes, that wall is truly Light and it is permeable. You can see through it, and you can meet as the One that you are.
- 2021-0807-017 These times now that you are living in call for patience. They call for stepping back, taking that deep breath and stepping back and asking of yourself, "Self, where is that other one coming from?" And truly being authentic, to be asking and wanting to know, "What information have they been given that they now have this realization of what they feel is real—lower case 'r'—to go forth in their truth—lower case 't'? Where are they getting their information, and does it feel true? Does it feel like the Christ?"
- 2021-0807-018 Because truly it is only the Christ that is having a human experience; therefore, when something does not feel right, does not feel easy, does not feel peaceful, allow yourself to take that deep breath and literally and physically, if you want to, step back from it. Ones will wonder why you are doing that and say, "Is there something about my breath that you don't like?" And you can say, "No, it is not your breath. It may be the words that you are using."
- 2021-0807-019 However, what you will want to do is come to that place of Oneness, to know that this is the Christ having a human experience. How they see things is temporary anyway, individualized, as they understand being an individual.
- 2021-0807-020 Know that truly they sometimes on the first level are giving to you that which they have heard or that which they have read, and they don't really truly understand all of it, but they have taken bits and pieces of it and they then give it back to you.
- 2021-0807-021 If you will breathe and stand in peace and love and friendship with them, saying, "I want to know more. Why do you feel this to be true?" Then they will give you a whole lot of information that they have brought with them, like they've got it in the knapsack on the back; you ask and they bring it out, and they bring more out, and they bring more out, and you say, "Will this ever stop?"
- 2021-0807-022 Yes, it does. And finally you get a chance to say, "Okay, I understand where you're coming from, but have you considered...?" Those three words are powerful. "Have you considered?" And then you can put forward what feels like, seems to you to be truth—lower case "t"—to begin with, which hopefully will take you to the capital "T", that there is truly only One of us having this experience.

- 2021-0807-023 Yes, we can look at it from all sides, but when all of the debris gets to be expressed and it's out there and you can shovel it away for a moment, what are you left with? The two expressing as the One. You come to that place where you truly put forward that which is most important, the Oneness.
- 2021-0807-024 "I understand that you are coming from a different place, but let us consider..." and then healing comes. I know that all of you are asking, wanting, desiring to feel peace in the midst of all of the fracturedness of human living. But when you will stop long enough to consider that, in truth, there is only One of us experiencing and expressing, let us stop for a moment, you can reach out your hand to one and say, "I understand that you have your evidence for what you are saying, but let us join. Take my hand. Feel. I am human like you are," you say to them. "I have my viewpoints from what I have read, but you know, let's find the bottom line." And the bottom line is the Oneness.
- 2021-0807-025 Beloved ones, you are living in changing times. Count it all as blessing. The times, yes, are changing, and sometimes they are changing more and more rapidly than you want them to, because you feel like you're running behind, trying to catch up with, and trying to understand, "What is going on?"
- 2021-0807-026 A lot of times ones will come up to you with a big question mark as to, "What really is going on? How can we meet in a place of peace? How can we meet in a place of understanding; not just to have the energy that feels like I have to protect that which I believe? I know it's true."
- 2021-0807-027 And you have to ask of the divine Self of you to step back for a moment and view it as you would be a third person looking at whatever you are beholding. And there is a certain...I will call it a way of beholding it, where you see it as all acting out on the stage. Allow yourself to take the deep breath literally. Breathe in and feel the peace that comes with the deep breath. Then see yourself sitting in the front row of seats watching a most wondrous drama of energies upon the stage.
- 2021-0807-028 And you can see yourself. You can see your energy, and you can see how it interacts or does not interact with the other ones. And you ask of yourself in that moment, "What do I desire to see? What do I truly desire to feel?"
- 2021-0807-029 "Well, Jeshua, I'm right, and I want to feel that I'm right, and I want them to accept that I'm right. I know I'm right. I've got all these reasons why I'm right." Okay, what is the first reason? "Well, I read somewhere...." Okay. "And I know that's true, because this expert...well, I don't know if he's really an expert, but he sounds like an expert, and he says...."
- 2021-0807-030 Allow yourself to take the deep breath and say, "Okay, you may be right." And I know that the other self of you is saying, "But I don't think so." But you don't say that part. You allow them to give you that which they are really chomping at

the bit wanting to give you, and when they stop for a breath you say, "Okay, I understand."

- 2021-0807-031 And they say, "You do? Well, okay." A lot of the energy of division is allowed to fall to the floor and keep on going; maybe not the first time, but as you will allow yourself to abide in peace, not reacting, after a while the energy of the other one or ones has to stop for a moment for that breath, for the deep breath, and you smile.
- 2021-0807-032 All you need to remember is the smile, and they will wonder, "What does she know that I don't know? How can she smile when everything is falling apart? And doesn't she see that X, Y, and Z need to be fixed? Does she think that really everything is okay?"
- 2021-0807-033 You smile again and they say, "She's bonkers." If a smile comes forth, that is part of the healing. Allow yourself to stand back. Allow yourself, as the wise ones of all ages, to understand that truly a lot of what you do on the human plane is drama, and you're all very good at it.
- 2021-0807-034 Yes, I know, you practice your lines. "I know I'm right because it says here, one, two, three, these are my reasons; four, five, six, two hundred one, two hundred two, etc." And they go through, or you do, a whole recitation of why you have to be right. And yet at the end of the recitation, what do you do? You take a deep breath, thank goodness. And what comes with the deep breath? Peace.
- 2021-0807-035 Yes, they may turn around as soon as they have the deep breath and start in again, but that is okay. You will smile and allow them their recitation until finally they get tired and stop, and you say to yourself silently, "Hallelujah."
- 2021-0807-036 When you will look at everything that is going on in your world now and all of the occasions that you have to sit in judgment, you will see that truly it is a drama. You will see that you can walk through that drama the same as when we talked about walking through the seemingly solid wall. You pick and choose where you will abide.
- 2021-0807-037 You do not have to bump the head up against the wall until finally you knock yourself out. You can, with practice and with technique, walk through the wall. We spoke about this some time ago, where you pick your space. You do the same when you are up against a wall of ones who hold beliefs differently than yours. You pick your space, and it is the space of the smile. And they will wonder, "What does he know? What does she know, that she can stand there and smile when everything is going to wrack and ruin?"
- 2021-0807-038 And you smile, because you know the secret of space, of abiding in the Light of divinity, abiding in the Light of truth. And the truth is, you are Christ, they are Christ having a human experience. However you live it, you will come to a certain place of peace, finally, where there is an acknowledgment of Oneness.

- 2021-0807-039 So allow yourself to rest in peace. If you want to engage, then go ahead and engage, knowing that it is a drama, knowing that truly at the end of the drama comes the conclusion of healing. Remember those words. At the end of the drama comes the conclusion of healing, of wholing—w-h-o-l-i-n-g—coming to that place of the Christ, the smiles.
- 2021-0807-040 Know you the picture that is ascribed to me as being the one who has said, "Allow the little children to come unto me"? Be like that with all of your friends. Be the Christ that says, "Allow, come; come unto me in peace."
- 2021-0807-041 However, if you are not ready for that yet and you want to have some more drama, go for it. No, you're finished with it. Okay. Then look and see the Christ of that one who is out-picturing a lot of energy and come to the place where there is the smile on the face that says, "How well you act your part. I stand in awe of the drama."
- 2021-0807-042 Yes, I know, that will probably only get them madder yet, but allow yourself to feel the inner peace that says, "This, too, shall pass," and it will.
- 2021-0807-043 Allow yourself to go as the Christ goes, taking note of all of the drama, yes. After all, you bought your ticket to see this drama. You said, "Yes, I will take human form. I will be on the stage with the rest of my brothers and sisters, but also I know from whence I have come, and I know the peace of the Christ."
- 2021-0807-044 So when you get physically tired and also emotionally tired of all of the drama around you, know that truly you can come unto me and I will give you of my peace. I make to you this offer. When you get tired of all of the world's drama, come unto me and I will give you my peace.
- 2021-0807-045 Now, beloved ones, I have given you the secret to living a happy, harmonious life. You can take it for what it is worth and you can live at the top of the emotion for as long as you want to. There is no timetable that says by Tuesday afternoon at 3:45 you have to be finished with all of the drama, although you may want to move it up and be finished on Sunday afternoon, yes, or not. It is your choice.
- 2021-0807-046 I have watched you. You are great actors on the stage worthy of grand applause, because you get right in there and say, "I know. I know what's right. I know what Jeshua has said. I have the answer," and you do have the answer. In other words, play until you get tired, and then come Home.
- 2021-0807-047 This is what the parents have said to you as you were the small one going out into the field to play for a while. They have said, "Play until you get tired and you want to come home for dinner." And you say, "Okay," and off you go. You play with the playmates, and then at some point you say, "Oh, you know, I'm tired. I think I'll go home and have something to eat."
- 2021-0807-048 You can do the same with ones who are maybe pushing the buttons a bit. You can do the same; play, come Home; come Home to me, to the peace that passes all

understanding. Truly the mind cannot understand the peace that is always ready for you. It is right there anytime you want to find it, anytime you have the courage to say, "I will allow the world to be quiet for a while and I will come unto the peace that has been from before time began. I will come to that place of abiding in silence and in love."

- 2021-0807-049 Now, know you how when you are into great emotion you put certain energies into the body? Sometimes the body will hurt and you will say, "Oh, my aching back," because you are carrying a heavy load. Allow yourself to stop and put the load down. How do you do that? By taking the deep breath; as simple as that. Because when you take that deep breath, you allow the oxygen of the breath to revitalize all of the cells of the body and they feel, "Oh, we can keep on going for a while," and they do.
- 2021-0807-050 Allow yourself the deep breath as often as you can remember to take it. It is there for you. It is around you, always ready for you. It takes only the choice. However, I know the feeling of being caught up in a whole lot of energy where you feel that you have to live your truth and it has to be everyone else's truth.
- 2021-0807-051 No, this is something that I found. Your truth may be something that you are wanting to know to the very depths of your being, so you will live lifetimes looking for the truth. The most wondrous part of that is that when you stop and realize, the truth of your being is that you have had it all of this time and didn't know what you were truly looking for. Breathe. Come Home.
- 2021-0807-052 I have spoken with you many times that your peace is only as far away as the next deep breath. Take that deep breath. Take it now. Ah, that allows all of the cells of the body to come truly alive, at least for that moment. I know that if there is the feeling that, "Oh, well, I love drama," and most of the human expression does like drama, that's when you feel truly alive. "I am right. I am truly alive and I'm going to tell you." But when you get tired of that, come unto me with the deep breath.
- 2021-0807-053 Your world right now is sorting through a lot of rubble, a lot of, "Is this going to bring me peace? Oh, maybe not that. I'll try this. Maybe it will be right. I've heard this speaker, and oh, he is so right on. He feels what he is talking about, and I can feel the energy with him. And when he speaks, I know that has to be truth."
- 2021-0807-054 But how does it make you feel? Do you feel peaceful? Do you feel that you are the Christ? Or do you feel energized to keep on looking? And there is no judgment in that. You are the one who decides where you want to be, how you want to be, how long you want to be. You are the one. And there is no judgment, no assigning one as being better than the other. It depends on what you want.

- 2021-0807-055 Many of the small ones coming in now want to know peace, want to know, "What more is there besides the turmoil of the world, of the drama of the world?" They say, "We've been there, we've done that, and yes, it felt good for a while. There was this rush of energy."
- 2021-0807-056 And they can remember. The small ones coming in now can remember, the same as you can, past lives. Before they get set in a certain way of a lifetime, they can tell you where they have been, who they have been, and how it felt. They remember. They know. Even as you get a bit more in alignment with the body, older, you can still remember how it feels and be excited about something. "Ah, this new idea! I love this new idea."
- 2021-0807-057 Okay, you can live in that energetic space and allow yourself to know Oneness with an idea perhaps, until another idea comes in and you say, "Oh, yes, I like that idea. I'll live with that idea." So you do. You are most wonderful visualizers, most wonderful actors and actresses bringing forth a reality where you can feel truly alive. "Ah, I'm on the stage and I hear that applause, and yes, I take it to heart."
- 2021-0807-058 But on the next day, where are you? Allow yourself to know the peace that passes the understanding of the world. You know how the world is. You know that feeling of exhilaration of getting caught up in something, and oh, it feels so good; at first. But you also know the peace that comes with the deep breath. Allow yourself to breathe often and deeply.
- 2021-0807-059 If you get into a conversation with someone and they are feeling quite energetic, suggest to them, "How about if we breathe?"
- 2021-0807-060 "What? I *am* breathing. Can't you see I'm breathing? I'm breathing at the top of my lungs." "Yes, I can see that."
- 2021-0807-061 Allow yourselves to look upon everything that is happening as a drama on the stage and you, beloved one, are sitting in the front row of seats, and it is being put on for your benefit. And if you want, it is a free choice to get into it and really know the drama of it. But if you want to just sit there and applaud, "Hey, you're doing really well with your part, and *you* are doing really well with *your* part. Ha, can I have your autograph? You're really up to 'I know' about whatever it is."
- 2021-0807-062 Ones then have opportunity to breathe. Allow yourself to give yourself top marks as the actor/actress that you are and also as the peacemaker.
- 2021-0807-063 Your world is very fractured at this moment as you see it. You ask, you cry unto your Father in heaven, you cry unto me how to make this right, how to heal; how to heal, how to make that which you see whole.
- 2021-0807-064 It is to stop, breathe, and smile. And ones will wonder, "What is he/she smiling at? How can they smile when things are so wrong?" And yet you applaud the

actor and actress, and you know at some point they are going to be finished with their acting. They have to stop at some point and take a breath, and when they do, you applaud. "Hey, well-acted. You really put yourself into that. That was really well done."

2021-0807-065 And they will say, "I wasn't acting. I really felt that." You say, "Yes, I know. I can feel you feeling it. I would like to have your autograph." At that point you have opportunity to heal, and they have opportunity to step back from the drama.

2021-0807-066 There is much that is happening in your world, but at the same time there is a world of peace and healing. There is a world that knows wholeness. It is the world of the deep breath and the smile. Try that on for size the next time someone comes up who is right in your face with something that they really want to express. Try the smile and say, "Yes, you are whole, you are healed."

2021-0807-067 The world *is* coming—I make prophecy; I do not prophesy as to time, because you are all great masters, and as I say one thing, you change the time of it—but your world is healing. All of this that is happening now is as old scar tissue that must be healed and let go, and you are the ones who can see a bit farther and can see to the wholeness and smile. There is healing in the smile.

2021-0807-068 Smile, beloved one. Yes, that is healing. So be it.