

ESSENTIAL JESHUA

Guidance to live through your Heart

Compiled from www.jeshua.net by Veli Martin Keitel, 2013

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Introduction

The teachings of Jeshua are channeled through a Dutch woman, Pamela Kribbe, since 2002. They are published in several languages at www.jeshua.net. I came across them around 2004, when a friend of mine recommended them to me. Soon I noticed the texts had a deep impact on me and touched me. They also helped me to face and understand challenges in my personal life.

After reading further, I found some parts of the text were deeply touching, whereas other sections had a more narrative or repetitive function. For anyone reading isolated segments of all the material it's great that important things are repeated often, but it occurred to me it might be sensible to collect the really important bits into a more condensed package. I wanted to do this to make the material more effective for my own workshops, but I soon realized this work might turn out beneficial to others too.

Assembling this digest collection of the Jeshua teachings has taken a lot of time, but the different phases of the process have been inspiring and enjoyable. The original idea of a collection of quotes gradually reformed into a coherent, logically proceeding condensation of this very broad material. I have divided it into chapters that partly reflect the original titles of the sessions, partly rise from my own attempt to simplify and clarify the whole. Some chapters are more or less brief versions of the corresponding original channelings, others have quotes collected from various different channelings. I have included direct links to pages at the Jeshua website, most focused on the topic at hand.

Most of the material presented here comes from the Lightworker and Healing series, which are the largest and most elementary compilations of the Jeshua teachings.

I made a decision not to include material dealing with the prehistory and galactic influences in the history of Earth (addressing for example the impact of the Pleiades star system and the Atlantean culture in our past). This is not because I see these areas anyhow insignificant, but simply because I want to keep the text more focused on important contemporary themes, especially the importance of personal healing.

In this English version the quotes are directly from the English translation at www.jeshua.net. In few cases I have changed some words or the order of words to keep the text more coherent. In very few cases I have dropped out some words of a long sentence to make it as concise as possible ñ without changing the meaning. In all this work I have listened to my own Christ connection.

It goes without saying that this collection is somewhat subjective; I have emphasized areas that to me seem most essential. I haven't consciously undermined anything, but since I personally work a lot with healing, the healing department in this material may have received more attention from me than some other areas.

I wish you rewarding moments and useful insights with Jeshua's words!

Veli Martin Keitel, 2013

martinkeitel.net

ENTERING CHRIST CONSCIOUSNESS

Who is Jeshua

www.jeshua.net/who_is_jeshua.htm

I am Jeshua. I have lived on earth as Jesus and I have been among people to testify to the love which is available to all of us from the Source that lies within ourselves. Now the time has come for you to take over the torch. You are the seeds that blossom today. This is the meaning of the rebirth of Christ.

The reason why the Jesus/Jeshua personality came to earth was to create an opening or doorway to a different state of consciousness. I wanted to set an example of the possibilities that are available to each human being.

You all made a vow once, you all set your intention to carry this energy forth into the reality of earth, to anchor it in earth. Many lifetimes, many centuries, you have worked on this mission. You are all in the process of birthing the Christ seed within and I am helping you.

You are touched by my energy because you know this is the energy you are moving toward. The energy of Christ is the energy of your own future self.

The time has come to let go of me as someone you look up to. I am a brother and a friend to you, not a master you should follow. I want to surround you with the energies of love and truth. That is all I can do.

Remember: basically it is my concern to let you feel that I am here, to let you feel that you are equal to me and that I am equal to you. We are one, we are carriers of a particular Light energy and we have been working for a long time, during many lifetimes, to ground this energy and anchor it to the earth. That is your job. That is your mission.

I am Jeshua, man of flesh and blood.

I am your friend and brother.

I am familiar with being human in every way.

I am teacher and friend.

Do not fear me. Embrace me like you all embrace one of your kin.

We are family.

The New Earth

www.jeshua.net/lightworker/jeshua1.htm

www.jeshua.net/lightworker/jeshua2.htm

(quotes also from other sections)

What makes this time (1950 ñ 2070 approximately) special is that there are two different cycles of consciousness coming to an end: a personal cycle (or a set of personal cycles) and a planetary cycle. The completion of these cycles coincides, so that one reinforces the other.

This is a time of transformation, a time of great changes which show many faces, both dark and light. The time is ready for people who have a wider view, who can watch all manifestations of dark and light from a calm and peaceful state of mind and who are able to be present in love, without judgment.

Right now, you are in the last phase of this history of conflict, in which the male energy has played the part of perpetrator for many centuries. There have been times in which the female energy had the upper hand and wrongly manipulated and ruled the male energy.

The earth is going to release the energies of struggle, competition and drama, on inner and outer levels. The new foundation that is dawning within her is the energy of the heart, the energy of balance and connectedness: the living Christ energy.

Now what happens in the present transformation of consciousness is a passing along of the wheel from the solar plexus to the heart. It is not true that you should get rid of the ego. It is more a matter of passing along the steering wheel to another level of being and in so doing, founding your life on the energy of the heart.

The ecstasy you will experience when your divinity awakens will provide you with the power to heal yourself. This divine love will help you recover from the deep hurts you have suffered throughout your lives on earth.

If many groups or individuals change and refine their energy field, this will attract another energetic reality to earth. This is the global transition which is taking place now and which starts in the individual. You are the ones on earth who open the gate to the light. If this gate does not open, the light cannot be embedded in the earth.

You will embody God on earth. You are returning to your divine essence, without giving up your individuality and your material form. This is the miracle of the New Era: to be one and as One, to be a unique and individual consciousness and at the same time to be One with and connected to the whole.

Why you are here now

(from various channellings)

All of you who are present here or who are reading these words are growing towards a new level of consciousness. You are seeking to establish an inner foundation of safety and unconditional love for yourself. You are recreating the feeling tones of the cosmic womb by yourself and for yourself. This is your mission, your spiritual goal.

You are not here to "fix" other people or mother earth. You are here to heal the deep wounds within your own being. Please tend to this task and all else will fall into place without any effort on your part.

The earth lives you experience are part of a greater cycle of your soul. This cycle was designed to enable you to *fully experience duality*.

Your deepest motive for coming to earth was to come to terms with your own inner darkness, and you agreed to meet this darkness within yourself as human beings.

You are not here to make the world a better place. You are here to awaken yourself. And yes, when you do so the world will become a better place, because your light will shine upon it and bring joy and enlightenment to others as well. But do not focus on the world, whether it is your family or any other relationship you enter.

You are the bravest warriors I know. You are pioneers who, by kindling your own light in places of darkness and hostility, pave the way for a new consciousness on earth.

You have within you the energy of the murderer and the saint, the child, the grown-up and the old, male and female, active and passive, rational and emotional, water, air, fire and earth, etc. To any other being in the universe it is quite a feat. It is quite a feat to be human at all, without having done anything special.

You are teachers and healers, you do have a mission on earth. But to truly fulfill it, you *ñ paradoxically ñ need to let go of that dire need to change things*, because your eagerness to do so has an edge of pain to it, the pain of not feeling at home on earth as it is now.

The real work is to let go of all those bits of ego based fear and illusion that you yourself absorbed so deeply as a child. It is about peeling away all the layers of the onion; it is about being born a second time.

When you can be playful about the aspects of duality and simply use them whenever it brings you joy and creativity, you have grasped the meaning of life on earth.

The world is what it is and the highest thing you can do for it is simply to love it for what it is. Love and

see the beauty of every single being that is traveling through this plane of reality.

Please realize that you are meant to enjoy life on earth! It is a natural thing to take joy in beautiful things that caress the senses or fill the heart with inspiration. This is your home, your dwelling place for quite some time so please allow yourself to create your material surroundings as you wish them to be.

Life is ultimately not about being right; it is about being free and whole.

At the end of your journey, the end of this cycle of lifetimes, you will hold the hand of your inner child and see how it radiates joy, pleasure and inspired consciousness to you. It will feel safe again and will therefore show its true treasure: its ability to intensely feel and live life to the fullest.

As soon as you realize that Home is within you, that you carry a piece of that divine safety and oneness in your very core, then you can really get peaceful and relaxed about who you are. There's no need for outside validation anymore. It feels good when you are appreciated and cared for by others but you do not depend on it anymore.

There is so much love everywhere around you and you can feel it as soon as you let go of your judgments. You have so many judgments about what you do and don't deserve, about what you are doing right and what you are doing wrong, about all the things you still have to do and achieve. Let it go. Love is present here and now for all of you.

Christ consciousness

(from various channellings)

Christ consciousness is spiritual alchemy, the art of transforming dark energy into the third energy, the spiritual gold present in the Christ energy. The purpose is not to transform dark into light, or evil into good. They are natural opposites; they exist by the grace of one another.

Christ energy recognizes the opposites of good and bad, light and dark, giving and taking, as the aspects of one and the same energy. *Living from the reality of Christ consciousness means that there is no struggle with anything.* There is a complete acceptance of reality.

The heart center (or chakra) forms the bridge between heaven and earth and between the higher and the lower energy centers or chakras. The heart enables you to transcend duality and reach out to someone else with love and compassion. It is the center of empathy.

When you started out on your journey, you faced Evil (fear, ignorance) with only a vague memory of the Good (Home) in your mind. However you will not return Home in the sense of returning to a state in your past. *For creation has changed because of your journey. You will have created a third energy, the Christ energy, which embraces and transcends light and dark.*

You as human beings are the only being that has this ability for spiritual alchemy. Neither the plants, nor the animals, nor the angels, nor the "dark lords" have this power. That is what makes earth and the human being unique.

At the deepest level there is no guilt, only free choice. There are no victims, no offenders; *ultimately there is only experience.*

Consciousness does not fight or reject anything; it encircles darkness with awareness.

It encircles the energies of misunderstanding with understanding and thus transforms ordinary metal into gold. Consciousness and love are essentially the same. Being conscious means letting something be and surrounding it with your love and compassion.

When you have fully released ego based consciousness, you will know you are exempt from persecution or outside threats. You will have gone beyond the roles of victim and persecutor; your journey will have come full circle. You will have released your karmic burdens and *you will be totally free to create whatever you want.* This is a type of consciousness that has fully released the need to control or possess anything. It is free of fear. It is the Christ consciousness.

Now it is time to be the central sun that you are. In reclaiming the power of your own consciousness, you are creating a new reality or level of consciousness altogether. Recognizing your own divinity feels like coming home; it awakens in you old memories of a blissful oneness and harmony you once knew. But now for the first time you will give birth to that sense of oneness purely from your own consciousness, *while you are in material reality*.

Living from the Heart

www.jeshua.net/lightworker/jeshua8.htm

(also from other sections)

Ever again, you are looking for solutions from outside yourselves. Realise that you are the center of your being, the sun of your own universe. The direction of your consciousness and what it is attuned to will decide how you feel, how you think, how you act.

Your visible material reality is a manifestation of inner, collective states of consciousness. Every human being is the master of his own reality. You are creating your own reality all the time. You are able to let go of a miserable or unsatisfying reality and allow Light to enter and transform your creation.

When you dare to live from inner inspiration and only do what brings you joy, this will create a natural and true order in your life. When there is peace and joy in your heart, the things and people you meet will give you peace and joy.

When things succeed easily and all you need appears spontaneously on your path, it is a sign that you are going with the flow of your heart.

If you seek results through struggle, you will receive the energy of struggle back to you. This is/was your own energy coming back to you! And that is the only meaning of karma.

Do not make it more difficult than it is. The spiritual path is a simple path. It is about love for yourself and inner clarity. It does not require any specific knowledge or any specific rituals, rules or methods. All things you need for your spiritual growth are within you.

Judgment and fear are the energies that most take you off-center. As you release these energies more and more, you become more quiet and open inside. You truly enter another world, another plane of consciousness.

When you are able to recognize your own light in an environment that does not mirror it back to you, you become independent and free. Unburdened by the karmic aspects of your history, the fears and illusions that held you down, you will attract relationships into your life which are based on love and respect and which reflect your awakened divinity.

Lightworkers

www.jeshua.net/lightworker/jeshua3.htm

www.jeshua.net/lightworker/jeshua4.htm

www.jeshua.net/lightworker/jeshua5.htm

(also from other sections)

Every soul becomes a lightworker at some stage of its unfolding.

You become a lightworker when you go through the journey of experiencing light and dark. Being light and dark. If we had to name you, we would call you the Christed souls instead of lightworkers.

Lightworkers are in fact emissaries of Light with the same mission as Jesus. The difference is that in their incarnation in a physical body, they are less connected to their wider divine Self than I was.

* Lightworkers are souls who carry the strong inner desire to spread Light - knowledge, freedom and self-love - on earth. They sense this as their mission. They are often attracted to spirituality and to

therapeutic work of some kind. Their vision of life is colored by a spiritual sense of how all things are related together.

* Lightworkers are not "better" or "higher" than anyone else. They simply have a different history than the ones not belonging to this group.

* Lightworkers stood on the eve of humanity's birth on earth. They took part in the creation of man. In the process of creation, they made choices and acted in ways which they came to regret deeply afterwards. They are here now to make up for their decisions back then.

* Only by going through all stages of ignorance and illusion themselves will the lightworkers eventually own the tools to help others achieve a state of true happiness and enlightenment.

* Lightworkers often feel different from other people. By experiencing different kinds of obstacles on their way, life provokes them to find their own unique path.

* They deeply honor and respect life which often manifests as a fondness for animals and a concern for the environment.

* They are kind-hearted, sensitive and empathic. They may have trouble dealing with aggressive behavior and they generally experience difficulties in standing up for themselves. They can be dreamy, naive or highly idealistic, as well as insufficiently grounded. They need solitary time to touch base with themselves and with mother earth.

* They were present in overwhelming numbers in the old religious orders of the past as monks, nuns, hermits, psychics, witches, shamans, priests, priestesses, etc. The traumas of persecution left deep traces within your soul's memory.

It is the ability to heal yourself that makes you a lightworker. This creates the energy of the solution in your being, which offers to others a doorway to their own power of self-healing.

Lightworkers are souls who lived many, many lives on the other planes before they ever incarnated on earth. Earth souls started their cycle of earth lives when their souls were in their infant stage. At that time, the lightworker souls were "grown-ups."

Lightworkers have been persecuted for centuries as witches, heathens or political agitators. They seemed to be driven by ideals for which the world was not ready. What happened here is that you switched into the role of victim after having played the role of offender for quite some time in the galactic realms. Your "spiritual anger" evoked angry responses from your environment and you became the victim. This has left scars on your soul. Many of you in this lifetime feel tired and homesick for a more loving and meaningful world.

Lightworkers want to teach and heal others, helping them grow towards a heart based consciousness. For that reason, many lightworker souls are born with parents or in families which are heavily stuck in the reality of ego based consciousness.

When the inner beauty and purity of the lightworker child is not recognized as such, she will often temporarily get lost in emotions of loneliness and even depression.

On the soul level you have chosen this path consciously, but to live through it as a child of flesh and blood is a painful thing that wounds you deeply.

You will lift the cross just by being with yourself and truly loving and cherishing that part of you that is different. This is how you bring the child home and fulfill your mission as the pioneer that you are.

It is typical of lightworker souls that at some point when they grow up, they start to feel like they are the parents of their parents. Because of their inborn desire to teach and heal and their developed spiritual awareness, they often see their parents' fears and illusions clearly and they want to heal them. This may get you into a lot of struggle with your parents because your desire to help them is often intertwined with an unconscious need to be recognized for who you really are.

In other words, the wounded child speaks through you when you try to help your parents, and **it is a recipe for disaster when you try to help others through the wounded parts of you.** You will end up

more wounded and your parents will likely end up upset or confused.

The lightwork that you have to do is something that feels very natural to you. To find your mission, the thing you are meant to do in life, you only need to be aware of what you truly long for and do the things you feel inspired to do. When you do so, you will put your energy out into the world and others will be touched and inspired by it, sometimes in ways you may not even be aware of. There's no more to be done, really. This is the lightwork you came to do.

The chakra system

www.jeshua.net/healing/healing5.htm

1. The tail bone (root) chakra is the energy center that connects you to the earth. The energy in this chakra reaches out to the earth and allows you to manifest your soul energy in physical form on the dense, material level of reality. In view of the reaching out and manifesting type of energy in the tail bone chakra, you may call it a predominantly male chakra.
2. The second chakra is called the navel (belly button) chakra and it is the center of emotions. This center allows you to experience emotions, mood swings, in short all the highs and lows of emotional life. It is a receptive center. That is why I call it a female center, a chakra in which the female flow of energy dominates.
3. The third chakra, also called the solar plexus, is a center of action and creation. You may compare it to the sun, the outpouring of rays and the power of the yellow sunlight. In the solar plexus your thoughts, ideas and desires are transformed into outer manifestation. It is the chakra of action and outward expression. It is also the seat of the ego, meaning the earthly personality, without negative implications. The predominant energy is male.
4. The heart chakra is a receptive center and it has the special ability to connect different flows of energy. It is the center in which the energies of the lower three chakras (earth reality) and the upper three chakras (cosmic reality) connect. The heart is the bridge between mind (head) and emotion (belly). The heart transcends the boundaries of the ego and enables you to feel oneness with anything outside of you, even with All That Is. The heart chakra is the gateway to the energy of Home. It is clearly a center of connection and it is therefore predominantly feminine.
5. The throat chakra is male. Here the inner life is expressed outwardly by communication through the voice and through language. This center enables you to make your inner life known to others by means of physical signals: words, sounds, concepts. It is also a center of creativity.
6. The sixth chakra, also called the third eye which is located in the middle of your head, is feminine again. It receives extra-sensory, intuitive impressions and transcends the boundaries of the physical (the five physical senses). It is the seat of clairvoyance, clairsentience, etc. Through this center you can feel the energy of someone else the emotions, the pains, the joys as your own. With this ability of empathy, you transcend the boundaries of the ego and you connect with that which is not-you.
7. Finally there is the crown chakra, on top of the head. In this chakra, you rise above the duality of male and female. When this chakra is balanced, the consciousness therein is in a state of receiving as much as reaching out. There is a reaching upwards to other dimensions, where it seeks spiritual meaning or support, or to deeper layers of the Self. And at the same time there is a quiet and tranquil receptiveness. In this state of mind you come very close to the unity that underlies male and female energies, the energy of Spirit or God.

The lowest three chakras are the ones most connected to the earth. This area is of utmost importance in your inner road to healing, for in this area lie the deepest traumas and emotional scars.

You often feel you are earthly beings opening up to the spiritual. But we see it the other way around.

You are spiritual beings opening up to the earth.

The heart, the third eye and the crown chakra are attractive to you, because these energy centers connect you with the higher realms that are so natural to you. But the real inner breakthroughs must now occur on a lower level, in the area of the lower chakras, closer to earth.

DUALITY

Duality: From Fear to Love

www.jeshua.net/fi/lightworker/jeshua1.htm

(also from other sections)

With the "world of duality," I mean a type of consciousness that divides things into good or bad, light or dark, healthy or sick, masculine or feminine, friend or foe, etc. It is a type of consciousness that loves to separate and label and that does not recognize the underlying unity of all phenomena.

The Christ energy is outside of duality. The Christ energy constitutes the flow of Being that underlies all polarities. But the mind does not recognize the very existence of this mystical level of oneness.

In general the mental, thinking part of you is very much a part of the world of duality.

The mind likes to design structures, theories that can be placed over reality, over direct experience. This is sometimes useful and beneficial, especially in practical matters, but not so much when it comes to true healing and teaching from the heart.

"Because I want you to love me, I will not go against you." This line of thinking is based on fear. It is fear of standing on your own, fear of being rejected and abandoned. What appears to be sweet and nice is in fact a form of self-denial. This is the ego at work.

When the faculty of thinking gets the upper hand, fear tends to be reinforced, since thinking relies on a mechanical logical process that does not allow intuition or feeling to enter the process. When the mental faculty is fed by the emotions of fear, it tends to run wild and produce delusional ideas, ideas about controlling everything and everyone. Dictatorial regimes are an example of this mental faculty running wild.

The answer to fear is never to think more. It is to think less and to trust the flow of life. It is to release instead of to grab hold.

Characteristics of the duality game

- 1) You are always in the "up" or "down" side of a particular mood. You are angry or forgiving, narrow-minded or generous, depressed or enthusiastic, happy or sad.
- 2) You are intensely involved with the outer world. Your self-esteem depends on what the outer world mirrors back to you about who you are.
- 3) You have strong opinions about what's good and what's bad. Being judgmental gives you a sense of security.

You are neither victim nor offender. You are the soul consciousness that has created roles for yourself to play for a while.

The tendency to fight "evil" is based upon the belief that evil is outside of you and must be banished from reality. The spiritual invitation to you lightworkers during all of your incarnations has always been to recognize and accept your own dark side and to understand its role and purpose.

Especially among lightworker souls, there is a tendency to look upon the giving, self-transcending energies in the human being as "higher." But it is not so. You live in a world in which two energies play together and form the building blocks of Creation. One tends to connect and seek for unity, the other creates separation and individuality. And the latter energy is just as viable and valuable as the former one.

People are terrified of meeting their inner darkness head on and investigating it. However if you don't face it, it is still there, and you will need to develop "coping strategies" to make life bearable.

When you observe from the heart, there is no battle between Good and Bad. The reality of the heart

transcends both. The heart does not oppose darkness. Heart based consciousness is founded upon acceptance of everything, of all that is.

Love has no eye for what should be. The very category of 'should' is absent from the consciousness of the heart. Seen from the heart, moral categories are simply ways of interpreting or 'dividing up' reality. The very need to set standards and define the good is the forerunner to human conflict and war.

If you open up to the reality of love, the reality of the heart, you let go of judgment. You accept who you are at this moment. You realize that you are who you are because of a multitude of reasons, which you are now going to investigate and explore.

Please do not judge fear and the darkness it brings, either in yourselves or in any other being. You are all created from love and to love you shall return.

The Ego

www.jeshua.net/lightworker/jeshua4.htm

www.jeshua.net/healing/healing4.htm

www.jeshua.net/healing/healing5.htm

(among others)

The ego originally represents the ability to use your will to affect the outer world.

Ego is okay! The ego has a proper function; it lends focus to your consciousness which enables you to create and manifest as the separate individual that you are.

You are not here to eliminate your ego; you are here to let the light of your soul shine through your ego.

The will can be localized in the solar plexus, a center of energy near the stomach. This center or chakra steers the ability to act, to manifest your inner energy outward on the physical, earthly plane. When the will is connected to your intuition, the quiet part of you that transcends duality, things will flow easily and effortlessly in your life.

The energy of a healthy ego, the healed solar plexus, is self-confidence. It is about simply trusting yourself: "I feel that I can do it!" Let your energies flow out of you, trust your natural talents and gifts, trust who you are and show yourself to the world!

Under the flag of the ego, you can be both sweet and nasty, both giving and taking, both dominant and subservient.

You cannot and need not be forgiving and understanding all the time. It is not spiritual to tolerate everything and anything.

It makes no sense to try and change souls who are still caught up in the reality of ego based consciousness. They do not want your "help," since they are not yet open to the heart based energies that you - lightworkers - wish to share with them.

Making moral judgments about the destructive effects of ego based consciousness in your world is based on lack of insight into spiritual dynamics. Moreover it weakens your own strength, since the anger and frustration you sometimes feel by watching the news or reading your newspapers cannot be transformed into something constructive.

The will may be inspired by the desire for power or by the desire for oneness. When a soul reaches the end of the ego stage, the will becomes more and more an extension of the heart. At this point the ego joyfully accepts the heart as its spiritual guide.

Illusions of ego based consciousness

1. The loss of mastery. This illusion makes you forget that you are the creator of everything that happens in your life.
2. The loss of unity. According to ego based consciousness, we are all essentially separate beings. This is the illusion of separation and the tragic sense of loneliness that accompanies it.

3. The loss of love. As you enter the earth plane on which the energy of love is not self-evident at all, you gradually start to confuse love with all kinds of energies that are not love, such as admiration, wealth or emotional dependency.

With the entrance of ego based consciousness, the soul gets into a state of schizophrenia. It loses its innocence. On the one hand, the soul battles and conquers; on the other hand, it realizes that it is wrong to damage or destroy other living beings, something that opposes its own divine nature.

In the era of the old energy, the old time human being, people have been living to excess from this center. This has to do with an attitude of being keen on winning, of putting one's own interests first and of fighting at the expense of others. An attitude like this is often born out of fear and a feeling of being lost.

When the ego dictates to the soul (that is the hallmark of ego based consciousness), the ego will not simply translate inner impulses of the soul into material form, but it will control and selectively suppress those impulses. The ego then presents you with a distorted image of reality. The unbalanced ego is always in pursuit of power and control and it will interpret all facts as positive or negative in this light.

The ego transforms the need for love into the need for approval and recognition from other people.

The ego loses its dominance when the soul grows tired and weary of struggling all the time for an ever elusive treasure. When the soul grows tired of trying and being on top of it all the time, it lets go of control a little.

Male and Female

www.jeshua.net/healing/healing5.htm

The male and female energy belong together, they are two aspects of the One and together they celebrate the joyful manifestation that Creation is supposed to be.

The male energy of the solar plexus helps you become truly creative and empowered. That is what the female energy in you is waiting for.

The male energy is the aspect that is outwardly focused. It is that part of God or Spirit that drives outward manifestation, that makes Spirit materialize and take form. The male energy therefore knows a strong creative force. It is natural to the male energy to be highly focused and goal-oriented. In this manner the male energy creates individuality.

The female energy is the energy of Home. It is the energy of the Primal Source, the flowing Light, pure Being. It is the energy that has not yet manifested, the inner aspect of things. The female energy is all encompassing and oceanic; it does not differentiate or individualize.

Essentially the female energy is leading and inspiring while the male energy is serving and protecting. The female energy is the inspiration behind any creation; the male aspect takes care of the manifestation in form and action.

Both energies work through every human, through every individual, whether male or female. Whether you are a man or a woman is not really relevant; it is the balance and relationship between both energies within you that counts.

In the last stage of this history, men clearly played the role of perpetrator and oppressor. But it was not always so. There have been times in which the woman was much more powerful in the public as well as the private domain of life. She oppressed the male energy as well in cruel and sadistic ways.

Woman is not naturally the oppressed or subdued sex, you know, nor is she by definition the most loving sex. Your stereotypes of women as sweet but powerless and of men as tough but insensitive say more about the last phase of history than about men and women as such.

For women the question is: can you imagine that you exerted power over men once and that you successfully tried to control their energy? And for men the question is: can you imagine that this took

place on a large scale and that you were 'the weaker sex'? Maybe you will receive certain images or fantasies by asking this question inside. Let your intuition show you and watch the emotions that surface. This may be surprising.

Change starts when the victim refuses to accept any more. The real moment of change is when the woman - or the feminine energy within a person - decides for herself: I will not take this any longer. *External measures are useless until this moment presents itself.*

The female energy has arisen and its star is rising. *Actually the most urgent matter in this time and age is the transformation of the male energy!! It is only in reunion with a matured and balanced male energy that the female energy can flourish again.*

The male energy somehow got lost in false images of what it means 'to be a man,' stereotypes that always boil down to power through aggression. It is vital to recognise and express the true nature of male energy.

In the first chakra, a healed and balanced male energy leads to self-consciousness.

The most important message I have about terrorism, this manifestation of old male aggression, is: stay conscious! Do not let yourself be taken off-center by emotions of powerlessness, i.e. by getting victimized. If you do not react with anger or hatred, you will not draw it to you. You will be safe and protected by your own light.

Clearly there are moments at which you have to say 'no' or even 'farewell' and not compromise who you are. Do this without guilt or fear and feel how the male energies of self-consciousness and self-confidence empower you to let the delicate flower of your female energy flourish and shine.

It has been said that in the final realization of who you are, the only truth that matters is: I AM. And in this mystical mantra, precisely those two aspects merge. In the I is the male energy, in the AM is the female energy.

The I is constricting, differentiating. It gives focus, it gives direction, it individuates: I, not the other, I. And then AM. AM is oceanic, all encompassing. It reflects the ocean of Home, the female energy, the inexhaustible source that knows no bounds, no differentiation. The flowing and joining aspect is the core of the female energy. In the I AM, the male and female come together and blissfully join their energies.

The yin-yang symbol demonstrates the true situation very well. In the masculine there is always a core of the feminine, and in the feminine there is a core of the masculine, just as there is a white dot in the black and a black dot in the white. But in the course of history, this mystical unity of the masculine and feminine has been forgotten and these energies have become opposed to each other as black and white.

Sexuality

www.jeshua.net/healing/healing7.htm

Sexuality is the dancing together of male and female energies. Originally sexuality was more than a physical act. It was meant to be a dance in which all levels or aspects of you and your partner participate.

When two people are physically intimate in a loving way, all the cells in their body vibrate a little faster ñ they start to dance a little. A gateway is opened to an energetic reality with a slightly higher vibration and a lighter feeling.

If the energy on all four levels flows together in a sexual joining, it is an act of divine creation. That children are being born from such an act is only natural.

Please deal respectfully with your sexuality. When there are problems, fears or tensions around it, do not judge sexuality in itself or give up on it, for it is a natural part of you and a sacred one.

Complete sexuality integrates all levels of your being. Sexuality bridges the gap between matter and

spirit.

The idea that sexuality is sinful or at best a necessary evil is a male line of thinking that was influenced by hatred and grudges resulting from the repression of male sexuality in another era. Male sexuality was at that time considered to be an instrument for procreation without respect for the feeling side of men and the emotional ties between a father and his children.

In women, it is the area of the first and second chakra (tail bone and umbilicus) that is most battered and hurt as a result of sexual oppression and violence over the centuries.

When you have been the victim of sexual violence this has caused a lot of anger in your energy field. This anger blocks you and keeps you imprisoned in a feeling of powerlessness and victimhood. To release anger you need understanding. When you can imagine yourself as a powerful woman who could be merciless and cruel towards men and feel inside that this is also a part of you, then the anger can dissolve

With regard to the male experience of sexuality, the blockages that occur are mostly on the level of the heart or the head. At these levels there may be a fear of surrendering, a fear of deep emotional intimacy.

Most of the time this relates to the era in which women dominated men. This made the game of sexual attraction, that initially was innocent and spontaneous, threatening. Men learned that it was dangerous to openly show their emotions and open their heart to their partner.

Because the energy blockages are somewhat different in men and women, it is very important to communicate openly with each other about what you feel and sense when you are together. When you truly trust your partner, you can investigate without shame where your sexual energy gets stuck when you are intimate.

Money and abundance

www.jeshua.net/healing/healing8.htm

Experiencing abundance is not about being rich; it is about experiencing riches in all that surrounds you.

The secret of the universe is balance. The universe knows that you need to be sustained on all levels to express your highest potential in this lifetime. When you are truly creative from the heart, you will attract a receiving flow as well and only by allowing it in will you keep the outward flow of creativity alive and vibrant.

It is the connection between the heart and the solar plexus (more generally between the higher and lower seated chakras) that provides you with abundance in the field of work, creativity and money.

The energy of the heart is the source of true abundance in your life. Abundance has to do with all areas of your life reaching from the physical, material level to the emotional, social and spiritual level. You are meant to enjoy yourself and to be nurtured on all these levels.

You need to find out what enough means for you. The key is to find the flow that makes you happy, that gives you the feeling that you are living life to the fullest.

Enough means everything that I need right now to be a fulfilled human being is available to me.

Enough is a feeling, not a thing.

Lightworker souls and spiritually oriented, idealistic people in general tend to condemn money. The reason for this condemnation is that they have come to associate money with power and wealth at the expense of others. Money has practically become synonymous with power. This association is one of the main reasons why the flow of material abundance has become blocked in many of you who read this.

However money is innocent. Money is a flow of energy that actually represents pure potentiality. Money

offers opportunities, money is potentiality and there is nothing wrong with that.

To really be in the flow of enough, you need to let go of fear and dare to enjoy yourself with what there is. This very enjoyment will attract more of the same into your life; it will maintain the flow of enough.

If you want *ómore than enough*—you crave material wealth that you do not really need or are capable of truly enjoying. Too many possessions make life complicated and actually take away some of your joy.

Connect to your ancient and wise heart, the source of your highest creativity, and ask your intuition to tell you what is the right thing to do at this moment.

Do not try to base your actions on outside opinions, on social standards of behavior that especially in the field of work can be overwhelming. The social or collective consciousness in this area is strongly based on fear: fear of losing your job, fear of social failure and fear of poverty. All these fears may overshadow your intuition and yet there is an inner voice that tells you what to do right now.

Acting on your intuition in the context of work and creativity, even if this goes against the culture of your work environment, will create unexpected possibilities and opportunities for you. It will bring you closer to your own divine Self and empower you on the heart level, and it will by itself attract to you places and people who fulfill your heartfelt desires.

To live in the flow of enough means that you feel satisfied with and thankful for what you have. You feel nurtured by what surrounds you on the material, emotional, mental and spiritual level. That is abundance. That is having enough.

Enough is the natural state of being. You are all here to experience enough. It is quite meaningless to settle for less.

HEALING

Why you are wounded

Compiled from several channellings, for example

www.jeshua.net/lightworker/jeshua1.htm

www.jeshua.net/lightworker/jeshua3.htm

<http://www.jeshua.net/lightworker/jeshua3.htm>

To create change, to create an opportunity for movement and expansion, God had to introduce an Element in his creation that was different from the Goodness that pervaded everything. So, God had to come up with a trick, so to speak. This trick is called ignorance.

Ignorance is the element that opposes Goodness. It creates the illusion of being separated from God. Not knowing who you are is the incentive behind change, growth and expansion in your universe. Ignorance breeds fear, fear breeds the need to control, the need to control breeds the struggle for power and there you have all the conditions for Evil to flourish. The stage has been set for the battle between Good and Bad.

Individual soul is like a concentration of water in an ocean. Before this individualisation there was no sense of "me" and "you". Whereas the ocean represents the female, receptive side, the male aspect may be visualized as light beams pouring into the ocean, which enhance the process of differentiation and the separation into individual lumps of consciousness.

When the soul becomes an individual entity, it will carry with it a certain longing for wholeness, a desire to belong to something bigger than itself. Deep within itself, the soul will keep the memory of a state of consciousness in which everything is one, in which there is no "me" and "other." This is what it considers "home" to be: a state of ecstatic oneness, a place of complete safety and fluidity.

Consciousness evolving

- 1) The stage of innocence (paradise) - first stage after leaving the ocean consciousness
- 2) The stage of ego ("sin")
- 3) The stage of "second innocence" (enlightenment) (infancy, maturity and old age)

Imagine yourself as part of an ocean of love, feeling safe and completely free from worry or anxiety. Imagine yourself being embraced by this all-pervading, loving consciousness and not knowing anything outside of it. This is the energy of Home, the energy you were born from.

In those ancient times, you as souls felt safe and boundless within in a huge cosmic womb. At a certain point, however, you experienced a kind of tearing apart. It was as though birthing contractions rippled through your oceanic awareness and awoke you from your slumber. That was the beginning of your birth as individual souls.

You started to blindly search for something to hold onto, a way of returning back to the safety you knew. You felt lost. You felt shut out. It was a moment of darkness.

Nonetheless, this moment was at the same time a moment of immense creativity. It was the beginning of a grand journey of experience, of life. Imagine a dark empty space, strange, vast and nameless, lying before you. You entered this space as little seedlings. It was a space full of potentiality, full of possible experiences that were as yet unknown. There was darkness, but there was also room for something new.

The cosmic birth trauma that you experience when you are born as an individual soul is to some extent repeated every time you begin a new earth life.

Your emotional body has been scarred by many lifetimes in which you endeavored to bring down the light of your soul and you encountered resistance and rejection. You have come here with great reservations and at the same time the old flower of passion has not withered within you.

During your lifetimes on earth you were often inspired to plant seeds of light in the form of new ideas or attitudes, but you were frequently misunderstood by your environment. You were rejected, neglected or even annihilated. Your soul did understand but your earthly self, your emotional body, had to deal with deeply traumatic experiences that arose out of persecution, violence and disapproval. All of you carry these traumas within you as scars on your soul.

What is missing is the very basic sense of love and emotional safety that you once knew in the cosmic womb. This unconditional sense of belonging and safety is essential for your well being, for your self expression and your sense of self worth, and you have been looking for it ever since you left Home.

In the second chakra, the emotional center, you have also been affected deeply by experiences of being threatened or deserted (literally or emotionally) and by being severely restricted in your self-expression.

In the solar plexus chakra you often see that a person manifests himself or herself either in an aggressive, controlling way, or in a subdued, overly modest way. Both ways are the result of underlying feelings of helplessness, stemming from a wounded first and second chakra.

Due to the pain that you carry within, you are like delicate and sensitive flowers who need a strong foundation in order to flourish and grow. The foundation you all need is a firm sense of being grounded to earth and centered in yourself. By centeredness I mean that you need to be true to your own feelings, to your own sense of what is right for you.

Because you have met with grave resistance over many lifetimes, there is much fear and reserve in you when it comes to truly grounding yourself. Grounding yourself means being fully present in your earthly bodies and expressing your innermost inspiration in material reality.

You would often like to transcend earth reality but it is only through the earth, by feeling at home and at ease with the element of earth, that your soul energy can bloom here.

The difference between this harsh and imperfect world and the reality you dream of, so much more pure and beautiful than this one, hurts you deep inside. *It is your challenge to not run away from this hurt, to let it enter your awareness fully and to spread your angel wings around it.*

Healing the inner child

www.jeshua.net/healing/healing1.htm

www.jeshua.net/healing/healing2.htm

(among others)

A part of your soul is a lost child. It has lost its way in a past of pain. But the past is not a static thing. Time is to some extent an illusion. There are no closed-off doors. The lost child within yourself which is fragmented in the past can be found and healed. You are its parent, you are the one who is made to cherish that child, who can warm it and bring it back to life.

On the one hand you may know very well that you carry a spiritual light within, that you are a sensitive, compassionate and wise person. But on the other hand there is a wounded child inside you who wants recognition and appreciation from the outside world.

Your wounded, inner child will never be healed by something from the outside but only by yourself, your own power and wisdom. Once you have opened up this source of power you will attract a physical and social environment which supports you and your deepest aspirations.

You have forgotten how to live. You are very good at surviving, but truly living is so much more sparkling and inspiring and happy. It is precisely the part of you that is best capable of doing this, the child within, that has been lost. It got lost in the shadows of the past, in an accumulation of events that were traumatizing to your consciousness.

Many of you are continually confronted with a sense of restlessness or unease within. There is an internal tension that comes from not being entirely at home with yourself. From this basic tension, the tendency arises to search for outside validation in the form of acknowledgement by others, material

possessions or whatever makes you feel loved and cared for.

If that is how you start a relationship, you are likely to eventually hold the other person responsible for your inner wounds and see yourself as the victim. To need someone else to fill up the emptiness inside you is to disempower yourself from the start.

The real cause is like the center of an onion that has many layers around it. If you peel away all the layers and get to the core, you will discover an original pain, an essential homesickness that is connected to the very beginning of your journey.

Know that you have the power to let the child within you come to life again and let it sing and play. By looking upon your inner darkness as the calling of a lost child, I'm offering you a perspective that invites you to cherish and love yourselves as the parent you truly are.

Emotions and feelings

www.jeshua.net/healing/healing6.htm

In addition to the physical body visible to all of you, you also possess an emotional body, a mental body and something you may call a spiritual body.

Feelings are your teachers, while emotions are your children.

Feelings are not so easily summoned and seem to come to you out of the blue. Emotions almost always have a clear immediate cause: a trigger in the outside world that pushes your buttons.

Emotions always have something very intense and dramatic to them. Consider anxiety attacks, fear, rage or deep sadness. Emotions take hold of you completely and pull you away from your spiritual center. In the moment you are highly emotional, you are full of a kind of energy that pulls you away from your center, your inner clarity. In that sense, emotions are like clouds hovering before the sun.

Feelings are more quiet than emotions. They are the whispers of the soul that reach you through gentle nudges, an inner knowingness or a sudden intuitive action that later appears to have been very wise.

Feelings originate in a non-physical realm, outside of the body.

If you doubt your own feelings, you worry a lot and you invoke a whole series of emotions which take you further and further away from your center. When you are full of fear your intuition is blocked.

The key here is to set yourself free from all the worrying and to go back to your heart, to your feelings. What do you really feel underneath all those restless thoughts and confused emotions?

An emotion can best be viewed as an energy that comes to you for healing.

How do you cope with your own emotions? Are you hard on yourself? When you feel angry or sad for some time, do you discipline yourself by saying: 'Come on, get yourself together and move on'? Do you suppress the emotion? Do you feel that disciplining yourself is good and necessary? Who taught you this? Was it a parent?

Or do you wallow in your emotion, not wanting to let go of it? You may have felt for a long time that you were a victim of some situation outside of you. At a certain moment, it may have been very liberating to get in touch with the anger inside you about the negative things that influenced you. Anger can enable you to break free from these influences and go your own way.

However you may get so enamored with your anger that you do not want to give it up anymore. Instead of becoming a doorway, it becomes a way of living. A form of victimhood then arises which is anything but healing. It holds you back from truly standing in your own power.

It is very important to take responsibility for your own emotions and not to make absolute truths of them. When you give them the status of truths, instead of looking upon them as 'explosions of misunderstanding,' you will base your actions on them and that will lead to uncentered decisions.

If you do not know exactly what emotions are there, you can very well start by feeling the tensions in your body.

It is vital to realize that the energy that got stuck in the emotion wants to move. This energy wants to be released and therefore it knocks at your door as a physical complaint or as a feeling of stress or depression. For you it is a matter of really opening up and being prepared to feel the emotion.

You should not repress an emotion, but you should not drown in it either. For when you drown in it, when you identify with it completely, the child in you becomes a tyrant that will lead you astray.

Allowing your emotions in, naming them and making an effort to understand them, means that you truly respect and cherish your inner child.

As long as you keep the emotion at a distance, you are at war with it. You are fighting the emotion and it will turn against you in several ways. You cannot keep it outside in the end. It will manifest itself in your body as an ache or tension or as a feeling of depression. Feeling down or weary frequently is a clear sign that you are repressing certain emotions.

Take for instance anger. You can invite anger to be fully present, experiencing it in your body at several places, while you are at the same time neutrally observing it. Such a type of consciousness is healing. What happens in this instance is that you embrace the emotion, which is essentially a form of misunderstanding, with understanding. This is spiritual alchemy.

Strong emotions ñ whether anger, grief or fear ñ always have the component of powerlessness, i.e. the sense that you are the victim of something outside of you. What you do when you focus not on the circumstances outside of you but instead on your reaction and your pain is that you ~~dismiss~~ the outside world as the cause of your emotions. You completely turn inward and you say to yourself: okay, this has been my reaction and I understand why. I understand why I feel the way that I do and I am going to support myself in this.

This is what spiritual alchemy means. Consciousness does not fight or reject anything; it encircles darkness with awareness.

You are never overwhelmed by an emotion when you consciously choose to allow it.

Illness and death

www.jeshua.net/healing/healing9.htm

Illness mainly starts in the emotional body. It is from here that certain blockages settle themselves in the physical body on the material level. Often beliefs from the mental body contribute to the development of emotional blockages and thus to the manifestation of illness.

If you resist or deny your emotions the soul will speak to you through your body. The body is an intelligent being, highly responsive to not just the material things (like food and liquids) you take in but to the emotions, feelings and thoughts you have. The body is meant to be a communicator. It is not a mere vessel to dwell in.

Illness thus has the function of an indicator: it shows you where you are in need of healing. The real problem is not the disease itself but that which it represents, the underlying blockage(s).

For instance the body's inabilities indicate that you must let go of certain obligations, spend more quiet time by yourself, be less active and more attentive to your needs.

Generally your emotions tell you when your energy is not flowing, and when you turn your attention to their message and honor it, the blockage gets released.

The soul has many ways to communicate to you. The soul's favorite way is to speak to you through your intuition: quiet feeling tones, hunches, soft whispers of the heart. If it cannot reach you in that way, you will be alerted by your emotions. The emotions speak a louder language. They clearly show you that you have to look within and find out what is igniting that emotional response. If you become silent

and listen carefully, the soul will tell you.

First you have to accept your illness.

The way to let your body talk is love. You will not encourage communication with your body if you try to remove the disease by ardently repeating healing affirmations or visualizations to yourself. That still is form of struggle or resistance.

Accepting and understanding your illness is the only way to true healing. Illness wants to take you back home.

Quite often the behavior that the ailment forces upon you is a big clue. By limiting yourself in certain areas, it is putting a spotlight on things that were in the dark before. How is it with your ability to be patient and gentle with yourself? Can you really take good care of your physical and emotional needs? Illness always brings up these questions, and to confront and accept the emotions they arouse is part of the healing process.

You are dished up many idealized images in your society about what your body should look like, what fitness and health imply and what you should or should not eat and drink. There are all kinds of rules and standards about what a long and healthy life is like.

But the path of the soul is highly individual. Therefore to find the truth about any illness, ailment or distress that you suffer in your body, you need to tune into yourself in a very intimate way, leaving behind all these general, often artificial standards and rules.

This is a great challenge to you, for the fear and panic that seize you in the case of an illness make you look too quickly to authorities outside yourself. This may be a medical doctor or an expert in alternative treatment. The key is that out of fear, you tend to give up your own responsibility and partially hand it over to somebody else.

There is nothing wrong with listening to an expert's advice and quite often this is a very sensible thing to do. But always you need to take this knowledge inside you and weigh it in your own heart.

This also applies to hereditary or congenital physical defects. In this respect you sometimes speak of karma but I am careful with this concept, as you have a tendency to associate karma with crime and punishment. This is not how it works. The soul has the sincere desire to know itself to the fullest and to be free. Starting from this ardent wish the soul sometimes undertakes ailments, diseases and physical defects which help it reach its aim. It is certainly not a question of paying off your debts. It is a deep intent to be set free.

People with a chronic disease undertake quite an arduous task. On the soul level, they have agreed to confront the fears that come up in the context of their illness and to confront idealized pictures of how someone should perform in life. To take up this challenge shows great courage.

Sometimes it will be obvious that someone will not survive a disease anymore. The 'earthly frame' does not persist. At that moment what does the soul that finds itself within the body do? As long as you keep resisting the disease, you cannot get in touch with your soul and your inner knowing that tells you that it is time to say goodbye.

If you go along with what death wants to tell you, you will pass through several stages before the actual process of dying takes place. These stages have to do with a gradual release of all earthly things of your beloved, of your earthly surroundings, of your senses with which you observe everything around you. This is a beautiful, natural process.

It would be a pity to overshadow this process by an attitude of battle in which you try to hold on to life at any expense. Often by then the body has already become so fragile that life is not worth living anymore. Let it go. Death is a liberator who is there to serve you. Death is not your enemy. Death brings you new life.

When you are with someone who is incurably ill and when you feel that person knows that they are going to die, try to talk about it softly and carefully. It is a relief to the person who is passing over. The dearest and most precious thing you can do for a dying person is to sit next to them and hold their hand. There is nothing else you need to know or to be able to do in accompanying a dying person.

Do not consider a disease that leads to death as an enemy who you will lose to in the end. It is not a battle.

Quite frequently death comes to release you from even more pain and misery. You are certainly not a loser. You will simply continue your path in another way.

Children

The contents of this chapter is from many sections of the Healing series, such as

www.jeshua.net/healing/healing3.htm

www.jeshua.net/healing/healing4.htm

www.jeshua.net/healing/healing6.htm

The confusion about emotions in your society is evident, among other things, from the amount of debate and confusion there is about how to raise your children.

All the questions you have about dealing with your children also apply to yourself.

What is important in a child's upbringing is that they learn to understand their emotions, to understand where they come from and to take responsibility for them.

The parallels between being emotional and being like a child are striking. Your inner child is the seat of your emotions. Also there is a striking resemblance between the way you deal with your own emotions and the way you deal with real children.

Children are honest and spontaneous in their emotions and they do not hide or repress them until adults encourage them to do so.

On the basis of their knowledge and experience, parents often warn their children; they want to save them from harm and they advise them to do what they think is the right thing to do. This might seem to be a good way of helping, from the mind's point of view. And in some cases, it is very reasonable to do so.

However the parent may be acting too reasonable, meaning that they do not recognize their own underlying emotions and are not trying to connect to the child in an open and honest way. To do so, the parent will have to let go of their preconceived notions and really open up to the emotional reality of the child.

Children read you when you offer them assistance. It is in the nature of children to be keenly aware of the emotions behind your words. They can sense your underlying fear or judgment. They will often react to this emotion instead of to your words and when they react with aversion, they seem utterly unreasonable.

One of the reasons for this unbounded emotionality is that the child has only recently left a world in which there are hardly any boundaries. In the ethereal or astral dimensions, there were no such restrictions and limitations as there are in the physical realm, within the physical body. The child's emotions are often reactions of misunderstanding to this physical reality. Therefore when he or she grows up, the child needs help and support in dealing with their emotions. This is part of the process of balanced incarnating on earth.

The child is in a very vulnerable physical state and it has a great desire to be nurtured and loved by the parents. Its memory of the natural state of oneness, love and mastery is actually the child's gift to the parents, but they are often unable to receive this gift, once they have been veiled by the energy of the illusions. They are thus unable to truly receive the child.

The child will generally bend over backwards to get the love and safety it needs and remembers from Home. And therefore it will mistake the wrong energies for love. For example it will confuse love with a parent's pride in certain achievements or a parent's emotional need for the child.

The child is rewarded for living up to external standards, whereas love means that one gets in touch

with the child's inner standards ñ what they want to achieve in this lifetime for themselves.

Many parents have experienced a lack of unconditional love in their own childhood. When they have a child themselves, they embrace it with mixed signals. On the one hand, there is genuine love in them but on the other hand, there is the subconscious need "to make up for the loss". When that happens, the messages of love you and I need you get completely mixed up for the child.

Most children choose to adapt so strongly to the parental frame of reference that they lose touch with their original soul energy that they were still very much aware of in the beginning of their incarnation.

If children are allowed too much emotional freedom, they run wild and become uncontrollable; they become little tyrants and that is not right. Emotional chaos is just as unpleasant for the child as it is for the parent.

What the child often needs most is the trust and reassurance of the parent. "Trust me, let me be who I am. Let me make mistakes, let me stumble and keep your faith in me."

In embracing an emotion with understanding and compassion, you shift the focus of the child's attention from outside to inside, and you teach the child to take responsibility for the emotion. You are showing her that her reaction to an outside trigger is not a given, but that it is a matter of choice. You can choose misunderstanding or understanding. You can choose to fight or to accept. You can choose.

With your help, the child can learn to see their emotions as "explosions of misunderstanding." This understanding prevents your child from "drowning" in their emotions and going out of control. Understanding liberates and brings you back to your own center without repressing the emotions. The parent teaches their child to deal with emotions in this way by being the living example of it.

Letting go of your birth family

www.jeshua.net/healing/healing4.htm

At the time of your birth, your parents have already adapted to this dimension, to the laws that apply here. The parents thus represent the ego based consciousness for the child, the energy of the three illusions. The child meets these through the parental home, and the way in which they have taken shape in the parents will influence the child strongly for the rest of its life.

You enter the physical world and the psychological reality of your parents. You reach out to them, you want to keep that sense of Home alive but it seems that you are cut off, like a net cast around the "fishy part" of you. This is the birth trauma that has physical as well as deeply spiritual aspects to it.

Because you absorb their fears and illusions of your parents, you get intimately in touch with their emotional burdens. These burdens may have been passed over to them through several generations on either side of the family.

This kind of karmic burden is solved when the energy stuck inside of it gets released and thus is not passed along to the next generation. Family karma is resolved when at least one member of the family breaks the link by setting herself free from the emotional burden that she absorbed from childhood and that may even be in her genes.

The family member who "breaks the spell" does so first and foremost by helping herself.

It takes courage and determination to regain the energies of the newborn child, untainted by the illusions of the loss of mastery, love and oneness. You will likely find yourself opposed to your own soul energy for a while, as you have been getting used to the ways of the world, the ways of your birth family.

To be really free and to regain your mastership as an independent spiritual being, you have to let go of your birth family. *To let go of your parents means to let go of any desire to change them.*

The child in you needs to let go of the hope that your parents will offer you unconditional love and safety. It has to turn to you for this and you have to help it let go of the angry, sad and disappointed part

of the child that feels betrayed by your parents.

Releasing the ties to the parental energy means first and foremost to release the energy from your own mind and emotions.

It is about looking within and finding out to what extent you implicitly live by your parents' set of illusions, which were based on fear and judgment. Once you are clear about this and you allow yourself to let that go, you will be free to forgive them and really leave the parental house.

At the same time you will see that your parents are not identical with their fears and illusions. They also are children of God simply trying to fulfill their soul mission. Once you feel this, you can feel their innocence and you can forgive.

You are introduced to ego based consciousness through your parents and you transcend it through them as well, by letting them go in love and forgiveness and by recognizing yourself as the independent master that you are.

You may have freed yourself of the karmic burden that your family saddled you with and be ridiculed or rejected for it by your family, and yet your mission will have been entirely successful. You will have crushed the hypnotic hold that karmic patterns can have over a family line and if you have children, the emotional burden will not be passed along to them. *This is what your soul mission is about.*

After you have truly parted with your parents, letting go of the double bind, you will find that a new space opens up between you and them, much more free and open.

If they are still alive, the relationship with your parents may become less strained, as the energies of reproach and guilt will have left the scene. On the other hand, you may feel you do not want to visit them so often anymore. In your life, you may now get in touch with people who belong to your spiritual family.

Bonding with your spiritual family is a true source of joy in earth life. The key to allowing it into your life is to find your own way out of the valley and to recognize the light within.

Healing through breathwork

(clips from several channellings)

By turning your attention to this original birthing pain, by becoming aware of the loneliness and homesickness you have felt up to this present moment, you can start the healing process. You can start to heal yourself at the deepest possible level. It is here that you can get to the core of your pain.

The area of the lowest three chakras is the most important area in self-healing and inner growth. The greatest spiritual challenge to you now is to take care of this wounded area in yourself. Meditating to transcend physical reality or connect to elusive cosmic levels is not your main goal now.

In breathing calmly in your belly you are able to go back to your foundation. Then you may feel a relief inside, a point of silence which is beyond your thoughts and emotions. You may then experience the thoughts and emotions that you have as a cloud surrounding you, a cloud that you can focus your attention on or not.

You can watch your anger and send it love. You can observe your depression and lend yourself a helping hand. You can look at your fear and send it the energy of deliverance.

During moments of depression or nostalgia, it can be helpful to be quiet and merely breathe. Be aware of the movement of breathing throughout your body and with each inhalation and exhalation you can say out loud or softly within: "I am who I am. I am good as I am."

When you go back to the original traumatic event through imagination and you encircle it with the consciousness of the heart, you are changing your original response to the event. You simply take note of what happened and this very act creates room for a spiritual understanding of what actually took

place in this event.

It is your judgment of the hurt that causes the negativity. If you look at yourself with an attitude of acceptance, you do not see an addicted, or depressed, or failing persona. You just see inner pain that needs to be tended and cared for in the gentlest and kindest way possible.

Do not fear the dark, for the light inside you is stronger. Your light will never be defeated. The reality of light is waiting in love and patience until you extend your hand and open the gate.

How to heal others

www.jeshua.net/healing/healing3.htm

What happens when someone gets well? What happens is that this person is able to connect again to his or her own inner light, to his or her own greater Self. This connection has a healing effect upon all layers of the self - the emotional, physical and mental levels.

What every person is looking for in a healer or teacher is an energy space which enables them to reconnect to their inner light, the part of them that knows and understands.

It is essential to understand that this effect is not something you have to work hard for. It is the client who decides whether or not to assimilate the energy you offer, whether to allow it in.

Healing power cannot be acquired by something external. It is about the frequency of the solution that is present within your own energy field as a result of your own inner growth and clarity of consciousness.

It is especially in the area of problems that you have gone through yourself at a deep emotional level that you can truly help others. Your light in these areas shines like a beacon to people who are still stuck in these issues, beckoning them gently to get out of them.

Allow yourself to transcend duality and to be filled with the compassion of the Christ within. I invite you to really be inspired by the presence of the other, when you offer them teaching and healing.

What is needed from you is not your knowledge but your wisdom. What is asked of you is not your judgment but your compassion and deep understanding. You are not there to provide the solution, to be the face of authority. You are there to be the face of love.

To truly become the teacher and healer you want to be, you need to embrace your own pain and heal it.

What really matters is your state of being, the energy that you send forth, the energy that you are. It is not what you do but who you are that is the source of transformation.

Often what really helps the other is your total acceptance of how things are.

When you are treating clients or helping people in your environment, you often read their energy. *But it is in the reading of you by the client that the real breakthrough occurs.*

The heart plays an important part in any form of spiritual teaching or healing.

You are teachers and healers, you do have a mission on earth. But to truly fulfill it, you need paradoxically need to let go of that dire need to change things, because your eagerness to do so has an edge of pain to it, the pain of not feeling at home on earth as it is now.

Pitfalls of healers

www.jeshua.net/healing/healing3.htm

One does not overcome the fears and illusions of your reality by love and compassion alone. These essential, predominantly feminine qualities need to be complemented by the masculine qualities of clarity and discernment.

Compassion enables you to perceive the core of light in any expression of duality, for instance to recognize the light of someone's soul even if their personality is full of negativity. Discernment makes you aware of the presence of fear and power-related energies in any such expression and it enables you to distance yourself from it.

Too often you still identify yourself with being the apprentice or the pupil who sits at the feet of a teacher and listens and asks and searches. But I am telling you that the time of being a pupil is over. It is time to claim your mastership. It is time to trust the Christ within and to bring this energy to manifestation in your everyday reality.

Your sensitivity towards other people's energy may be so strong that you find it hard to distinguish between your own emotions and the emotions of someone else. You may want to help someone else so much, especially since you know how they are feeling, that your energies get mixed up and you start to carry burdens that are not your own.

Whenever you feel empty, frustrated or heavy after you have seen a client or tried to help someone generally, this indicates that you have been trying too hard.

By staying preoccupied with the client, you will absorb their emotional energies too strongly. You will give of yourself to alleviate their burden and this is where an emotional dependence which goes both ways comes into being between the two of you. The client starts to lean upon you, and your well-being will become dependent on their well-being. This entanglement of energies is not helpful to the client and it is depleting to you.

When you offer teaching and healing from a balanced, centered standpoint, you feel free, alive and inspired. After the meeting with someone has ended, you easily draw back your energy and touch base with yourself. You let go of the other person and no cords or strings keep lingering between your energy fields.

Often when you try to help or guide others, it is your personal ego that craves visible results. This has nothing to do with helping others! It has to do with a need for validation that you have, an insecurity which gets you out of touch with the natural flow of healing which is often slower and more unpredictable than you wish it to be.

Overcoming the pitfalls I described above always involves letting go of thinking too much, letting go of identifying too much emotionally and letting go of excessive use of the will.

When you are working with someone, try to let go of all your thoughts and reasoning, all of your presumptions about what is the matter with the other, and simply listen from your heart.

It is all about letting go ñ letting go of your ideas of ówhat should be,ô your wishes and desires, and truly letting the other person be.

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