

A Chat with Jeshua via Sharon Richards

Aug 5, 2011

(Prepared questions are in large print. Actual transcript is in normal size font)

SOUL DEVELOPMENT QUESTIONS

1. **INTUITION-INTERPRETATION.** How am I doing overall with my soul development progress in this lifetime? I am not looking for praise. The reason I am asking is that I have been getting a lot of intuitive hits lately, as you know, especially to do with my life as Constantine. And I want to know if I am on the right track in interpreting them.

BOB: I'd like to know how I am doing in terms of soul development? My soul development?

JESHUA: You have set your feet on a very difficult task, and that is a complete deletion of violent Joshua lives. And you have made good progress. Your work as a shaman is doing that. And where you are now is making that heart connect that can turn the violent Joshua, and cleanse that from your system; cleanse that from your soul's memory, and balance that... and turn that around, and it becomes... I envision it as a huge, glorious flower opening.

Now the path that this is, as you have learned, is full of tears. This is not an easy task. You have come out, you have made it public, you are owning what it is you have done.

So is it that you can do that you have not yet done? It is simply moving forward to complete this task. And when you do that, and you move forward the way you have started, you will find more and more opening to you.

You are sensitive to your guides, you follow your intuition... and you will know then what kind of an opening you can do. Because you are exactly right, you are doing a huge service to humanity and the oneness in which we live and move by the deletion work you are doing.

So are you on the right path? Yes. Is there something you should be doing that you are not doing? I would have to say, not on my list of things I would like to see you do. You are going where you have to go. So the message is - keep going.

BOB: Thank you very much. That's very encouraging to hear.

JESHUA: Alright.

BOB [tearing up, feeling his heart fill with joy]; And you've touched my heart again, as you can see. [breathing deeply, pausing to recover composure before continuing]. Sometimes I feel as if you, or my other spirit guides, or even God himself are right inside of me, as if we were one. I am wondering if that's how we, humans, receive guidance from you? Do we actually become one with our guides?

JESHUA: Bob, I don't know exactly how to answer this because there are two things going on. Have you taken the Course in Miracles in your spare time?

BOB: No. I have not.

JESHUA: Alright. I am not advising you to. I was just wondering. In point of fact, when you feel that oneness, you are feeling the oneness of the Christ consciousness that is available to every human being. The potential is within every human being. And that is what you were experiencing. Yes, you were experiencing God inside of you, because God has been inside of you from the instant you were born into this incarnation.

God is inside you. You are rising in soul maturity to the point you can bring that through. Now, your soul is blooming inside you. Your soul is coming through.

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Now, is your soul God? Is God your soul? I know you don't have much time to read, but on the web site that Sharon gave you, I have a commentary... she asked me to define God. [chuckling] She doesn't ask the easy questions all the time.

BOB: [laughing]

JESHUA: If you can just take a time and read that brief commentary, it might give you a better idea of what is happening to you.

[here's the URL to that web site: <http://thoughtsfromamaster.com/> and [CLICK HERE](#) for a direct URL to that page in which Jeshua answers the question on what is God. Here's the gist I took from it:

“Your soul is God. God is your soul. God is more than your soul, but God is your soul. And within your soul is ever the spark of God. And if and when you are ready, you can listen.”

“You are Creators. You are Creation. You are energy. And you have free will. Speak to God. Speak to God and create wisely.”]

Now, the other thing that is going on with you is - you are channeling. As your guides come through, your guides are channeling through you. And the expression comes out in the music etc... So your guides and your soul are all coming through. And you are having a multidimensional access beyond the veil. Your challenge here is to begin to distinguish what is your soul, what you would call God, and that's where this essay may come in. Because I cannot make that distinction for you. This is up to you.

BOB: Okay.

JESHUA: Your guides, however, are a different matter. So if you learn to distinguish what is guidance, and your guides in essence coming through, and channeling through you, and... [pause] I won't even call them guides, but they are guides, they are spirits, channeling through you in some of these instances. Am I clear? Have I said enough on this?

BOB: Yes, I understand. Absolutely And this is a perfect lead-in to my next question on telepathy and transparency.

2. **TELEPATHY-TRANSPARENCY.** I have always admired those who can communicate telepathically with each other, like some autistic people, or multidimensional beings I have met in my life. I had wished I would acquire that capability. I thought it would be so much better than communicating with just words and our brains. Because it would encompass ALL our senses.
3. **REGRESSION SESSION.** I had amazing regression session with Linda Backman on July 11 in Kona. Were you a part of it? Did I interpret the signs correctly - that I am Altzar, the Rainbow Giver... etc. and that in my future spirit world assignment I would be one of the Shepherds of the Earth, like Pele and other environmental spirits? Will this be my last incarnation on Earth?

BOB: Lately, and by that I mean a matter of years not days, I have been getting some communications that to me feel like telepathy. So I am wondering if that's what you meant when you said that my soul is like a flower which is now opening up.

JESHUA: No. That is not what I meant. Because your soul opening up like a flower demonstrates in manifestation on this plane and in soul plane. Telepathy is a form of communication.

BOB: So, do my guides use telepathy to communicate with me/

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JESHUA: Well, it's easier to receive than to send. But you do have to hear. How do you... do you hear words?

BOB: No. Unless it's in dreamtime. Sometimes in dreamtime I do.

JESHUA: Alright. What do you define as telepathy then?

BOB: Can I use an example...

JESHUA: That would be helpful.

BOB: ... such as what happened in my regression session with Linda Backman on July 11?

JESHUA: Alright. Very good.

BOB: I don't know if you are aware of what happened. I have a feeling you were probably there and participating in some fashion, but it was probably the most amazing experience of my entire life. It took a very long time to reach the stage of deep trans. But when I did, it was a tremendous both physical and spiritual experience... in that, I feel I had traveled through the elements, first the earth, then the ocean... water, then the lava. In fact, at one stage, I felt I was Pele. I said that to Linda. The feeling was so powerful. Then I exploded through the volcano into the air, where I became a cloud and the air itself.

Then we left the earth. I told Linda we are leaving the earth and going somewhere else. At some stage while traveling through the universe, I heard the voice or just received the message, "welcome home! You are a child of the universe." That's when an image of a triangle in the form of a letter A appeared. Which I interpreted to be A for ALTZAR,. I had been told that this is my astral, permanent name. I'd love to have you confirm if that's, in fact, true. But I felt it as being true at that moment.

Then inside the triangle, there appeared first an image of the Sun. I felt it was the Father Sun communicating back to me. Then that image faded. And then a white light appeared and it became bigger. That white light filled me with such tremendous sense of bliss, that something inside me told me, "this is the eye of God." At that point, I either heard or felt the message, "you are God. You are one with me."

It is difficult... words cannot describe the physical sensations I felt at that moment. Linda and her husband Early, who was in another room, said that they felt the entire room fill with strong vibrations which they felt themselves.

So that's what I meant by telepathy. Were these some telepathically transmitted messages to me, or was this some other technology at work here?

JESHUA: This is no telepathy.

BOB: Okay.

JESHUA: This is your soul expressing its multidimensionality. You are touching, and bringing down and anchoring in your physical being, though you are in trans, the essence of other dimensions. You are experiencing other dimensions. You are developing a continuity... a continuity with dimensions, between dimensions. Is this making sense to you?

BOB: I am going to have to process what you have just said to me. But it sounded fascinating to me. I knew it was fascinating, though I would not pretend that I understood what was happening.

JESHUA: Alright. I will try (to make) one more entry into your process.

BOB: Okay.

JESHUA: We have the very dense physical... Pele, lava. Very dense physical. We have the earth, which is dense physical. As you reach... All these are vibrations. All these are energies. The God energy is more rarefied and I will call it a different dimension. There are many dimensions between the Divine, God hand, and the dense physical. Alright?

BOB: Yes. I understand that.

JESHUA: You traveled and bridged and experienced the entire range of dimensions. That's what I mean by multidimensionality. You traveled from the dense physical where you move, to the God hand and were

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welcomed home. Alright?

BOB: And it was an unbelievable feeling. I am getting emotional even now as I think about it. [voice cracking]

JESHUA: Alright. This is not telepathy. This is being who you are as that spark of God. And you got a taste of coming home. And now that those channels are open, you have a chance to draw down and draw on that experience. And in your shamanism, as you invoke the various spirits and guides, you will find that you will also be able to invoke the Divine that is closer to where you were in that trans. And clearing the way by what you are doing with Constantine is part of that.

So when you flower, when you soul finishes the clearing, and you begin to flower, you will be drawing down more of the Divine energy that you experienced in that regression. And you will be able to anchor that, and express that on earth, through your work. Telepathy compared to that is like using an old-fashioned crank telephone.

BOB: Thank you. That makes it clear. One more question about that. When that time comes, will I be able then to use that energy to help others? I mean, us the Divine energy to help others, either as a shaman or just by being?

JESHUA: Both. Yes. The answer is, yes, and the answer is both.

BOB: Wonderful. [pause]

4. **CONSTANTINE-FAUSTA.** For example, I had intuited that I was Constantine before you confirmed it at the CofE in Kona. I had intuited that Beth Edmonds is an aspect my my late first wife's soul (Betty) before you also confirmed it just a few days ago. And I had intuited that Beth-Betty were Minervina, my first wife. But I did not get that my wife Elizabeth aka Eve Bruce was Fausta. I was surprised to learn that. She just seems way too nice for a manipulative Fausta who made false accusations of adultery against my favorite son Crispus so as to help her sons ascend to the throne. So does that mean that Elizabeth-Eve have already cleared their karma from the Fausta and Mary lifetime? Is that why I missed it?
5. **CONSTANTINE-CRISPUS.** I feel bad about how I treated Fausta. But I feel terrible about what I did to my beloved son Crispus. Is he incarnated now? I'd love to get in touch with him and live out the rest of this life in love and harmony with him.
6. **CONSTANTINE-MINERVINA.** Similarly, there is very little known about Minervina. Just yesterday, I intuited a few things about my relationship with her that feel true. I had a dream in which I held an owl in my hand and then morphed into it. We became one. I thought that was Minervina coming back to unite with me in spirit and guide and protect me, which is what the owl symbology suggests. Am I on the right track here? It would be very helpful to me to learn about about Minervina and about our relationship if I am to delete that successfully.
7. **EVE-ELIZABETH.** I have been having marvelous deep intimate communications

with Eve Bruce, my wife's split. Eve is very advanced spiritually, but more guarded than my wife emotionally. Yet she is now also starting to open up and show me her golden heart. My wife Elizabeth, on the other hand, is pure Love. I feel so blessed to have her back in my life in a wonderful mutually supporting and loving way. But Elizabeth says she doesn't believe in incarnations, and is afraid that you may not be the "real Jeshua," that you may be a satan in disguise. For that reason she does not want to be a part of the J Msg group. Why is that?

BOB: Now, we still have some unfinished business with Constantine. I have just been explaining to Sharon how traumatic it has been for me to go through some of these other intuitions I've had to do with the personal life of Constantine, especially the family relationships, the relationships with my two wives and the children. [I go on to explain my intuitions about Betty-Beth etc.]. Yesterday, something happened that hit me like a ton of bricks. Do you mind if I run that by you?

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JESHUA: By all means.

BOB: [I explain my owl dream - Minerva with an owl - three minute-description] Which made me realize that Beth-Betty came to me in the form of an owl to help me, to protect and guide me. And that realization buckled my knees. Can you help me? Is my interpretation accurate?

JESHUA: I would ask, do you feel that, by the end of the day when you see that, that you are merging with this last chapter of Constantine in such a way that you can write it?

BOB: Was that a question? Do I feel that?

JESHUA: Yes.

BOB: Yes. But I am also... I know I am probably going to do that this weekend. But am also a little bit... [pause] what would be the right word? (apprehensive). I also know when that happens, it's going to be like walking over the (red hot) coals. So I am trying to clear all other issues in my daily life, so that when that process starts, I don't have any distractions or obligations. I not only to I want to, I know I have to write it.

JESHUA: Alright. This merging was telling you that you were merging emotionally, psychically to the degree you need to merge with that part of the life, the private part, so that you will have the strength from within to write it. And that those who are involved are merging with you in that strength, and encouraging you to go forward and do this. They are not fighting you. They are merging, trying to make this easier for you, trying to support you. Do you understand?

BOB: Totally. In fact, I don't know if you have the ability to read my Journal diary. I wrote that she, Minervina, had merged with me to be my guardian and protector in this process. But I was asking you to confirm if my understanding was correct?

JESHUA: Well, then let it be confirmed.

BOB: Well, there were some surprises, of course, in that last Message that you shared with the group. I didn't get that my wife Elizabeth aka Eve was my wife Fausta in that lifetime. And the reason I didn't get that [I go on to explain my understanding of the Fausta-Crispus relationship] However, I don't see any of that kind of conspiratorial or vile element either in my wife Elizabeth or Eve. Elizabeth is pure Love. I have never met a person who is purer than that. And Eve, as we are now getting to know each other better, is also showing to have a golden heart. And she is in addition to that a very powerful person intellectually and spiritually. So I just... that came to me as a shock that they were Fausta in that lifetime. So much question to you is, how did I miss that?

JESHUA: Well, I think you have been preoccupied. There has been enough pouring through onto your plate. Secondly, if you were to ask, oh... some of your friends or neighbors, could this wonderful shaman, this loving human being, possibly have been Constantine? What do you think they would say?

BOB: No.

JESHUA: Exactly. So while you have been maturing and growing and clearing to the point that you are ready to deal with something as profound as Constantine, so the soul of your second wife has been maturing, and clearing and growing and is ready to move forward. Now, what makes you think you should have recognized this?

BOB: I guess because I had other intuitions which turned out to be correct.

JESHUA: Right. So because you'd had other intuitions which turned out to be correct, you think that you should always know everything?

BOB: Not really. I hope...

JESHUA: I am teasing you... I hope you understand that.

BOB: I understand that... [giggling]

JESHUA: [laughing]

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BOB: I was going to say, not while in the body... maybe when I become a teacher myself. But not at this point. That's for sure.

JESHUA: [still laughing]

JESHUA: So why are you concerned that you did not recognize this?

BOB: No, I am not concerned about that, frankly. What I am trying to do is understand what is going on. What my explanation was that perhaps they, the soul of Eve and Elizabeth, have done enough clearing in their past lifetimes so that they are either an open or a blooming flower themselves.

JESHUA: Well, they are clearing, and the degree to which they are cleared, is frankly between themselves and their soul.

BOB: Sure.

JESHUA: Alright. But that is the general process that is going on. And to what degree their prior life has been balanced, and to what degree there yet remains the owning up, is between them and their soul.

BOB: I know... and I would not dream of interfering with that. I am just trying to understand the part as it relates to me.

JESHUA: Alright. As this relates to you, the three of you, of which there are two of you as souls, have a chance to mutually balance some of what happened that long time ago. Do you follow me?

BOB: Totally.

JESHUA: Alright. Now, whether that turns out to be complete balancing for them is a different issue. Whether that contributes to your ability to achieve a complete balance for you, is up to you and the next steps you take as you move forward.

BOB: Changing the subject if I may.

JESHUA: Yes.

- 8. MARY MAGDALENE, JOSEPH OF ARIMATHEA, YUGOSLAVIA.** You have said before in the Msgs that my wife and I have been intermediaries between the Mary Magdalene and Joseph of Arimathea groups in our lives as Celtic nobility or priests. You've also said that I connected with Mary Magdalene in Yugoslavia.

And that you had also been there yourself. I find all these revelations both fascinating and surprising. Can you give me some more specifics about these lifetimes so I can see how they connect to my work today, with Gen Mladic, for example, and others?

BOB: I think in one of the messages in the May time frame, you had alluded to Elizabeth-Eve soul and I had another lifetime together at the time of Joseph of Arimethea and Mary Magdalene. You said, if I recall it correctly, that she was a (Celtic) princess and I was either a priest or some sort of a priestly function. And that we acted as go-betweens between these two groups. I think you said you would tell us some more about that in Kona. But I haven't heard anything. So I wonder if you could shed some more light on that, and tell me if that's relevant for me to know in the first place?

JESHUA: Well, it would be relevant. It would be helpful. But I would rather not deal with it here and now.

BOB: Okay. Can I then ask you something else that's related to Mary Magdalene alone? And that is... you had made a reference that we had crossed paths somehow on the territory of Yugoslavia. And that even you yourself had been to that part of the world. Which surprised me. I didn't know anything about that. So in the context of the work you suggested I should be doing as my work in Eastern Europe, if you need to tell me a little more so that I would understand what the relevance was of both your and Mary Magdalene's experiences in that part of the world?

JESHUA: Do you understand, or have you thought, what influence Constantine had in that part of the world?

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BOB: Yes, I have. In fact, I've written about that.

JESHUA: Alright. That is where you need to go... to understand what is there left to be found. What was there before Constantine, if you would?

BOB: Okay.

JESHUA: Your guides will help you. Your intuition will help you. I will give you a clue... there was some unpleasant violence in that area. And that needs to be cleared.

BOB: Did my soul figure in that?

JESHUA: Yes. [pause] It will come out. Just keep on the path you are going.

BOB: Okay.

JESHUA: And it will be revealed. You will be comfortable with it. This is nothing... this is a little spur on your path. Alright?

BOB: [tongue in cheek] Well, I don't mind the spears, either if that's what it take to clear it.

JESHUA: [laughing] No.

9. **GEN MLADIC-HAGUE.** You told me back in May, when Mladic was arrested, that you and others will assist me in my efforts to help him, as his guide, get a fair trial. I have written to the Hague War Crimes Tribunal. I have written to Mladic himself. I have sent out my intention to you and other guides that I want to go to Europe in October and meet with him and with the prosecutors. But so far nothing tangible has happened. What else should I do?

BOB: On a related subject, General Mladic. That was another surprise for me that I am apparently his guide at my Higher Self.

JESHUA: Alright.

BOB: And, you have probably seen the piece that I have written after I found that out. [explains what happened] But what surprised me that you also said that you and other guides would help me for Gen. Mladic to experience a fair trial at the Hague Tribunal. [explains about the correspondence with both and intentions I had sent out]. I want to give it a shot. But so far, nothing tangible has happened. Should I just let it be or should I be doing something else?

JESHUA: It sounded to me that you were planning to do something else. Do you mean something else beside the something else you've just described?

BOB: That's correct.

JESHUA: No. You are following your heart. You are following your intuition. You are moving on this. We do not violate free will. You as a guide do not violate free will.

BOB: Right.

JESHUA: You are moving. You are doing what you can spiritually incarnated, as an incarnate being. And that is keeping with your soul intention. Now, if does not pan out, and you do not have success, that is a different issue. You have met and are meeting your soul intentions. And THAT, is what matters.

BOB: Okay.

JESHUA: Have I answered that?

BOB: Yes. I am gratified to hear that.

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JESHUA: Alright.

10. **POLONA-SERBIA.** You saw how I sent my love and intentions of support to Polona when she told me about her new job. Is there something else I should do to help her in more concrete terms?

BOB: Similarly, I was delighted to meet Polona...

JESHUA: Yeah... [approvingly]

BOB: ... the young lady from Slovenia when we were on the Big Island. [explains about her new job in Serbia]. I was just wondering if you can give me some more specific guidance to what I have already done with respect to Polona?

JESHUA: Stay in contact. I think your common sense had told you do to that. You didn't need guidance or intuition.

BOB: Right.

JESHUA: But this is one where if you remain in contact, and you remain alert, let her lead... alright?

BOB: Yes.

JESHUA: And just be there, be alert, be yourself... and that will be plenty sufficient. Because you FEEL this mission. Is that correct?

BOB: Absolutely.

JESHUA: So long as that is the case... then remaining in contact and being alert. Because she may not know what kind of help you can offer. But if you are in contact you will catch things, between the lines, or

intentions, and (will) know what to do and how to respond to assist her, or support her.

BOB: Ah-ha. Okay. Thank you. That's where helpful.

JESHUA: Alright.

11. **MAHEALANI-INDIGENOUS "GLOBAL COMMONS."** I have a strong urge to help correct the injustices that White Man has done to the Native Hawaiians and other indigenous people, like the Inca and Native Americans. I proposed that to my Hawaii Tet sisters but did not get any support. So I am now working alone with Mahealani, a descendant of the Hawaiian royal family to do that on a Hawaii-North Pole project which is basically a Global Commons concept. Can you tell me if I am on the right track there, and give me some guidance for what else I should do?

BOB: Can I now skip over the ocean and come back to here in Hawaii.

JESHUA: Alright, I am traveling. [smile]

BOB: [Explains how he feels terrible about the injustices perpetrated by White Man against the beautiful Hawaiian people... gets emotional tells about Mahealani] So together we are now working on project she calls the Hawaiian-North Pole Trust. Which very much looks and feels to me like a global commons project. [tell about the video for Native American tribes] My question to you is... am I running the risks of spreading myself too thin by taking on so many different issues at once?

JESHUA: Everyone, every soul who is stepping up, everyone who is stepping up in this time does run that risk. That cannot be avoided. The trick is to keep tabs on your own balance. And ask your guides, as needed, to help you maintain your balance. These are the decisions that you make. I cannot. Nor can other guides.

BOB: I totally understand that, and I would never dream to ask to make these decisions for me. What I meant was... can you help me prioritize these different issues? (Tribunal, E Europe, Native Hawaiians, Inca people as

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a shaman), On the ranking of, let's call it, karma deletions, is there a priority that you can help me with?

JESHUA: You're asking for a neat little priority list.. this is number one, this is number two, and so on. Is that right?

BOB: No. Not really.

JESHUA: You want to know which three are number one?

BOB: No. Would I be contributing more if I were to help the indigenous people versus the folks in Eastern Europe? That's the kind of a question that's on my mind.

JESHUA: Ah... alright. I follow you. [pause] Moment... Okay, when you talk about the people in Eastern Europe, are you talking about Polona?

BOB: Yes.

JESHUA: Alright. You are an advisor. You can do much by advising and using your connections when appropriate, etc.

BOB: Right.

JESHUA: And I would say that you can continue in that role until such time as something might break that would require a more active, continuous involvement. Alright. Is that an acceptable way to put it?

BOB: Totally.

JESHUA: Alright. Now, at that time, then there is a decision to make, where are you with your other work, and how long can you afford to take, etc., etc. Have I clarified anything?

BOB: I got it. Thank you very much. That is exactly what I needed.

JESHUA: Alright.

12. **MUSIC-LISZT.** Where does my musical gift come from? **SPECIAL GIFT.** Apu Huaskaran (Andean mountain spirit) has told me that I have been born with a special gift. And that I should make a great effort to discover what that is. What did he mean by that? Which particular gift? (since I have been blessed with so many).

BOB: Okay, my next question is... you had mentioned earlier that one way my guides communicate with me is through music.

JESHUA: Yes.

BOB: I have felt that. And I love it. And I often time wake up in the morning with music in my ears... [explains how I later find out its soul purpose not just artistic enjoyment]. But what I was wondering, where does that gift come from?

JESHUA: You're trying to find a past life, is that it?

BOB: No, no, no... I'll give you an example... [explains what Apu Huaskaran told me in Peru about the special gift] So I am wondering if that's it? Music? (as the special gift)

JESHUA: I would say that your gift is INTEGRATION. You have the ability to integrate. And that ability to integrate was reflected in your trip through the multiple dimensions, the one you took on July 11. So this music that you have, using the glorious Tibetan bowls in your shamanistic practice, using the Tibetan bowls in classical music, this is an integration process. And integration is an expression of the One, and Oneness of humanity. And you are integrating war correspondence and shamanism. You are integrating. THAT is your gift... this ability to integrate horizontally and vertically, if you will allow horizontal and vertical. Do you follow me?

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BOB: Yeah, absolutely. In other words, it's an aspect of duality, too.

JESHUA: Explain that, please.

BOB: The opposites. You've just described the opposites... the war correspondent and the shaman. Or male-female energies... that kind of stuff.

JESHUA: Yes. Balance. Integration. You are demonstrating this. You are manifesting this. And thus you become an example, a role model, and just as you started off with the deletion of Constantine, affecting more, far more than just your own life, but rippling out... so does this integrative process and this balancing. That is your gift.

BOB: Thank you. Ah...

JESHUA: And the power... the power comes through. The power comes through.

13. Last weekend, it came to me that every ray also has a sound vibration. There are seven notes in an octave just like the seven rays. What do you think of that theory? Do the sounds of notes C through B correspond with each of the 7 rays?

BOB: This past weekend, before I had the latest series of hits on Constantine that kind of sidetracked me from this process, Beth Edmonds and I were exchanging correspondence... and some of the things she was talking about had to do with rays, the soul rays. [disclaims being an expert on soul rays; explains the process of connecting my own soul ray to music notes]. At this point, as this was happening, I began to hear things. And I went to Tibetan bowls and started to play the sounds of the soul. And I realized that there are seven soul rays and seven notes in an octave. I had begun the process of trying to match up each soul ray to a note. And that's when I became sidetracked with Constantine stuff. So my question to you is... am I on the right track? Should I pursue that? Am I going to be learning some interesting things if I continue this process and identify the rays to the musical notes?

JESHUA: Well, you also identified them to various chakras, too. [J reminded me! :-)]

BOB: Exactly. Absolutely.

JESHUA: I would have you, if you are pursuing this, contact Wayne Wilson.

BOB: Wayne Wilson? Okay.

JESHUA: Let him know what you are doing. Ask him what he is doing.

BOB: Good. I like Wayne. Very good.

JESHUA: I can tell you certainly that tones are key. They are vibrations.

BOB: Yes, yes... I know.

JESHUA: [laughing] I didn't mean that they are key to some mystery. :-)

JESHUA: One more question, I think, and then we will leave...

BOB: Okay.

14. **ASCENSION.** How can you be ascending and still incarnating, as MM had said?

BOB: In this journey through the multiple dimensions, I feel I was also told not to worry about the past incarnations, just to keep doing what I am doing, that in my next assignment I am going to be a Shepherd of the Earth, one of the spirits in charge of the environment, and I am wondering, does that mean I won't be incarnating anymore after this lifetime, or can you tell me things like that in the first place?

JESHUA: I think that second question is more accurate. And I would rather not get into that at this point in

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time.

BOB: Okay. I'll respect that.

JESHUA: [long pause] There are possibilities. And I will say no more.

BOB: The second question being that of incarnation or the environment?

JESHUA: Oh, I just said there are possibilities.

BOB: Okay.

JESHUA: I didn't comment on first or second question that I remember. [pause] I think it is time to close this session. And I would say thank you for taking the time to come and discuss this. I know this is not the way you choose to receive information. And you are correct, that you are well along the path, and you must trust, and you must learn to trust your own guidance and your intuition. So I appreciate the time that you have taken to come and speak with me.

BOB: Well, I am deeply touched that you took the time to guide me in the manner that you did. And I... you made me feel a lot more comfortable about trusting the intuition and, as you correctly said, that would be my preference anyway than being explicitly told. So this has been just wonderful, just the right amount of explicit versus esoteric information that you shared with me.

JESHUA: Very good. Then I will say 'so long,' and we will be working together.

BOB: Thank you very much. I appreciate your guidance.

END OF SESSION

The following are some of the prepared questions we never got to...

15. **18 MILLION YR CYCLES.** Apu Huaskaran told us in 2009 that human development runs in 18 million-year cycles. If so, where in the current 18 million-year cycle are we now? How many such cycles have there been on earth?
16. **PEACE IN UNIVERSE.** MM has said in a Msg that there are places in the universe where peaceful societies have been achieved. Where and how was it done? What are our chances of doing it here on Earth?
17. **J MSG GROUP DISCUSSIONS.** There has been a demonstrable increase in the quality and quantity of communications at the J Msg Yahoo web site in the last week or two. The way I see it, we inspire each other. Each example of acquiring wisdom through deletions causes someone else to step to the plate and try to do the same. What is your explanation of what is happening and why?
18. **J MSG GROUP FUNDING.** There are some members of the group who claim they cannot afford to attend events in person. You saw that happened, for example, when Kathy wrote about that three days ago, and when I proposed a way for all of us to contribute to her. Can you give us some advice about how to do that fairly and equitably for others like Kathy, so we can sponsor only the truly needy ones?
19. **CHANNELING.** Why do you choose to appear to some people as a voice, like to Ken and Sharon, and to some others, like myself, by some more esoteric means?

SPIRIT WORLD

1. Who is my master spirit guide? (Name?) How many spirit guides do I have? How

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- do you all decide who should do what and when?
2. Can you have more than one name in the spirit world? If so, what are some of my other names? Ditto re. guides?
3. What color is my aura in the spirit world? What color is my master spirit guide's aura?
4. Did I indeed originate from Sirius B, the Dogon Star? What is my celestial mission?
5. Why did the spirit of Al Khadir - Green Man - Osiris - choose to reveal himself to you through Heather, a Shaman in Arizona, earlier in 2008, and tell me that I should learn out about him in order to learn about yourself?
6. Why did Isis also show up at my astral rebirth on 2/24/09 and given me the gifts of carnelian, ruby and peridot? What's the meaning of that? Why did so many

masters and spiritual deities participate your astral rebirth ceremony on Feb 25, 2009? (nearly 30 of them). Why did they address you with either "Master Altzar" or "Lord Altzar?"

7. What is the significance of No. 11 in my life?
8. How many souls are there? Wayne Peterson says 60 billion? Why are there now so many more souls on earth than, say, 2000 years ago?
9. Can you also create a soul? When and why do you do it?

EARTH HISTORY

1. Why was Atlantis destroyed? When? Ditto re. Lemuria?
2. Why did Archangel Gabriel remove the "sadness of Lemuria" from your DNA? What happened to Lemuria? What happened to you in Lemuria?