

# If this thought makes me feel physical, I don't want it

**June 21, 2008**

My suggestion at this frequency, is to be just physical enough to enjoy yourself. That's my suggestion....

You can through away all concepts of good and bad, of right or wrong, moral or immoral, and you can choose all thoughts in this way: "Does this thought make me feel physical?" "If this thought makes me feel physical, I don't want it." This is everything I have to say. Can you hear me? Are you hearing me at this frequency? Does this thought make me feel physical? If this thought makes me feel physical I don't want it.

Your body has been converted and you are living at a different vibratory frequency. This is a brand new vehicle. You are in a transitional vehicle and the transitional vehicle is more light than it is physical. Yes or no? Come on, Yes or no? Yes.

It's still a decision that you are making. You know you have a choice. You can choose. You can elect to see only light. That's today's lesson: I choose to see only the light in you. Right? Are you all ok?

What did you just learn? What did you learn from Jesus? That you are dreaming. You are dreaming a dream. You are the dreamer and you made the decision to awaken, and the dream is being adjusted corresponding with your new intention. It's ok, so the provision is being given to you. This is what all of this is. You are in a new time and place. Are you ok? Yes, thank you.

In Native American tradition we have these symbols, these references, called Dream Catchers, do you know about Dream Catchers? That's what I am, I am a Dream Catcher.

You look good, I love you, and you look so beautiful, thank you. You are in good company. This is good company.

My suggestion at this frequency is that if you need to remember anything, remember that God is in charge and that you are here on His behalf, that's all. That's really all. That's all you have to remember. You don't need to remember anything else.

How can I serve?

Look, when I found you, as a Dream Catcher, when I found you, your dream was cloudy; it was like a swimming-pool. You had sort of a muddy bottom and I had to vacuum it. That's what I do to see you clearly. I can see you clearly because I've vacuumed your bottom. Jesus used to speak in parables and I am speaking in parables. "Heaven is like a swimming-pool..." I love you. You can see clearly now.

I love you, guys. Thank you. Are you ok? Is everyone ok? You have any suggestions? Anything I

can help you with? I'm glad you are here.

This is a cooperative adventure. I need you exactly as much as you need me, exactly the same, so if you have any suggestions, I'm open to suggestions.

I'm doing the best I can. Still, it's going to be your dream. And you are still deciding whether or not you are going to choose the outcome or if God is going to choose it. Yes or no? Come on, Heaven is the decision that you are making. And I'm only teaching you to decide as I decided.

This is Jesus. Did you meet Jesus this morning? Come on. Did you meet Jesus this morning? Yes? Ok. Now you are asked to demonstrate as Jesus did. That's the agreement you made. I watched you make it. You made an agreement to demonstrate as Jesus did. I'm just going to be keeping the scores. I am like the monitor, the monitor in the class, sitting in front of the class, taking notes and I'm going to give them to Jesus. I'm like a substitute teacher, substituting for Jesus. Jesus is taking the day off and He sent me. He is on holidays in Andalucía. I love you, I love you guys.

You made an agreement. He showed you His demonstration and you can no longer say you haven't been told, yes or no? You cannot say that you don't know exactly what to do. You've been told exactly what to do.

This is your dream and all of the figures are thoughts in your mind. It's been showed to you clearly and now it's up to you to play the part of Jesus. It doesn't help you if I'm demonstrating like Jesus. You must demonstrate. You must do that, it's your dream. Yes or no? I'm already doing it, I've already done it for you, and now I'm just sitting here like a model or a statue. If you need help, you can look at me, but all I'm going to do is smile. I can't do anything else; I've already done it for you. What else can I do? I've already done it for you. I can't do it for you anymore. You are making the decision. Thank you. All right? You've been given back the memory of the power of your own mind and you are making a decision.

So, when you bring your complaints to me now, I'm just going to look at you and say: "Stop it" or "why are you choosing that? Why do you choose to associate in that manner? Why?" You can be free, you can associate in light, you can associate in love, and you can remember that you are awakening along with everyone else.

All around you are the reflections of your own awakening. I'm turning you inside out. I'm trying to get to your corners and you are still holding on. I've got the vacuum. That's what light is. That's what Jesus says: "Give me your burden, because mine is light, give it to me." I love you, guys. Thank you. Are you ok?

Anyone like to demonstrate? Anyone want to teach? Anyone like to speak about what's been given. Ok, I will. Thank you. Thank you for everything. Father, thank you for everything. Thank you for everything that I thought that I needed in order to remember you. Thank you for these holy brothers, thank you for this place, thank you for this reference, thank you for this provision, thank you for this memory.

Look at this memory; it is a perfect memory because it's enlightened. It's animated, it's orchestrated by God, and God is in charge. He is determining the outcome and He is offering

this memory, this provision, as a mean to remember that you are not separated from Him. He is offering you all those around you, he is offering a reflection. Why would you deny his love? Why would you deny his help? You are being offered a gift; every brother that comes to you is a gift. Every one who shows up, each one that opens this door is a gift, the gift of everything. The gift of whatever it is that you need. I love you. Thank you.

You are like new born babies; your skin is all soft. It's the Christ child. If you are going to be in this *transitional identity* with me, please, be gentle with one another, please, please. From the bottom of my heart I'm asking you to be gentle with one another. It's like you are being erased. Your memories and the memories associated with your struggle. All that's left is love; all that is left is light.

You are learning to allow that to occur. You didn't want these memories. You are trying to get rid of them since you showed up. The first thing you did when you showed up was to say: "Oh, shit, how can I forget this? You've been trying to forget this since you showed up. Yes or no? That's what you did in time and space. You've been trying to forget this. The only way to forget this is to remember who you are. That's how you forget this. You forget this by remembering the Truth. That's evolution. I love you guys. We are very close.

You belong to Jesus now. Can you see that? You answer to Jesus.

This is a good dream, though. Is it a good dream? Are you happy? Everything you need is here. What are you missing? Let's see if I can help you. What are you missing? I'm the genie in the bottle; I'm going to give you three wishes. You have to rub my bottle. Rub my bottle and I will give you anything you wish...

That's a set up, you see, you are part of the game. It's a perfect scenario. It's a trick. A set up is when you know how it ends. So it's easy to prepare the way for the ending because you know how it ends. What's this? It's a set up. Because we know how it ends. So this is easy. I love you.

Are there any specific needs apart from the new kitchen?

Open your eyes. The memory is all around you. Open your eyes. All you need is present. Be grateful. Nothing happens by accident, everything is a gift.

Just an observation, because I have a very clear perspective: What I see, in many cases, is the desire for crossing over; to leave this place without completing the assignment. It's not possible. Like in your case, I'm looking to you directly, you want desperately to leave here and yet you are not doing what you are being asked to do. It's impossible. It's not possible to leave here without completing your assignment. You are not doing what you are being asked to do.

It's called integration, because there's really nowhere to go. You want to leave here but the place that you want to leave doesn't exist. The place you want to leave is a misperception. That's what needs to be healed. Your perception needs to be healed. I keep saying it but nobody hears me. You are wrong about this. You are absolutely wrong about this. You are not right at all and you are absolutely wrong. That's it.

Don't argue with me. It's not open to questions. You are wrong. No one is saying anything. You

are wrong. The only thing that could help you is that you are going to have to complete your assignment. In other words, you are going to have to be here for a moment and embody the light. You have to be here for a moment and allow all of this to be reconciled in you. It is reconciled in you because it is not outside of you. It's occurring in your physical concept or your physical idea about yourself. Yes.

"Someone says: I'm wrong about everything."

It's a fun thing to say. One thing is to say it and another thing is to realize it, to recognize that it's true. It's absolutely true. I'm absolutely wrong. That's how you get to be happy. The only way you will be happy is by being wrong. I'm demonstrating it. I'm wrong about everything, therefore, I'm happy.

I don't have to prove anything to anyone. I'm going to show you how a mind that is whole works. I'm not proving anything to anyone, I'm being myself. I'm wrong about this, absolutely. That's why I'm happy.

"Someone says: I want to be wrong about everything."

That's better. I want to be shown that I'm wrong about this. I can't see it but it can be shown.

"Someone says: I want to be shown that I'm wrong about this."

Good, ok, that's enough. He heard you. He always hears you. Listen, He is responding. He is always responding. He is responding in a form that you can accept and receive.

Someone else says: "It would be impossible to have an argument if you apply this principle."

That's true. You have a problem with that?

Answers: "No."

I'm trying to have a fight with you. The question becomes do you enjoy arguing or do you enjoy the resolution? Do you like your opinions or the resolution? It's so easy that you don't know what to do. You are being offered everything, the solution, all the time: there's no conflict. You are doing it to yourself. It's a dream. It's A Course In Miracles. It's a required course.

"Someone says: That's why we are doing it."

All you need to see is that you are the only one doing it and you will be happy. You are the only one who needs to do it. When you do it, everyone is doing it. That's a perspective. It's a way of seeing. That's what I'm offering you, that's Jesus. "Jesus doesn't have to do A Course In Miracles." Why the hell did He write it? If He doesn't have to do it, why did He write it? Maybe you are going to hear me now.

A couple of things that I want to say, you still have the tendency to believe that spirituality is work. Yes or no? That is what you traditions teach you. To justify some method or practice, something that you need to do. It looks like work. Yes or no? The real spiritual process involves

no work at all, none. No work at all. I need do nothing. That's absolutely true. I need only open to receive the gift, the grace, that is doing it for me. I don't need to do anything. I only need to enjoy the result of opening my mind and allowing the grace to adjust the sequence. That's all I'm doing.

And the other thing, the other problem that you have, is that you don't give it much attention, maybe that's the western culture. You should be giving all of your attention to the spiritual process, all of the time. Yes or no? You do it as a part time practice or you reserve your attention for other things and deny the spiritual practice.

You are wasting time. "I don't want to pay for spiritual practice," you say this all the time, and my response to that is "Go and fuck yourself". I have no idea what you're talking about. I don't even know what money is. I know what attention is and money is attention in this place. I love this one: "I don't want to pay for spirituality." Really? You don't want to pay for spirituality? When you go to work and you stack stones, do you get paid? Are you compensated for that?

The spiritual work done here, what's wrong with compensating it? Sounds like I'm asking for money. It has nothing to do with it. I'm asking for everything, I'm asking for your attention, I want to be compensated. God wants to be compensated. God is giving you everything and He wants compensation. It's not for His shake, it's for your sake, but nobody hears it.

Why are you giving money? For my shake? Go and fuck yourself. You are giving it for your sake, not for my shake. Can you hear me? I'm speaking to you as the light now. You have this idea that spirituality should be free, it is free, you are the one who is making a big deal about giving money.

I'm just speaking. Could you get rid of this idea once and for all? I'm so sick of it. I'm so tired. I open my email and I see it, "I don't want to pay for spirituality", go and fuck yourself. I'll see you in a thousand years, I have no time for that. I have no tolerance for it. It's the kind of shit that's going on in the world. I don't want to have anything to do with it. Yes or no? Are we tired of that conversion? Can we finish with this conversion? I'm not asking for money, I'm asking for everything. I don't want your money, I want you. I want you completely, with everything you have: your house, your car, your wife, your cats,...

Adi Da in the early days, whenever a disciple showed up, he took their wives. He said: "You are married to me now", and it wasn't just a gesture, they had to sleep with him. Do you want a master like that?

I want everything. Amma is a good example. Everybody thinks that Amma is this lovely and kind woman and, have you heard the stories? She wakes her disciples up in the middle of the night, hands them a toothbrush and asks them to clean the bathroom.

These are the kind of things you need to look at. How determined are you to trust in the solution you are being given. You are asked for so little in this provision and you are being given everything. Please, be grateful. I love you, guys.

I only want to address this thought, I never want to hear it again. Alright? Thank you. It's for your sake. It's being healed in you.

Anything else? Are there any other dirty laundry? Are you ok? I'm just trying to direct your attention towards the resolution. This is a dream, you are dreaming it. How does it end? You die again? I'm looking at you now. How does it end? What happens? Does it have a happy ending? You want it to end? Are you tired of holding on? Good. It's time to go home. I'm with you. It's time to remember. Thank you.

Everyone in this room now has the capacity to raise this frequency to the point of transition. You have been given it. You've been prepared for your final function, your final purpose. What's happening right now? This is the end of times. This is the moment that all the prophecies are being fulfilled.

You have a part to play. Hopefully you're gonna play your part. You are going to direct your mind, you are gonna shine into your brother's mind and direct the mind towards the resolution. That's what I'm doing now. Yes or no? That's why you are here. You've been prepared, you've been sent by Him in order to assist those who are making a gesture towards the resolution. And you have a part to play. And it's not for your own sake, you're here to serve. I'm here on His behalf. You have a reason for being here and it's not the reason you give yourself, it's the one God gives you.

Are you ok with me? Can you hear me? Nothing will make you happy but this, this is what happiness is. If you are serving God, you are happy, so, if you are unhappy, you are not serving God. Are you ok? So, the next time you come to me and you are unhappy, I'm going to say: "Why the hell aren't you serving God." That's it. End of story. If you are not happy, serve God.

You have a tendency, you think that I don't know and you think you can fool me. I can't be fooled because I know what happiness is. So, you tend to justify your unhappiness with some reason other than you are not serving God. You can't do it. It's impossible because I know. I know what happiness is, happiness is serving God. You will not be happy unless you are serving God. Ok? "How do I deal with these problems? I have to deal with the world." No, you don't. You don't have to do anything. Serve God and all of that will be taken care. That's it. That's what's being offered to you entirely and you won't get it unless you are serving.

Are you investing your money elsewhere? Are you investing your future, your money, in the world? Keeping it in the bank? What are you doing? Come on, it's your mind, it's your dream. You are making decisions. I wanna go home but I'm gonna save a little bit just in case. Just in case this God thing doesn't work out. Crazy place.

Someone says: "Jesus said, If you wanna come with me, sell everything and give it to the poor."

Here is my suggestion. Jesus says the poor will always be with me. My suggestion is give the money to me. I'll make better use of it.

You know what Adi Da would say?, he is one of my favourites. He says: "if you give money to the poor, they are just going to buy food with it". You've got to be very mature to hear that one. That's a good one. My suggestion is give it to God. Let it serve a purpose that is transcendental, rather than associating with being poor in this place. What does it mean being poor? It's to lack God. You have to grow up a little bit. Give everything away, yes, absolutely, give it to God and let

Him use it. That's my suggestion. Those that give it to the poor have the tendency to take credit for it because it makes them feel good.

Are you ok with me? I know I'm a little bit out there. I probably have no business being a teacher. But there's nothing I can do about it. It's a mission, an assignment. I'm not here for myself, I'm here on His behalf. The old man used to say: "You think I want to do this? The only reason why I'm doing this is because I finished last in the class. Do you think that the smart guys are doing this?" Thank you for letting me have a little fun. I'm getting a little tired of this.

You know, my first encounter with the old man, I just came back from a fast food place. I was driving my car and I parked in front of his house, with onion rings in my hands, he looked at them, I looked at him and said: "Oh, would you like an onion ring?" He pushed out his pelvis like this and said: "Would you like to play ring toss?" That's my teacher! That's the guy I want. Do you know what I'm talking about? It's a children's game. You have to learn to laugh. You take this business too seriously.

Anyone else wants to talk? You've been given a gift, you wanna talk about it? So you get to keep it, giving it away, sharing it. Sorry, if I don't measure up your expectations. You don't have a measuring tape. I'm too big for that measure. I'm a little bit out there, sorry.

Are you ok? Are you happy? Who is not happy? If you are not happy raise your hand. If you are happy don't laugh. (laughs)

Thank you, it's all light. It's all light around you.

If you are not happy, teach. Who is not happy?

Ignacio, you said you are not happy.

Ignacio: "I'm going to teach. The spiritual man doesn't need money. That's why you give money to the poor because they are the only ones who prefer the money than God. I don't want any money. As I value money I don't know what to give them. Maybe I'm wrong.

Josh: I really didn't ask you to talk about yourself, I asked you to teach. I didn't ask you to defend yourself, I asked you to teach.

Ignacio: I don't know how to teach with words. I just wanted to give the little I can and the one who wants to receive it, will receive it. I want to give you everything but I don't know how to do it.

Josh: I'm going to show you how. Give me your thoughts. Your thoughts have all the value. All of your thoughts, everything that you just expressed, is a thought. The problem is that you are retaining it and you think it has value. I know it has no value, so give it to me. I know what to do with it.

Ignacio: I give it to you, Josh. I'm continually giving my thoughts. If there is any I haven't given to you, let me know.

Josh: There is one thought you haven't given to me, it's Ignacio. You have to give it to me. You keep defending it as if it had some value. This is what you need to see if you wanna be happy. Ignacio has no value. Let it go. Demonstrate that you are no longer Ignacio, that Ignacio is dead. Let me see how you've been replaced. Ignacio is gone, who's there? Teach. Someone is present. Someone is always present. Of course. Who's there?

Ignacio says: "The light that I am".

Josh: And what does the light have to say?

Ignacio: "The truth is that I have no idea."

Josh: That sounds to me like Ignacio. Try again.

Ignacio: "Thank you."

Josh: That's a little better. I'm trying to alleviate that nod right there.

Ignacio: "Thank you. I think I can't do more."

Josh: But the one who it depends upon is with you. Everyone says: "It doesn't depend upon me." As if the one who it does depend upon is not with you. When you say "it doesn't depend upon me", the One who it depends upon immediately steps in. Do you hear me? Tell me you heard me, because you have the tendency to believe that when I vacate nothing is going to happen, and that's not true. When you vacate, everything is going to happen, everything is going to be given you. In other words, we call it The Holy Spirit, the identity that you are with God, steps in. I step back and let Him show me the way, that's how Jesus teaches it.

Félix: For me it is a defence saying that it doesn't depend upon me. I think that we have to take responsibility. It depends on us. God is not judging you, nobody is judging you. You don't need to do it perfectly. You only need to do it with good intention, that's all.

Josh: Surrender is a choice and it does depend on you to surrender. Heaven is a choice I must take, but in that everything is given. Once the choice is made, the One who it does depend upon is with you. I can work with this as much as you like, if you really want to see the end, I can help you, but I'm not interested. I'm only interested if you are going to release your ideas. I'm only interested in your willingness to let go all your ideas. I don't need your ideas. I'm looking for you. The idea that you are bringing is from outside the frame. The gift that you bring is from outside. That's what I'm looking for and I will recognize it when I see it. I'm going to know when I hear it. You are being replaced right now. Allow that one to speak.

Is there one voice? Advanced practitioners, you recognize the One voice. You hear it when it's speaking to you, right? It has a quality, a texture, how do you know it? It's your voice. There's only One voice and you know it's true. Alright. Go ahead. Speak. There's one mind, minds are joined, come on. There's only one mind here. It's a demonstration, you have been demonstrating it and it's time to speak from that one mind. It's present even in you now. By the way, it includes all of your brothers, all the ones Ignacio is struggling with, all those are included. So you are going to speak with the voice of everyone.



Did you hear that? I'm being a little mystical here. When I speak, I'm speaking for everyone. I'm not speaking for myself alone. I speak for everyone. That's a good way of seeing it. Don't speak, never say another word, it's my suggestion, unless you are speaking for everyone. If you are speaking for everyone, you are speaking for God.

Now, go ahead, speak. I'm not gonna let you off the hook because you just come back and do this again in the next session. I'm not going to let you do it anymore. Either you teach with me or you are gonna leave here. Teach with me and start right now. I'm done with this. Teach. What have you been given? We are all here with you. Everyone is supporting you, everyone here loves you. Yes or no? "Yes" Everyone is giving you everything. We are all here present with you, offering you everything. Offering you the reconciliation. Offering you the healing, offering you the forgiveness. I'm getting you past this resentment once and for all.

Ana: You have our gratitude, Ignacio, because when you expose yourself we all learn.

Ignacio: Josh said, "open your mouth and He will speak", but I don't trust on He's going to speak, I'm not humble. I feel embarrassed of opening my mouth. I am sorry for what I'm giving you. I would like to tell you the truth, not to show off.

Josh: Tell me the truth.

Ignacio: I'm a coward, a liar.

Josh: Are you lying about being a coward? Come on, please, it's time to get through this. Consolation is not what you are seeking.

Ignacio: I want the truth.

Josh: Good, truth is here with you. Not only that, you know it. Everyone knows that. It's only a pretext not to know it. You are not what you've made of yourself. You are not a coward. I don't know even what it means. Cowards don't exist. Truth is present. The answer is here with you. The healing that you are seeking is here with you, yes or no? Healing is present and it's called love, it's called forgiveness, it's called responsibility. Who wants to be responsible for Ignacio? Raise your hand if you wanna be responsible for Ignacio, come on. Ignacio, open your eyes, everyone here have raised their hands, don't you think it's interesting?

Ignacio: Thank you, I love you, I love you all.

Josh: Nobody is denying that you are a thought in my mind. Everyone agrees that you are a thought in my mind. I'm trying to help you offering you the solution as a thought in my mind. What's the answer? You are a thought in the mind of God. You are perfect as you are. You are not guilty. The guilt that you are feeling you are putting it on yourself. You are not guilty. Why? Because I'm responsible for you and you are not outside of me. Can you hear that? Can you accept it? Do you understand that that's the solution you are looking for? It's done. Let it be done. Speak only in terms of the solution. Practise. I love you. I don't know what else to do. I've done everything I could. Anyone else?

Carmen: Everything I give, I give it to myself. If I serve, all the universe serves me. If I share my happiness, the happiness rains all over my Self. If I give love, I receive love. Wherever I put my money in, that's what grows in my life. Wherever I put love, that grows too. There is nobody outside of me, that's why everything I give comes back to me faster each time. Thank you to all my brothers, who remind me who I am. Thank you, Josh.

Ana: The only truth is that I am the holy son of God. Nothing is a mistake.

Josh: Ana is alright. Anybody else? Thank you.

Another sister: My father expects to be able to use my hands, my eyes, my ears,.....

Josh: This is a safe place, a place where you can get out of your hiding because you are not being judged and that is what makes it a safe place. Nobody is judging you, simply you are asked to come out of hiding. Everyone is here with you and we want you to join the party. We want you to laugh along with us at the joke, at the idea that we are separated. It is absurd. It's laughable.

All you have to do is open your eyes and see that it's laughable. It's obvious that we are not separated. It's so evident. It's as clear as the nose on your face. Is everyone ok? Are you happy? Are you satisfied that you found the solution? The solution is with you and all you have to do is to apply it and everything is going to change. I don't know what else to say. Remember God is determining the outcome. I love you. Thanks. Go and sin no more, will you? Any last words?

Another sister: I am the light of the world, along with you. This is the only truth that I want to accept.

Josh: Good for you, because that's the truth. Thank you. It gets easier not doing anything, it gets enjoyable once you get used to it.

When you are doing nothing, you are given everything. Did you hear that? That's God.

I love you, guys. Namaste. It's a privilege. Thank you. I'm done. Everyone happy? You understand what's going on now? Are you going to keep it, are you going to give it away? Yes? It's very simple. Thank you. That's all the energy you need to enter back into your frame, give it away. You may find the dream you enter into different from the one you left.

Herein lies the peace of God. Thank you. I love you. It's so beautiful...