

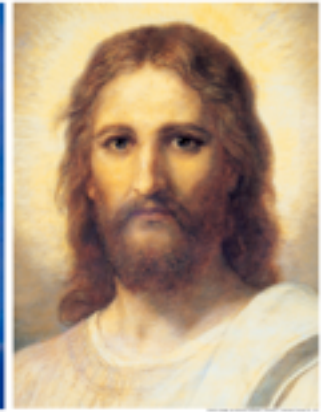
One Who Wakes™

John Mark Stroud
www.OneWhoWakes.org



THE WAY OF MASTERY

The pathway of enlightenment given by Jeshua
(Jesus)



**Ever wonder what Jeshua (Jesus) is really like?
What does he actually teach?**

The **Way of Mastery** is the pathway Jeshua actually walked to enlightenment. He then became a Master teacher of **The Way**.

Jeshua channeled the **Way of Mastery** and its associated teachings thru Jon Marc Hammer (Jayem). In doing so, Jeshua returned his teachings to their original integrity and purpose. He corrected all the distortions that occurred over the centuries. Much of the power in these channellings rest in their audio recording. This is the way Jeshua taught his disciples and followers, with his spoken word. The recordings were later transcribed into the **Way of Mastery**. The pathway contains three sections, **The Way of the Heart, The Way of Transformation & The Way of Knowing**. There are 36 lessons designed to span 3 years.

Listening to these audio recordings makes for an incredibly intimate and direct experience with Jeshua. You feel and know him in a way to which nothing short of a personal visit from him can compare. You can follow these teachings, just as they lead Jeshua, into the remembrance and embodiment of perfect union in God.

Shortly after John Mark awoke while living **A Course In Miracles**, Jeshua directed him to the **Way of Mastery** to deepen the experience of living Christ. Now you can join John Mark as he walks with you as Jeshua walked with him.

If you have any questions about the Way of Mastery or need guidance to the Way of Mastery materials please email JohnMark@OneWhoWakes.org. More information on The Pathway, the channel Jon Marc Hammer (Jayem) and the actual audio recordings available for purchase, can be found here, www.wayofmastery.com. <http://www.onewhowakes.org/way-of-mastery-videos/>

Pathway materials and the audio transcriptions are available to aid your study. They can be purchased at www.LuLu.com, search for Jayem.

On the following pages are descriptions of the deepenings & links to watch our recorded

These Deepening's of the Way of Mastery Lessons are Created as an extension of Love thru me. If you find the them helpful or if they contribute to your healing will you please consider making a Love Offering - Donation? My family and I are totally sustained by Love, your Love! You can go to www.OneWhoWakes.org where you will find a give button in the upper right hand corner, like the one you see below. **Or just click the one below and you can donate on PayPal now**, International donations are welcome as well. No PayPal account is necessary, you can use a credit card. If you would like to send a check please contact me at Love@OneWhoWakes.org. Gratefully, John Mark

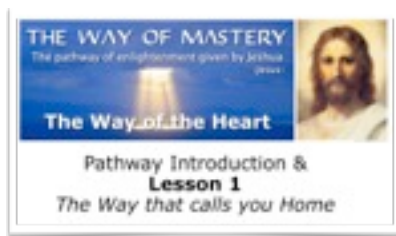
Want to get our newsletter for weekly event updates?

Go to www.OneWhoWakes.org and scroll to the bottom of the home page to sign up for our weekly events email. To follow us on Facebook just click the logo below.

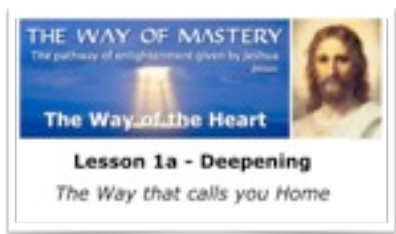
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All the One Who Wakes Deepening videos and downloadable audio only Mp3 files are available at the OneWhoWakes.org website. Below is a complete listing of all available events.



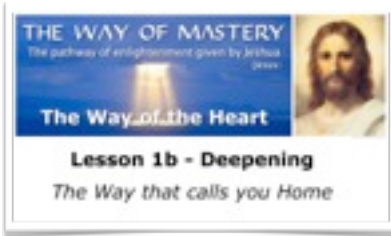
Now We Begin. Our journey begins with the first step. In this video John Mark briefly introduces the Way of Mastery Pathway and materials. We then move directly into listening to Lesson 1, "The Way that calls You Home". In loving respect to Jayem the copyright holder of the audio recordings we will not include them in this video. You can purchase the audio recordings at wayofmastery.com or the transcripts at LuLu.com. If you have any questions or need help getting the materials email John Mark at Love@OneWhoWakes.org. Recorded March 19, 2013.



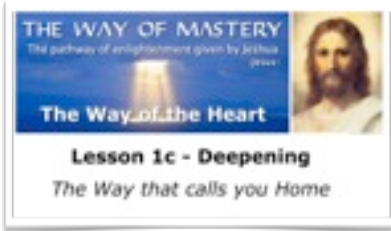
We go deeper into the first half of lesson 1 "The Way that calls You Home" In this first Way of Mastery lesson, there is an undeniable sense of the transformative power living within this Path. Through a methodical, paragraph by paragraph review, the lesson is deepened and enlarged. First the paragraph is read aloud, then John Mark's commentary adds example, personal experience, repetition, and connection. Jeshua's message of complete creative responsibility for our experience, and the total freedom inherent within that choice, comes alive through John Mark's joyful expression. The Joy and Love is palpable and you are invited to drink deeply from that well of living water! Recorded March 26, 2013

www.OneWhoWakes.org

www.onewhowakes.org/way-of-mastery-videos/



We continue our exploration of Lesson 1. We touch on the middle of the lesson. It is not your job to "fix" the world or "fix" your brother or sister. Recorded February 26, 2013



We complete our deepening of Lesson 1 (The Way that calls You Home) in the Way of Mastery. Now We Begin! In this important lesson Jeshua sets four cornerstones that this pathway will be built upon. 1) You and you alone are the creator of all you experience (always have been, always will be) 2) He reminds us we are his perfect equal, his choosing mechanism is the exact same as ours. 3) He shares the process of True Forgiveness that returns us to innocence. 4) He defines Love: Love allows all things, Trusts all things, Embraces all things and therefore is forever Transcendent of all things. All journeys begin with the first step. We have taken this step together! Recorded March 5, 2013.



Now we begin, Lesson 2 from The Way of the Heart. In this lesson Jeshua asks us to begin our daily practice by cultivating a remembrance and awareness of these first two axioms:

- 1) I am created as my Father created me to be. I am free. And nothing sources my experience but me, in each moment. Nothing has an effect upon me, whatsoever, save that which I choose to allow to affect me.

- 2) I need to nothing. Recorded March 12, 2013.



We begin our deepening of Lesson 02 "You Create your own Experience" . John mark share about the Truth of Jeshua's greeting acknowledging us as his perfect equals Recorded March 19, 2013.



We continue our deepening of Lesson 2. You have never made a mistake! This is not a perception we share about ourselves or others. You were Created to Create, You have never stopped creating. In fact You are already a Master creator. Recorded March 26, 2013.



In this deepening of Lesson Two, John Mark peels back further layers of interpretation on the axiom, "I am fully responsible for the creation of my own experience." There are subtle turns of phrase that reveal ever richer revelation of the expansiveness of our creative nature. We learn to allow all things to be as they are, certain in our own innocence, and our ownership of all forms of experience. We remember that we rest along side the Mind of God, whose Voice speaks to us with reminders of our True Identity. Recorded April 2, 2013.



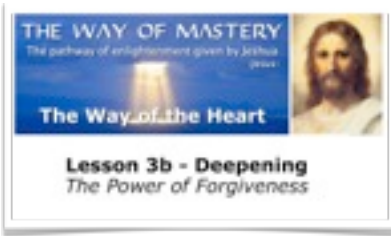
In this conclusion of Lesson 2, we explore further our true nature as creators. Jeshua gives us our second axiom, "I need do nothing," and he suggests an exercise to help us embrace our complete freedom to create whatever we desire. Then he takes us yet deeper into acceptance of our Creator-identity, by showing us how to embrace our creations and pronounce them as "very good." Finally, he assures us that we walk this pathway together with him - to God - and away from illusion. Recorded April 9, 2013.



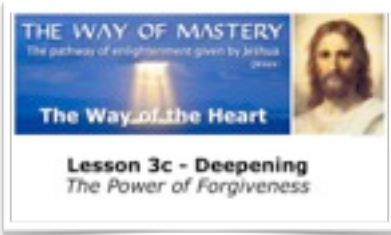
This week we listen to the channeling of Lesson 03 "The Power of Forgiveness". In this foundational lesson Jeshua explains projection and forgiveness. True forgiveness as he teaches it and mastered it is not like the forgiveness the world teaches. He goes on to give an example from his life that illustrates the power of forgiveness to free others, in doing so you become the saviour of the world. Recorded April 16, 2013.



We begin our deepening of Lesson 3; The Power of Forgiveness. This is one of the foundational lessons for the Way of Mastery. John Mark shares the deeper meanings this lesson. He outlines and illuminates the differences between the way the world taught us to forgive and Jeshua's True Forgiveness. Nothing needs to change in your life to advance your spiritual growth. Your very life, as it is, is your spiritual path. Your daily experience will provide ample opportunities for all your judgements to be shown to you. It is only when a judgement rises to the level of our conscious awareness that we can choose again and Forgive. Thereby setting your self free. John Mark reminds us to not make forgiveness a burden but to make it fun. Forgiveness = Freedom! Recorded April 23, 2013.



In this deepening of Lesson Three, John Mark leads us in a discussion of what is really happening when we project cause outside of ourself, and how this is the direct opposite of the First Axiom: "I create everything I experience." Then we move in to an exploration of our daily life. Jeshua assures us that our own life is the perfect learning environment, and that God is arranging all events as the exact stepping stones to bring us back home. Our prayer for remembrance is being answered in each moment we live. Therefore the Third Axiom, "I have no ordinary days" is a celebration of infinite opportunity! Recorded April 30, 2013.



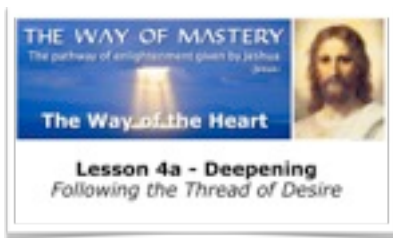
In this deepening of Lesson Three, Jeshua asks us to consider what forgiveness really is. He calls it an expansion in consciousness, not limited by time or place. It is the opportunity to see where judgement resides in our mind, and choose again. He asks us to be grateful to be disturbed, for we cannot forgive what we do not know is within our being. Jeshua gives us a very simple way to identify our own judgements, and through forgiveness, turn that judgement into compassion. John Mark leads the listeners through the example during this session, so that they might recognize the ease of the practice and experience it's effects themselves. Recorded May 7, 2013.



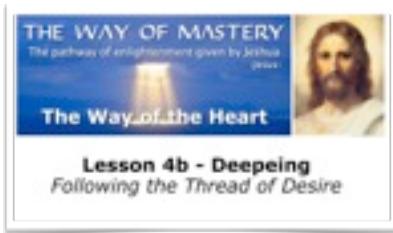
In this final deepening of Lesson Three, Jeshua shares a moving story of how he applied forgiveness in his own life. He reminds us that we know not the countless benefits of our acts of forgiveness, which are not limited to our awareness of time and place. As we recognize what others mirror for us, and forgive ourselves, we can compassionately free both them and all beings. And as an additional reminder, Jeshua urges us to truly end each day by forgiving and releasing it, lest we carry unhelpful energies into succeeding days. Recorded May 14, 2013.



Way of Mastery: Lesson 4 "Following the Thread of Desire" In this lesson Jeshua addresses the need to heal our resistance to the energy of desire. He also introduces the 4th axiom of the pathway, "The only relationship which holds any value at all is your relationship with God, your creative Source." Recorded May 21, 2013



In this first deepening of Lesson Four, Jeshua offers us the symbol of the ocean and the wave, likening the ocean to the great depth and breadth of God's Love, and the wave to our apparent individuation and yet still being united with the Love that created us. Our creation was the result of God's desire to extend Himself. And so we begin our exploration of the energy of desire, how we have misconstrued its nature and purpose, and how we can learn to welcome its creative force. It is the link to our Source as we devote ourselves to desiring only the perfect remembrance of our union with God. Recorded May 28, 2013.



In this deepening of Lesson Four, Jeshua takes us further into the meaning of desire and its creative force. He speaks directly to our desire for sex and money, the two areas where desire has been most misconstrued. Reminding us that allowing desire to arise does not require that action be taken, he simply asks that we welcome our desires, allow them to flow through us, and sit with this source of all creation. He also suggests a simple exercise to help us recognize and become comfortable with whatever desire we are experiencing in the moment. Recorded June 4, 2013.



In this final deepening of Lesson Four, Jeshua asks us to consider that our attempts to block desire may really be blocking God's revelation of our purpose. He gives detailed instructions for an exercise we can use to allow our desires to show themselves to us in innocence and non-judgement. Then he asks us to notice the common thread, the thread that connects us to the heart of God, and to God's wish to express through us the Love He would extend to the world. He directs us to ask ourselves a deeply illuminating question, "How much of God am I willing to receive and allow to be expressed through me?" To surrender entirely, to release our attempt to be the maker and do-er of life, brings untold peace. And Jeshua promises to walk this journey with us. John Mark's retelling of his own experience of walking this path, his joy and gratitude, are a vibrant testament to its truth. Recorded June 11, 2013.



This video is of the audio channeling session of Lesson Five of the Way of the Heart. Jeshua shares with us the Keys to the Kingdom: desire, intention, allowance, and surrender. And he emphasizes the most important characteristic of the path, humility. Building on Lesson Four's instruction on following the thread of desire, Jeshua shows how desire can be focused through intension. Allowance and surrender both release a self-identity as the maker or doer, and open us to being the pure expression of God's will. Humility is redefined from a self-serving action to a deep and profound reverence for the divine, and a realization that our union with God is the only thing we truly desire. Recorded June 18, 2013.



In this first deepening of Lesson Five, Jeshua begins to describe the pathway of The Way of the Heart, but before he outlines the stages, he first shows us the journey's end. The end is a state of being in which the perception of a separate maker or doer has been dissolved, and we recognize ourself to be merely a channel through which the Love of God can flow. This state of being requires a development of the Witness, an non-attached observer of all that flows through and around you. John Mark provides an example through a simple contemplation of ordinary vision. When we look upon our world, our eyes allow all things to be seen without judgement or limitation. We cannot declare that seeing the color yellow is undesirable and command our eyes to restrict anything yellow. The witness merely notices what arises. From the Witness, we allow Life to live us. We rest in deep peace and stillness. Jeshua wants us to imagine, to the extent that we can, this transformation so that we value it and willingly make the commitment necessary to desire only perfect union with God. Desire is the first key to the kingdom and nothing comes without it. When we desire only His higher will, we will discover that God's will for us is perfect happiness. It is the second key, intention, that gives desire its laser-focus to cut through worldly distraction and allow this new creation to flow. Intention in the Way of the Heart is not an egoic will, but a remembering of our true identity and function. Intention fuels the practice of focusing on our desire to be Christ Incarnate. Recorded June 25, 2013.



In this second deepening of Lesson Five, Jeshua takes us further into the third Key to the Kingdom: allowance. We give up our self-concept as the maker of our life. Once we make the commitment to awaken, the universe sends us messengers, in many forms, to show us exactly what we most need to learn. Allowance is opening to these lessons and recognition that our relationship with our Creator has shifted. We are being lived by Source. It is in glad surrender, the final Key to the Kingdom, that deep transformation occurs and union with God is experienced. Maturing in surrender must result in genuine humility as the smallness of ego is revealed by God's grandeur. John Mark shares insights from his personal journey on this pathway, and reminds us to unclasp the tight grip on the intellect we have made God. Recorded July 2, 2013.



In this final deepening of Lesson 5, Jeshua defines True humility and surrender. Both critical qualities he asks us to consciously cultivate. This lesson also includes the first of what are very powerful prayers Jeshua offers us in this pathway. It was a powerful and moving experience for all in attendance at the deepening. Here is the Prayer: *Source, Creator, God, Goddess, All That Is, Abba, I am ready to be what You created me to be. I choose to remember that I am effect and not cause. Thy Will be done, knowing that Your Will is my full happiness. Reveal then, that path through which that happiness can be known. For my way has never worked, but Your way always does.* John Mark adds in funny and moving examples of his own journey of surrendering to Love. Recorded July 9, 2013.



In this Channeling of Lesson 6 "Love Heals all Things" Jeshua again reminds of of our perfect equality with him and all other Beings. He also introduces one of the main pillars of the Pathway, one he will repeat many times.; "Love allows all things, Love trusts all things, Love embraces all things, therefore Love is transcendent of all things." In his usual light and humorous way he likens our egos to a gnat yelling at the Universe. He even sings... "This little gnat of mine, I'm gonna make it shine." You have to Love the truth spoken with so much directness. John Mark shared a brief meditation about how a pond effortlessly welcomes the rain, an aspect of itself. Recorded July 16, 2013.



The title of this lesson is "Love Heals all Things" and Jeshua begins the lesson by defining the words used in his standard greeting. He tells us we are holy and emphasizes our equality with him, calling us Beloved Friend. He wants us to know that out of that equality we have issued the call to awaken to ourself from ourself. It comes in the moment we decide to to live only in the presence of Love. Then he tells us what Love is, not as the world defines it, but as it is in Truth. He introduces a key phrase that will become a persistent theme: Love allows all things, embraces all things, trusts all things, and transcends all things. John Mark takes us deeper into the lesson by challenging us to search out our subtle preconceptions about our identity, and to acknowledge the limitless freedom and universal application of True Love. This deepening is lively, joyous, and direct. Can you come to appreciate where it may push your buttons? Recorded on July 23, 2013.



In this portion of Lesson Six, Jeshua expands upon the healing nature of Love. He reminds us of our futile attempts to find love in objects, experiences, and relationships, looking to them to give "juice" to our life. And yet, they eventually fail to provide the nourishment we crave. Only by turning to our True Source, our relationship with our Creator, can we truly know Love. It is a love we cannot possess, but by allowing Love to flow through us, we can experience perfect freedom for ourself and give freedom to all beings, resting in the Truth that they are the Living Christ. John Mark's spontaneous expression of Spirit driven commentary is both illuminating and joyous, full of laughter, song, and some surprising comparisons. Recorded July 30, 2013.



In this final deepening of Lesson Six, Jeshua brings us face to face with our sole(soul) purpose in this world: to live as Christ incarnate. To live as the embodiment of Love begins with our decision to set all else aside because Love is all we truly want. And the game keeps playing until we make that choice. What happens after you've made the choice, from the depth of your soul? Every obstacle to Love will be shown so that you can embrace and forgive it. This responsibility rests entirely with you. Jeshua tells us that feeling is essential because it is the only way to Be with what we are experiencing in the present moment, but it is also the only way to experience the presence of God. John Mark describes his own decision and the effects of that choice. He speaks of welcoming each obstacle as it arises, without fear or anxiety, in the certainty of its harmlessness to the of the beloved Son of God. It really is, as Jeshua says, like setting down a toy from a game that is no longer desired. And more, he reminds us of the peace and deep appreciation that arises for each and every aspect of our life prior to our decision to Be only Love. Recorded August 6, 2013.



The title of this lesson is "Birthing the Mind of Christ". Jeshua asks us to consider how we can recognize the Truth in him so that we love him? How can we recognize the voice of the Holy Spirit? How can we have moments in which we experience oneness with Creation? That knowing is the Mind of Christ recognizing Itself. We know it because we are it. Our self-denial creates the illusionary world, and the only power it seems to have is the power we give it. Jeshua calls this the "little shadow." He draws a beauty picture of the insignificance of this fear-based shadow. Next he illustrates the magnificence of the true creative power of Love, and then asks us which will we choose? He ends with this great promise, "if you will choose to trust me, I will show you the way to peace." Included is John Mark's introduction, a meditation, a new singing of the Aramaic Lord's prayer, and John Mark's response to some well crafted questions. This video was recorded August 13, 2013

