



# One Who Wakes™

John Mark Stroud  
[www.OneWhoWakes.org](http://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](mailto: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.wayofmastery.com).

Pathway materials and the audio transcriptions are available to aid your study. They can be purchased at [www.lulu.com/spotlight/wayofmastery](http://www.lulu.com/spotlight/wayofmastery)

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

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](http://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](mailto:Love@OneWhoWakes.org). Gratefully, John Mark

Want to get our newsletter for weekly event updates?

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All the One Who Wakes Deepening videos and downloadable audio only Mp3 files are available at the [OneWhoWakes.org](http://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 then in this video. You can purchase the audio recordings at [wayofmastery.com](http://wayofmastery.com) or the transcripts at [LuLu.com](http://LuLu.com). If you have any questions or need help getting the materials email John Mark at [Love@OneWhoWakes.org](mailto: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](http://www.OneWhoWakes.org)

[www.onewhowakes.org/way-of-mastery-videos/](http://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 do 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 it's 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



In this first deepening of Lesson Seven, Jeshua tells us that our experience of deeply knowing, and recognizing Holiness, Truth, Presence, whatever name you give it, is our comprehension of the Mind of Christ which dwells in us, in its fullness, now. There may first seem to be isolated occurrences, but in time the Voice becomes louder and more frequent. And a longing for connection arises. Jeshua tells us that this longing must arise, because Christ will not be denied. Christ can only speak Truth. Our denial of Truth IS the illusion of separation. But the dream is coming to an end in a momentum of remembrance. We are urged to accept it as a divine gift from our Creator. John Mark shares several tips for opening our re-membrance of the Christ Mind, through prayer to be the embodiment of Love and through the recognition of holiness in our brother. This video was recorded August 20, 2013.



This lesson is about birthing the Mind of Christ not creating it. The Truth, which is true always, is that you reside in the infinite loveliness of the Mind of God. What obscures your awareness of this truth is fear. Fear, of itself, is a neutral, sometimes helpful, emotion. Yet we have given it great power to run our life. The birthing process begins with the decision to take back our power from fear. How is this done? By undoing what started the attempt at separation: remember to laugh! In this lesson, Jeshua tells us a wonderful story about a tiny blade of grass on a remote hillside, casting the smallest of shadows, and likens the shadow to fear. In the magnificence of the cosmos, this shadow is insignificant and "utterly laughable." This re-cognition/remembrance dissolves fear and with the removal of the obstacle of fear, the birthing process moves into its next stage, which is simply your commitment to being only the presence of love. Give all of your lived consciousness to allowing Love to move through you, and you will birth the Mind of Christ that sets all things free. This deepening was recorded September 24, 2013.



In this final deepening of Lesson 7, Jeshua gives us the next step in the process of birthing the Mind of Christ and reveals a great promise. If we are to live in Christ Mind, we must embrace the Self that God made and placed within us as our very awareness of our existence. Nothing is unacceptable in this Self, for by definition, Love accepts all things. If this seems challenging, fear not, for Jeshua has made us the promise that he will show us the way to the Truth that will set us free. This is an ancient promise, and one we have already accepted into our Being well before this life we appear to be experiencing now. The fact that we hear his voice and are called to the Way of Mastery is the evidence of the promise being fulfilled. All that is required is our willingness, and while Jeshua promises to be our guide and helper, he reminds us that ultimately we must claim the Truth of Love for ourselves. The choice is ours. This deepening was recorded October 1, 2013.



In this audio channeling of Lesson 8, Jeshua brings us right to the heart of the First Axiom, "Nothing sources my experience but me." But to grasp this truth, we must rest in our *knowing* of our Oneness with Source, that union from which our very awareness arises. All that we see, feel, avoid, and value is contained within our awareness. We select where we place our attention, what we are going to be aware of, and therefore what is our lived experience. Jeshua likens our awareness to a pool of still, clear water. We select persons, places, objects, thoughts, and beliefs and drop them like pebbles into the pool of our awareness. What we experience is the effect of the ripples caused by the dropped pebbles. Awareness is all that we have and all that we are. Out of our use of it, comes all that we *choose* to experience. As sovereign beings, the choice is eternally ours. Jeshua invites us to deliberately, consciously choose to be the Awakened Christ. While the audio of the channeling is not included in this session, John Mark's introduction and concluding commentary is available. This session was recorded October 8, 2013.



In this first deepening of Lesson 8, Jeshua takes us directly to the nature of awareness by reminding us that we are birthed, and remain within the Source of all awareness. It is all that we have, and all that we are, and we can never separate ourselves from the Truth of our Being. He asks us to take an inventory of every object, event, emotion, thought, and projection and recognize that if we were not awareness itself, these things would not exist in our consciousness. They are all the effect of our own creation simply by the attention we place upon them. He gives us the wonderful image of awareness as a still, clear pool and our attention is like pebbles dropped into the pool. Our experiences are the effects of those pebbles rippling across the surface. John Mark leads us through several exercises in which we play with shifting our attention and then watching the effects of the ripples. All along, the nature of the pool, or our awareness, is unharmed and unaltered by anything that appears to happening on the surface. This deepening was recorded October 16, 2013.



In this deepening, Jeshua shares the one thing that changes everything, the one thing that is absolutely necessary if we wish to awake: we must abandon every thought that we are at the mercy of events, emotions, and ideas that we would perceive as victimizing us, and assume complete and total responsibility for what we choose to experience. We are ceaselessly creating and once we recognize our nature and accept it fully, we then can choose which pebbles we drop into the pool of our awareness. That acceptance brings untold freedom. Jeshua asks us live this Truth with great playfulness. He gives several examples of pebbles we might drop into the pool of our awareness in order to imagine just how expansive our experience can become. How big can you make your heart? How deeply can you experience peace? How completely can you live as Christ? John Mark shares his own interaction with Jeshua asking consciousness expanding questions. This deepening was recorded October 29, 2013.



In this final deepening of Lesson 8, Jeshua gives us the definition of Mastery: embracing our nature as ceaseless creators, fearlessly accepting the infinite power and freedom that must characterize our perfect union with God. We have been creating our experience with every breath, every thought, every moment of existence. We cannot change our nature, but we can choose to ignore it, or as Jeshua encourages us, we can consciously choose our unlimited inheritance. Kerplunk! That's the sound of the pebbles we drop in our consciousness. Our life, our tomorrows, are shaped by the quality of the pebbles we drop. John Mark reminds us that this movement into Mastery takes diligence and commitment. Will you choose to drop Self-loving, expansive, and unlimited pebbles? Kerplunk! Kerplunk! This deepening was recorded November 5, 2013.



In this audio recording of Lesson Nine, Jeshua continues his discourse on consciousness and our responsibility for all that we create as our own experience. He gives us a very important aid to claiming 100% responsibility: all events are neutral. He illustrates this by giving a simple example and then demonstrating that two different interpretations can be had, depending upon the perspective of the participant. And herein lies the Truth that we give everything the meaning it has for us. While the event may be neutral, our thoughts about it are not. Our thoughts are the pebble-dropping, creative power from which our experiences arise. He invites us to embrace our nature as infinite creators by choosing what thoughts we will empower. And he provides instructions for an exercise in which we can practice creating as the embodied Christ. The power of choice is ours, why not choose limitless Being? This deepening was recorded November 12, 2013. In respect to Jayem the copyright holder the audio of the channeling is not included.



In this deepening of Lesson 9, Jeshua states a very important principle: all events, all webs of relationship, all fields of energy, and our experience of them are neutral. When we name or label a thing, we bring to that experience all associations we hold with the name. Those associations are unique to each of us, and through them, we place value upon the event. We create all the meaning it has for us, and this is how we experience what is the essential neutrality of life. Awakening opens a reverence for the mystery of Life. It means becoming aware of the meaning, value, and judgement we have placed on events. Through forgiveness, we lovingly recognize the meanings we have chosen, see the underlying neutrality, and choose again to see everything with the unconditional Love and Peace of Christ's vision. And thus we create Heaven on Earth. This deepening was recorded November 19, 2013.



In this second Deepening of Lesson 9, Jeshua takes us further into the Truth of all events being neutral. When we attach value to an event, we immediately subject ourselves to the fear of loss or change. In neutrality comes true freedom from suffering. We can witness all events as a dance of energy, the eternal mystery. From this place, we live as a conscious creator of our experience. Jeshua gives us a great Truth: nothing exists for us, not even God, until we decide to taste the lived experience of it. If we are not experiencing peace, joy, enlightenment, or any other event we say we desire, it is because we have valued something else above it. He urges us to drop the pretense and seek out what beliefs we hold, what pebbles we have dropped, that are creating our present experience. He also shares the good news that we are not locked into some karmic cycle that requires us to experience the effect of some past event. That would be a state of victimhood and God does not create unlike Himself. You are always free to choose how you experience the effects of your pebble-dropping. Choose unconditional acceptance and love, and thereby defuse any effect you no longer wish to keep. This Deepening was recorded November 26, 2013.





In this final Deepening of Lesson 9, Jeshua further outlines the practice of abiding as Christ, and emphasizes the importance of diligently incorporating this habit. He suggests starting with five minutes a day, and predicts that we will so benefit that the practice time will increase with little effort. Why is this important? Because it is a springboard into conscious creation. Reminding us that we are always creating, he encourages us to deliberately choose now how we will create our tomorrows. He adds an important piece of guidance: choose to create the eternal. The temporal will pass; build your treasure in Heaven. Spend five minutes now as the unlimited Christ and you will know Heaven on earth. John Mark leads a highly energized review, providing personal stories of his experience with this practice, interlaced with humor and in-the-moment examples. He ends with an invitation to join him and our brother Jeshua in fully living the Awakened Life. This Deepening was recorded December 3, 2013.



In this audio channeling of Lesson 10, Jeshua shares with us what might sound astonishing to the spiritual seeker: The Way is easy and without effort. He calls it a quiet choice that no one else can see, a gentle decision to heal yourself by recognizing that the Truth is in your heart, and it is True always. You and your Father are One. Love Is. Attempts to achieve great consciousness, to live other than Love, are a denial of what is True now, and are a painful disturbance of your peace. Your power rests in your choice. Will you choose to accept Truth and then experience every moment from that remembrance? Nothing outside of you can overcome your resistance. When you become wholly committed, your egoic self can be simply set aside like a no longer valued toy. Then, in deep trust, the Father's Will can flow through you to create the good, the holy, and the beautiful. You need only allow. This audio channeling was shared on December 10, 2013. Due to copyright requirements, the channeling itself is not included in this video, but John Mark's introduction and comments are available.



In this first deepening of Lesson 10, Jeshua shares his ordinary life experiences to dismantle the traditional religious "Son of God" image that so readily implies an inequality between him and us. Again, through example, he emphasizes that he experienced life just as we do, with all its apparent struggle, conflict, and self-doubt. His statement that the way is easy and without effort rings with authenticity because he has already walked it. And here's the good part: because we share the same infinite field of Mind, the pathway is fully established and it is open to us now! The idea of a separate world has already been overcome. We could only have a full experience of the world by pretending not to be Christ, so while we pretend to be in the world, we can seek direct revelation from outside the dream from our true Source of Being. This is what Jeshua practiced during his silent meditation. And it is available for us too as we take time each day to abide as Christ. Just be present and relax into Being, God I Am to God I am. Receive the Grace that has gone before and claim it as your own. Easy, and effortless. This deepening was recorded December 17, 2013.



In this second deepening of Lesson 10, Jeshua shares that seeking for healing outside of yourself will never work. The Truth already resides within us. He tells us we must decide to be the one who heals himself. He repeats the famous question from A Course in Miracles, “Would I be right or happy?” to remind us how simple the litmus test for peace can be. Jeshua uses several examples to illustrate that change comes naturally and effortlessly when we fully remove the value we have placed on that which no longer serves us. We can cultivate the awareness of peace by relinquishing the world of our perceptions. In that relinquishing, Peace descends like a gentle Dove. Jeshua also provides examples of how the Enlightened Mind sees and interacts with the world. The pathway is indeed easy and without effort when we both hear and practice the Word, diligently, for ourselves. Believing or having concepts about it is not enough. The most essential of those practices is “Teach only Love” with every thought, word, breath and deed. John Mark extends many tips, tricks and pebbles in response to a question about how to hear guidance more clearly. This deepening was recorded December 20, 2013.



In this concluding deepening of Lesson 10, Jeshua tells us clearly: Do not make it difficult. It is only the separated mind that wants to make the way hard. In Truth, you are already an Awakened Master. It is merely your recognition that awaits. The Course in Miracles asked for a little willingness. Jeshua tells us that your awareness of your Self now requires total commitment. John Mark suggests that you ask your guides to show you all obstacles to your 100% commitment. Jeshua also expands upon our practice of five minutes abiding as Christ. He adds the question: How can I extend my treasure today? John Mark notes that the question acknowledges you already are Christ and have all of Christ’s treasure to share. Finally, John Mark speaks to the experience of living as the Awaken Christ. Fear is abandoned. The body may remain and be operationally functional, but there is a dynamic transparency in which you simply watch the dance of life. You don’t deny your experience, and you are free to be fully here in Heaven on Earth. This deepening was recorded December 24, 2013.



In this Channeling of Lesson 11, Jeshua takes us into a mediation into the Heart of Christ. The pace is slow and measured as he guides us into gentle quiet, leaving the world the body/mind has created far above on the surface, while we join him in the depth of Being. We abide in the sanctuary of the Heart, in perfect peace, in the only place we can remember who we are. This place holds an open, ever-present invitation of union with Jeshua in our shared heart. Here we discover the presence of the observer, awareness becoming aware of itself. Here there is spaciousness, peace, wisdom divine. All answers reside here. Christ abides here. This is your home. When you dwell in the Heart of Christ, you are impelled to reveal Christ to the world, to be the conduit through which infinite Knowledge flows into the world. This channeling was shared December 31, 2013. Due to copyright requirements, the audio of the channeling is not included, but John Mark’s opening and closing comments are available.



In this first deepening of Lesson 11, Jeshua leads us gently into a meditative state of silent space where the Mind of God rests. Here is the Heart of Creation. We get there without effort by simply relaxing into what already is. Again and again, he asks us to move down from the thinking mind and join him in this deep communion. We give up all hope of directing ourselves to him by taking thought. This state of beauty and precision, of infinite intelligence, this sanctuary, is the Father's one Creation, His only begotten Child. You abide here in union with Christ, and from this joined Mind guidance comes easily. Revelation is birthed through the silence. It is the only place where Reality can be remembered. John Mark provides practices to dis-identify yourself as the thinker, and reminds us to explore the questions Jeshua poses in the channeling. Rest in the Heart of Peace. Feel your recognition of Truth because you already know it and have never lost it. This deepening was recorded January 7, 2014.



In this final deepening of Lesson 11, Jeshua gives us a vibrational tool to assist us to descend into the meditative Christ-Mind. It is the simple statement, "I am loved, I am loving, I am lovable, forever." He calls it a stairway from the "me" world that we have created to the depth of Peace. This phrase is not an attempt to improve the world, it's not a mantra, and it's not a theology. It's simply a reminder of Truth and a vehicle for becoming deeply rooted in the One Mind. Previously, Jeshua asked us to join him in the silence. Now he asks us to remain with him in the Heart of Creation. Abandon your entire self-concept. De-couple the body/mind identity. Come empty handed to the place where I Am abides, to Awareness itself. Here is Perfect Wisdom, Perfect Safety, and Perfect Peace. Having tasted the perfection of the Christ-Mind, Jeshua then encourages us to practice descending and ascending the Ladder of Awareness. This movement back and forth will allow you to become accustomed to recognizing the feeling and sense of the Christ-Mind. Cultivate the awareness so as to be in the world but not of it. Incarnation of Christ Consciousness is the highest accomplishment available and the greatest fulfillment. This deepening was recorded January 14, 2014.



In this audio recording of Lesson 12, Jeshua gives a vivid image of a master gardner to help us understand the process that has been occurring throughout our study of the Way of the Heart, and hints at what the Way of Transformation holds for us. This past year has been designed to bypass the thinking mind and reveal our unconscious fears. Like the gardner who pulls up weeds by the root, we too have been preparing the soil of our being to create fertile ground that welcomes the arrival of Grace. Jeshua encourages us to spend this last month in review so as to release any remaining obstacles of fear, limit, or judgement. Our greatest tool is intentionally abiding as Christ. The Way of Transformation will be about living as the embodied Christ, in the full flow of the good, the holy, and the beautiful. At the end of the session, Jeshua addresses three powerful and relevant questions. This audio recording was broadcast February 4, 2014. Due to copyright requirements, Jeshua's audio portion is not published, but John Mark's introduction and meditation are included.



In this first deepening of Lesson 12, Jeshua wraps up the Way of the Heart with the gentle reminder that the way of striving and efforting is finished. He reminds us that our healing must go deeper than our thinking minds can go. So we must now practice allowance and surrender. He likens our task to that of a master gardener who's only responsibility is to keep the soil of his garden (your consciousness) well tended. Jeshua asks us to seek below the surface (below our thoughts) to discover the roots hidden deeper down that are giving birth to the thoughts and fears that create our false sense of separation. When we have tended our garden well so the soil is soft, rich and fertile then the "Rain of Grace" of God's Love can descend softly upon us. John Mark joyfully shares some of his experiences with this lesson and clarifies Jeshua's teaching, "When the student has become as the Master is." This Deepening was recorded on February 18, 2014.



In this second deepening of Lesson 12, Jeshua invites us to clear the way for entering the Way of Transformation by completing what John Mark has called a "consciousness inventory." The recommendation is to seek the Spirit's assistance in revealing everyone and everything that we have placed in a box and defined within our separated mind. These definitions/limits are reflections of how we have restricted our own divine nature. It is necessary to release (forgive) at the level on which judgement occurs, thereby eliminating any sense of victimhood. This process is not of the mind, but is a shared journey with the Spirit into our feeling state of unlimited being. Everyone is the evolving Christ. We agree to play roles for each other so that all may have the experiences they have freely and consciously chosen. We offer our willingness to experience ourselves in total innocence and All That Is will dissolve the ultimate root of fear: the sense of a separate "me." This is our destiny. This deepening was recorded February 25, 2014.



In this final deepening of Lesson 12, and also of the *Way of the Heart*, Jeshua invites us to receive the pearls of grace. And what is that? Simply revelation of Truth offered to an open and spacious mind. The truth of our perfect equality as an infinite creator now. Creation that is overflowing in the present moment. The truth that we are every consciousness that has ever existed, and we can use each moment to recognize our vastness, because the purpose of time is to wake up *in* time. The truth that Christ lives as us, and we are innocent and free. We are not alone on this journey. Many beings joyfully await our requests for guidance. We need only be willing to ask and follow. Release all sense of a separate "I" and be in union with the Creator. God has already sent the wake up call to us to call us back to Himself. This deepening was recorded March 4, 2014.