

ILLUMINATION

Joseph's Vision



through the mediumship of Michael G. Reccia

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Chapter 10

Freeing yourself from oppressive tendencies

Michael's notes. This is the first of two chapters given to us on the same morning (Chapter 11 followed straight on from this communication after the shortest of breaks). *Joseph* had advised that we 'double up' our session as he felt conditions would be a little difficult around the end of the year with regard to bringing through information effectively. Shortly before Christmas arrived what he meant became apparent – a week before the holiday my mother fell and broke her hip and spent a month in hospital. Hospital visiting, preparation for her return to her home and other related preoccupations ruled out any communication with *Joseph* during that four week period.

Joseph speaks. What I would like to talk about first of all today is oppression, its prevalence in society and the problems it causes. Every human being strives to get what they want from life: be it a material satisfaction, a romantic satisfaction, a spiritual satisfaction. Most people's lives are concerned with obtaining what they want from life *all the time*. Every human being wants what *they* want and their world-view, that is their individual perception of physical 'reality' coloured by their wishes and desires is, they believe, the correct one.

So, how do human beings attempt to manifest what they desire around themselves? There are several ways to get what you want but,

invariably, many people on Earth choose *oppression* as a means of trying to manifest their personal world-view. By oppression I mean that, in order to get what they want, very often they will try to mould other souls to their will.

Oppression begins in the playground with the bully – the person who uses more aggression than the others – attempting to dominate the other children so that he or she gets what they want.

In work situations too people often oppress each other to get what they want. Employers, for example, feel that if they rule through strictness, through terror, through frightening people, their workers will give them exactly what they want, and employees attempt to dominate other employees in order to award themselves a higher personal status.

In many personal relationships one partner will dominate the other and seek, through oppression, to mould that relationship into the world-view that they have of it and manifest what they want from it.

On a national scale, the linked concept of politics or the linked concept of religion (by 'linked concepts' I mean the shared desires of a number of souls united in trying to obtain what they want) often seeks to oppress anything that is not of that concept and to bend it to its will. In the past you have had 'holy' crusades and 'holy' wars where, in the name of religion, souls have sought to oppress others and to bend them to their world-view with the intention of shaping them into a physical manifestation of what those souls want from life.

Also, to a large extent many people regard others as 'friends' or 'enemies' dependent on what they can give them according to their world-view of what they desire.

So, your society is built to a large extent upon oppression, upon aggressive souls subduing less aggressive souls, bending those less

aggressive souls to their will in the hope that when they wake each morning having oppressed someone, or some nation, or some concept the day before, they will feel they are a little closer on that morning to having obtained what they want from life.

The problem is what they want from life *changes*. Having oppressed a situation, or a person, or a nation and obtained their initial world-view of what they feel they want they quickly find that they are still unfulfilled. When you get what you think you want on a level that is not linked with a high spiritual intent *there is no fulfilment*. You experience only emptiness as your 'triumph' does not measure up to how you thought you would feel in the circumstances following you getting what you felt you wanted in life. You therefore change your view of what you desire constantly in an attempt to find fulfilment, and you resent the people and situations you have oppressed previously because, in your world-view, it is their fault for not having brought you what you desired.

How could they?

If you had truly succeeded through the use of oppression and others had given in to your will and you had gained exactly what you wanted you should feel bliss, shouldn't you? You should feel joy, shouldn't you? In controlling people and situations successfully you would have moulded the world into exactly what you wanted it to be. The truth is no soul who has ever oppressed anyone else has ever found satisfaction from having done so. Oppression doesn't work! Oppression results only in spiritual emptiness. It is a mistake. It is a transgression against others and against yourself.

You cannot get what you want ever, ever, **ever** by using oppression.

I have to take this back to its root and make you understand that what you as a 'physical being' think you want and what you as a soul *actually* want are two *extremely different* things.

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The soul at its core craves harmony, craves reunification with God. That need – and it is a need that can only be fulfilled by reunification in mind and in intent with God – is at the core of all that is wrong in the world. You feel that you need to change people and objects and situations in order to feel fulfilled, when in fact you need to change *yourself*, to change your perception. And this can be done in an instant by realising that your only need is for the God within and for a reunification with that Love you separated yourself from millennia ago through *your own transgression of thought*.

Many, many, *many* years ago, you decided – souls on earth decided – that they would take a different path, that they knew better than God as to how the physical universe should evolve and, as a result of that, there was a 'separation'. Not a separation sanctioned or brought about by God but a separation as a result of your vibratory rate changing to *include* the reality (in fact, an illusion) that you wanted around you at that time and to *exclude* the voice of God. You thought you knew better than God. You refused to listen to God, and so you changed your vibratory rate to exclude the voice of God. The voice of God is still within you but you cannot normally hear it because you are tuned into a different vibration.

The time has come to realise that you are still a part of God; that God did not throw you out – you threw yourselves out – and to sit and to consider, from a spiritual angle, what you *really* want. And what you *really* want is to reconnect with God; what you *really* want is to re-experience the bliss of God's Love flowing through you. The irony is that it flows through you at every minute, at every second, and it is yours *now*. You cry out to God and say, 'God, I am not happy. God, I need this. I want that. Why are other people not like me?' And, even worse, sometimes in God's name you say, 'I will oppress situations and people to make them more like I and You want them to be, Father. Together, You and I want them to be a certain way.'

No.

No!

No!

First rediscover God and then you will stop oppressing people, you will stop fighting with people, you will stop controlling people so that they, in your view, can make you happy by doing what you want them to do. You will never find fulfilment in that way. You will never find fulfilment by controlling your wife, your husband, your children, your animals, your work-mates, your political groups, your religious groups, other countries, other cultures. You cannot ever make yourself happy by doing this, by oppressing others. That is not to say that other souls and yourself do not make mistakes, that there is not a more fulfilling way to live, that there is not a better world-view for all that is worth creating, but you do not create that world-view, you do not make it a reality, you do not bring to light and transform people's mistakes by oppressing them. You do it by *changing yourself first*, by reverting to what you are and by listening to the God within and then by emanating that God-Light out into the world around you.

A preparation for Meditation.

As an preparation for this liberating meditation sit quietly, enveloping yourself in God's Light for a few minutes and consider first, before you approach God, the ways in which you might be oppressing people and yourself.

Begin with yourself. Do you try to control – to oppress – *yourself*? Are you putting limits on what you can do? Are you oppressing yourself, being violent with yourself within your own psyche (a great many people do this to themselves) and do you kick yourself, metaphorically, because you want to 'be' in a certain way and find that you are not? Do you expect too much of yourself and berate yourself when you do not succeed and do not live up to

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your own expectations? If the answer is 'yes' then you are oppressing *yourself* and, for the time of this meditation, for the time of this quietness, let go of that self oppression; accept and Love yourself as you are at this moment.

Next consider those closest to you – your partners, your parents – how do you react to them? Do you oppress them? Do you use them in certain ways to get what you want? Do you bend them to make them conform to your view of how they should act towards you? Be honest with yourself at this point and let go of any need on a physical level, on a mental level, on an emotional level, to control your partners and your parents.

Look at how you treat your friends. Are they truly your friends or do you only ring them, only contact them, when you want them to do something for you? Are they only your friends when they do what you want them to do and when they don't are they not your friends? Is this how friendship should be? Let go of any need to oppress and to control your friends.

Next consider your employer or your employees. Are you oppressing the people at work? Are you manipulating your employer or employees through oppression to get what you want out of your work situation?

In all these situations – with your friends, with your parents, with your partners, with your employers – if you were *to give* rather than *to oppress* you would receive Love and harmony in return. If you were to set people free to do what they wanted to do they would never leave you. If you were to be considerate in your dealings with others (and try to understand that they, too, are mistakenly attempting to manifest a personal world-view that requires that they try

to control and oppress others) then you would look at their motives differently and be able to forgive more.

But, to return to your meditation, you need to let go of your control and your oppression of others in intimate family groups, in friendship groups, in work and globally at this point.

The Meditation.

Now... become very still and see – in the darkness around you as you sit with eyes closed, free from the noise and the clutter of human life, of human society – see a light in front of you: a little pin-point of light. See that light expand. See it as a silver light that moves towards you, enters your solar plexus and, as it does so, spreads out to envelop you, to cleanse you, to take away your need to control your world and the worlds of others.

Then see in front of you a gold light: a light that contains such Love for you that you feel you will melt; a light that is the Light of God. See that Light moving towards you and entering your solar plexus. See it changing the silver light that is enveloping you into a gold light. Feel the warmth from that Light. Realise that that Light is your connection to God, that that Light *is* God and that *you and the Light are the same thing*. And then hear, listen, *feel* the intent of that Light. That Light has only one intent – to Love you – nothing more. That Light requires nothing from you except that you acknowledge it for your own greater good.

Consider this as you sit within that Light for a few minutes... the Light is not trying to control you. It does not require you to be of a certain religion, of a certain colour, of a certain financial status, of a certain political view, of a

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certain level of intelligence, of a certain sexual persuasion. That Light simply requires you *to be* within it and to share the peace that that Light brings to you with others.

This is where you began – within the Light. This is where you were born as a soul. This is where you were created absolutely free – not to condemn, not to oppress, but to nurture, to Love, to harmonise with all Creation.

Listen at this point in your meditation to what the Light says to you – either through direct speech or through your senses, through your intuition, through a feeling that comes over you, and know that God requires nothing from you except that you *be*; know that *you are Him and He is you*.

Holding yourself in the Light forgive yourself for all the times that you have sought to control others. And if you want to change others (and your only intention in wanting to change others should be to make them aware of the Light as you are perceiving it at this moment) send it out to them, see them enveloped in the same Light whilst you are in your meditation and do not oppress, do not say, 'You can only have this Light if you conform to my world view.' The Light is theirs – as it is yours – by spiritual birthright.

Spread this Light to all world situations. Never condemn. In condemning you separate yourself from the Light and your prayer has no power. It is only in sending out the Light, in being a giver of Light without condition, without judgement, without prerequisites, that you allow that Light to do its job ...and that job is to re-unify all other souls into the Light.

(*Michael*: me again – and you know what I'm going to say: as you end this meditation remember to ask God to

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protect you and to guide you and to close your chakras for you. Sorry – but it's *important*.)

From the moment you read this and attempt to meditate in this way, I would ask you to consider living your life in a different way – not from a core of oppression (which is born out of fear) but from a core of total commitment to the God within. This is a non-religious thing to do – you are simply saying: 'I have found you, Father, and I wish others to find you, Father, so I send the Light out to them.' Begin to live your life without oppressing others and see how life blossoms around you.

Through oppression you seek to hold on to friendships, relationships, political views, religious views, and you do all this out of fear. When you give the Light out there is no need to fear. People will recognise in you the fact that you have found your foundation, your core; the fact that you are harmonious; the fact that you mean them no harm; the fact that **you do not want** – and they will flock to you. You will never be lonely, your health will improve (because many of the ailments you suffer from are due to an imbalance within your soul that is brought about by your seeking to control life in a particular way), your thoughts will be more productive, more creative, and you will truly be making a difference in that you will be reuniting souls with their spiritual birthright through sending the Light out to them unconditionally.

When you connect to your God in this way and know, from within yourself, that you are part of everything, it is your *birthday*, because you are remembering that point at which you were individualised from the Light, that point at which you were made a personal viewpoint from the *Whole* and which you have forgotten until now. *Happy Birthday!*

My intention with the books in this series is to make you aware of who you are, make you aware of where you have gone wrong, make

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you aware of how to put things right and make you aware of where you are going to next, but I do not do any of this by oppressing you, by bending you to my viewpoint. My viewpoints are given freely and in Love. You can reject them if you wish ...but before you do so ask yourself, 'Am I truly happy? Do I know where I am going? Am I afraid of death? Am I afraid of losing the love of others? Am I afraid of losing my health? Am I afraid each day of living that day? Am I afraid within my religious beliefs or within my political beliefs? Do I find fulfilment in my life? Am I truly in control as I want to be or do I simply try to control others to make sense of a world that I do not understand?'

Once you connect with the God within everything else makes sense and you stop fighting and start listening, you extend your lifespan, you extend your capabilities because God Light flows through you and you become a beacon for peace.

The task ahead of you is both simple and difficult. It is simple in that all you have to do is connect with the God-Light within you and send it out. It is difficult because many people will not understand what you are trying to do. ...So do not tell them! Work secretly; work silently. You have to build up in them a spiritual 'charge' over days and weeks and months and years. You have to build up in them enough Light that they (as the spiritual beings they really are) can see past the illusions, the constructs they have put around themselves, and begin to reach within for answers.

You will not change the murderer today; you will not change the war machine today ...but you *will change the murderer and the war machine tomorrow* by the work you put in today, which contributes towards that point where souls will have an epiphany, where they will realise who they are. God works slowly but if you are building a building you do not place it on quicksand – you make sure the foundations are right and rock steady and then the building stands forever.

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Send out Love but do not expect to be rewarded, do not expect to see an instant change in people (although there *will* be with certain souls who will only need that little extra guidance to discover again who they are; to remember who they are, and the change in them will be a rapid one) but see yourself as cleansing the souls you send Light to, building up enough illumination for them to be able to see out of the darkness they have placed themselves in. And try very hard not to oppress people. You have the free will to do so as you have the free will to do anything, but it is not the right thing to do. God does not control. God does not rule. God simply wants you to be the expression of Him that you were individualised in order to be.

(Michael: Joseph breaks communication at this stage.)

Joseph. This is the break point of the communication and we will continue with another theme after a suitable period of rest.

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