

**Transcripts of the
“40 Days and 40 Nights With Jesus”
YouTube Videos**



A Series of Channeled Messages via Tina Spalding
Channeled and Posted during September and October, 2020

Week 1: September 7–13

(Intro, Days 1-6)

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Intro, September 7

T: Hello everyone. Tina Spalding, trance channel, here today. I have been asked by Jesus to do a new series of videos. We are going to be doing “40 Days and 40 Nights With Jesus.” That’s two videos a day, for 40 days. And so here I am introducing that.

They are going to be all loaded up onto YouTube for free; this is a free program. They will reside on YouTube for about 45 days and then they will be moved to my Mighty Networks subscription group [the Channeling Jesus Membership network]. That’s where their permanent home will be. But everybody in the public is welcome to participate in these 80 different transmissions.

And so, today is the first one. After this I will be posting morning and night. I would suggest for you that you try not to get too obsessed with the time they’re posted. I will do my best to be consistent with the posting, but it’s better if you start a day late, or if you find yourself worrying too much – “Oh, it’s 11 o’clock in the morning and Tina hasn’t posted yet” – don’t do that to yourself. Just start a day late and then you know that they will always be there for you.

So, I’m going to bring Jesus in now and he will introduce the project and let you know what it’s all about. I’ll see you at the end of the session.

J: You are blessed beings indeed. I am that one that you know as Jesus and this is a momentous time in your Earth’s history. And that is why this work is being done now. Our dear one has agreed to participate in this demanding process, and we appreciate her willingness to bring forth this information.

Why 40 days and 40 nights? Well, you are heading into a period of turbulence and disruption on your planet that is going to require some guidance and some support. We are going to be here morning and night for you as your support mechanisms, because many of the support mechanisms that you are used to having are disappearing. And we want you to understand that, as dark as this time seems, as difficult as this time seems, it is going to get a little worse.

And what we want you to understand is that you are not alone. You are not alone as this transformation on your planet is undergone. Your planet is shifting into 5D. What does that mean? It means that that which resides on your planet that is unloving, that is manipulative, that is secretive, that is against humans’ wealth and well-being, is no longer going to be able to survive on Earth.

Now, what it looks like is happening is the exact opposite. But this is the death grip of a societal plague that is losing. And so, it is trying to maintain control during a period when it is losing control. So, what you are being subjected to is separation, fear mongering and lies. What we are here to do is to assist you in managing your energies as you go through this process of awakening.

And many of you will have feelings of all different kinds coming up. And so, this 40 Days and 40 Nights is here to support you in your transformation.

- It is here to support you through some of the feelings that you’re going to have.
- It is here to support you when you have nobody else.
- It is here to give you the love and nurturing and information that, if this was a world aligned with love, that you would be getting from your mainstream media systems.

But you are not getting anything like love from your mainstream media systems, or the systems on the ground that are beginning to tighten the thumb screws of the torture that you are going through.

You are great creators. You are beings who can bring into manifestation that which you want. But you must understand how your mind works and how the laws of creation work.

- You must focus your mind on good.
- You must focus your mind on love.
- You must focus your mind on that which makes you happy.

Even if you are in restrictive circumstances, you are able to hold a frequency of love, if you so choose. This seems an impossible task, given what’s happening on the surface of your planet at this time. But we want you to know that behind the scenes, behind the energetic scenes of what you are allowed to watch and see and participate in, there is a great grassroots revolution happening. An energetic revolution that is being led by love, that is being led by the good and the beautiful.

We are here to help you choose to maintain your frequency, to keep your heads above water during this difficult transitionary time. And so, I will be here twice a day, thanks to this being who is willing to do these transmissions, and we will have wonderful, wonderful discussions. We will be teaching. We will be learning. We will be sharing.

And what we would like you to do is to be very, very brave.

- We would like you to begin to embody that 5D frequency.
- And we would like you to have the courage of your convictions.
- And we would like you to share and support this channel.

So, when a video comes out, even though you may be afraid of what your family or friends may think, we would like you to share it. Why? Because this journey that you are going on now, that you are undertaking right now, will require courage, it will require strength, it will require focus. And the simple act of sharing a video that you are either embarrassed that you have watched, or afraid that others will think that you are crazy if you have watched, will be the beginning of your transformation. You will begin to feel a little stronger. You will begin to feel a little braver. And trust us, you are going to need to be strong and brave. So, do not cower behind the facade of anonymity. Share these videos and let’s get as many people as possible participating in “40 Days and 40 Nights With Jesus.”

What we want you to understand is that there is great love for humanity behind the scenes, behind the veil. There are beings of extremely high frequency who are supporting your planet as it goes through these death throes of the unloving systems.

That’s what you’re seeing here. That’s why the system is becoming so crazed in its hunger for power, because there is a knowing within the orchestrators of that system that your planet is going into a more loving, more freedom-seeking, more creative aspect, and they know that if they try very hard, they may get a few more years out of you.

But what we want you to understand is that if you do not comply, if you begin to rise up in your energy, if you begin to feel the vital life force of freedom and creativity coursing through your veins, then you will be able to change things. The more of us that are together, the more of us that share, the more of us that commune in this format, the stronger that wave of love, courage and vital life force will be. And you will be able to turn the tide in your favour.

So, do not be ashamed of watching “crazy channeling videos”; share them and share them again, share them and share them again. You understand that there is shadow banning happening on these channels, that not everything you post gets seen by your friends and family. So, share it a few times. Be courageous, and understand that we are all in this together.

We are here to assist you and this will be a turning point in your own personal journey.

- 40 days and 40 nights of tuning into truth,
- 40 days and 40 nights of being inspired,
- 40 days and 40 nights of being encouraged to go deep into your own minds and your own hearts ...

... will transform your lives.

So, do join us every single day and every single evening for these transmissions.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Alright. Yeah, it’s quite a little assignment being given, 40 days and 40 nights. I did try and get Jesus just to do 40 days, but he insisted on two videos a day. And let’s see what it brings us.

I’m very happy to be back, producing a lot of work for you on YouTube, free of charge. But I do want to draw your attention to the beautiful Channeling Jesus community that has been developed this year on Mighty Networks. The link with all of the details about that community is in the description box below. Please click on it and check out what we’re offering.

- There are hundreds of hours of videos, many of which you have not seen.
- There is a beautiful community developing with a chat feature that’s very similar to Facebook, so you can post your miracle stories.

- You can talk to people who are studying *A Course In Miracles*, or just listening to the channeled material, it is a very supportive loving group.
- There are many other posts there that are inspiring and encouraging as well.

And we’d just like you to consider joining us. It is becoming bigger. It is becoming more powerful. People are finding it a lovely quiet respite from a lot of social media. So, check out that link below. And please subscribe and click the bell on this channel, so that you get notified when I post one of these amazing channeling events.

Okay, I’m going to be seeing a lot of you over the next few weeks. Stay tuned tomorrow for part one. Thanks for joining me. Bye.

Day 1, September 8

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today to begin our “40 Days and 40 Nights With Jesus.” So, this is our first day with Jesus. Number one. I will be posting this video on the 8th of September at 9:00 am. So, I am doing them a day ahead so that you have a pretty regular time for posting. And I’ll try and do the evening postings at 9:00 pm or thereabouts.

So, let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and we are very pleased that you are with us here today.

**The messages that we are speaking over the next 40 days and 40 nights are for you.
They are for the humans on this planet Earth at this time
that are going through a magnificent evolution.**

Your minds are expanding. Your hearts are opening. And your planet is changing.

So, we are going to begin with the basics of your experience here on this planet. This planet is a place of separation. You have been taught throughout your histories that God is love and God has created this planet. If God had created this planet it would not look the way it does. When you look at nature you see that everything depends on something else dying for its sustenance. Now, we tell you to go out in nature as a beneficent treatment, let us say, for your modern Western neuroses. And it is indeed that. But it is not because it is divine in that sense.

This separation-focused experience is proven to you by the multiplicity of organisms, the unlimited number of leaves on trees and particles of sands on beaches. And your individual bodies keep proving to you, because you keep referring to them, they keep proving to you that you’re alone. They keep proving to you that you’re vulnerable. They keep proving to you that you die.

You’re an eternal spiritual being. You never die.

When you raise your frequency enough, you will no longer need to pass away in the way that you witness now.

And as you’re going through this evolutionary cycle with your planet, she is leading the way, and that is why you have to go with her. You have to go with her or you have to leave. Those are your two choices. So, in this day one we want to bring this point to you, that there is no point in resisting this evolutionary journey or you will have to leave. Those are the two choices.

Now, this, to some of you who are driven by the ego mind, will feel as a threat. It is not a threat. If you have to leave this increasingly wise and loving place then you will be reborn into a place that matches. And so, you will seem to come back to a three-dimensional Earth and you will continue on in your learning.

What we are encouraging all of you to do is to step on the train of freedom with us and move with Gaia, with Earth, with your solar system into this magnificent new era.

But what this requires is us telling you the truth. For those of you that have been *A Course In Miracles* students, you understand this truth, that this world is a place of separation. And what you are witnessing now in your society is a desperate attempt to increase separation, because that underpowers you and causes you to go into fear and it makes you easier to manage.

So, what we are asking all of you to do is to witness in your day-to-day where you separate yourself from people.

- Where do you hide?
- Where do you skittle over to the side of the road?
- Where do you employ devices to separate you from others?

We are asking you to own up to the fact that you like being separated. Now, many of you will argue with this and you say, “No, I love being with my family, I love being with my friends.” But we are asking you to be brutally honest with yourselves today.

Today, we would like you to not condemn yourselves for being beings in a separated existence, but acknowledge where you are.

Because until you acknowledge where you are you cannot change it.

It is like not knowing your location and having a map. The map does you no good if you don’t know where you are. If you are lost you need to at least have some idea of your location so that you can become unlost.

And that is what this journey of 40 Days and 40 Nights together is about. We are going to lead you away from the isolation and separation towards union, reunification, and the healing of your mind. Because you understand that your society, the society that you are witnessing now, is the mass creation of all of you. Now, many of you will say, “I do not want what is happening on this planet at this time, it is terrifying to me, it is awful, I want to see my family, I want to be free to travel, I want to go out for dinner, I want all these things, there’s no way that I’ve contributed to it.” But what you do not understand, what you are not taught in your society, is that the frequency that you emit

comes from everything about you. There are no secrets in the frequency world. And so, if you have resentments, if you have fears, if you hate certain people, if you loathe yourself when you look in the mirror, if you hold these beliefs and judgments in your minds, all through each day they live with you as welcome guests, we will say, then they are emitting a frequency that is going to manifest in front of you. And this is why you are also bewildered now, because you are seeing the true frequency of that which has been hidden by and from all of you.

So, on this journey into 40 Days and 40 Nights we are going to ask you to reveal to yourself, not in shame or guilt, not in fear or disgust, but to honestly ask yourself where you are on this frequency scale. So, today, as you travel around your day, we would like you to pay attention to where you separate yourself.

- Where do you see others as bad?
- Where do you judge others as less intelligent?
- Where do you hate?
- Where do you despise?

And it can include yourself.

We are seeking inner knowledge about the frequency that you are holding about yourself and the world. And in that knowledge, you will know where you are. You will be able to say to yourself, “Yes, I still hate my ex-husband” or, “Yes, when my mother-in-law comes over, I detest her” or, “When I look in the mirror, I hate my body and I hate myself and I judge myself for all of my failures throughout this incarnation.”

This is about owning your shadows. Because it is the shadows that are going to be revealed and released from you as we go through this ascension process.

That is what you are all involved in. It is not optional. It is not optional. The Earth is changing, the sun is changing, the atmosphere is changing, as a consequence of the shifting consciousness of all of you, including your planet.

So today, make notes.

- Make notes of when you judge somebody.
- Make notes of when you judge yourself.
- Make notes of when you feel fear.

And go beneath the fear and ask yourself what is it that you’re truly afraid of. Ask simple questions. Do not expect to understand. We are going to come to an understanding together over these next 40 days and 40 nights. We are going to challenge you. We are going to push you a little bit. But we are going to be here with you every day, so that you will have the focused advice that you need to get through these times.

But the beginning phase of getting through these times is understanding that the default setting on this planet is not love, it is fear.

- It is fear because of what you’ve been taught.

- It is fear because of what you have learned.
- It is fear because of the movies you’ve watched.
- It is fear because of the dysfunctional families that you have, unfortunately, been raised in.

But love is accessible. Accessible to you all the time through the practice of forgiveness, which means non-judgment. So, when you look upon another and hate them, you feel bad, because you think they are bad. What is actually happening is, you feel bad because you have stepped away from love into separation.

- The further you go into separation, the worse you feel.
- The closer you come towards love the better you feel.

A simple lesson, indeed. So, monitor your feelings today and ask yourself, “Why did I just feel a little bit worse? Oh, I’m judging that person who’s not wearing a mask.” Or who *is* wearing a mask. It does not matter *why* you’re judging them, you will suffer.

So, begin with the basics. You chose separation. This is a place of separation. You all seem to die here. Everything seems to die here. It would be a truly insane God that created you to suffer and die in this way.

So today, monitor your feelings.

Ask yourself where you like separation, where you foster separation.

Do not necessarily try and change it today, but just witness with curiosity, openness and love how you operate within this system.

This being here is offering up her body as a communication device for love, and there are amazing opportunities for all of you over these next 40 days and nights to shift your frequency from that of isolation and separation into communion, union and conscious contact with your guides and teachers.

As you apply the lessons that we teach you each day on this journey, you will have more and more love coursing through your body to help you heal. You will have more and more love coursing through your consciousness, your body, your environment, that will help you raise your consciousness up into the realms of the evolved. And that is where you want to go. You want to go into the realm of the evolved. You do not want to be swimming around with the swamp creatures in the lower realms of 3D. That is where suffering, sickness, death, poverty, and loneliness lurk.

I am that one that you know as Jesus and I will speak to you again later.

T: Alright. I just want to remind you, again, that in the description box below is the information about our Channeling Jesus community. I’d ask you to check that out and see if that appeals to you. Please subscribe to this channel. Click the bell so you get notifications when I have posted a new video.

Thanks for joining me this morning and I’ll see you later today. Bye.

Evening

T: Hello everyone. This is day one of “40 Days and 40 Nights With Jesus.” This is the night part.

So, I just wanted to share with you what I did today differently, based on what Jesus said this morning. I had to drive to the north end of the island where I live, and take Delphi [Tina’s dog] to the beach. We were driving back and a friend has a studio and normally I drive past there and I think, “Oh, I should go and say hi”, but I don’t, I just keep driving. So today, after Jesus’s comment about what are you doing that separates yourself, I stopped and I had a lovely 45-minute conversation with the person. And that’s not what I would normally do.

So anyway, I just wanted to share that little piece of information so that you know that Jesus is teaching me, too. It’s not just you guys. He’s teaching me, too. And that’s just a little kind of separation thing that I’ll do, “Oh, I’m too busy, you got to keep going, they might be busy, they won’t want to see me”, whatever the story is. And today, I didn’t do that, and I had a lovely connection. So, just wanted to share that.

And let’s see what Jesus has to say for our evening lesson today.

J: You are blessed beings. I am that one that you know as Jesus and it is in the small decisions that you transform your life.

This little experience that our dear one just shared with you is a perfect example of breaking unconscious habits.

And it is your unconsciousness that is causing the problem.

When you are conscious, when you are “being spiritual”, you are aware of what you’re doing. You’re being kinder, you’re being more generous, you’re being communicative.

It is when you are unconscious that the conditioned teachings and the ego are in control, you are on autopilot.

So, this is about presence. This is about paying attention to what is your comfort zone, also known as your *control* zone. So, we hope that as you viewed your day today you were able to pick up even one thing that you do that is perhaps separation-focused. This is an important awareness. So, as you come to this awareness, as you see, “Oh, normally I’m too busy running my errands to stop and talk to a friend or to stop and smell the roses”, in whatever form that takes for you, begin to keep that in your awareness. So, don’t just do it today, but as you realize, “Oh, I have a tendency to get very busy and ignore other people or not delve into the experience of presence very often”, bring it up in your mind each morning, now that you have seen it. Now that you have seen it you know you do it.

And it is important to shift and change these small tendencies incrementally. So, some of you are going to have had a completely different experience than our dear one did today. And that is okay. You will go through each of these lessons, each of these days, uniquely in the way that you are meant to go through this day. But what we would like

you to do is, we would like you to journal. We would like you to journal what happened to you today, what you saw, if anything. If you did not see anything, was it because you were unconscious, or because you have mastered the art of connection? Most of you will have had an experience today of some kind, so journal it, write it down, find out a little bit more about it, go beneath the surface. Is there something your ego gets out of this separation mentality? Yes, there is something it gets. Go beneath the form.

Whenever you are analyzing your own beliefs, whenever you are looking into your own mind, you must remember that your mind caused the problem in the first place.

So, it is about bringing it up into consciousness, it is about going beneath the form and asking questions, questioning yourself. Because the habitual is not questioned. And that is how, day after day after day, you continue to manifest negative problems, negative manifestations, dysfunctional relationships. It's doing the same thing over and over and over again, getting the same results over and over and over again.

When you make one simple small change, as our dear one did today, her entire future has been shifted. That connection that was made with that person today changed both of those people forever. This is the power of your free will.

This is a very, very important thing for you to understand, that the trajectory of your life is coming from you.

The things you believe, the things you act upon, the things you say, the things you choose to do, eat and the things you choose not to do, the things you choose not to eat.

Now, many purists in the *A Course In Miracles* family will say, “Jesus should not talk about worldly things; this is an idea-driven philosophy.” But what's happening in your society now requires us to get down on the ground with you, so to speak. It requires us to point out to you the simple human behaviours, thought patterns, that you are indulging in are what is manifesting the inappropriate or less than ideal circumstances, not only in your life, but collectively in the global experience.

So, today we want to thank you for your presence. Today we want to thank you for taking the time to investigate yourself a little bit. We want to thank you for getting out your journal, or your piece of paper if you don't have a journal, and writing down what you learnt about yourself today. Did you see something that was a little negative or defensive or isolationist? If you did, that's okay. Don't attack yourself, but witness what your tendencies are and ask yourself, in that journal, ask a question,

- “Has this tendency kept me lonely?
- Has this tendency kept me away from close relationships and close friendships?
- Has this tendency been inherited from my family?”

You can just ask those questions.

When you start to come into presence, when you start to ask questions, Spirit will answer. At the end of your day, if you've seen something about yourself today that you're questioning, before you go to bed, ask for a dream, ask for guidance, ask to be shown more about the subject. Spirit is there waiting to help you, but we must be

invited. We cannot override your free will. If your free will says, “Leave me alone, I don’t want guidance” – and you may be saying that unconsciously, not consciously – then there’s nothing we can do. But as you pray for healing, as you pray for your mind to be transformed from fearful into loving, we can assist you by showing you. Especially when your ego is sleeping, which it is at nighttime. The defenses are down, you are clearer you are more open, you are off on your astral journeys, and we can interact with you, and we can teach you, and we can help you on your evolutionary journey.

So, make sure that tonight you ask for help. You can say the prayer in any form you like. *Dear Jesus, please show me what I’m not seeing, please help me understand why I do this behaviour, or perhaps just give me a dream that shows me the next thing I need to see about myself.*

And we would like you to buy a dedicated journal, if at all possible. If funds are available, and you’re allowed to get to the stores, we would like you to buy yourself a journal. A journal that is beautiful for you. One that makes you happy when you look at it. That feels nice, with nice paper. Yes, we know they can cost twenty dollars, but this is your consciousness evolution we are working on here, and we would like you to invest a little in that.

So, tomorrow morning, we will be bringing up another subject, but for tonight we thank you for your joining us on this journey. You are going to be posed questions. You are going to be challenged. In fact, our dear one was quite upset with us today for tackling the idea that God did not create this world. And she would like us to add some amendments to that, because she understands that for dedicated *A Course In Miracles* students that’s a subject that they have worked through, but for some of you that may be new, the idea that God did not create this world, that the ego created this world, is a challenging one.

What we want you to understand is that this world is separated from love, in the sense that it is the ego’s playground.

You are allowed to do whatever you want here. You may be kind. You may be cruel. You will get to learn the consequences of the choices that you make, and that is how you will grow and evolve.

Many of you, in your youth, have done things that you would be horrified to share with people, whether it’s promiscuous sex or drugs or whatever it is that you did when you were learning. But this place is the ego’s playground.

What you do have, however, is this eternal connection to the divine, which is your guidance system. You have not been set adrift in this world of separation by yourself. You have a guidance system that is tuned into love. It is the invisible umbilical cord that you have that connects you to the divine. And when you are out of accord with love, you feel bad.

And this is why so many of you suffer in this world. You have not had your minds trained by loving consciousness. You have had your minds trained by manipulative and

unloving consciousnesses, who are working on your mind training for nefarious purposes, to keep you frightened, to keep you separated, to keep you obsessed with the material.

That is not necessarily your fault. But when you choose those things, you must remember you are using your free will.

Your free will is a powerful creative device. Your mind is a powerful creative device. But just like a powerful horse, a wild horse, it takes time to train it and to bring it into the fold of, we will say, civility or wisdom.

Many of you have a mind that is like a wild horse galloping around. It is very powerful, it is uncontrolled, and it could cause a lot of trouble if you try and ride that horse. We use this analogy often. If you have to try and saddle up that wild stallion, what are you going to do? Chase it around the field for years and years? It's not going to work. Sit down under a tree and read a book on how to train horses!

The human version of that is sit down under a tree, pick up *A Course In Miracles*, do the lessons [Workbook], read the Text, and you will master your wild crazy stallion of a horse mind. If you have not started *A Course In Miracles* yet, please consider it.

I am that one that you know as Jesus and I'll see you tomorrow morning.

T: Okey dokey, day one done. Thank you for joining me today. I will see you tomorrow morning. Bye.

Day 2, September 9

Morning

T: Good morning, everyone. Tina Spalding here again for day two of our “40 Days and 40 Nights With Jesus.” This is our morning session for day two, so let's see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and we would love for all of you to make a commitment to doing these 40 Days and 40 Nights, just as our dear one is making the commitment to do these 40 Days and 40 Nights, with each other.

There is freedom through discipline, and in your society you have rarely been given this information.

**Ancient societies and learned teachers and wise masters
have always worked with their acolytes, their students, over long periods of time,
so that the mind can be changed.**

There's a reason you're sent to school for 12 years: it takes 12 years to train a mind. Once you have been indoctrinated into any system for a decade or so, the teacher no

longer needs to be present. You will be self-enforcing the rules and laws and principles that you have been taught.

So, when you leave your traditional school systems, you no longer have to be supervised very much. There are ongoing programs of indoctrination that continue to remind you of the value system with which you have been indoctrinated. And that would be considered a daily meditation, let's say.

So, when you are working with us, as you know we have been producing information in this format on this platform for about seven or eight years. Those of you that have been there since the beginning have seen a massive transformation in your inner experience. You are more peaceful, you are healthier, you have made different decisions about how and where and with whom you live. This all comes from a daily practice, this all comes from training the mind, or in the case of most of you, *retraining* the mind.

We are working to retrain your mind into a more loving, visionary, creative state.

When you have grown up on commercial television, when you've grown up on news and academia, in the sense of only developing the intellect and the thinking processes, rather than the feeling processes, you are going to need to be retrained.

And that is what *A Course In Miracles* is for, that is what these 40 Days and 40 Nights are for. They are to keep reminding you, each day, that love will bring you what you want. And that means loving visions, loving ideas, looking at the world through loving eyes. And as you can see with what's transpiring on your planet at this time, this is a great challenge.

And this is why these 40 Days and 40 Nights were instigated. As a means of support through challenging times, where your beliefs, your ideas, your values, the things you have accepted as real and permanent, are being changed and transformed.

When you have an indoctrination process deeply embedded in the mind, it can be shattering to realize that that system is a fictitious one, or that that system is deceptive in some way. And this is what many of you are going through now. Whether it be your pension plans, whether it be your education system, the plans you have for becoming a doctor or a teacher, the system of education of your children, transportation, all of these systems are shattering before your very eyes.

**And for many of you this is a deeply destabilizing time,
because all of these elements are part of your personality.
You have assumed that they are going to be with you always,
that life is going to be predictable.**

It's the same kind of trauma that people go through when their civilized, quiet, beautiful nation is suddenly attacked and war breaks out. Their buildings are destroyed, they cannot go to work, they become poor.

These are the kinds of systems that are imploding right now. Not through any necessarily unseen hand, but through a very, very clearly seen hand.

But what can you do about it? What can you do to remain calm? What can you do to remain peaceful? You must retrain your mind. You must begin to value differently. You must begin to let go of things that are disappearing.

Attachment causes suffering. Acceptance brings peace.

Most people who hear the word “acceptance” do not want to accept what is happening. And “acceptance” does not mean that you *agree* with what’s happening. And this is what’s important for you to understand today. Acceptance of what seems to be happening, a global governance system is wreaking havoc on the economy and reducing your freedoms, the winds of change are blowing through cities and states, you are seeing people behaving in ways that you do not understand.

- When you see this happening and you resist it, you are, in fact, going to suffer.
- When you see this happening and you accept it, and begin to change your behaviour accordingly, then you are going to see change that is beneficial to you.

And this is the place that we would like to talk about today, this idea of seeing that systems are crumbling, seeing that the old is leaving, but knowing that you have guidance. You are not left here alone. You are not left here without guidance. Every single one of you has guides and teachers. Spiritual guides and teachers that can communicate with you. And they will communicate with you, via intuition, feeling, nudges, hints of ideas, dreams, synchronicities.

And so, you are not abandoned. You are not abandoned by God. You are not abandoned by your guides and teachers. You are, in fact, being given an opportunity to *transform*, if you listen to those inner nudges, if you listen to those intuitive hits.

Now, some beings are, for example, being nudged to move out of the city and find a more rural environment in which to weather these storms. Some are getting those hints, those hits of intuition, “I think I would rather not be in the city right now, it seems to me that this is far less fun than it used to be”, but they are ignoring it, because they are feeling, “Well, everything will go back to normal, everything will be as it was.”

You all have decisions to make.

- What are you going to invest your time in?
- What are you going to invest your money in?
- What are you going to do that benefits your families?

Each of you are going to be guided. We are not going to tell you what to do. What we are telling you is that the system of information that you are dependent upon is leading you to a precipice. The system of information, the mainstream media, we will say, is guiding you towards tricky times.

How do you upgrade your intuition? How do you get these messages from your guides and teachers? How do you tune into this intuitive, creative feeling aspect that has been systematically denied and decreased through your education? Little children love to colour. Little children love to run and play, enjoy. Little children love to imagine and

create and pretend. By the time you’ve done your schooling system, those things are gone, and you are prepared for a world of drudgery, a world of 40 hours a week, a world of working hard.

But now, what do you do if you are trained for a system that no longer exists? You must retrain your mind! You must! Otherwise, you will spend your life suffering and lamenting the loss of a past. Like the lover who never forgets the person that left them and abandoned them, and ceased to live for the rest of their existence. It is a sad and sorry thing. They have chosen to give up on life.

We are asking you not to give up on life. We are asking you to become interested in that non-physical aspect of your mind. And one of the ways that you can do that is to begin to read and study information that is truthful, loving, informative and leading you towards your own personal power.

This being has written many books, and we would suggest that you start there. These books are easy to read. They are introducing ideas of mental, physical, emotional transformation, explaining how you got where you are. Again, if you do not know where you are and how you got there, you cannot get yourself out of that situation. You must come to see, “Oh, I have been contributing to this system of powerlessness, this system of control, the system of unloving, unforgiving ways.

- Where am I willing to be controlled?
- Where am I unforgiving?
- Where am I dependent or co-dependent?”

Begin to ask these questions.

But your mind, trained as it is, will not be able to come up with the answer. In fact, it will not even want to *ask* those questions. So, you must begin to re-educate yourself. You can begin by reading this being’s books, watching this being’s videos. Many of you have been doing that.

But now the time calls for you to practice, not just listen and watch and be entertained. Now it is time to implement those practices in your own life.

And if you are seriously wanting your life to be transformed into a more vibrant, creative, cohesive, loving state, then we would suggest that you start the lessons of *A Course In Miracles*.

- *A Course In Miracles* is a challenging text.
- You may not understand much of it when you start.
- But it is free online.

Or you can purchase the book, which is a good idea. Then you are not dependent on Wi-Fi systems, and being hooked into electrical systems. The book is a very, very good idea. Last year, we did a daily commentary on the lessons, which is very helpful, bringing it into more ordinary language.

Some of you will resist this, and say, “I’ve looked at the Course, I don’t understand it.” You do not understand much.

- You do not understand your society and how it works.
- You do not understand the banking system and how it takes your money and your wealth.
- You do not understand the education system and what it is actually designed for.

There is much you do not understand. But one of the things you must understand is your own mind. And *A Course In Miracles* will take you on a journey, releasing that which is in your mind that does not serve you, that which keeps you underpowered, that which frightens you.

It is with Christ Consciousness that you go on that journey. I am that one that you know as Jesus. I went on that journey and Christ Consciousness entered me. And that is the story that you hear of my journey on Earth, when Christ Consciousness entered me. I am not the Christ. I was a human being that was infused with the Holy Spirit and Christ Consciousness, and it gave me exceptional gifts. You, too, can be infused with exceptional gifts.

- Gifts of prophecy.
- Gifts of clairvoyance.
- Gifts of intuition.
- Gifts of creativity.

Those hardcore, dogmatic Christians will say that that is the devil speaking! On the contrary, you are powerful beings. On the contrary, you are connected to the divine and are given messages all the time. You have merely been trained in a system that shuts that down. So, let us work together to open that back up again.

And we would suggest that being guided by wise mentors is the place to start. So, joining us each day and evening is going to be good for you. It is going to give you hints and ideas, but you must, always, practice, practice, practice.

- What you do with your mind, every minute.
- What you do with your mouth, every minute.
- In terms of what you say about yourself, what you say about the world, what you want to experience.

These are the ways that you manifest your future. Your future is being manifested now, so be wise and begin to follow wise counsel.

I am that one that you know as Jesus and I will speak to you later today.

T: Okay, just want to remind you to check out our Channeling Jesus community. It’s a very supportive environment, full of wonderful, hundreds and hundreds of videos. Many of which you’ve seen on YouTube, but many of which you will never have seen. They have been produced in private in the last three or four years. Timeless information that’s going to assist in your re-education.

I also want to mention that if this YouTube channel is censored or shut down, you can find me at www.channelingjesus.com, and you can join the Channeling Jesus community there, for access to all of my work, a huge library and archive of everything I’ve ever done. Let’s hope that doesn’t happen. Let’s hope we get our 40 Days and 40 Nights together, here on YouTube.

Thank you for joining me this morning and I’ll see you later today. Bye.

Evening

T: Hello everyone. Tina Spalding, trance channel, here again for our “40 Days and 40 Nights With Jesus.” This is day two and this is the evening session. So, let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and as you travel through your second day thinking about your values, as you travel through your second day thinking about how your life is being affected by the transformations that are going on on your planet at this time, many of you will have felt a little sad. Some of you will have felt angry. Some of you will feel fear.

What we want you to understand is that your guidance system is impeccable. This is something that you have not often been told in your society. You’ve been told that you are sinners, and that if you do this and that you will go to hell, or you are completely abandoned by God, or there is no God.

There is a divine, benevolent force in this universe, and it is always creative, always freedom-seeking, and always loving. It is what generates life. It does not generate death. When you feel fear, when you feel shame, when you feel guilt, any of these emotions, you are being shown by your guidance system that what you’re thinking is off track. We’ll say that again.

If you feel fear, or shame, or guilt, what you are thinking is off track.

The benevolent force that permeates all things never sees you in those ways. It never blames, it never sees you as guilty.

Now, there are those of you that will say, “Well, that’s impossible! You can’t just let everybody off the hook. There has to be punishment!” Well, there is punishment.

- When you are off track, you feel bad.
- When you are on track, you feel good.

There is some sort of punishment and reward system, and it is in your feelings. When you are very, very unloving, when you are way off track, you feel terrible all the time and have to do terrible things to try and ease that pain. It is not a free ride.

But what we want you to understand, as you are going through this process of reconstruction and deconstruction on your planet, is that you are going to suffer if you think incorrectly, if you wish everything was as it was. What we are going to encourage you to do is to train your mind, and practice training your mind, in the sense of not

lamenting the past. Many of you have heard that this is a time of great transformation and evolution. And it is, if you know how to master your mind. If you do not know how to master your mind, and you are allowing others to manipulate your mind, then you will not have a very good time of it.

So, this is a time of taking your power back. This is a time of reinforcing the knowledge that you are a divine being, that you are connected to God, that you have a loving spirit.

**We told you that the default setting on this earth plane is fear and separation.
But you as a chooser, you as a being that can employ free will,
can rise above that battleground and choose love.**

And that is what the ascension process is about. It is about you not diving down into the depths of fear and sadness or anger, but it is about you rising up above the battleground, choosing peaceful thoughts, choosing loving thoughts, knowing that when your mind is peaceful and content, the channels for communication from higher beings are open. When you are down in the realms of fear and poverty and scarcity, driven by mainstream media horror stories, then you are disconnected from those higher realms. Why? Because you are too low to tune into that frequency.

So many of you now are realizing that these changes are looking like they're not going to last for two weeks or two months. You are seeing dire consequences beginning to manifest around the world. If you go into fight or flight, which is the ego's playground, you are going to go into defensive, attacking, fearful, cowering, or violent modes of behaviour, because your behaviour is driven by what you believe to be true about yourself, about others, about the world. If you believe with all your heart and soul that there's not enough, and that you are going to be in a terrible situation next year, let's say, [then] you are going to begin to make very, very short-sighted, poor decisions, because you will be using the ego to make those decisions, and the ego has a very short-sighted, violent viewpoint of everything.

When, however, you are in a relaxed, open, peaceful state, you begin to tune into the non-physical realms that are filled with information and knowledge, beauty, abundance, health, joy, creativity, and wisdom from non-physical teachers. That is where we reside. We reside in the peaceful realms.

And so, when you are looking at the violence on the street, for example, we understand that many of you understand why people are doing that, but if you remain in that place, if you immerse yourself in those frequencies, you, too, will be taken into those realms.

You must become very, very picky now.

You must become very, very vigilant for love, for good, for kindness, for peace.

And whatever you need to do to get to that place, whether it be having a regular nap, whether it be meeting like-minded people, whether it be finding a community on the Internet that soothes and comforts you, whether it be reading a good book so that your mind is busy.

But what you’re going to find is that mental discipline is required, training of the mind is required, because you have all had your minds trained.

- You’ve had your minds trained into the current banking system, the current monetary system.
- You’ve had your minds trained into buying food at stores.
- You’ve had your minds trained into being very, very dependent and isolated.

Most of you live in your homes. Maybe you have a nuclear family, but you don’t have an extended family. You don’t have a repertoire of skills that are survival skills.

**Now, we’re not saying that you are all going back to the Stone Age.
But what we want you to understand is that it’s the dependence
that you have on the system that makes you vulnerable.**

People have given up educating their own children and sending them off to schools. Well, now what’s happening when you’re sending your children off to school is that they are being indoctrinated into fear, and they will learn it as a permanent aspect of their personality when it’s taught them young. Just as a small Catholic child may have been terrorized by the idea of hell, and forever through their life they are afraid of making mistakes and live a very constrained life, because they were never retrained out of that childish belief in hell.

So, this evening, as you listen to this, we do not want you to get sad, we do not want you to get depressed when we talk about things changing. What we want you to understand is that there is an evolution revolution happening. And you can, if you use the experiences you’re having as positives, as opportunities, then that, combined with training the mind, is going to tune you into a frequency that is indeed above the battleground that you’re witnessing on your planet right now.

You are going to get ideas and inspirations, you’re going to meet like-minded people, you’re going to come up with innovative ideas for these new cultural paradigms that are being developed day by day. There are beings, for example, who are starting homeschooling consultancies, because there is a revolution of parents who do not want to send their children into these battlegrounds. There are amazing opportunities.

But if you’re in fight or flight, if you’re in the battleground, you won’t be able to find them. You will be down there with the victims and the perpetrators. You will be down there with those who believe in lack. You will be down there with those who believe they are powerless. We want to raise you up into the realms of connection and love, creativity, and that is your natural home as an eternal spiritual being, a child of God.

That does not mean that you did not come down into separation, into the ego’s playground. You did.

- But you have learned that the ego’s playground is a tough place.
- You have learned that sickness is no fun.
- You have learned that poverty and lack is not something you want.

And those experiences exist in the realm of separation. So, millions upon millions of you are beginning to realize that what you came here on Earth to do, play out your ego’s desires, is not much fun anymore, and you are becoming teachable.

- You are becoming willing.
- You are becoming wise.
- And you are seeking wisdom.

You are looking around for places to learn, and people from whom you can learn, people with whom you can cooperate. Perhaps other community members that can get together with you. And you can assist each other sharing the burdens of making your way through these transitional times.

So, as you go into your sleep time tonight, we want you to say a prayer. And remember, every thought is a prayer, but this is a conscious prayer.

God, Jesus, All that is good – whoever you want to pray to, it does not matter, we do not mind, we do not get offended the way you do on Earth – *please show me what I need to do to thrive in this new circumstance. Bring me a dream. Bring me an idea. Bring me connection. Show me. I am listening.*

And that is a prayer that you can say every night. And that is a prayer that you can say when you wake up in the morning.

God, Jesus, All that is good, Goddess, – whatever you want to pray to – *show me today what I need to see. Show me today where I am hindering myself. I am listening.*

And as you go through your dreamtime, we will have access to your mind, because you have given us permission. Instead of being down in the realms of, “How am I going to pay my rent? I’m scared, maybe I’m going to get fired, maybe I’m never going to work again”, when you’re down in those realms, we can’t help you, because we do not reside in those realms. Fear, unhealthiness, scarcity resides in those realms. And you might have nightmares, and you might have feverish dreams.

So, make sure that each night you are giving us permission to access your less-defended mind, your astral mind. Not your ego mind. It sleeps at night. Give us permission to assist you each and every night, each and every morning, and make sure that first thing, or in the middle of the night, when you wake up, that you write down the dreams. You will begin to get information. The subconscious in you has been suppressing many things, because you have been too busy, and you have been driven by fear.

And we remind you, again, that to truly access these kinds of communications you want to clarify your mind through the lessons of *A Course In Miracles*. You will not be losing anything by doing the lessons of *A Course In Miracles*. You will be getting rid of the old baggage from the basement and the attic of your mind. Things that you do not want to carry with you anymore. Things that are not going to serve you in this new experience. So, say those prayers, evening and morning, and you will begin to receive information.

You may receive information in the form of meeting somebody who has a good idea. You may receive that information in the form of an idea that you think, “Wow, I would

never have thought of that”, something unusual. You may get it in a very clear symbolic dream. It may take a few days, it may take a few weeks to begin to open these channels that have been closed by fear, but if you are consistent and you are tuning in all the time to how you feel, knowing that if you feel bad you’ve gone off track, knowing that if you feel good you are in alignment, then you will begin to get the messages.

Now, those of you that have been doing this for a while understand that there are deep patterns in the mind that keep bringing fear up. But it is through your free will, it is through your discipline of practice that you can begin to push them aside and say,

- “Thank you for sharing.
- I’m not listening to you.
- I am only listening to the loving, the wise, the inspirational.
- I am not listening to those negativities, they will not serve me.
- I have listened to you far too long.
- Today is a new day, and I am open to new opportunities.”

So, be open to new dream opportunities, tonight as you go to sleep, and offer up, if you are willing. If you are not yet willing, pray to become willing. If you are willing, offer up your consciousness to high frequency, loving teachers and guides, so that we may give you information. Some of you will not feel comfortable doing that. You have too many fears that have been indoctrinated into you, and we understand that. But go into your sleep time with a prayer of love, forgiveness and hope for the future.

I am that one that you know as Jesus and I’ll speak to you again tomorrow morning.

T: Thank you for joining me this evening. I will see you tomorrow morning. Bye.

Day 3, September 10

Morning

T: Good morning everyone. Tina Spalding, trance channel, here again for our “40 Days and 40 Nights With Jesus.” This is day three in the morning. And I want to thank you all for sharing. I see a lot of shares happening. I see the numbers on the videos going up.

And I just want to remind you that this is a time for courage, this is a time for authenticity. I have been listening to an interview on YouTube this morning, with four wonderful gentlemen – I’ll put the link to the video below – and really just inspiring conversation, that now is the time for us to be a hundred percent behind what we believe in. This is the reclamation of our sovereignty, right now.

And there are times I’m not as brave as I should be, although some of you may think I’m extremely brave. I noticed that on my personal Facebook page I often don’t share my channeling, because it’s radical and there are people on there that it might annoy. Now, that could be surprising to some of you, but I realized in Jesus’s challenge to share these channelings, that everyone who’s on my personal page who is a follower is sharing and

I, too, am sharing. So, even though I do this in public, and thousands of people see what I’m channeling, I still have that little bit in me that doesn’t want to upset people in my personal circle.

So, today I give up that fear and choose to be courageous ... [Is moved to tears.] Sorry, just give me a sec here. [Composes herself.] Let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

You all have things to learn. This being is showing you her vulnerability. This being is showing you that she’s the same as you. All she has done is practice something that has transformed her life enough to override your society’s fearful indoctrinations. And yet, there are still dregs of that alive in her, and she sees that, and she feels that. And for those of you that are moved by this, be brave, share these videos, show those you love who you truly are, for if they love you truly, they will have to come to terms with your beliefs and ideas.

And the truth of the matter is that your programming in your society has shepherded you into corrals, where you are afraid, you are literally afraid, to be yourselves.

And this is the weakness, this is the disconnection from your sovereignty, that has allowed this debacle to happen on Earth. And you all need to own your part of it. Where have you been complicit in hiding your belief in freedom, in hiding your belief in truth, in hiding your authenticity, who you truly are, what you value, and what you want for humanity?

This is the time for all of this to be revealed. 20/20 Vision. It is no coincidence that this year is 2020. There are symbols throughout eternity that give you clues as to what is happening. Clear vision means that you see yourself clearly. Clear vision means that you see what is happening clearly. And clear vision means that you come to understand the remedy for deception and secrecy.

The remedy for deception and secrecy and manipulation is truth, clarity, and authenticity.

And this is what you are being asked to rise up into, in these 40 days and 40 nights. Many of you have secrets that you hide on a daily basis. Insecurities and fears about what you think about yourself. Projecting it onto other people. Believing it is they that think that. And it is not. It is you that thinks that and you become scared of your own mind.

A Course In Miracles will teach you to love your own mind. And it will give you the courage, over the years, to reveal to yourself exactly what you do, what you are, what you value, and what you fear. It is the most amazing course, because you do not have to believe in it to have it work on you.

- You do not have to believe in it.
- You do not have to like it.
- All you have to do is do it.

And what that does is releases your free will into the realm of faith. Now, many of you have lost faith in the word “faith”, but every single one of you has faith in something.

- You may have faith in hiding your true nature.
- You may have faith in money.
- You may have faith in bodies.
- You may have faith in your family.

But the truth of the matter is you need to have faith in life. And this is what is being undermined at this time in your world, this faith in life. As if you are all likely to die in the next minute or so, if you do not conform, constrict, and restrain yourselves away from that which you are.

- You are ideas in the mind of God!
- You are freedom-seeking beings!
- You are creative beings!
- You are loving beings!

And you are being corralled into the very opposite: separation, isolation, fear of each other, increased separation. But you can only have this done to you if you agree to it. You can only have this done to you if you agree to it.

But the journey is an internal one. It is difficult to change deeply indoctrinated behaviour unless you change the beliefs you hold in your mind about your value, about reality, about what life is about, what love is. You must change your mind first before you can change your behaviour.

You can force-change your behaviour. And this is what some people do. For example, if they are on a weight loss program or a fitness program, they will force themselves to go to the gym, they will force themselves to stop eating the foods that are making them overweight. But they cannot keep it up, because the behaviour of laziness and overeating are arising from within the most powerful thing on the planet, which is the human mind and the belief in its beliefs.

- If you believe that being overweight will keep you safe, if you truly believe that in your mind, you will *not* be able to become slim.
- If you believe that becoming fit is going to endanger you somehow, or make you stand out in a way that is uncomfortable, you will *not* keep it up.

It is not the fitness or the eating that is the issue. It is the mind underlying them that is the issue. And in this case, with what’s happening on your planet right now, it is your individual minds that are contributing to the loss of freedom.

- It is your individual minds that are contributing to the compliance.
- It is your individual minds that are leading you towards a prison.

So, each one of you must take responsibility for what you believe to be true about the world, about your body, about life, about death, about love, about each other.

And the Course will set you straight on those subjects. So, once again, if you have not done *A Course In Miracles*, we would suggest that you begin to read this being's books. Because the ideas about the Course, the introduction to some of the concepts, are deeply investigated in those books, in a language and in a manner that is easily consumable. And once you have read those books ... And those books are brought to this planet at this time, for this time. We knew that we had to bring material through that was going to assist humanity in handling what was coming down the pipe. And that is why this being was so dedicated to writing and publishing these books, not through any foreknowledge of her own, but through an overwhelming urge that was coming from us to get this material out to as many people as possible.

So, if you have hesitated to purchase these books, perhaps because of the title, perhaps because of finances, we urge you now, because the information you need is in there. The information you need to understand your own mind is in there. And it will, if you are reluctant to do *A Course In Miracles*, give you enough information to caress you and urge you towards that final destination of owning the fact that your mind is the problem.

We are not saying you are bad. What we are saying is that your mind has been usurped by a system that understands the power of thought and the power of creativity.

- Why do you think that creativity is not encouraged in school?
- Why do you think psychology and psychotherapy is not taught to you in school, so that you understand your emotions, you understand your feelings?

The system does not want you to. You must now re-parent yourself and re-educate yourself, and come to understand how your mind works, and how it has been manipulated.

We seek freedom, joy, and happiness for every single one of you.

But it cannot come from a government.

It cannot come from a source outside of yourself.

It must arise from within your own divinity.

It must arise from within your own heart and mind.

And it does, every single day. And that is the shame of it. You all have impeccable guidance. You know the second you don't want to do something. You know the second that something doesn't feel right. And yet, your conditioned minds override you, time and time again, leading you down a path of unhappiness, restriction, and limitation.

Now is the time for you to choose freedom. And yes, the lessons of *A Course In Miracles* seem to be the opposite: you have to do this and you have to do that. But what you are doing is taking back the reins of this magnificent, powerful, creative device that you own, free and clear. Your mind. Your heart. Your soul. Now is a time to reclaim your mind, your heart, and your soul, knowing that it is the greatest contribution that you can make to humanity at this time.

I am that one who knows as Jesus and I will speak to you again later today.

T: Thank you all for joining me this morning. I’ll see you later today. Bye.

Evening

T: Hello everyone. Tina Spalding, trance channel, here today for our “40 Days and 40 Nights With Jesus.” This is day three in the evening.

Let’s see what Jesus has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus and your journey here is an interesting one, is it not?

Here we are on day three, and already we have covered so many subjects. We have already inspired you, and perhaps offended you.

**But what we want you to understand is that this is a time of great transformation.
And it is not optional.
The wheels of change are moving through your solar system and
they are moving through your society.**

And it is important for you to understand that the way to manage these changes is through the mind.

- Your feelings are generated by thoughts that you believe.
- Your thoughts are generated by beliefs that reside within your mind, that you agree with or that you have agreed with at some point in the past.

So, when you are getting a new situation, such as you are in now, what happens is the mind will activate beliefs that have something to do with this subject. The mind will activate beliefs that you have allowed to reside within your mind unconsciously. Most of the beliefs that reside within your mind are unconscious beliefs. That means they sit there under the surface. They are not completely remote from you. You can call upon them within certain circumstances.

But what’s happening with this *particular* circumstance, this transformation, this profound transformation of your society, is that beliefs are being triggered to the surface that have never been seen before.

- Many of you have never lost your freedom before.
- Many of you have always been able to speak what you want to speak.
- You have never been censored before.
- You have never had your children’s school interfered with before.
- You have never had your career destroyed before.

So, you are all entering into new experiences that are going to trigger beliefs to the surface that may surprise you.

**But we want to bring you above the battleground into the greater picture here,
which is that you are going through an evolution on your planet.
This is the ascension process.**

It has been predicted for a very, very, very long time, because this is part of a grand plan. Not the COVID story. That’s not part of a grand plan, other than in the minds of those that have orchestrated it. But the ascension process is something that has been known about for a long time. Now, the ascension process is going to involve each one of you personally on an internal journey.

That means that you are going to have brought to the surface all of your fears. You are going to have brought to the surface things that you do not want to experience, because of the extreme nature of the changes and transformations that your society is going through.

If your mind is untrained, then these feelings and ideas that come to the surface may be very overwhelming or even debilitating, because they are so strong. But if, however, you have trained your mind, and you have come to be educated about how your feelings work, how your beliefs work, and how your thoughts are manifested, then you will be able to manage them.

So, millions of ideas have been experienced by you in your incarnation. You came into this Earth as a tiny baby, and you were born into a family that had beliefs and ideas. And they deeply indoctrinated you into those beliefs and ideas. And many of those beliefs and ideas were deeply indoctrinated into them by their parents and their parents. And so, you came into this culture that you came into, its beliefs about right and wrong, its beliefs about good and bad, its beliefs about rich and poor, its beliefs about healthy and unhealthy, and you were immersed in that sea of teaching when you were very, very small. And your parents taught you everything they knew. Whether it was right or wrong, they believed it was right and would benefit you.

- Many of the things your parents taught you were untrue.
- Many of the things that your parents taught you do not benefit you.
- And many of the things that your parents taught you were not your parents’ ideas at all, but your culture’s ideas or the rulers of your culture’s ideas, and they were implanted in your parents’ minds in school and through media systems.

So, there are many ideas residing in your mind that were planted in there deeply, deeply in your youth, and are foundational elements of your personality, and foundational elements of what you believe to be true about reality. Some of them are true. Some of them are not true. A lot of them are not true. As you go through this ascension process, anything in your mind that is not true, loving, clear, kind, of a higher frequency, is going to surface to give you the opportunity to either keep it or reject it.

And this is the process that you are all in, right now. You are all having thoughts and beliefs and ideas surfacing, often in the form of intense feelings, so that you may look at them and ask yourself,

- “Is this true?”
- Does this benefit me?
- Do I want to keep it in my mind?”

Many of the beliefs that you hold are contradictory to each other. When these beliefs are triggered to the surface in your conscious mind you will feel confused, because your mind does not know which one to choose. And often you will feel fear because of this conflict. The mind wants to be at peace. It wants to know what to believe in, so that it can rest.

What *A Course In Miracles* will help you do is to separate the wheat from the chaff, separate the truth from lies, separate that which benefits you from that which does not benefit you. The trouble with your own mind, if it is untrained, is that it is the mind that has let the lies live inside of it. It is the mind that believes contradictory things.

So, it is not a mind that can, without clarification, help you make these decisions.

- Sometimes people go to therapists and they get sound advice.
- Sometimes people go to spiritual teachers and get sound advice.

But many of you are working through these interior transformations alone. This is one of the reasons that we wanted to do this 40 Days and 40 Nights, so that you would have somewhere to come to to get some sound advice.

But the truth of the matter is, your mind often is your greatest liability. It is full of propaganda. It is full of commercials. It is full of the movies that you’ve watched that have been indoctrinating you into certain beliefs and ideas. And so, when you go searching around in your own mind, you will come up with ideas that are not yours. They are coming from advertisers. They are coming from government propaganda systems. They are coming from every commercial that you’ve ever watched, every movie that you have ever watched. And so, now is a time for simplification.

- We want you to stop putting so much into your minds.
- We want you to stop filling up your minds with mainstream media stories, mainstream media movies, and mainstream media news.

We would like you to begin to spend more time in nature, because it is there that you will get a rebalancing from the light information that is coming onto the Earth at this time.

- There is information in sunlight.
- There is information in nature.
- There is a balancing mechanism that will work on your body-mind system when you are out in nature.

One of the reasons that the society has become so urbanized is because if you urbanize people they become a little less balanced, a little more easy to influence. When you are living in a box, an apartment, that has 50 Wi-Fi signals coming into it, that is surrounded by electrical wires, that is concrete, there is no fresh air, all of these things, you are being undermined systematically. Now, we understand that you cannot just leave your apartment or your house immediately because you’ve come to realize that it’s not a healthy environment.

- But you can get outside as often as possible.
- You can breathe fresh air as often as you are able.
- You can take your lunch break outside.
- You can read your book outside instead of inside, while the weather permits.

And as the weather changes, you can buy yourself some nice warm boots and a nice jacket and a nice hat, and you can get outside in the fresh air. Do this as often as possible.

- Turn your news stations off as often as possible.
- Turn your mass media movies off as often as possible.
- Go to *A Course In Miracles* [www.acim.org].
- Go to these videos.
- Go to teachers of spirit that you admire and that bring a calming influence to you.
- Begin to take back the hours of your day, and begin to focus your attention on peaceful, loving ideas as often as possible.

So, once again, we remind you of your prayer to go to bed tonight, to offer up your consciousness to loving, wise, light-filled, love-filled teachers so that they may give you instruction during your sleep time. It is a time of great opportunity when you are asleep. And remember to write down your dreams, and see if you can figure out what they are telling you.

I am that one that you know as Jesus and I will see you again tomorrow morning.

T: Okay, just want to remind you that our link to the Channeling Jesus community is below. You can go check that out and see if you’re interested in joining us.

Yeah, I don’t think I have anything else to say tonight, other than it’s very hot here today and I’m all sweaty. I’m sure you’re going to see me get more and more disheveled as the 40 days goes on. I’m not used to videotaping at night. I’m not really much of a night person. So, this is requiring a bit more discipline from me. And obviously, it will require a bit more discipline from you. But it will be worth it.

Thank you for joining me tonight. I’ll see you tomorrow morning. Bye.

Day 4, September 11

Morning

T: Hello everyone. Tina Spalding, trance channel, here today with a microphone. So, those of you that were complaining about sound, hopefully this is better for you.

I just want to say, as I’m going into this fourth day here, what an act of faith it is to trust that Jesus has interesting things to say for 40 days. I can feel myself going, “Have you got something interesting to say?” So, yeah, I’m going through my own challenges doing this, so you’re not alone. Let’s see what he has to say today.

J: You are blessed beings indeed. I am that one that you know as Jesus and I have a lot to say. Do not worry, dear one, there is always more and more and more.

Your journey here is an interesting one, as we say each day. And we want you to understand that your job is not to solve the problems of the world. This is something that many of you are feeling as a burden upon your shoulders now, “What can I do to save the planet?”

Well, what we want you to understand, and this is going to be very challenging for some of you, is that the world arises from within you. So, if you start trying to change the *outside* world without changing the *inside* world, you are wasting your time.

As our dear one says, it’s like moving the chairs around on the Titanic. You need to change the direction of the ship, not the chairs.

So, when you are rallying behind causes ... And we want you to understand that we are not saying that you should not rally behind things that you believe in.

But what we want you to do is not fight *against* that which you don’t want, but fight *for* that which you do want.

Because energy given in resistance to what you don’t want is energy given to the system that you don’t want. You are not investing your tremendous creative powers and co-created powers, the powers that you exert when you gather together to bring into being something you do want, you are wasting those powers and co-creative powers on the very system that you hate.

And so, this is a fundamental law of creation that you must understand, if you want to change the world. The phrase, “Be the change that you want to see in the world” begins that process. If you want a kinder, more loving world, be kinder and more loving.

But for most of you that’s not enough. You feel that you *are* kind and loving. But *A Course In Miracles* practice will take you deep in your mind. It will take you into areas of thought and in a conversation that you have never bothered to go into, or you have never valued, because you think it’s secret. You think that if you have a thought, “I don’t love myself” or “I don’t like myself” or “I’m stupid” (you say these self-derogatory things all the time in your own minds), you think that they are not powerful. They are as powerful as saying that out loud to somebody else! You would never say that out loud to somebody else. You would never look at someone and say, “I think you’re stupid” and “I think you’re ugly.” But many of you say it to yourselves, believing that on some level it’s harmless because it’s secreted away inside your mind.

But what we want you to know here is that the material, physical world that you see, your society, your culture, your families, your work, every single one of those things, began as an idea of thought in the mind.

It became physically manifested because you kept investing in it.

And when you keep investing in things like, “I am unworthy”, you will manifest in front of you beings and systems that treat you as if you are unworthy.

So, we are talking here about this insidious inner voice that is constantly judging and attacking you. That exists within your mind because of the training that you’ve had. It can begin with parents who are critical or unloving or judgmental. It then goes into school systems that tell you that you’re stupid because you got a D, or that you must conform to be considered good. This is a fundamental teaching of your society. You must conform to be considered good, when you are six years old and seven years old and made to line up behind the classmates, and you have to get up and down according to bells, and you’re never allowed to say anything in disagreement with the teacher. Years and years and years of this kind of training have led you to become beings who are afraid to speak up.

So, we want you to understand this.

We want you to understand that you must retrain yourselves into believing that you are good, *regardless* of your conformity.

And this is what this entire situation in which you find yourselves today is reflecting back to you. It is showing you. And some people are astonished at how compliant people are. We are not astonished at all. We are not astonished at all, because we know what goes on in your minds. We know what goes on behind the scenes of your social face. And so, we want you to begin to address that today, the inner thoughts that you have.

Now, those of you that have been *A Course In Miracles* students for some time have been doing this. But we want you to double down on your practice today. We want you to double down on your practice of these unloving ideas and thoughts that you entertain about yourself or others in your mind. Whenever you’re walking along the street and you look at someone and you judge them, “They’re too fat, they’re too thin, they’re too beautiful, they are showing off their money, they shouldn’t be going out with that person, he’s too this, she’s too that”, stop yourself and turn it around in your mind immediately, and say, “We are all valuable in the eyes of God, every single one of us, regardless of how much money we have or how we appear.” You must begin to stop these unconscious judgments and bring forth a more loving demeanour within your own heart and mind.

**This is not about showing off for others how great you are.
This is about calling yourself out on your own hatefulness.**

Some of you who have not done *A Course In Miracles* will say, “I am not hateful, I never do things like that.” But we challenge you today to pay attention to your inner dialogue.

- Pay attention to what you say to yourself in the mirror.
- Pay attention to what you say to yourself when you’re getting dressed.
- Pay attention to what you say to yourself as you head off for work.
- Pay attention, pay attention, pay attention.

These are not secret thoughts. They are emitting a frequency of unlovingness that will return to you a thousand-fold. Your universe reflects back to you that which you are doing.

And this is where this idea of bad things happening to good people, and good people being very, very confused. They help charities, they help little old ladies across the road, they're kind and generous to other people. But their internal dialogue is hateful. And they do not understand how creative it is, how pervasive it is, and how powerful it is.

So, that is your assignment this morning. To listen to your inner dialogue today, and stop yourself the second you hear something unloving in your mind. Turn it around and say the opposite as if it's true. It will eventually become true for you. But today it will feel, perhaps, like a lie. But stop and listen to those inner voices. They are the ones that are miscreating unconsciously out in the world in front of you.

I am that one that you know as Jesus and I'll speak to you again later today.

T: I apologize for the little bloop. That was my friend messaging me on Skype. I forgot to turn my Wi-Fi off. So, lesson learned, Wi-Fi is off tomorrow.

Thank you for joining me today. And I'm going to be vigilant for any unloving thoughts I have today and I encourage you to do the same.

I would like to make one mention here today, as Jesus kept his transmission pretty short. I do have a new book available on Amazon. It is called “A Year of Forgiveness” and it is an illustrated compendium of all of the transcriptions of the Jesus commentaries [on the ACIM Workbook's daily lessons] from last year [from the accompanying free YouTube videos].

It is available right now on in Kindle format, full colour Kindle format, if you want to have it digitally. Come late October, it will be available in a hard copy. And I'm very excited about the hard copy, because it's an officially sanctioned companion text to *A Course In Miracles*. And it has what I've always wanted, which is gold edges on the book. So, that's the gift that my publisher gave me. I said to her I wanted gold edges on the book, and she agreed.

So, I would really love your support for my publisher. She has been an amazing support for me through the years. She took me on as a completely unknown author. And she has brought thousands and thousands of these books into the world for everyone to have. So, please consider purchasing that book, either in Kindle format, which you can do now, or in hard copy, which will come out at the end of October. I really thank you for your support.

I'll see you later today. Bye.

Evening

T: Hello everyone. Tina Spalding, trance channel, here today for our evening of day four in our “40 Days and 40 Nights With Jesus.” It's very hot here today and I'm doing the recording at about a quarter to six in the evening, so a little earlier than I have been doing it the other days

Anyway, let's see what Jesus has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus and your journey today has been a good one.

Many of you are paying more attention to your feelings. You’re paying more attention to your repetitive thoughts. And some of you may even be realizing that you actually don’t know what’s going on inside you most of the time.

**When you don’t know what’s going on inside you most of the time,
you are essentially praying for random things.**

Each thought is a prayer. And a repetitive thought is a repetitive prayer.

So, if you are constantly thinking, “I don’t have enough money, I’m not going to have rent this month, I don’t have enough money, I’m not going to have rent this month”, you will manifest that. You will manifest that scarcity. And it will frighten you. And it will because you don’t know how the mind works. You will keep repeating that phrase. The truth is your life is infinitely variable. But many of you get stuck in ruts, because you think the same things, over and over and over again. You worry about the same things, over and over and over again. And you have the same thoughts about people, over and over and over again. And so, you say, “I’m stuck in a rut, I can’t seem to change my life”, but it’s because you have not changed your mind.

So, this is for those of you that want to change your life.

- Do the things that we suggest.
- Do the lessons of *A Course In Miracles*.
- Do your forgiveness practice, which you will learn as you go along, and as you study the material that we bring forth.

The idea of forgiveness is that you are not a victim of the world you see. That you are, in fact, the co-creator of the world you see. So, in attacking the world, you are, in fact, attacking your own mind. It seems to be separate from you, playing out on a screen in front of you, but in actual fact, it is playing out within your mind.

So, as you go through your days, you are experiencing your own consciousness.

You have been taught that you are experiencing an objective reality, an objective world, but what you are, in fact, experiencing is your own consciousness, washing over you every day in the form of feelings, desires, judgments, and all of these internal processes. And yet, you think it is happening out there. It is not. It is happening in here [points to heart] and in here [points to head].

What most of you have been trained out of is following your feelings. And your feelings, unfortunately, when you have many, many beliefs that are untrue residing in the mind, your feelings are often inaccurate. And one of the things that *A Course In Miracles* lessons is, is a clarification process. It’s a clarification process to remove many of the ideas that cause you fear. To get you thinking in a more accurate way. And to get you in alignment with more loving thoughts. And at the end of the year of doing the *A Course In Miracles* lessons, you will be able to see what you are doing.

**It does not prevent total suffering.
What it does do is it gives you an inkling into *why* you are suffering and
how to prevent it.**

When you are tired of suffering, what do you do?

- When you're tired of suffering you have a good stiff drink.
- When you're tired of suffering you go to the mall.
- When you're tired of suffering you say, “I want to watch something on television, because I don't want to be in my mind anymore.”

The trouble with all of these “solutions” is that, as soon as you stop them, then you begin to suffer again and again and again. And it becomes this endless cycle of a meaningless life: suffering, avoiding suffering, suffering, avoiding suffering.

This is what many of you get into when you are in the workaday world. You get jobs that you aren't that interested in, or that are not that much fun. You spend eight hours at them, two hours commuting, you come home, you're tired, you have a drink, you watch some TV, you fall into bed, you have dreams, perhaps. Perhaps you don't remember them, perhaps you do. And you get up in the morning and you start it all over again.

And come Friday night, you are very stressed out, you're very tired, you haven't had much of a joyful week. And so, you buy a bottle of wine, or a bottle of vodka, or you go out and drink too much with your friends. And you wake up on a Saturday morning, hung over, barely get through the day, perhaps do it again on Saturday night.

- You are not investing in yourself wisely.
- You are not investing in your health.
- You are not investing in anything that's going to bring you goodness.

And why? Because of the suffering. The suffering is what causes you to turn to those substances and these behaviours. But once you begin to awaken ... And that's what's happening now on this planet, because of the isolation that many of you have been through. Many of you have lost your jobs. Many of you are unable to work in the way that you normally work. You are beginning to realize that you actually didn't like your job. Or you're beginning to realize that you need to change your lifestyle. You do not like living where you live and how you live right now, especially if there's another lockdown coming, especially if there are restrictions that are going to be, seemingly, permanently housed in your unelected rulemakers' minds.

**Yes, many of you are being controlled by those who were not elected.
Many of you are beginning to realize that you do not live in a democracy at all.
That that is an illusion.**

And so, what's happening for many of you is the shattering of your illusions. You are beginning to see the truth of who is ruling your world, how they are ruling it, and what the end game is.

So, for many of you this is a very stressful time. Because those things that you have believed in all your life are beginning to disappear. But you cannot change the world by yourself, unless you begin in the mind. Yes, you can have organizations of protests. Yes, you can get together on Facebook groups and lament the situation. But the truth of the matter is, you will not change the external world until you change the internal world.

- But you must first allow yourself to suffer.
- You must first stop yourself medicating your suffering.
- And you must feel your suffering.

Why? Because pain is designed to get you moving. There are beings who do not feel pain in their nervous system. And they go blind because they poke things in their eyes all the time. They get infections because they stand on sharp objects and cannot feel them. They burn themselves. They have a very difficult time of it, because pain means move away from something, make a different choice. But if your pain is emotional pain, or mental pain, mental suffering, and you are medicating it, you will not move away from that which is causing it.

And when you actually give up your medications of alcohol, or movies, or whatever it is that you're using to soothe yourself, you will realize that all of the suffering is actually taking place in your mind.

- It is your thoughts about your job.
- It is your internal discussions about the relative that you despise.
- It is inside of you.
- Your jealousy is inside of you.
- Your anger is inside of you.

All of these things are inside of you. So, it is there that we take you. It is there that we ask you to go.

And so, this evening, as you wind down before bed, we would like you to turn off any devices for an hour before bed. We would like you to have a warm shower or a warm bath, or a cool shower or cool bath, depending on the temperature that you're dealing with. We would like you to put some nice cream on your hands and your face. Get yourself ready for bed in a soothing and kind way. And hop into bed and sit there and feel what you feel about your life right now.

- Honestly.
- Drug-free.
- Alcohol-free.
- Program-free.
- Phone-free.
- Computer-free.

We'd like you to sit there in your bed, for about half an hour or 45 minutes, and just review what your life is actually like, and ask yourself,

- “Is this okay?”
- Am I happy with this?
- Am I truly happy with this?
- Or are there some things that I need to change?”

And when you have done that review, we would like you to write down a few things in the beautiful journal that you have bought yourself for this project.

- Perhaps you have said to yourself, “I would like to move closer to the beach” or, “I would like to move somewhere that’s not so hot.”
- Perhaps you have said, “I would like to find a partner.”
- Perhaps you have said, “I would like to become single.”
- Perhaps you have said, “I need to change my job, I don’t like what I’m doing.”
- Or perhaps you have said, “I need to find a job, I have no job.”

It doesn’t matter. Perhaps you have said all of those things. But what we want you to do is to actually *feel* what it feels like to look at something and say, “I would like to change this.”

Now, the irony of all of this is that when you are accepting of what is, you truly see it for the first time. When you’re in denial of what is, you won’t look at it. When you’re in resistance to what is, you’re pushing away the lesson in it, you’re pushing away the information that this experience has for you. But when you sit in acceptance, then you feel what you’re meant to feel, and you come to understand what you’re meant to understand.

So, tonight we want you to accept that your life looks the way it does. And we’d like you to accept that there are certain things you’d like to change. But in spite of that, we would like you to go to bed with your nightly prayer of allowing us to influence your consciousness, so that we may teach you during your sleeping hours. We want you to go to bed happy saying, “I see what I have created, and I see what I have miscreated, and I am the creator, I am the miscreator, I will be able to shift and change my consciousness, so that I will be able to manifest exactly what I want to manifest.”

I am that one that you know as Jesus and I’ll see you again tomorrow morning.

T: Thank you for joining me this evening. I’ll see you tomorrow. Bye.

Day 5, September 12

Morning

T: Good morning everyone. It is Tina Spalding, trance channel, here. Day five on our “40 Days and 40 Nights With Jesus.” This is the morning session.

So, let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and your relationships with health and sickness, death and life, need to be addressed here.

You are an eternal spiritual being.

That means that your consciousness lives on forever.

You were before this body and you will be after this body.

When you are in your pre-birth state, you orchestrate and organize the blueprint for your life with your guides and teachers. Often, you will want to experience something.

- And your guides and teachers will say, “You actually aren’t ready for that yet, evolutionarily speaking; we’re going to suggest that you do this instead.”
- They may say, “We would like you to do this in this incarnation, because of these particular shortcomings that you’ve experienced in other incarnations.”
- And you will say, “Oh no, that’s way too frightening for me, I can’t do that!”
- And then they will say, “Well, how about we do it in a small way? How about we give you a small taste of that thing that frightens you, and further down in your life we’ll give you another taste. And over time you, will become acclimated to that which you need to learn.”
- And you will agree or disagree.

Eventually, you will come up with a plan for this incarnation that gives you all of the experiences, connections, people, places, things, that you will benefit from in your evolutionary journey.

Now, what happens to free will with these things? Well, you *have* free will when you are orchestrating these things. Many of you use your free will from the Higher Self, the self that is not overly encumbered by the ego, to choose experiences and events that will benefit your spiritual evolution. Some of these may even be things like car accidents, or sicknesses, or crises.

So, when you’re in your ego mind, once you come into separation, once you come into an embodied state, and the “veil of forgetting” takes over, then you are in the ego state, you are in the truly separated mind, but you always have the invisible umbilical cord connection to wisdom, to your guides and teachers, to the understanding of that blueprint.

The blueprint will speak to you through interests, desires, curiosities.

You will always want to go towards that which is in your blueprint. This may even be beings who are, what your ego would consider bad for you or difficult to handle, because in your blueprint they have been assigned the task of challenging your beliefs or pushing you into a direction that you find difficult to handle.

So, for example, you may be quite passive in your demeanour, and you will have in your blueprint somebody coming into your life who’s a little bit of a bully. Well, in the sacred contract that you came into being having signed, you knew on a higher level that these beings were going to come to “harass” you. But what the bully is asking of you is to stand up into your power. What the bully is asking of you is to be stronger, because

that’s a weakness you have had in other incarnations. And you have set up a situation where you have felt, and your guides and teachers have felt, that this being will cause you to stand up stronger than is your natural tendency.

This is what’s happening in this incarnation for many of you. Many of you have had a multitude of incarnations where you have been dominated or bullied, you have *not* managed to stand up to those perpetrators.

And as this is the end of a spiritual season – which we will go into in some other transmission, but this is the end of a spiritual season – you are having, you are being given, the opportunity to remedy many things from many incarnations.

Because final decisions are being made about whether or not you’re going to graduate. Now, anyone who is in the ego mind will feel fear at this idea of graduation.

- It is a ripening.
- It is a harvest.
- It is the ascension process.

You are all being given an opportunity to release those things from your mind which are unloving. But they are in your mind, residing in your mind, living in your mind, fed by your behaviours and your habits, because they are old friends, they are dear friends from other incarnations.

And so, this lifetime, this particular generation is being offered an opportunity to stand in their power, to become sovereign beings, once again, and to refuse to bow down to the bully.

So, this is what you are being given the opportunity to play out in this end-of-season game. The end of the spiritual season is the reason you are seeing such forceful implementation of draconian measures. Because there is a knowing within the hearts and minds of those who are, we will say, on the dark side of the yin and yang symbol.

This is a place of relativity, this three-dimensional experience that you’re having. It is a place of separation. And when you think of the yin and yang symbol, you will see that there is a dark shape and a light shape that together become one. And that is what you must remember. And yet, in the dark shape there is a little tiny dot of white, and in the white shape there is a little tiny dot of dark. Together there is oneness. And that is what you must come to see here.

There is a game that is being played out between the dark and the light that requires opposition, because it is a dualistic time and place.

You, however, can rise above the dualistic time and place.

But you must accept what is happening within dualism and not be bowled over by it.

And this is what’s happening to many of you. Many of you are going into fear. Many of you are predicting terrible and dire futures. But what is actually happening is, you are being given the opportunity to take back your sovereignty. And what this means is that

you must, to graduate this 3D experience, this end of season, we will say, graduation examination, you must own your own power.

You must own your own ability to create. You must master yourselves.

So, throughout history, many masters have come back, bodhisattvas, to teach you, to bring forth information, to help you master your own minds, and consequently, your own bodies. You do not master your bodies. You master your minds and the bodies follow along behind. The body is neutral. It only ever does what you tell it, consciously *and* subconsciously. So, many of you who will have bodies that seem to be betraying you, they are not betraying you. They are responding to subconscious or unconscious beliefs that you hold about yourself, about your body, about health, about your value, about love, all of these subjects.

So, this is why *A Course In Miracles* is so important at this time. It was designed to help you through this time.

Fifty or so years ago, this book was brought into being for the galactic acceleration, which is what is happening at this time.

You cannot graduate from this course – this course being this end of season challenge that you are being offered – you cannot graduate from this course if you are sucked down into fear and duality and into the battleground.

- You must be wise enough and educated enough to pursue Heaven on Earth.
- You must be wise enough and educated enough to collaborate with your families and friends to support and love each other.
- You must be wise and educated enough to understand that you are sovereign and you are powerful.

This is the lesson that we are here to teach you in these 40 Days and 40 Nights. And we will repeat it incessantly, because you have been brainwashed incessantly. You have been brainwashed incessantly into believing that your bodies are your enemies or your gods. They are neither. They are neutral devices for communication that will follow along a healthy mind.

So, if you want to be healthy, live long and prosper, master your mind. Listen to our teachings as we go through them over the next few weeks and you will begin to become stronger, more fierce, more loving, more generous, less malleable, and determined to live a life of joy and happiness.

I am that one that you know as Jesus and I will speak to you again later today.

T: Alright, my lovelies. Thank you for joining me today, this morning.

I will see you later today.

Bye.

Evening

T: Good evening everyone. It’s Tina Spalding, trance channel, here for our evening of day five [of] “40 Days and 40 Nights With Jesus.”

Let’s see what Jesus has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus and as you walk through these days and evenings with us, we want you to take notes on the suggestions that we make. We want you to pay attention to what comes up for you each day.

When you step onto the spiritual path in a very focused way, one of the things that we want you to understand is that you do not have to go digging around for problems. Your problems will let themselves be known by your feelings. Your triggers will reveal themselves. And so, what we want you to do is to relax into each day, and relax into each evening. As you prepare yourself for bed, we want you to take a little inventory of what happened today.

- Did you get upset at anybody?
- Did you get upset at yourself?
- What was the feeling of the day?
- Was it relaxed and happy or was it anxious and stressful?

Your guidance system is impeccable, as we always tell you. And so, if you have had a difficult day, if you’ve had a challenging day, it means that your beliefs are being triggered, and they’re coming to the surface for you to look at them. Have you had financial fear? Have you had a confrontation with a loved one? When these sorts of things happen, you are having your inner belief structure revealed to you. And so, even if it wasn’t a good day, you are getting information about where you are off track a little bit.

So, when you have had a relaxing and good day, what we want you to know is that you’re on track.

- You’re using your guidance system correctly.
- You are doing things that you’re enjoying.
- You’re doing things that you love.
- You’re hanging out with people who are on the same vibration as you.

So, trusting in life really is one of the things that we want you to think about this evening, so that in preparation for tomorrow you have this idea, as you go to bed.

You can trust in life to bring you the next lesson that you need to pay attention to. And it will come to you in the form of a small upset or a big upset. Mostly they’re small upsets.

- They’re upsets about money.
- They’re upsets about the way someone’s talking to you.
- They’re upsets about traffic or lineups, these kinds of things.

You can trust in life. Even though in these strange times life seems to be taking you down a detour that you weren't anticipating, on that detour you are going to have brought to the surface of your mind that which is unloving, and that is always a good thing.

If you are having a peaceful, happy, quiet day, enjoy that day.

Do not feel guilty. Do not think that you are missing out on spiritual growth. No, you are having a quiet and beautiful day. That's what spiritual practice is designed to bring you.

But this is an evolutionary time. And many of you are going to have challenging days. Days where you are worried about the future, perhaps. This is a lesson for you. Don't go too far into the future these days. Stay in presence, listening to intuition, guidance, ideas, relaxing, enjoying yourself.

When you are evolving ... What that means is that you are going to adapt to new circumstances. If you think about the theories behind evolution, well, there are certain birds that have developed certain beaks for the certain flowers that are in that area around them. And it helps them to eat the seeds or suck the nectar or whatever they're doing with it. There's a specific adaptation that that creature has developed for their environment.

What has happened to humans is that you have been put into *unnatural* environments, and you have been adapting to *them*. You have been adapting to them, because they are very powerful environments. We're talking about things like technology or television or the education system. And when you adapt to man-made environments, you are, in fact, going to go off track a little bit. Because man-made environments are by their nature ego-driven. Even though their original idea could have been very creative, they are genuine generally coercive in nature. So, you have been used to being coerced.

- You are not used to relaxing.
- You are not used to going with the flow.
- You are not used to drifting happily downstream.

If you look at nature, if you look at birds, for example, or rabbits, or animals in the wild, they are not labouring. Horses in the wild are not strapped to carts and bitted up and tacked up and made to do things. They run free, seeking what they need, as they need it. They have their own hierarchies, their own social structure. But working and labouring and struggling is not something they do.

Seagulls do not work and labour and struggle. They are opportunistic feeders. They find someone eating french fries at the beach, or they grab a starfish and feel full for a few days.

**Go to nature and watch what nature does.
It ebbs and flows like the tides and the seasons.
It is slow and steady. It is not abrupt and angry.**

There are unusual weather circumstances that are often generated by humans, believe it or not. Things like hurricanes and tornadoes. But, generally speaking, nature is calm and slow and steady.

And that is what we want you to take to bed tonight. Tomorrow, slow and steady wins the race. Begin to relax a bit more. Even though you’re being vigilant for your thoughts and beliefs and negativities being activated, between those moments, take advantage of the relaxation feeling. Listen to your favourite music. Make sure that you’re preparing foods that are healthy and delicious, and that you are excited about eating. Don’t just slap together an old salami sandwich and say, “That’ll do.” No, pick up some lovely fruits and vegetables from the store, and make yourself a beautiful salad. And relish that which you have. Gratitude, slow and steady evolution, vigilance for God, vigilance for loving ideas and thoughts, but overall, a calm demeanour.

I am that one that you know as Jesus and I’ll speak to you again in the morning. Sweet dreams.

T: Alright. Thank you for joining me this evening and I’ll see you tomorrow. Have sweet dreams.

Day 6, September 13

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day number six of “40 Days and 40 Nights With Jesus.”

Let’s see what he has to say to us this morning.

J: You are blessed beings indeed. I am that one that you know as Jesus and the information that is coming your way from mainstream media at this time is always distressing.

It is always distressing, and it is designed to be so. What we want you to understand today is that, over the next few months, you are going to see a lot of negative news coming across the bandwidths of your televisions and your computers. And it’s very important for you to look at it with calmness and not to become overly involved in it.

Now, what happens with most people, because they have not been taught how the mind works, they will see something on the news, let us say, lots of fires in the Western United States, and they will immediately put themselves into that position in their minds. And they will begin to feel fear, or they will begin to feel bad for those beings that are being affected by these incredible events.

Now, what we want you to understand is that if you start to feel bad because of what’s happening, you have slipped down into the battlefield and now your energy is not your own, it is belonging to the negative system.

What we would like you to do when you see the events that are going to be broadcast over the next little while, what we would like you to do is intentionally focus your mind on love and healing, instead of wringing your hands and thinking, “It’s a terrible thing, these people have lost their homes, these animals have lost their homes” and feeling awful. This is what you’ve been taught and primed to do.

**You’ve been told that this is what love looks like.
In fact, it is not what love looks like.
It is jumping into the suffering of others voluntarily.**

There will be a part of you that, when you hear me say this, will think, “Oh, this cannot be Jesus. He would never ask me *not* to feel sympathy for others.” That is not what we are saying. What we are saying is that there is a profound lack of love on your planet. And the destruction, and the orchestration of that destruction, lacks love. So, the only solution to that is a high-frequency bombardment with love.

So, when you see these images, or when you hear about riots in certain towns, or these kinds of things, what we want you to understand is that your loving contribution will be a moment of peaceful and intentional sending of love to those people, places and experiences.

This is not something that you’re necessarily trained to do. The mass media systems like to milk your energy systems, bombarding you with negatives, bombarding you with fear, pushing down your frequency into the realms of the battleground, where it can be used. These dark systems use energy, just as light systems use energy – love and healing and connection to the divine – so, too, do dark systems. These are, however, deeply ensconced in the dualistic realm.

And you can raise yourself above the dualistic realm, by prayer, focused intention of the mind, your forgiveness practice, which is in this case looking at the world and saying,

- “This is the ego’s playground, of course it’s going to look like a disaster.
- This is the ego’s playground, I will not join in and be harvested in that sense.
- My energy will not be harvested in that sense.”

So, when we speak about this being a place of separation, and the default setting being not love, that is why the world looks the way it does. It has also been pushed further and further towards separation over the last few decades, intentionally, using your movies and media systems. So, if you look back over the last couple of years, what you will notice is that on the news there is one crisis after another.

- There are fires in Australia.
- Then there is the global warming fears.
- Then there is financial fears.
- And then there are disasters hither and yon.

One after the other. One after the other. And you forget, because you are being manipulated. So, for all of you that are still watching the news, [...] we would recommend that you do not watch the news, but it is very much the ego’s playground.

Your ego likes to look at the news. Why? Because it feeds on fear and separation and disaster and attack. That is what the ego likes. It is part of the separation experience.

So, when you indulge in looking at these disasters repeatedly, going to your media systems to see what’s happening, how many people have died, we say that the ego is obsessed with death. It is its friend. And that is why many beings are tuning in to mass media systems constantly. “How many people died today? What disaster is happening today?” That means that you are in your ego, and you are being manipulated by that ego.

**You must use your free will to say, “No more!”
You must use your free will to say, “I choose love,
no matter what the movie is playing out on that screen!”**

Because the movie on the ego’s movie screen is always disaster, always death, always mayhem. And if you keep watching it, you will be dragged down into the battleground.

We must emphasize that you must choose with your free will to look at the good, to look at the lovely, to invest your time and focus into that which is healing and beautiful. There are some beings who are assigned the task of looking at the current situation and translating it into spiritual teachings. But 99% of you do not need to be looking at this. You do not need to be diving down into the dirt with other egos.

So, we challenge you today to prepare for “no disaster watching.” No disaster watching allowed. No disaster watching permitted in the loving mind. It causes you to suffer. It does not necessarily cause you to suffer the moment you’re doing it, but it takes you down in frequency. And if you do it repeatedly, it will continue to take you down and down and down. And then you will have negative experiences, not associating it with what you have been watching, not associating it at all.

I am that one that you know as Jesus and I’ll speak to you again later.

T: Thank you for joining me today. I’ll see you again later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for day six, our evening session, with Jesus. Let’s see what he has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus and as you are traveling through these days, with our advice ringing in your ears, we want you to remember that being relaxed is a very important thing.

We mention it often, because in your training programs you have always been taught that everything should be hard work, and everything should be stressful, and if you’re not going 90 miles an hour then you’re not making any progress.

What we want you to understand, in this time and place, is that your upgrades are happening very, very quickly, coming from the universal energy force that you would call God. There is an escalating energy that is permeating everything on your planet.

The insanity that you’re seeing being exhibited by many is a consequence of a sudden shift in consciousness that brings about anger, that brings about an inability to handle the emotions. It is called Ascension Madness and it is the direct result of agitation, literally and figuratively.

The increasing speed of light that is bombarding your planet at this time is having an effect on your minds, and your minds are having an effect on your planet. So, it is one of those chicken and egg scenarios, where you don’t really know which one’s coming first. But the fact of the matter is that people are going to have increasingly difficult times managing their emotions, especially if they are untrained. So, for those of you that are following along on our 40 Days and 40 Nights, again, when you look at the world and you see crazy things happening, we want you to understand that some of it is a symptom of this increasing energy.

So, as we say, the slower you go, the more you can integrate these increasing frequencies and information.

Because you’re getting a lot of information coming at you. The slower you get, the more you spend time in nature, drinking lots of water, relaxing, soothing yourselves, the more you can do that, the better. Because the upgrades are coming fast and furious. And the upgrades mean that whatever’s in you that is unloving is going to come to the surface. So, you don’t want to be pushing yourself hard. You don’t want to be pushing yourself into stressful situations, unless it’s absolutely warranted.

And the truth of the matter is, a lot of you do not need to do that to yourselves, right now, because of these new rules on your planet.

- There is a paradoxical aspect to these lockdowns and to these slower aspects of society.
- Not everything is up and running as fast as it normally is.
- You are getting some time off, some time out, some down time.

Take advantage of it, if you are having that opportunity. Take advantage of it, knowing that you will need to be active again soon enough. You will need to be rested again soon enough.

There will be many opportunities for you to experience more excitement, more intensity, some of which you won’t be looking forward to, some of which you won’t enjoy. So, if you are having the ability to chill out for a while, chill out for a while.

- Enjoy it.
- Meditate.
- Drink lots of water.
- Don’t binge on food or alcohol as a means of repressing and controlling your feelings.
- Allow your feelings to surface.

So, once again, as we come to the end of this day, we ask you to dedicate your nighttime to allowing us to work with your consciousness and give you the information that you need. We are working with all of you that are participating in this 40 Days and 40 Nights and we want you to understand that sharing these videos is very, very important and a great gift to your fellow humans.

- As we have said before, some of you will feel embarrassed that you are watching this.
- Some of you will not want your families and friends to know.
- But we are bringing this information forth so that as many people as possible get the information.

So, put your pride aside and share this video. And when you go to sleep tonight, dedicate tonight to expansion of consciousness and having revealed to you, through your dreams, that which you need to see.

I am that one that you know as Jesus and I will see you in the morning.

T: Thank you for joining me today. I will see you tomorrow. Bye.

**Transcripts of the
“40 Days and 40 Nights With Jesus”
YouTube Videos**



A Series of Channeled Messages via Tina Spalding
Channeled and Posted during September and October, 2020

**Week 2: September 14–20
(Days 7-13)**

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Day 7, September 14

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for our continuing “40 Days and 40 Nights With Jesus.” This is day seven, morning session. So, let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The escalation of the energies on your planet is a massive phenomenon. And because you have not been told about it, because you have not been educated about it, anyone that tells you about it seems to be a little, we will say, woo-woo.

But it is called the photon belt and it is an area of the universe that your planet has been through before. And it has caused massive shifts in your societal structures before, none of which you have ever been taught about, none of which you’ve been educated about. They are left in the realms of mythology, tales of other civilizations, tales of epic heroes, tales of floods and these sorts of things.

Now, we want you to understand that the photon belt is a highly charged area of the universe. You have been entering into it for several decades, and that is why you have seen these revolutionary shifts and changes in your society over the last 50 years or so. The effect of the photon belt on your society is increasing and increasing. So, it’s very much like heading into a cloud bank. First of all, you see little wisps of cloud, and then it gets denser and denser, and then you’re in the thick of it. So, we are heading into the thick of it.

And for all of you it is imperative that you understand that this is what is happening, because otherwise you will not be taking this all very seriously. You will be thinking, “Oh, this is just a little blip on our radar, this is just a small shimmer of change in our society.” It is not.

It is a large and permanent shift that is happening that can be for your benefit, if you understand what to do.

The increased frequencies mean that you must *increase* your frequencies. What are the ruling powers doing? They are *decreasing* your frequencies. Keeping you out of the light, keeping you inside, keeping you separated, pumping you full of fear. They are intentionally trying to stop the elevation of frequency. This is like putting your foot on the gas and the brake at the same time. The natural environment, the earth, air, water, birds, creatures, weather systems, sun are all heading fast forward, foot on the gas. And humanity is being shackled and is trying to be kept behind.

That’s why there’s so much force behind this seemingly unrelated event, this pandemic. It’s being used to implement restrictions in an effort to stop you evolving.

That’s what it’s all about. It’s about stopping you evolving for a little while. It cannot be stopped. And for those of you that go into fear, for those of you that go into restriction

and control because you are listening to the mass media systems, that is you putting the brakes on a system that is fast-forwarding. You see the smoking tires, you see the burnt out engine. This is what will happen to humans who do not choose to raise their frequency. They will not do well.

We are not threatening you, and we are not trying to frighten you. What we are saying is, if you're hearing this message then you are in the frequency of this information, which means that you can use this information. If a person is not hearing this information – because they're tuned into the mass media systems, they're frightened, they're conforming – that means that they're putting the brakes on themselves. Remember that your free will is always at play, even when somebody seems to be overriding you.

**You can seek your own sovereignty in many, many ways.
Most importantly, of course, sovereignty in your own mind.
Your mind is the place where manifestation is generated.**

So, there may be people who are in lockdown situations, where, if they go out of their door, they will be physically attacked by police officers.

- Those beings still have freedom of mind.
- They can still meditate.
- They can still use their mind creatively.
- They can connect with others creatively.
- They can *imagine* freedom.
- They can *feel* freedom.

Because whenever you imagine freedom, your body will feel freedom, and you will be sending out the frequency of freedom, and you will break free, you will manifest freedom.

**But you have to understand that this is not a physical game.
This is a metaphysical game.**

It means you must understand the laws of creation. You must understand what is being done and why. And you must respond logically, calmly, lovingly, powerfully.

So, if you do not know what to do right now, you don't have enough information, let us say, if you are not motivated by a higher purpose right now,

- meditate,
- look after your health,
- stop watching the fear porn,
- become well acquainted with your interior world,
- and use this time of calm to envision what you want.

Envision what you want. Envision what you know is good for you. Envision what you know is true for you.

Now, some of you are going to have to make decisions over the coming months and years that will be difficult ones. But if you have primed your mind and heart with freedom, with abundance, with joy, with happiness, with collaboration, with community, all those things that are going to assist you, then you are going to bring those experiences to you. Do not worry what’s going on in 3D. Ignore reality, unless you are motivated to go out on demonstrations and you feel that it’s the highest good. Then do that. Do whatever feels right for you.

And there are many, many people who will not listen to this. They will not believe this. They will not have any understanding of this, because they are too deeply mired in this spell that has been cast over the minds of many.

You must demonstrate your freedom. You must demonstrate your sovereignty. And trust us, those around you, even if they don’t agree with you, will begin to see you doing something different and they will *feel* that you are doing something different, and you will have an effect.

Sometimes you must plant a thousand seeds for one seed to germinate.

I am that one that you know as Jesus and I will speak to you again later.

T: Alright. I want to remind you to check out our community. The link below will give you details and costs.

And yeah, check out my new book as well. It is the compendium of all of the channeled commentaries last year on the lessons of *A Course In Miracles*. It’s a big book with beautiful illustrations by Renée Phillips. Yeah, check that out at the link below, too. The hard copy of that will be available for purchase late October. It was a big printing job. It’s a big book. And so, very excited that that will be coming into being soon.

Thank you for joining me this morning and I’ll see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for our “40 Days and 40 Nights With Jesus.” This is the evening of day number seven. So, let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and there are *A Course In Miracles* purists that would say that I should not be talking about the universe, that I should not be talking about anything worldly, because *A Course In Miracles* is about the world being unreal, it is about the world being an illusion, these kinds of ideas.

Now, these things are ultimately true. It is ultimately true that you are one consciousness, you are the Sonship, you are the collective aspects of the one mind, you are all absolutely one. But of course, that’s not the experience you’re having.

- You are stuck in seemingly separated bodies.
- You are having seemingly individual experiences.

- You have cantankerous people in your lives.

And what we are working towards here is bringing you information that is going to assist you, not only in your spiritual evolution, but in your human lives as they are going through this difficult time.

So, there is an aspect of the accusation that would be considered true. You are living in an illusory world. You are living in a dream-like state that is being generated by your consciousness. And this is so.

But many of you find yourselves in difficult times, going through trials and tribulations on a purely human level at this time. And we want to hold your hands as we lead you out of the darkness. Now, if we come at you with too much esoteric information – we do come at you with *some* esoteric information – but if we come [at] you with too much esoteric information, it’s hard for many to translate that information into their daily lives.

And so, for those of you that, we will say, are hardcore *A Course In Miracles* students ... Our dear one is a hardcore *A Course In Miracles* student, but she has to put gas in her car and she has to earn a living and she has to deal with her body and all of these sorts of things.

So, it does not matter that you are hardcore *A Course In Miracles* students.

What we want you to understand is that there are decisions to be made as humans.

So, that is what we are working on here. We are working on speaking the language you understand. Speaking with you on a compassionate level. Understanding what you’re going through at the moment. And yet, also encouraging you to take the higher road.

- To think about love.
- To let down your defenses.
- To speak knowing that the words you speak are powerful.

These are the trappings of 3D experience, 3D world.

Now, you will hear Near-Death Experiences of beings who have a bad car accident or some such thing. And they leave their bodies. Their consciousness leaves their body. They are aware that they are now pure consciousness, that they have set aside the body for a time. And many of those beings will have exceptional experiences of deep connection to all that is.

- Being able to see loved ones around the planet.
- Hearing what they’re saying to the doctors or the medical people involved in their welfare, the welfare of their body.
- Coming to understand profound principles about their life and what they’ve done and what got them to this place.

Many, many experiences such as this. And these beings come back to share that story.

- They are temporarily in another dimension.

- They are temporarily experiencing pure love.
- They are experiencing the unity consciousness that is the truth.

And they are wonderful, wonderful stories to listen to. So, we would encourage you to listen to some Near-Death Experiences over the next few days. There are many stories that are wonderful stories, that will give you an idea of the worlds beyond the world that you inhabit.

So, as you go to sleep tonight, you can ask for some dreams to help illuminate your oneness with your brothers and sisters.

- Ask for some dreams to help you understand where your blind spots are.
- You can ask for a dream to help you understand what is the next best thing for you to do in your life.

You can ask all of these questions, because in these altered states of consciousness that are separated somewhat from the ego mind, which shuts down these kinds of communications, you can get more information.

So, become more interested in your dream life. Keep a dream journal. And ask each night for your mind to be healed and for you to be shown the truth.

So, we wish you sweet dreams this evening and we will be with all of you in your dream state. And don't forget to ask to remember your dreams. And ask for the messages to be understandable. Sometimes, the symbology of dreams, and defining it when you wake up, is a little difficult for you. So, ask for obvious dreams that you can understand and remember.

I am that one that you know as Jesus and I will speak to you again in the morning.

T: Yes, I've got to get my dream journal out. I've not been doing that.

Thank you all for joining me this evening. Sweet dreams. I'll see you tomorrow morning. Bye.

Day 8, September 15

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day eight of our “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us this morning.

J: You are blessed beings indeed. I am that one that you know as Jesus and so many of you are finding these messages supportive. So many of you are looking forward to these messages, because there is a dearth of happy messages on your planet, there is doom and gloom. And this is why we wanted to do this particular configuration of lessons for you.

So, you had an intensive period where you were being asked to pay attention to your frequency, because this is what this autumn season is all about. It's all about your

frequency. You see, when you’re heading into high-frequency areas – which are more evolved, if you would like to look at it that way, the higher the frequency, the less tolerance there is for heaviness, for negativity – then you are being asked to be your best. And for many of you, this is not what you ask of yourselves. You do not ask yourselves to be your best.

- You eat some junk food, especially during this quarantining kind of time.
- Many of you have gained weight.
- You watch bad TV shows.
- You gossip.
- You denigrate yourself.
- You do not ask the best of yourself.

In this high-frequency time period you are going to regret that.

And you’re going to regret that because manifestation is happening more quickly. You are going to, because of the frequency, you are going to get a quicker feedback loop from the universe.

You always get a feedback loop from the universe. You don’t realize it.

You’ll have a hateful thought and negative ideas about yourself, and then you will have a co-worker who has nasty things to say about you. You do not put two and two together. You do not see the universe as a reflective device, showing you what you’re unaware of. That’s what it’s for. The things that you do not accept or love, you push outside of yourself, and they appear on the screen of your life in the form of trials and tribulations, negativities.

Positives, too. You get your positive beliefs reflected back to you as well. But more often than not, you are aware of those positive beliefs, because you do not distance yourself from them.

- You deny the shadow,
- you push away the shadow,
- you repress and control the shadow.

And so, it must appear *somewhere*, because you are intensely creative beings. So, what happens is, it appears out in front of you in the form of people, places and things that you do not like and do not want, because these are aspects of your own mind.

Now, this is always going on, this reflective quality of the universe.

**You are always bumping into aspects of your unconscious self.
But now the speed is quickening.**

So, as the frequency rate of the vibration of that which you are traveling through and that which you are living on increases, the return frequency is faster. So, if you are being careless with your thoughts, if you are being careless with your habits, you are going to get those negative reflections back more quickly.

What is happening on your planet is an evolution that is the same as evolution always is throughout the universe.

**The more evolved you are, the quicker your ideas
and that which you want to experience come to you.**

So, you call them miracles. We call it *A Course In Miracles* for a very, very good reason. Because as you raise your frequency, you are able to see that reflection in the world and in the relationships around you. You will call it a miracle. You will say, “Gosh, my mother-in-law is so much nicer to me now than she was last year”, but what you have been doing is your forgiveness work.

- You have not been telling tales in your mind.
- You’ve not been watching those negative movies play out.
- You’ve been trying to be kinder.
- You have been moving up the frequency ladder towards love more and more.

And so, the dream that you are engaged in, your life, your relationships, all of the things that are around you, they will shift and change because the projector has changed. And the projector is your mind. But this fall season you are going to see much quicker reflections.

So, we want you to understand that the more inner work you do now – and this is why we wanted to do this intensive teaching phase, and we wanted it to be free, so that as many people as possible could engage in it and share in it and learn about the Channeling Jesus community that this being has been guided to bring forth – this is why we wanted to do this intense teaching, learning opportunity, so that you would be faced with daily and doubly daily reminders to pay attention to where your mind is going, how you’re feeling.

So, we want to emphasize that today, that you are going to reap what you sow. So, if you are hating on political figures, stop it. You are going to get that same energy back. It will come back in a different form, so you won’t necessarily realize the direct correlation. But if you are emitting hate you will receive hate. If you are emitting forgiveness you will receive forgiveness.

And it is so important for you to understand, going into these more intense times, as you are triggered more and more. When you’re triggered that means you are going into the ego mind, that means your tendency is to *fight or flight or freeze*. Be aware of this. When you’re triggered, you are going to lash out at people, you are going to become more aggressive, just like a cornered animal is aggressive when it’s in survival mode.

You must learn to step back from the world. Be *in* the world but not *of* the world. And that is why that teaching was brought forth so many years ago. Because if you are *in* the world but not *of* the world, you understand that it’s a reflection of the past. And if you want to have a different future, you must forgive the present moment. So, in looking at the fires and looking at the riots and looking at the lockdowns, look upon the world with

forgiving eyes, knowing that you are transforming your future by stepping above the battleground.

I am that one that you know as Jesus and I will see you again later today.

T: Thank you for joining me this morning. I’ll see you later. Bye.

Evening

T: Good evening. Tina Spalding, trance channel, here today for our evening session of day eight of our “40 Days and 40 Nights.” Let’s see what Jesus has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus. The memories that you have of your childhood, the memories that you have of your life, the memories that you have of your family, are things that are going to need to be addressed now in these days of transformation and ascension.

When you are attached to the past, you are destined to repeat it. It is an interesting part of the creative process that when you are constantly referring to the past, you are contaminating the present moment, where a new future can be created.

**As you are going through this autumn season,
it is very important for you not to lament the loss of the old.**

The world is changing. The world is transforming. And all of you need to learn how to manage your minds more easily and more appropriately.

This means that if you’re remembering things, it is because they either are negatives, you don’t want to have them happen again, in which case the remembering brings that frequency into the present moment and is going to cause it to be repeated. If you remember something fondly because you miss it, it was a good thing, you wish you had it now, you are lowering your frequency by implying that the present is not as good as the past.

**The only memories that you should be entertaining are ones that fill you with joy,
ones that you would love to repeat.**

So, high-frequency events that would be a wonderful addition to your future.

Now, many of you in this modern world have been taught to ruminate on the past, ruminate on the sins that have been committed against you, talk about the pains that you’ve gone through. This is a normal aspect of traditional psychotherapy. And we want you to cease and desist that. Many of you are identified with the past to such a degree that you are re-victimizing yourselves, over and over again.

Why are we mentioning this? Well, we’re mentioning this because this is a time of very, very fast manifestation. And if you are in a negative past trauma loop, where you keep remembering bad things, you are going to experience them again, more quickly.

**What we need you all to be clear on, now, is that it’s time to focus on what you want.
It’s time to focus on the world you’d like to see.**

The distractions of the present, in terms of disasters, it's very important that you ignore them right now.

Now, many of you will say, “We can't ignore them, the trees are burning, the riots are in the streets, the COVID thing is happening, this present moment is turning out to be quite a disaster!” Well, all of these present situations have been harvested and manufactured from past low-frequency thoughts, beliefs, ideas, behaviours.

The only way you're going to change them is to stop looking at them as if they are wrong.

Now, what do we mean by this? When you look at something that is happening, and resist it or refuse to accept it, you are saying that it shouldn't have happened.

- Well, it *has* happened.
- Resisting what is, is pointless.
- It has already come into manifestation.

So, when you look at riots on the streets, or you look at a loss of your freedoms, what you want to do is you want to look at it and say, “This is unwanted, but it is happening, so I'm not going to get angry at it, I'm not going to resist it, I'm not going to fight it. I am going to pivot and turn and look at what I want.”

**So, if you have lost freedoms,
in your imagination we want you going to feeling free.**

So, for example, if you're living in a city apartment and you're being locked down and you can feel those restrictions coming, we would like you to envision in your mind where you would like to be. “Ah, I would like to have that beautiful beach house that I've always dreamed of. I'd like to see myself walking freely along the beach without a mask on. That's what I want.” That's what we want you to think about. We want you to *feel* what it would *feel* like to have what you want.

This is how this period of manifestation is going to work. The more of you that are envisioning freedom, the more of you that are envisioning peace, the more of you that are envisioning love in this moment, that is what's going to begin to manifest. All of these negativities have become manifested because of the war movies you watch, and the contagion movies that you watch, and the resentments that you have of the past, the unforgiveness.

So, now is the time to be disciplined. As you go into your sleep time, we would like you to lie there in bed ten minutes before you go to sleep, envisioning your freedom, envisioning a peaceful world, envisioning happiness and prosperity for all. The more of you that do it, the more that it is going to come into being. It will come into being for those of you that are dedicated to manifesting that beautiful world.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Alright, that's me walking down a beach. Thank you very much for joining me this evening. I'll see you tomorrow. Bye bye.

Day 9, September 16

Morning

T: Good morning everyone. Day nine of “40 Days and 40 Nights With Jesus.” Let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus. Some of you are setting your sights too low. Some of you are setting your sights too high.

What we want you to do today is, we want you to look at where you actually are. This is something that humans trained in your systems are not very good at. This requires calm. It requires acceptance. It requires a non-resistant frame of mind, a forgiving frame of mind.

So, if you look at yourself now with as objective a lens as you are able, what we would like you to do is to ask yourself, “Where am I not living authentically?”

Some of you may have great love affairs, for example.

- Beings in your lives who you worship and adore. But they may not know who you are, because you’ve been lying to them, in a sense being inauthentic.
- When you are working in a job that is paying the bills, but you have that little feeling of dread inside each morning when you get up to go to work, you’d rather not go but you feel you have to go, you are lying to yourself.

So, today we want you to be brutally honest with yourselves. We want you to go through your day doing what it is that you normally do. Try not to change what you’re doing to try and make your resume better, but do what you ordinarily do with the people that you ordinarily do it, but watch today.

- Watch where you are not honest.
- Watch where you are obligated.
- Watch where you are fearful.
- Watch where you are resistant.

Your feelings, this interior language that is yours and yours alone, is telling you exactly what needs to be changed. Many beings will come to this being and ask for a session and ask for their purpose, ask for this and that. But the truth of the matter is, you all have within you what you need to figure it out. You have this guidance system that is impeccable and constant. So, today we want you to begin to use it.

Now, some of you are more curious about the worldly events that are happening. But what we want you to know is that the worldly events that are happening, as we mentioned yesterday, they have already been manifested from the frequency of this planet and the beings that are collectively contributing to that frequency. It is a done deal.

**What you are seeing now is a done deal.
What we are speaking about is influencing as many people as possible
into a more positive mental and emotional space
so that the future does not look like it does today.**

The ascension process is one of expansion. It is one of moving more closely towards love and away from fear. It is a journey into greatness. But to join in that journey into greatness you must find the great in you. Now, this is not a self-improvement project. This is not about the ego's self-improvements, where it wants you to be thinner, it wants you to be richer. This is about becoming your true, authentic self, your sovereign self, your empowered self. That is a different thing.

You are each going to be a unique manifestation of the divine, the Godhead.

That is what you come in with. You come in with this unique configuration.

But many of you come in with baggage that you do not need to be carrying. And you have picked up baggage along the way in your life that you do not need to be carrying. And this is where your inauthenticities come from.

- Perhaps you had a parent who was very angry if you were honest, so you learned to be dishonest.
- Perhaps you went to a very strict religious school where any expression of sexuality or love was shamed and punished, and so you have become frigid in that sense.

These are the things that we are asking you to look at. We are asking you to look at the baggage that is not you. And you will know it's baggage, because it makes you feel bad. It's very, very simple. The guidance system that you've been given was not a complicated one. It is a very, very simple one. When you are off track you feel bad. And today is the day that we want you to monitor your feelings. We do not want you to judge them. We do not want you to feel bad because you feel bad. That is pointless.

**We want you to go into your day open and curious and watching,
becoming the observer of what it is that you tend to do.**

So, that is your assignment this morning. Pay attention to your guidance system today. Not to judge yourself, not to judge others, but to truly make note of where you are strong, where you are wavering and where you are weak.

Where you are weak and wavering is what we're going to work on over these weeks. We want you to come out of this 40 Days and 40 Nights clarified, feeling stronger, feeling more centred, feeling more able to invest in that which you want more of.

**Because when you are inauthentic, when you are pussyfooting around subjects,
not being honest, you are miscreating a future that you do not want.**

I am that one that you know as Jesus and I will speak to you again later.

T: Okey dokey, thank you very much for joining me this morning. I'll see you later. Bye.

Evening

T: Good evening everyone. It is day nine of “40 Days and 40 Nights With Jesus.” Let’s see what Jesus has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus and as you come to the end of this day where you have been looking at where you are inauthentic, it is time to decide why.

“Why do I not show my true colours in this situation? Why do I not speak my truth in that situation?” You do not have to know the answer to this, but when you are seeking awakening, when you are speaking spiritual expansion, you must remember that the ego tries to hide these things from you.

- It does not want you to wake up.
- It does not want you to communicate deeply with others.
- It does not want you to get close with others.

Remember, you’re seeing the installation of these restrictions in your society. And what are they doing? They are interfering with communication, interfering with closeness, interfering with community gatherings. All of these things are aspects of the expanded consciousness. The separation, hiding, secrecy, distancing is an aspect of the ego mind.

So, you are doubly challenged at this time because of these restrictions that are being implemented. But when you understand that the fear required to keep you under control requires strengthening the ego. So, to transform your society into that which you want, which is a loving, communal, happy, healthy, abundant place, you must begin to understand the principles of creating that kind of society.

When you look into your own mind, when you look into your own inauthenticity, your own secrecy, your own fears, then you can see how you are helping to implement these new systems of separation.

Because when you look at what you’re doing, what’s fear-driven in you, what you’re keeping secret, where you’re inauthentic, then you can see, “Ah, I am contributing the same energy to the system that I, in my conscious mind, say I do not want to experience.”

So, this is this is how the ego hides things from you. It hides them from you, but it doesn’t take much excavation to find them. So, even just looking at where you are keeping a secret, where you are being closed-mouthed, you can begin to see, “Ah, I am hiding from myself those traits which are going to support the kind of system that we’re seeing developing here.”

So, when you become more authentic, when you become more honest, when you become more clearly expressive, when you don’t hide behind a mask, you will be doing what needs to be done to shift and change the future of your society.

So, this is the idea again that the world is reflecting the unconsciousness of the participants in this society. Most of us in this society – and I say “us” because we are

fully participatory in your experience at this time, we are feeling you, let us say – most of the beings in this society have this social face, a mask on that it’s now being asked of you to put it on in real time. It’s a reflection of you. So, we would like the authentic you to begin to surface.

Now, we understand that there’s some fear around this. Many of you believe that if you’re authentic that relationships will collapse, that marriages will end, that you’ll lose your job, all of these things. We’re asking you to become more authentic in tiny little ways.

- Perhaps somebody says, “Would you like another serving of dessert?”, and you say yes, because you’re being polite. If you’re being authentic, you say, “Actually, no, I’m full, I don’t need any more.”
- Somebody else saying, “Would you like another glass of wine?”, and you say, “Actually, no. You know what? I’ve had enough. If I have another one, I won’t feel very good.”
- Somebody’s saying, “Do you want to go out for dinner?”, and you have that feeling, “Oh no, I don’t really want to go out, I’d like to be quiet tonight”, but you feel that social pressure to say, “Sure, I’ll meet you at seven o’clock.”

These are the tiny ways that you are not honest. And so, we are asking you to become more honest.

And so, as you go to sleep tonight, we just want you to reflect again on the ways in which you are inauthentic, hiding behind a social mask, hiding behind a social face.

I am that one that you know as Jesus and I’ll see you in the morning.

T: Alright. Thank you for joining me this evening and have sweet dreams. I’ll see you tomorrow. Bye.

Day 10, September 17

Morning

T: Good morning everyone. Tina Spalding, trance channel, here for day ten of our “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us this morning.

J: You are blessed beings indeed. I am that one that you know as Jesus and so far so good.

You are all doing extremely well. Paying attention to the things to which we are pointing you.

What you must remember as you go through these days is that you are on a fast track, between now and December 21st, you are on a fast track towards evolution, and you are on a fast track towards transformation of your society.

So, when you look at the events that are happening, we want you to really step back from being immersed in them and terrified by them or confused by them.

Now is the time to understand that you are watching a movie.

Just as when you go to a movie theatre, you understand that there is a ploy being used on the movie to get you emotionally involved. You go into a movie understanding, “Oh, it’s a horror movie so I will be frightened, it’s a romance so I will have my heart strings pulled, it is a tragedy so I will cry.” But you still know that it’s a movie. And yet, you surrender to the storytelling, because you want to have an emotional experience.

Well, what’s happening in your world at this time is that there is a movie being played out that is designed, just like the movies in the movie theatre. The strategists, the writers, the music, all of these characters in the movie have certain assigned roles. So, for example, you will have the music in a suspenseful movie. If you watch a suspenseful movie without the music it is not very suspenseful. The music adds a lot of drama to the vision of what you are seeing. So does the lighting. If you look at, we’ll go for another suspenseful movie, because they use a lot of these techniques to get you to be frightened or anticipate danger, the lighting will be very, very dim or strategically placed. How many of you have seen detective movies, where they go into the house that they’re searching with all the lights off and a flashlight. Well, you would never do that if you were going into a house at night looking for something. You would turn all the lights on. But it wouldn’t work well as part of the movie.

So, when you go into the theatre, when you walk through the door, you say, “Ah, I’m going to suspend my logical mind, I’m going to suspend my critical thinking, and I am going to allow you to manipulate me.” That’s what you’re essentially saying when you go to the movies.

- The same thing is happening on your TV screens.
- The same thing is happening on your news shows.
- You are being manipulated, using exactly the same formula.

The only trouble is that you are not aware of the fact that you are being manipulated.

You think that the information that is coming your way is real and objective. It is not.

It is a huge production. And when you feel your emotions being played by the news, by the coverage of certain subjects, we want you to start to realize, “Oh, this is exactly the same thing that happens to me when I go to a movie, an action movie. My emotions are being played here.”

Now, one of the things that you do not realize is how powerful your emotions are, especially when there are millions of you feeling the same thing.

You can be manipulated into a sense of urgency or fear or desperation through these mechanisms that will, in fact, alter the trajectory of your manifestations.

And that is exactly what is being attempted here. It has been working for a long time, since television really was implemented. But propaganda was at play before that. You

see many examples of propaganda. And yet, for some reason, some strange reason, you don't think that propaganda is at play now. It is in spades!

So, what we want you to do is, whenever you watch any piece of news, we want you to step back and see if you can see where you're being manipulated.

- See if you can pay attention to the music that's being piped through while there's a news story on.
- See if you can tell by the clothes the news people are wearing, what kind of clothes are they wearing?
- What kind of background is behind them?
- What kind of guests are being called on the show?

All of these things are staged and intentional. And it is time that you all, as wise beings, came to understand that the very same thing that happens to you in the movie theatre is happening with this particular form of information dissemination. You are too intelligent, and the price is too high now, for you to believe these things.

You are being played. Your emotions are being harvested and manipulated.

And those emotions, when they are fear-driven, when they are scarcity-driven, when they are triggered into fight or flight, you can lose your ability to think clearly, make sound long-term decisions, and you begin to make poor short-term decisions.

So, that is your challenge today. It is whatever news you are watching, whatever information sources you are watching, whatever movies you are watching, now is the time to step back and ask yourself,

- “How am I being manipulated here?”
- What is the emotion that is being elicited?
- And what is the purpose behind that?”

I am that one that you know as Jesus and I will speak to you again later.

T: That one needs to be shared. Everyone needs to hear that story. Thank you for joining me this morning. I'll see you later tonight. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for day ten, our evening session with Jesus. Let's see what he has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus and as your awarenesses expands, as your self-analysis increases, you will begin each day to catch more and more subtle indicators of when you are off track.

So, the purpose of these 40 days and 40 nights is to bring you on board with this idea that you should question everything.

Question everything. Question why you eat what you eat for breakfast.

- Who taught you that?

- Is it actually good for you?
- Is it nutritious?
- Does it serve a purpose?

Question everything. Because 99% of what you do is conditioned behaviour. And until you begin to address that conditioned behaviour, conditioned by watching Gilligan’s Island when you were a child, conditioned by watching bank commercials, conditioned by so many things that you do not remember, but they are all neatly packaged away in your subconscious mind, in the basement of your mind, and they are constantly guiding you, constantly pushing you hither and yon.

When you begin to question things, you begin to open the trap door to the basement and you begin to use your free will to expand your freedom.

If you are in unconsciousness, you are being driven by these subterranean ideas all the time. When you come into consciousness that means,

- “Why did I just say what I did?
- Why am I doing what I’m doing?
- What’s causing me to make these choices?”

You are now becoming the observer of your life. You are now becoming objective, if you will, to a certain degree.

Now, true objectivity is a very, very difficult thing to master.

But you are in the beginning phases of that objectivity, which means you are starting to question the narrative that you are being fed, you are beginning to question the narrative that you feed others about yourself.

So, for example, it’s good to listen to the story that you introduce yourself to people with. Are you telling them that you have a chronic illness within the first two minutes of meeting them? Why would you do that, other than to set up a behaviour response from them that you want that will reinforce that sickness?

So, as you go to sleep tonight, we would like you to reflect back on the day that you have had. What experiences stand out and why do they stand out? We’d like you to take your notebook to bed with you, your journal to bed with you tonight, and make note of those experiences that stood out for you.

- Is there a pattern to this?
- Is this the kind of thing that happens to you all the time?
- Is there a repetition here?
- Did you have a wonderful new experience today that was surprising to you?

Make notes about it and reflect on it. You don’t have to decipher everything, but we would like you to take ten minutes to reflect on your day, making note of that which drew your attention, for whatever reason. Just make a note of it, “Oh, I’m recalling that particular moment in the day. I’m not sure why this is what happened. I met Susie on

the street and we had a nice conversation for a couple of minutes, and then I left her. But for some reason it’s sticking to me. Let’s have a look at that.

- Was there an emotion that was elicited in that conversation?
- Was there distress elicited in that conversation?”

Bring it up above the form. And so, let’s say the person said something that hurt your feelings, let’s say the person said something that got you excited. The feelings, the wound, and the excitement are in you, they are not in the other person. They are not responsible for how you felt during that exchange. So, as you go to bed, reflect on any experiences you had today that brought things up in you that already resided there.

So, what’s happening here is, your life is washing over you, it is a reflection of *your* consciousness, and it’s going to give you opportunities in the day to trigger the unconscious up into the conscious.

**And that is, for example, what happens when somebody hurts your feelings.
A wound that you have in the basement of your mind
has come rushing to the surface for you to see.**

So, in this little diary entry tonight, we would like you to not blame, but just reflect on what has happened to you today.

I am that one that you know as Jesus and I will speak to you again in the morning.

T: Alright, thank you so much for joining me again. Just a reminder to check out our Channeling Jesus community. It’s a thriving light- and love-filled community with a tremendous number of resources in it for you to enjoy.

And I’ll see you again tomorrow. Have sweet dreams and, yeah, have a good night. Bye.

Day 11, September 18

Morning

T: Good morning everybody. Tina Spalding, trance channel, here today for day 11 of our “40 Days and 40 Nights With Jesus”, this is the morning session. Let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and joy is your nature, joy is what your natural self emits without conditioning.

So, when you see little children, babies, giggling at balloons and bubbles, and rubbing spaghetti all over their face, and enjoying everything, until somebody thwarts their freedom or pain arises. These are the two things that turn that joy into something else. And that something else is an insistent cry that joy be returned.

This is what you’re seeing when you see a small child who has a tummy ache, or a toddler who falls over and skins their knee. They cry in pain. It’s simple. It’s straightforward. As soon as it’s over, they’re back clambering down off their parents lap

to go run again. Not fearful of falling at all, unless their parent yells in their ears, “Slow down, you’re going to hurt yourself!” and the beginnings of limitation are implanted in the mind.

We want you to understand that the limitations that you feel you have, have been implanted in your mind for decades.

And you are a joy being, you are a loving being, you are a generous being. You come into this place, knowing your purpose, trusting your guidance system. There is no small child that does not know exactly what they want and gets very disturbed when you try and stop them getting it. They are determined, and yet, through punishment and conditioning, you all learn to shut up and sit down and be quiet.

Well, this shutting up and sitting down, being quiet, is what is being witnessed now, en masse.

And it is a lesson for all of you. It is a lesson for all of you. There are some outspoken beings, there are some rebels, there are some who are standing up for their rights, but the vast majority of humans on this planet at this time are doing as they are told, because that’s how they’ve been trained. And it is a reflection of this inner state of being. It is not being forced upon you. It is, in fact, a reflection of you.

This is something that’s very important for you to understand. That, as you witness the reflection that you don’t want – loss of freedom, control, just like being in a classroom isn’t it? It’s just like being told off by your parents and sent to your room and having no alternative – the same thing is happening.

And what we want you to know is that as you shift your interior world, your insides, your responses internally, your thoughts internally, the conversation you have with yourself and others internally, so, too, will the outside reflection shift and change.

This is how beings learn. They have consequences of their actions, thoughts, words, and deeds. And then they get to decide. Do they like it or not? This is how you learn.

And so many of you are seeing consequences, right now, that you do not like. But you have not put two and two together, because you have not been taught how conditioning, programming, propaganda works. You think it all happened in the past, that Nazi Germany had propaganda. “But we don’t have propaganda now, we’re civilized now, CNN is accurate.” Why? “Because they say they are telling us the truth.”

Well, we need to give you a little reality check and help you understand that the punitive system that you are witnessing now is the punitive system you have always been trained by. It hasn’t changed. It is merely being honest now. It is laying its cards on the table and you can see the truth of the game.

So, the ball is now in your court. The ball is now in your court and you get to decide:

- “Am I going to be a compliant little child and sit in the corner with my face against the wall as I have been told to do?”

- Or am I going to say, ‘Actually, no, I am going to become a sovereign being, once again, and I am going to learn how to do it, starting today.’”

So, that is our challenge to all of you, to return to your sovereignty today. Today you are not going to be able to do it all in one go, but we want you to witness today:

- Where are you complying voluntarily?
- Is somebody forcing you to do certain things?
- Or are you merely reading a sign and doing as you are told, because that’s how you’ve been trained?

This is what we want you to do today. We want you to witness your own compliance. We’d like you to break a couple of your own rules today.

So, for example, if you always cook dinner, don’t cook dinner.

- See what happens.
- See who flips out.
- See who has a temper tantrum.
- See what you get accused of.

And you are merely doing an experiment, “I’m just not making dinner today.” And you will see, “Ah, there are coercive forces at play here. When I don’t make dinner, I get punished, I get yelled at, I get anger thrown at me, I get slammed doors or indifference or sadness or emotional blackmail.”

Just do an experiment. Choose two things that you normally do around the house, in your family, at work. Perhaps you’re the one at work that always makes the coffee. Don’t make the coffee. See what happens. See how these compliance issues are pervasive in your life and how you are voluntarily, in small increments, putting yourselves in a limited place. That should give some of you some interesting experiences today.

I’m that one that you know as Jesus and I will speak to you again later.

T: [Chuckling] He’s a troublemaker. Alright, thank you for joining me this morning and I’ll see you later. And have fun breaking the rules. Bye.

Evening

T: Good morning. (“Good morning!”) Good *evening* everyone. Tina Spalding, trance channel, here for day 11 – Is it day 11? I hope it’s day 11! – evening. So, I’ve had a busy day. As you can tell, I’m a bit scattered. I’ve been pressure washing my mouldy house in preparation for painting. So, my mind has been on some mundane tasks today. But here I am, ready or not. Let’s see what Jesus has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus and it is wonderful to see such dedication.

And we would like you this evening to witness this dedication. This being is doing a lot of work for all of you. And she is doing it because she has been guided to do it. There is

no ego involved in the sense that she is doing it for a strategic purpose, to gain certain things. She is not. We nudged her and nudged her and nudged her, and she stepped up to the plate, because she knows that the work is good. And she knows that the work, when it is done in these extended periods, such as our lessons last year, and this 40 Days and 40 Nights, it gives people a personal connection with me.

And that is really what is going to benefit you over these weeks, is that you are coming to a place, twice a day, where you are being given wisdom, and you are being given guidance, and you are being told you are amazing and that you are eternal spiritual beings, creators beyond your imagination.

When you pass over into the between-[lives] period, when you have your life review, you will be astonished at what you have created. Much of it unconscious. Much of it inadvertent. Some of it incorrectly. But you will see just how truly powerful you are.

And this is what we want to encourage you to dwell on this evening. We want you to dwell on the fact that you are made in the image of God, which means:

- You are creative.
- You are freedom-seeking.
- And you are loving.

These are the qualities of God that *you* have.

And so, when you think of your creativity:

- Look at your body. You are making that body.
- Look at your relationships. You are making those relationships.
- Look at the way you sustain yourself, your labours. You are doing that.

You are powerful. And you are contributing, as part of the collective, to the screen, the movie that you are watching out in the world. It is all coming from all of you, creatures with God-given skills. But you are not taught that. You forget that, even when we tell you, over and over again:

- You are sacred beings indeed.
- You are powerful beings indeed.
- And you are loving beings indeed.

We want you, as you sit back in your beds this evening, to think about what you have experienced in your life. Your whole life. Being born, the family into which you came, going to school as a child, the friends you made, the sports you played, the university you went to, perhaps, or the teenage baby you had. Whatever.

**We do not judge you. You have had a unique experience and it is yours
and you have created it and you are still creating it.**

What we want you to do now is to lucid dream. We want you to:

- Intentionally create freedom.
- Intentionally create health.

- Intentionally create loving relationships and abundance for yourselves and your families.

But what you have to do is dedicate yourself to that in your mind. Dedicate yourself to that in your mind, so when you're aimlessly walking through the fields with your dog, you can envision yourself and say, "Ah, I have this magnificent home to go home to. It's beautiful. It's got three bedrooms, a lovely deck." It may not be the home you have, but it's for home you'd like to experience. And each day, as you walk that same route with your dog, you can make that the meditation.

There is nothing wrong with wanting some comfort in your life.

There is nothing wrong with it. What we don't want it to do is to control you. And the way the ego goes about things it is about control. It is not about imagination, creativity and surrendering to that idea, knowing that you've sent it out into the universe, and the universe is listening to you. The ego is harsh, and driven, and limited, and hateful if anyone gets in its way. It's a completely different set of circumstances and experiences that the ego will bring you, over imagining what you would like and handing it over to spirit and saying, "It's in your hands now. You bring me these wonderful experiences. I am going to do my part, which means:

- I am going to practice forgiveness,
- I'm going to look upon this world with forgiving eyes,
- I'm going to offer up my talents to the world,
- I'm going to express my creativity freely in many ways.

And that is my part. I'm going to float downstream. Not struggling. Not striving. But vigilant for love, vigilant for my forgiveness practice, and understanding that we are all equal brothers and sisters in the eyes of the divine."

So, as you mull over your life this evening, as you go to bed, see what a magnificent creature you are.

- Yes, you have made mistakes.
- Yes, you have learned a lot of things.
- But here you are, studying *A Course In Miracles*.
- Here you are with a daily spiritual practice.
- You have come a long way, dear ones.
- And you will come a long way further.

So, go to sleep knowing that you are magnificent, knowing that you are very powerful, and knowing that you can have a happy dream here in this place of separation.

I am that one that you know as Jesus, and we say goodnight to you, and sweet dreams.

T: Thank you for joining me today and I'll see you tomorrow. Sweet dreams. Bye.

Day 12, September 19

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 12 of our “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us this morning.

J: You are blessed beings indeed. I am that one that you know as Jesus and several of you are bumping up against this idea of sovereignty.

Sovereignty is your natural state. Sovereignty is that which you are born with, which means that you are a free creative being and that you are loving.

When you have lost your sovereignty what it means is:

- You are seeking outside of yourself for guidance.
- You are not seeking within yourself for guidance.
- You are allowing others to rule you.
- You are allowing others to demand things from you.
- You are allowing others to determine what is good for you.

You will always have some kind of resistance to an outside authority telling you what to do, because it is your nature. You are a freedom-seeking being.

So, sovereignty is this, is your knowing – and many of you are just developing this idea – it is your knowing when you are on track and it is your knowing when you should not do something. So, sovereignty means you’re returning back to your natural state. And these teachings are in that sense an *unlearning* of the great learning process that you have been through.

To live in Western society required a lot of training. When you walk into a coffee shop and you behave in a certain way.

- You get in a line.
- You don’t get too close to people.
- You behave.
- You don’t move your body in certain ways.

All of these things are trained into you. If you watch a little 18-month-old or two-year-old come in with their mother or father to the coffee shop, they’ll be lying on the floor, lifting up their skirts, screaming, crying, all kinds of behaviours, which are demonstrating their sovereignty.

Now, in your society you call it the terrible twos, because what’s happening for the first time in that child’s life, instead of being nursed and coddled and loved and given everything it needs whenever it wants it, now the training program starts.

And so, at two years old, you begin to say to children, “You’re not a baby anymore, you can’t have whatever you want when you want it.” And you start to get censoring looks

from other parents as your child runs madly down the aisle, holding on to something that they want to have.

Now, when you’re living in an urban environment, there does seem a necessity to train children to become less. And this urbanization process, this industrialization, and then the mass exodus of people from the country into the cities, has been going on for a couple of hundred years. It’s relatively recent in your evolutionary development, let us say.

And so, what you have inside of you is the information and the ability and the desire to be free.

This is how you have evolved in, let’s say, indigenous communities before colonization. You had beings living in myriad of different ways. And these were all, sort of, experiments that individual micro cultures developed as a way to learn and grow and manage the environment and themselves and each other.

What you have now is a mass indoctrination system to get you to fit into the cubicle of work that is going to benefit the system.

And when you start to see teenagers acting out, what they’re beginning to realize is that they are being shepherded towards a future that they don’t want. And they are beginning to rebel, and they are beginning to medicate themselves with drugs and alcohol, because they have nowhere else to go. So, many of your societal problems are arising from this loss of freedom.

And this reclamation of sovereignty that’s happening now is because it is an evolutionary cycle in societies.

When ruling classes start to take too many freedoms away from humans – and this has happened before – when they start to take too many freedoms away from humans, the human spirit – which is powerful and is what drives, literally, your ability to live here on this planet, it is the vital life force within you – it begins to say, “Hang on a second here, life is becoming so constrained that we are unable to experience the experiences we want to have and the joys and the excitement and explorations that we want to have.” And this is the point that your society has hit this year.

Even for those who were pretty compliant, even for those who were okay with government school systems and vaccination programs, you are now starting to see, even them, rising up. Inside at this point, although it’s spilling out onto the streets now.

But what you are witnessing is a spiritual revolution, a grassroots revolution of the vital life force of you as spiritual beings, beginning to say, “Enough is enough!”

And that is what we want you to understand when you’re looking at what’s playing out on the screens of your media systems. They want to spin that story into something else. Into racial prejudice. Into all kinds of different things.

As students of this work, we want you to understand that you’re seeing people who are unable to contain their spirits in prison anymore, and they have had enough, whether it

be the prison of poverty, whether it be the prison of their apartment block in the city that they’re not allowed to leave.

So, we would like you to look at the chaos that’s beginning to erupt and that’s going to continue on through the latter parts of this year and into early next year. Some of this is orchestrated in an effort to bring down certain systems.

**But as a spiritual student we want you to rise above that and say,
“This is about the reclamation of our sovereignty.**

This is about the imposition of too many rules on spiritual beings who need to be free, relatively speaking, to be able to make choices and move through their incarnational experience with some sense of purpose.”

If everything is online, and you’re not allowed to leave your house, and you have to wear a mask, and you can’t talk to your neighbours, and you can’t hug your grandmother, spirit begins to say, “Revolution is necessary”, spirit begins to say, “If we don’t revolt, then we are going to leave, because we cannot evolve in this circumstance.”

So, we want you to think about this today. We want you to think about your freedom.

And we would like you to take a little bit of freedom today.

- If you are going to work and you’re in a situation where you have controls on you, get out at lunchtime, take your mask off if you’ve had to wear one for work, and be free for an hour.
- If you’re in a routine with children at home and doing homework and homeschooling as this new thing that you’re battling with and trying to learn, call a halt at 11:00 am and say, “Okay kids, let’s go to the park, let’s go and play.”

And if you can’t go to a city park because of restrictions, go find a piece of woods close to you. And if you have no woods close to you, if you have no green spaces close to you, it’s time to look at that, it’s time to look at where you’re living and how you’re living, and ask yourself, “How is this going to work in the future?” You must question your decisions, which five years ago may have made sense, but do they make sense now?

Seek some piece of freedom today. If you do a routine job, as we mentioned yesterday, if you do a routine job that you do not want to do in the home, don’t do it today.

- Go on strike.
- Take some freedom.
- Go for a walk.
- Go for a swim.

You begin now to enact your own revolution, redesigning your life in tiny baby steps towards that which you would like.

**Because if you don’t do that, and you are compliant with systems outside of you,
whether it be the rules of your family or the rules of your spouse or the rules
of your employer, you are adding to the imprisonment energy.**

And even though you may not be able to break free totally of what you have designed for yourself, you can begin to take baby steps towards a life that is more in alignment with your spirit, with your soul, and with your natural sovereignty.

I am that one that you know as Jesus and I will speak to you again later.

T: It’s a good one. Okay, thank you for joining me this morning and I’ll see you later tonight. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for our day 12 evening session with Jesus. Let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and the symptoms of ascension are what we are going to address this evening.

The symptoms of ascension are increasing feelings of pressure, disillusionment with what is going on in the world, a sense of sadness, a grief, a sense of excitement and eager anticipation.

There can be some physical symptoms as well, such as headaches, lethargy, confusion.

What is happening is that your body, which is a very slow responder in a sense, your cells and your bones and your teeth and your nervous system are completely regeneratable or replaceable, and they do recover over time, and they replace cells, obviously over time. But what’s happening now with the galactic speed up is that the body is struggling a little bit to keep up with those of you that are doing an intense forgiveness and self-reflection practice.

So, when you are in this steep phase of expansion, what happens is, not only does the body have trouble matching the frequency that you are now setting with your mind ... Now, remember, your body has been matching the previous frequencies that you have been setting. So, if you’ve gone through some big shifts in the last several months, and you are practicing forgiveness, you are shifting your diet, you are turning off the TV, you are doing some of the things that we have suggested you do, your mind can change in an instant. It can decide, “That’s it, no more TV” and it will not watch any more TV.

The body that is following along behind that mind has some catch-up to do, because it is reflecting the frequency of the TV watching that you were doing, and suddenly you’ve stopped.

So, all of these physiological systems, these cellular structures, the organs, the bones, the teeth, everything, now is going to be replaced with cellular structure of a higher frequency.

So, you have that aspect of the ascension process, and you can imagine that the body is going to feel like it’s shifting gears. And so, some of you may have trouble sleeping, some of you may want to sleep more, depending on how you’re managing your energy systems.

The other thing that you have happening is increasing light frequencies coming in from the outside, which is doing the same thing. It is transforming your minds and it is transforming your bodies as well.

So, for the physiological aspect of you, the electrical aspect, the nervous system, the digestive system, all of these things, they are receiving these light upgrades and, again, trying to keep up with them.

So, you have it coming from both directions for the poor old body and the poor old cells. And so, we want you to understand that that’s what’s happening.

You can also be suffering at times from grief or sadness or disillusionment about what’s happening in your society, because you’re looking at the physical signs, the form, rather than what’s *underlying* the form. When you listen to us, and we tell you a different story than the mass media systems about what’s happening in your society, then you may feel a bit more optimistic.

You may realize that there is a great shift happening on your planet that is galactic in nature.

You are not just ruled by governments, and these transformations are not just ruled by governments. There is something going on beneath the form. And we want you to remember that as you go to sleep tonight.

So, as you go to sleep tonight, we would like you to do a survey of your body. We would like you to take a few deep breaths and do a meditation where:

- You go to your toes and you feel the energy in your toes, wiggle your toes a little bit.
- And then feel your feet, the arches of your feet, and stretch your feet a little bit, twist your ankles around, rotate them left and right and feel the vital life force living in those areas.
- Continue up the body through the calves and knees and thighs, slowly, feeling the life force that is pulsating in every single cell of your body.

And as you go up the entire length of your torso, up to your neck and head, up from your fingers to your elbows to your shoulders, we would like you to feel a sense of gratitude for the body, and thank the body for handling these new experiences so well. Encourage the body. Tell it that you are on its side and that you apologize for any negativities that you have said about it in the past. And you’ve come to understand that it’s merely doing your bidding. It does not have any volition of its own in that sense.

All of the systems in your body are controlled by your beliefs, even if they’re unconscious.

So, it would seem that there are things happening, the development of an injury or a sickness, that you don’t consciously want, but there is a match somewhere in your mind.

And so, this is the time for you to survey the body before sleep. Feel that energy. Thank it for being such a good messenger and for taking you on this amazing journey through

your consciousness evolution and your expansion, your ascension. And go to bed forgiving your body for all the sins it has not committed. It is doing its best, given who is driving it around. It is you that’s driving it around and it is you that is creating or miscreating within its bounds.

So tonight, let’s just forgive it, thank it. And go to sleep knowing that you are blessed to have this opportunity to be manifested in the world at this time.

- You are going to learn a lot.
- You have learned a lot.
- And to be here in the physical is a blessing indeed.

Even though you are in separation, and even though this is a challenging time, you are going to find out a lot about yourself, and that, after all, is what your incarnation is for.

I am that one that you know as Jesus and I will speak to you again in the morning.

T: Poor bodies. I’ve been very mean to my body over the years, poor thing. Trying to do better. Have a good sleep and I’ll see you tomorrow morning. Bye.

Day 13, September 20

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for the 13th morning session of “40 Days and 40 Nights.” (I’m repeating myself.) Thank you for joining me. Let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and circumstances shift and change like the tides on your planet.

It is very important at this time for you not to be so deceived by form.

Form is always deceptive, because it is the end result of many, many years of feelings and thoughts. So, when you see something manifested, like riots in the streets, or fires in the woods, you are seeing the end result of a lot of energy. And when you see that event from the eyes of the uneducated, you think it means that things *are getting* worse. Well, what it actually means is that things *have been* worse. The manifestation is the *end result* of a lot of negative thinking, or a lot of fearful thinking, or a lot of violent thinking.

So, we want you to shift and change your ideas about form, and see the physical manifestations on your planet as the end result of a lot of time, which means you are beginning to step back from thinking that the present manifestation is a portent of the future.

The future will be coming from the frequencies that you are all holding today.

Now, there are two scenarios at play here. There are the blueprint scenarios, the fateful scenarios, we will say, where things are predestined and they will happen, regardless of

what you do. It is sort of like getting pregnant. You know a baby’s coming. There’s nothing you can do about it now. The seed has been sewn and a baby is coming. So, at four or five months pregnant you can’t undo what has been triggered. And there are things on your planet that are going to be happening that are very much like the birth of a baby. The seeds have been sown long ago. The purpose of the transformations has been set by powers that are more influential than you know.

And so, there are certain things that are going to happen on your planet and the ascension is one of them.

The ascension is one of them. It is a time of energetic shift that will, to use the old phrase, separate the wheat from the chaff. So, what’s going to happen ... And there are beings that say, no matter what happens, all of you will ascend. And it is true. Eventually, all of you will go through this process of going from 3D to 5D, you will become loving people, you will have heaven on earth. But if you are not doing it within the end of this spiritual season, you will be given an opportunity to work through it in another spiritual season. You are not punished, you are merely given your papers saying, “You didn’t quite make the grade here, you’re going to need to repeat the lessons.”

So, there’s this idea that there is a punishing God that’s going to say, “You weren’t good enough, you get to be punished.” That’s not it at all. It is a case of reaping what you sow. These old phrases are coming back from those of you that have read the Bible and have studied these teachings in that form.

You reap what you sow. The wheat shall be separated from the chaff.

That means that there is going to be a different experience for those that are loving, those that have dealt with their resentments, those that are striving for peace, or we would prefer to say, *relaxing into* peace, because striving is very much a 3D kind of idea.

There are many beings who are using their free will to indulge in violence. There are many beings who are using their free will and their tremendous creative power to wreak havoc. And they will reap the harvest of those seeds sown. It is not a threat. It is simply how the 3D world works.

It is a reflective universe, so:

- If you sow the seeds of havoc and division and violence and manipulation and control, you will experience those things yourself, magnified.
- If you are working on forgiveness, listening to your heart, following along a path of non-violence and self-expression that does not hurt others, then you will be on a different trajectory than the others that are service-to-self.

And this is how you learn. It is not a punishment. It is not a reward system. It is simply how you learn. When a child touches a hot stove, they get burnt. They learn. They don’t touch the hot stove. It is a natural consequence. There are natural consequences for all of you. If you run fast holding scissors you may not fare so well. If you walk slowly holding scissors properly you’ll do okay. It is not a punishment from God if you

trip and fall and stab yourself with the scissors. It is a consequence, a natural consequence of a poor decision using your free will.

So, today we emphasize your free will. Make sure that today you understand that every single thing you think, every single thing you do – which means it is supported by belief and thought, your behavior comes from belief and thought – understand that you are planting the seeds in the future garden that you will harvest the fruits from. So, let us say that again.

Every thought, word and deed that you are engaged in is planting a seed for a future garden for you.

So, if you are doing *A Course In Miracles* and you are doing your forgiveness work, when you get upset at people, when you feel a negative emotion, you investigate and ask, “What has come up in me? Let me deal with this.” We are not expecting perfection. It is the *intention* behind what you are doing that is revealing your beliefs and your frequency.

Even though you may have deeply ingrained conditioned beliefs and ideas in your mind, you are using your free will to deconstruct them. So, do not be frightened if you are not perfect. Do not be frightened if you still get upset at people or you still have anger or any of these sorts of things. But look at the *intention* behind the plan for your day-to-day, look at the intention.

**Is your intention loving and good? That is what is sowing the seed.
The past training that you are attempting to overcome is *not* the seed.**

So, when you encounter your negative conditioned mind, come at it lovingly. Don’t panic. Don’t think, “Oh, this is going to keep me stuck in 3D for another 25,000 years.” Don’t think that.

Understand that your intention to dissolve it is the frequency.

I am that one that you know as Jesus and I will speak to you again later.

T: Okay, thank you for joining me this morning. I’ll see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for day 13 of our “40 Day and 40 Nights.” This is the evening session. Let's see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and we are 13 days into a reconditioning program that is going to benefit you.

Every time you pay attention to what you are using your free will for, you are a micro-tuning your life and you are micro-tuning your future.

So, whenever you think of your life as a straight line, “I am here and in ten years I'm going to be over there”, when you make a decision that it's different in this moment, the “over there” has moved a little tiny bit.

If you keep making new decisions, more loving decisions, more forgiving interpretations of reality, let's say, as you make many of these decisions throughout the day, your future moves from “there” to “way over there”, because as these changes shift and change, your new experience of the trajectory of your life changes.

So, if you are in a place right now where you don't like what you are experiencing, let us say that you're in a relationship that's not as loving as you like, or you're in a physical state with your body that is less than ideal, do not dismiss these little changes. Do not dismiss the fact that you didn't say you hated your body this morning, or you were kinder to your partner this morning.

**These tiny shifts make *massive* differences down the line,
because they bring to you a more loving experience in the next moment,
and the next moment, and the next moment.**

And the smallest shift can *drastically* change your life in the future.

And when you're making many, as all of you are now, we are encouraging you to question why you do things, to break out of your own self-imposed prisons. Some of you are complaining about the prisons that are being imposed upon you from outside, but you must recognize where you are complicit in your own imprisoning, and break free from those self-imposed limitations.

Because, you *are* the creator of your life, even though you have been taught that the outside influences you in ways you cannot change. Once they have come into manifestation, that may be true. But you can always change the future by the focus of your mind in the eternal Now. So, remember, the eternal Now, this place here, now, now, now, now, now, is the only control, creative nexus point that you have!

You don't change things in the past. Whatever happened, happened. Your *interpretation* of the past changes in the eternal Now. So, for example, if you had a bad experience with a parent, and you constantly remind yourself, “Oh, but Dad did this to me”, or “Mom did this to me”, you are bringing the past into the present, and you are *re-victimizing* yourself. Every time you bring the negative memory into the present moment, you are choosing to contaminate the clear moment Now, the pure moment of the eternal Now.

**You are choosing to contaminate it with a negative image.
And that means that you are using your free will to contaminate the *future*,
because the future is being created in the eternal Now.**

So, this is a very, very important point for us to mention to you as you go to sleep tonight. And so, as you sit in your bed this evening, lights turned off, no phones in the bedroom, please. This is something that we want to begin to emphasize. No phones in the bedroom! Do your final messaging, and final whatever you do, before you hit the bedroom. Turn your phone off.

**Turn the Wi-Fi off. You don't need it.
It's going to interfere with your nighttime astral education.**

**Transcripts of the
“40 Days and 40 Nights With Jesus”
YouTube Videos**



A Series of Channeled Messages via Tina Spalding
Channeled and Posted during September and October, 2020

**Week 3: September 21–27
(Days 14-20)**

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Day 14, September 21

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 14 of our “40 Days and 40 Nights With Jesus.” This is our morning session. So, let’s see what Jesus has to say to us this morning.

J: You are blessed beings indeed. I am that one that you know as Jesus and as you pass through some of these barriers that are coming up for you, what’s going to happen is that you are going to realize that there are more barriers than you thought.

The barriers that you come up against, whether it be an unwillingness to do the exercises that we are suggesting, or an unwillingness to share the material that we have asked you to do, these barriers are barriers of belief.

When you want to do something but you don’t do it, what you are experiencing is the difference between Spirit and conditioned mind.

When you are feeling desire for something, let us say, you’d like to go on a walk, but it’s raining and you don’t go, what you are experiencing in that simple event is Spirit moving you, “I’d like to go for a walk.” There’s a feeling [you] have, “I’d like to go for a walk.” And then the conditioned teaching, “We don’t walk in the rain, your hair will get messy, you’ll get cold, that’s not what we’re going to do.” And in that microcosm you are seeing and feeling all you need to understand about how to choose freely with Spirit.

Spirit will always guide you by a feeling of interest or curiosity or, “That looks lovely, I think I’ll go over there. That person looks interesting, I want to talk to them.”

- It will always be from attraction.
- It will not be from aversion.
- Aversion comes from the conditioned mind.

So, when you are experiencing your day, what we want you to understand is that Spirit always speaks to you through this positivity.

- It is going to feel as if you want to do something.
- It is going to feel attractive to do something.
- You are interested in that conversation or that person or that activity.

And when you listen to that guidance, you are following a map. You are following a map that is being given to you, and read out to you, so to speak, by your guides and teachers. There is this idea that feelings are yours. There is this idea that ideas are yours. Well, some of them are, but a lot of them are coming from your guides and teachers, saying, “Go to that coffee shop today, there’s somebody in there that you really want to meet or that we think would be great for you to meet.” And so, you might go to your normal coffee shop and then you think, “No, I’m going to go over here.”

Now, very few of you would say that you have an intimate, conscious contact with your guides and teachers, but that is exactly what’s happening in that circumstance. We are, and your guides and teachers are, able to influence you in small ways that do not go against your free will. So, when you have that small inner guidance, “Oh, I’m going to go over here today instead’, it feels positive. It doesn’t feel negative about the normal coffee shop, it feels positive about the other coffee shop. We’re ignoring the [normal] coffee shop, we’re going towards the less commonly visited coffee shop.

**When you have these kinds of events happen,
then you are following the blueprint of your life, which is going to take you,
with assistance from your guides and teachers,
towards that which is beneficial to you.**

Now, whatever’s beneficial to you may be an experience that you need to have to deconstruct some beliefs and ideas that you hold as truth that aren’t truth. So, not all experiences that you’re drawn to are positive ones. This is something that is confusing for many people. You might be attracted to somebody who ends up not being the ideal partner for you, or having a relationship that is less than ideal. But you needed to see something about yourself that this other person brings out in you. Perhaps they are a bit aggressive or bullyish, and you need to see that your boundaries are not strong enough and that you do not stand strong in your power and your sovereignty.

And when you’ve been through the relationship, and you come out of the other side, if you can see what benefited you in that relationship, then you are not bitter and twisted by it. If you are in projection, which means you are blaming the other person for the disastrous relationship, then you will not get the lesson, you are pushing the lesson onto them, saying, “They’re guilty, I’m innocent.” This is what the ego likes to do.

So, what we want you to understand is that you are always being guided to *the best event for you*. Everything works together for good, and Spirit does not say, “Don’t go over there’, it says, “Come over here.” Conditioned teachings say, “We don’t do that. We don’t like that. That’s wrong. You’re bad.” Spirit does not do that.

**So, whenever you’re in a state of unknowing, or not knowing what direction to go in,
get quiet and ask yourself, “What is my preference here?”**

“What is my preference here? Oh, it’s definitely over here, it’s not over there. This has fear and some other things going on, which I don’t like the feel of.”

So, for example, you may have a job that you don’t like and you may be putting out to the universe that you would like to have a different kind of employment. And lo and behold, don’t you get fired, or doesn’t the company cut back on their employees, and you are removed from that position.

- If you’re in the ego mind, you will say, “This is terrible! I’ve lost my job. I’ve lost my paycheque. I don’t know what I’m going to do. This is frightening.” Because the ego is all about survival.

- But if you’re in Spirit, you say, “You know what? This is actually in alignment with the prayers that I have been speaking for several months now. I want out of here.”

And so, you come out of that same experience as the ego-driven person, curious, open, looking for new opportunities. The fearful ego-driven person is shut down, terrified, might take another job they don’t like because they’re in fear.

So, today we want you to feel your way through these simple choices.

- How do you decide what to do each day?
- Which voice are you listening to?

If you listen to Spirit, you will be relaxed, open, curious, adventurous, perhaps. Perhaps it’ll be an ordinary day and not much will happen, but you are still making multiple decisions. Make sure they are conscious and that you are aware of the frequency of those decisions. Don’t make decisions from a place of fear or limitation. Make them from a place of openness and curiosity.

I am that one that you know as Jesus and I’ll speak to you again later.

T: Alright, thank you for joining me this morning. I will see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for the evening session of day 14 of “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus and we want you to understand that there is so much love for you on this side of the veil.

When you are raised in this world of three dimensions, and when you are taught in the schools, and when you are trained for your jobs, and go to post-secondary education, these kinds of things, there is very little love shown to you. Some of you are fortunate and have loving families. But when you are out in the world, it is a very unforgiving place. You must be on time for work. You’re not allowed to get sick. You try and do your best. You struggle and strive. And all of the conditioned teachings of the ego world in which you have to function can make you tired and disillusioned.

What we want you to understand is that this transformation process that you are undergoing right now, although it looks pretty rocky right now, is leading you towards love.

The unloving systems of your society must come down for love to be able to bloom on this planet. When you look at nature, there is balance. It is still separation. Things still have to die for other things to live, which is a very unloving system in that sense. But when you are looking at the whole of it, there is a balance to it. There is an ebb and flow to it. There is, yes, an unforgiveness to it. The weak won’t survive, the strong will do well. But overall there is a beautiful symmetry to nature.

When you are living in the human world, there is severe dysfunction promoted, and it becomes exhausting to live in this system. And that is what many of you are feeling. These months of less work, perhaps, have shown you that you needed a break. Many of you have realized that you do not want to go back to the jobs that you had, or you do not want to go back to them in the old form. Many of you are taking your children out of school, because you do not want to send them into a system that is so regimented now and frightening for them. You can begin to see the shifts and changes in your society. There are rumblings of revolution in some of your minds, where you want to get together and change things for the better. There are many of you that are realizing that your governments do not have your best interests at heart, and you are seeing the true colors of these organizations, as they destroy your livelihoods and these sorts of things.

**However, beneath this crumbling is a Phoenix waiting to arise.
And the Phoenix is a society of peace and love and joy.**

Now, many of you will say that’s not possible on this planet, and you may be right. There are going to be many beings who do not choose love, as you go through this ascension process, and they will be able to reap the rewards of that harvest themselves.

But we encourage all of you that are listening here today to hang in there and

- focus on that which makes you feel better,
- focus on that which you love,
- focus on that which is encouraging your own creativity and self-expression.

And understand that this transformation has many of us in the non-physical cheering you on and supporting you in ways that are untold and unseen.

**As you go to sleep tonight, know that we love you,
and we are with you, and we are supporting you.**

And that there are many transformations that are going to occur, revelations that are going to occur, that you are not expecting. So, we’d like you to stay optimistic and strong, and keep yourselves healthy, knowing that you are preparing for great times.

I am that one that you know as Jesus and I will speak to you again in the morning.

T: Good night everyone. Have sweet dreams and I’ll see you tomorrow morning. Bye.

Day 15, September 22

Morning

T: Good morning everyone. Day 15 of “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us this morning.

J: You are blessed beings indeed. I am that one that you know as Jesus and the numbers are gathering of those of you that are watching these videos.

We want to impress upon you at this time that sharing these videos is a very, very powerful loving act. So many people are getting the incorrect information.

- They do not know how to manage their feelings.
- They do not know how to manage their thoughts.
- They do not understand that there is a huge transformation on your planet happening.

And we want to impress upon you that the courage it takes for you to share these videos is a great lesson for you in developing those aspects of self-empowerment that are going to bring to you that which you want.

When you hesitate to share, what it means is that there are those around you that do not know who you are. If you are enjoying these videos and they are helpful to you, there is a disconnect between what you value and what you share with others, which means that you are, essentially, being inauthentic and fearful. When you are inauthentic and fearful, even if it's only in certain parts of your life, as in, “I'm quite spiritual and my Facebook friends don't know I am spiritual”, what you have to understand is that you are misusing your energy in that sense.

What it means is that there are people in your life who like you and/or love you, but they don't know you. What this sets up in you is a fearful response when you think of these people. Because what happens when you think of these people who like you and/or love you but don't know, there is a fearful response set up in your mind, which says, “If they did know me, then they would leave me.”

So, when you find yourself hesitating to share, you are either fearing people leaving you, or fearing people attacking you, and judging you for being you.

So, this is an internal quandary that will cause anxiety and/or fear to arise in your own mind and you may not know why it is happening. It is essentially, “I am not who they think I am, and I'm afraid that if they find out who I am, they won't love me and they won't stay in my life.”

So, when this kind of situation happens, the ego is tripped, the ego is triggered. That means that within these relationships, unbeknownst to you, you are functioning within the lower realms of 3D in the fight-or-flight-or-freeze response. There are three responses: *fight, flight or freeze*.

Many of you, these days, are freezing, because you were raised in systems that did not let you fight back. Your school system does not let you fight back. You'll be punished if you fight back. You are not allowed to run. You've got commitments, mortgages. Again, the school system sets you up. You're not allowed to fight, you're not allowed to flight, and so you freeze.

And this is why you are seeing so much inaction on the part of people who are being bullied at this time in your society.

You've been trained in systems that teach you to freeze and do as you're told.

So, today we want to bring this to your attention, so that when you don't push the Share button you understand what's happening. And if you go to push the Share button and you hesitate and say to yourself, "I cannot do this", we want you to pay attention to the people that come up in your minds. There'll be one or two people that will be the "editors." These will be the people on your social media pages that you are either afraid of or you are inauthentic with. We want you to look at those relationships today and ask yourself what is actually going on with these people. "Why am I behaving in a way that dictates to me that they are intimidating me in some way, or I am allowing them to overrule my guidance?"

This is a very interesting exercise. Our dear one has a couple of people on her pages that make her hesitate to share. And she has been looking at these people, not to attack the people, not to judge the people, but to ask herself what is going on within *her* that gives these people so much power over her ability to share that which she is, that which she believes in.

So, we are asking you to do the same today. Push that Share button. If fear comes up, if a face comes up in your mind, go into your own interior world and ask yourself, "Is this fear rational, reasonable? Is this person representing to me some kind of authority figure that is intimidating me in my ability to be authentic?" And push the Share button and see what happens.

I'm that one that you know as Jesus and I will speak to you again later.

T: Yes, there we go. Revealing secrets again. Thank you for joining me this morning. Push that Share button. I'm going to be doing more, too. See you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for day 15 of our "40 Days and 40 Nights." [Noticing that her clothing isn't visible in the picture because her hair covers the straps] Um, I'm not naked, although it looks like I am. I've got a top on. It was hot in here. So, I just realized when I was ... Yeah, enough of that. Let's see what Jesus has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus and we love to see joy. We love to see this being laugh, and we love to see you laugh, too.

We want this evening to be one of a feeling of joy. We want to remind you tonight that you have created your life, and even though you may not think it is perfect, even though there are some adjustments that you'd like to make, tonight is a night for gratitude. Tonight is a night, as you sit in your bed listening to this with your journal, we want you to write down 20 things that you are grateful for.

- You are grateful that you have a bed.
- You are grateful that you can hold a pen and that you can write and that you can see what you're writing.
- You are grateful that you are warm.

- You are grateful that you have a computer or a phone.

And on and on. And you can keep going. You can go past 20.

But what we want you to understand is that you can focus on all of these things all of the time, and feel fabulous. Most of you do not value your health, for example, until you get the flu or a cold. And then you're lying in bed thinking, "Oh my God, all those days that I was healthy and I didn't pay attention to it."

Pay attention to it tonight. Pay attention to those friends that you have that you love. Pay attention to the family members that are working for you. Don't look at the ones that aren't, look at the ones that are. This is about saying, "Ah, my sister is such a doll. I love talking to her on the phone. Even though it's only once a month, I enjoy it so much." Think about the things you've learned and the things that you are doing with your life right now. Perhaps you have a garden that you love, a pet that you love. So many things. Perhaps you're reading a good book right now and you can't put it down. It doesn't have to be a big thing.

But we want tonight to be about gratitude.

- Gratitude is love.
- Gratitude is appreciation.
- Gratitude is a very, very high frequency that it is very easy for you to get to.

So, we would like you to begin to make this a nightly practice. Not necessarily writing down 20 things, but before you go to sleep every night, in your journal, write down, without your phone in the room.

We're going to remind you of that, because some of you are not going to listen. You say, "That is too much to ask, that we can't have our phones in the bedroom. There might be an emergency. Someone might need me." Well, they will get a hold of you, don't worry. Put that phone out of the room, because some of you are thinking that as we are saying this.

There is no phone in the room. You are now contemplative as you go to sleep at night.

- You are quiet.
- You are calm.
- You are not flicking through Facebook or YouTube or the news.
- You are not getting sudden messages from someone who isn't your favourite person.

The phone goes an hour before you go to sleep, so that you have some time to be with yourself, to be with the day that you have had, to do your gratitude journal, to write some things down, some feelings perhaps.

- Perhaps you've had some challenges today.
- Perhaps you felt fear.
- Perhaps you felt lonely.
- Perhaps you've been so happy today and you were surprised.

It doesn't matter. Write it down. And then read it back to yourself and ask yourself, “Is this a pattern of sadness? Is this a pattern of upset? Is this an increasing pattern of happiness? I seem to be happier as I'm doing these lessons. This is very interesting.”

And we want to remind those of you that have not yet done *A Course In Miracles* that this is designed as a healing modality, the reintegration of the Western mind, it is designed for these times.

It is designed to help you find peace and alignment when you need it most, which is now. You need it now, because peace and alignment are the qualities that are going to create the new world that you all want.

- It is not going to come from fear.
- It is not going to come from disillusionment.
- It is not going to come from anger.

It is going to come from peace and joy and happiness and relaxation.

So, if you haven't done *A Course In Miracles* yet, we would suggest that you begin to think about it. And if you have resistance, begin to ask for that resistance to be removed.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Alright, thank you for joining me this evening. I will see you tomorrow. Bye.

Day 16, September 23

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 16, a morning session with Jesus. Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and some of the lessons that are coming through are challenging for you and some of the lessons that are coming through are easy for you.

What we want you to understand is that the lessons that are coming through are *perfect* for you. We cannot throw you difficult things all the time and we cannot throw you easy things all the time. This is an ebb and flow, just like the seasons' ebb and flow.

- If it was summer all the time it would be too much for you.
- If it was winter all the time it would be too much for you.

Deep and intensive lessons all the time are too much for you. We want you to understand that there are going to be some days where you think, “Well, that wasn't revelatory” and other days where you think, “Oh my goodness, I've never heard that before. This is the best thing, ever!” So, we want you to understand this, as you're going through these 40 Days and 40 Nights.

Our dear one is going through the same process. There are days where it is easy for her to do these videos. And there are days where it's tremendously challenging to do these videos, because of other obligations that she has, and she has to do them in difficult circumstances or when she's tired.

So, one of the things we want you to understand as you are sharing in her work, is that there is no obligation here for her. She is doing this because she wants to. And she knows that this is a difficult time on your planet and everybody needs help.

So, when there is an error of some kind, please restrain yourselves from complaining. Our dear one made a simple mistake the other day, where a message or a video was scheduled for the wrong time and so it did not show up when expected. Several dozen messages came in, some politely, mentioning that this error had happened, but others, quite nastily, pointing out that, “Well, it can't be that much trouble to load up a video twice a day, why isn't she doing it?”

We want you to understand that for those of you that come at this being with negativity if she makes a simple mistake, if her day gets away from her, if her Wi-Fi goes down, if she gets a flat tire and can't come home, it is not your place to attack, judge or condemn her for missing or being late. You are lucky to have these sessions! This being is generous doing this work.

If there are any negative feelings coming up in you because of an error on her part, that is *your* issue to deal with, that is *your* issue to deal with.

This being has free will. She could stop doing this any moment and say, “You know what? It's too much for me. This causes too much pressure, doing these videos. Everyone's just going to have to deal with things themselves.”

So, do not send emails complaining. She has very diligent associates, who will let her know that an error has been made. Within minutes of it being made, there will be a message coming her way from her diligent co-workers who say, “Something's not right. Please try and fix it.”

So, let us all agree that if Tina makes another mistake, that you will wait patiently for the correction. Our dear one wanted us to address this today, because the several dozen emails made a lot of work for her co-worker that was really unnecessary. Her co-worker is very polite and good at her job, and so she answered many of these emails, but it was an unnecessary amount of work.

So, if another error occurs, witness your upset and work on it. This is what forgiveness work is about. Any of you that got upset at this error that our dear one made must look inside and ask yourself,

- “Am I perfect?”
- Do I never make mistakes?
- Am I never late?
- Am I never delinquent?
- Am I never messy or imperfect?”

Of course, all of you are. This being is human. This being is doing this voluntarily. And when you are setting up a YouTube video, all it takes is one tiny error, clicking on the wrong box when you're tired, clicking on the wrong box if you read it incorrectly, and there goes 5,000 people being mad at you. So, let us not do that to this being.

In the beginning of these sessions, she kindly asked you not to be hung up on when these things were going to come into being. She knows that over a several-week period there will be times when she makes an error, when the Wi-Fi goes out, when technology does not cooperate. She understands this, because she's been doing this for a long time. So, all of you, please relax and know that if it's not showing up there's a very, very good reason for it and it will show up shortly.

Now, the lesson in this is:

- Watching your own volatility.
- Watching your own anger that somebody has not met your expectations.
- Watching your reactions to not getting what you want.

This is what this lesson is for. So, for those of you that have expressed dissatisfaction with our dear one over this particular incident, go inside and ask yourself why the reaction was so strong, why there is a sense of entitlement to these lessons, and to inquire as to the reason why this response or attack was made.

We want you to understand that everything in your life is to show you something.

If you do not get what you want, and you are able to maintain your equilibrium, then you will find much less suffering in your life. As these changes in your Earth continue, as your society goes through these different configurations, many of which will be challenging, it is going to be much more beneficial to you to be able to maintain calm in stormy waters.

So, let us see this little lesson as a perfect example of how not to behave, in some people's cases, and how to behave, in others. There were some who were calmly waiting, thinking something's happened. Just as when somebody doesn't show up at your house, it doesn't mean they disrespect you, it doesn't mean they don't care about you. They may have a flat tire. They may not be able to let you know.

I am that one that you know as Jesus and I will speak to you again later.

T: Thank you, Jesus, for addressing that issue. Yes, when I load up a video, there is a scheduling date and for some reason it went out three days later than it should have; a tiny little box. So, whether or not I clicked it, I don't know, but it does cause a lot of work for my assistant, if 50 people email telling me that it's not on there. I understand that a lot of you think it's helpful, but we do have many, many people. We don't need 50 people telling us that I missed something.

It is difficult. Occasionally, those things happen and it makes me not want to do this. But I keep going and understand that everyone who sent the email probably feels like they're assisting, but we don't need that many. So, thank you, and if I make another mistake, rest assured somebody has already pointed it out to me. I'll see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for the evening session of day 16 of “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus and the evening time is a powerful time for the human mind.

You are slowing down. The requirements of the day have faded. And you are able to begin to relax. Even if it’s in exhaustion, you are beginning to not be driven by that imperative to move around so much, to do so many things.

**In your spiritual evolution, this hour before bed
should now be considered a sacred time.**

And we, once again, ask you, if you’re listening to this in the evening, to take your phone and put it outside of the room. Turn it off. Turn your Wi-Fi off. Come back to bed. And understand that you are communing with God in this time.

The ego mind is all about action. It is all about making things as it wants them. As you slip into sleepiness, you feel that desire to let things go. The mind, however, may have a different idea. As you relax into tiredness, what will happen is that the issues that the ego mind considers very important, of a survival nature, will begin to arise in the mind. And many of you will find that you can’t turn your minds off. That there’s this repeating story.

- It could be about money.
- It could be about your body condition.
- It could be about a person who has annoyed you.

So, this is a very, very powerful time. Because you do, in actual fact, get to see the stories that your ego thinks are the most important. So, as you slip into this quiet pre-slumber state in your bed – no phone, perhaps a nice hot lemon drink next to you, no caffeinated drinks – you’re soothing yourselves into this relaxed state. As you get into this pre-sleep state, these stories may arise. And we want you to write them down. As long as they are circling around in your mind, it means you are valuing them as the thought represents itself.

- “I don’t have enough money for rent next month.
- I’m too this.
- You’re too that.
- She shouldn’t have said that to me.
- That shouldn’t have happened.”

These are the ego stories. Spirit does not have these stories. So, when you’re on a spiritual path and you are trying to find those beliefs that are holding you back, that are restricting you, this is the time to do it, because they will not shut up, they do not relax. The ego is very vigilant for that which it decides is unacceptable or dangerous.

So, as you go into the sleepy time, pay attention to those thoughts and write them down.

- “Oh, I’m worried about money.
- Oh, I’m judging my body again.
- Oh, that conversation I have with my sister is bothering me.”

This is the ego’s world, these negative thoughts, these judgmental ideas that won’t go away.

As you write them down in your journal... Now, in the daytime you’re driving to the store. The dog’s got muddy feet on the back seat. The child is crying. You’ve got to get groceries. The subtleties of the ego stories are lost on you, because you are so active.

This time is the time where you get to see these stories, because they are insistent stories. The ego believes and wants these stories. So, the way the ego functions is through judgment and separation. It will pick up on anything that it can judge, and it will pick up anything that keeps you away from close and loving quarters with other people. It can only survive, the ego mind can only survive, if you listen to it.

And so, tonight we begin this journey of listening to it, but not in the way that *it* wants. You are listening to it so that you can discern the powerful stories that your ego has, and that your ego believes are a matter of life and death. So, when you write these stories down ... Initially, as we say this, you may think, “Well no, I don’t have any bothersome ideas in my mind at all.” But as you drift off to sleep, there will be thoughts that skitter across your mind. There will be things that the mind is ruminating on. Turn the light on, write them down, head back down to sleep.

Now, the next day you will have information about your ego’s belief system. You will have ... Let us say, you have had a judgmental thought, on going to sleep, about the state of your body, “It’s too old. It’s too fat. It’s too thin. It’s not muscular enough. One leg is longer than the other. And I don’t like it.” Whatever it is.

So, in the morning, when you look at this, you say, “Ah, my ego believes that my body *is* my value system.” This thought, “I am imperfect, I am ugly, or I am unacceptable in some way”, this thought belies the belief that is underneath it, which is you value yourself for your body and its appearance. This is good information for you to have, because as you bring this up to the surface you say, “Ah, I am now going to be on high alert for a few days, looking for this belief and its manifestations and various forms.”

**Beliefs generate thoughts.
Thoughts generate feelings.
Feelings generate behaviours.**

So, we want you to use this evening practice as a way of bringing up onto the table the beliefs that your ego has about reality. And then, when you see the thought, go beneath the thought and pull up the belief. Then, over the next few days, watch for the forms that that belief manifests in thought, feeling and action.

This is how you shift and change your beliefs. You first must witness the thoughts and feelings that these beliefs are generating in you all the time, but mostly, you’re too busy in the daytime to do this. So, let us make this sacred time before bed the time where you discern these thoughts, these feelings. And then you become alert for them in your day.

So, for example, if you have judgments about your body shape and size, and you discern this as you are in this quiet time, you make a note of it. In the daytime, in the following days, you can witness, “Oh, I judged that woman’s body, because it was too thin.” What you do is, you witness your judgment, you stop, and you say, “That’s not true. All beings are valuable, regardless of how they look.” This now becomes your mantra when you hear that voice inside your head that says, “She’s very beautiful. I wish I looked like her.” In that thought, you are strengthening the ego’s belief in bodies. When you catch yourself doing that, you then say, “No, that’s not true. Everybody is valuable in the eyes of God, regardless of what their body looks like. We are all equal.”

You respond to your negative thoughts, judgmental thoughts, about bodies with this new mantra, “No, that is not true, we are all equal in the eyes of God.”

We are valuable for other things. How kind we are. How creative we are.

And, in fact, God just values us for being us.

So, this is one of the ways that you can deconstruct beliefs.

- You feel the effect of them.
- You write it down.
- You go beneath the thought or feeling, figure out the belief.

And then you begin to counter that belief with the truth, which is that:

- You are all equally valuable in the eyes of God.
- You are all sacred beings.
- And you are deeply loved.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Thank you for joining me this evening. I will see you tomorrow. Bye.

Day 17, September 24

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 17, the morning session, of our “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and some of you are struggling with the intensity of these times.

There are many, many stories coming to you about environment, political stories, medical stories, stories of difficult times in difficult places.

**And what we want you to understand is that
your job now is to centre yourself in your life.**

You are so used to having news stories and information coming from all over the world that you forget that what is happening on the other side of the world is really not any of your business. If you were meant to know what was happening in Zambia, you would be in Zambia. You are not meant to know every single disaster or negative experience that happens all over the world, which is exactly what your news systems are bringing you. It can be a riot in a city in your country. But you don't live there. You live in a quiet rural backwater where nothing bad is happening. And yet, you are voluntarily using your free will to plug into negative stories.

We will remind you your ego does not know when you're watching a movie of a riot and buildings burning, your ego mind does not know that that is not happening to you or in your neighbourhood. It is designed to take in all information that is coming through your sensory input devices – your eyes, your ears your nose, your mouth, your touch – it is designed to interpret all of those things. And from those things it will come up with a survival strategy.

- It does not know that the riots you are watching are not in your backyard.
- It does not have discernment.
- It does not have intelligence in that sense.

It is a sort of primitive biological means of collecting information so that you can make a decision about what to do to live, to survive the next day, the next 24 hours.

So, when you think of your ego mind in this way, and the subconscious in this way, your subconscious has collected every single thing you've ever seen, including all those episodes of Gilligan's Island that you watched as a child, including all those episodes of The Twilight Zone, or anything like that. That information has been collected by the ego mind – we call it, in the modern times, your subconscious mind – and all of that information is used to help you decide what to do, if you are not using your free will to choose consciously.

So, if you are not choosing *consciously* what brand of juice to buy at the store, you will buy the one that you have *subconsciously* seen in a commercial. So, all of you remember these jingles that you have for Cadbury's chocolate, or Smarties, or Life cereal – we're going into our dear one's memory banks here – every commercial you've seen is in your memory banks, the ego's memory banks, the subconscious's memory banks.

**And so, if you are not *consciously* making a decision,
you will be *unconsciously* making a decision.**

So, if you have been watching CNN for the last 20 years, since the Twin Towers came down, you have had a lot of fearful images implanted into your subconscious that your

ego is still using as part of the recipe to design your day, and to design your behaviour. As have all the Pizza Hut commercials, as have all the beer commercials, as have all the bank commercials that you have ever watched. [They] are residing in your subconscious, and your ego will go there when it has a financial decision to make, for example. It will go in there and it will collate all of the financial things you have ever watched, learnt, read. It doesn't have a judgment quality to it, a discerning quality to it.

**It will say, “Oh well, we’ve had 50,000 bank commercials,
a bank must be the best place to put our money.”**

And that's as far as its thinking goes. It will not anticipate changes in your society that are coming. It does not do that. It goes to the past. And so, this is where the idea of the past constantly being repeated comes from, for those of you that are unconscious, for those beings that are unconscious.

So, this morning, we want to tell you that. We want to tell you that it is not harmless, watching a newscast about the riots in Minneapolis. Your ego says to itself, “Oh, riots are around, we need to be more careful!” And it will change your behaviour based on that information.

So, this morning, understand that your unconscious mind, which is that which is automatic, that which you don't think about ... Your driving your car to work is unconscious. You can bring it to consciousness very quickly, “Oh, I'm changing gear.” But the subconscious takes over this repetitive behaviour.

And when you have repetitive behaviours, the foods you eat, the exercise you do or don't do, the stories you tell, you are using your free will in this moment to *unconsciously* create the same thing, over and over and over again, unless you *consciously* break your habits, *consciously* make a decision based on new information, make your decisions based on what you would like to see in the future, not what you've always done in the past.

A lot of people get stuck in ruts, because this is how they're making their decisions. They're using the past. And, therefore, this eternal now moment, where you get to decide what you focus all of your God-given creative energy on, is constantly focusing on the old habits, which means that you are going to have a future that looks like today.

**If you don't want your future to look like today,
you must *consciously* begin to override these habitual behaviours,
and you must *consciously* decide what you're putting into your mind.**

This is why we want you to turn your televisions off, because the programming – which does not hide what it's doing by its name – the programming is programming you to stay in the matrix, this idea of the matrix, which is this system of control that prevents you from being truly free. You can be free, but you must decide today that you are going to make new decisions, not the same old decisions you've always made.

This is why in previous sessions we’ve asked you to break the small rules that keep you doing the same thing all the time. This is something that we would like to reiterate today, based on the information that we’ve given you.

I am that one that you know as Jesus and I will speak to you again later today.

T: Easier said than done. Thank you for joining me today. I’ll see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for day 17 and the evening session of “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus and the signs that you are reading now are coming fast and furious.

- The signs of dissent amongst the population.
- The signs of increasing restrictions returning.

So, you are in a pressure cooker of sorts. You are feeling as if you have nowhere to turn.

Well, when you do not see your own creative power, when you do not see how magnificent you are, when you do not see that there are billions of you unhappy with the circumstance, then you are playing the victim, you are playing the victim role. You are not seeing that your collective minds have *co-created* this situation, and your collective minds can *change* this situation.

So, we remind you of all of the things that you’ve watched and consumed over the last couple of decades, that have been slowly and inexorably leading you towards the situation.

- The way to change the world is to change your mind.
- The way to change the world is to take back your mind.
- The way to change your world is to see yourself truly as you are, which is a divine and powerful creative being, made in the image of God.

You are made in the image of God. And for those of you that are listening to this in your room in the evening, we will say, put your phones in the other room. We are going to keep repeating it, so that those of you that are ignoring that advice hear it over and over again.

**Because that is how you retrain a mind.
You retrain a mind by repetition.**

And that is why you have been trained so well, because of the repetition that you have been subjected to. You remember you learning your times tables in school, and how they went over it and over it and over it. They did not expect you to learn it in one go. And the powers that be have not expected you to learn how to be coerced and corralled in one go. It has been a slow and steady path.

But at each turn on that path, each gate that you walk through, each narrowing pathway that you continued along, you used your free will to say, “Okay, I don’t mind this. This doesn’t seem so bad. This is alright. I’m going to keep using these products. I’m going to keep using this platform.” And now, here you find yourselves, as if somebody has taken your power from you.

**Nobody has taken your power from you.
You have incrementally been agreeing to everything.**

So, it is in this change of mind that you must indulge now. You must see that you have agreed to do these things over and over and over again. You have agreed to send your children into, we will say, indoctrination camps. You have agreed because the system has required it. And yet, there are many beings who have said, “No, this system isn’t healthy. I don’t like what they’re teaching. I’m going to homeschool my children or I’m going to find an alternative school that is more liberal, that is more balanced.” There are these choices out there. And yet, many of you have not taken them.

Yes, we know the reasons why. That is what the powers that be count on, that you will fall into lockstep with their desires for you. But the tides have turned now.

- You are seeing the true colors of your global governments.
- You are seeing the true colors of your police.
- You are seeing the true colors of your local health units.
- You are seeing the true colors of your school board rulers.

And you are all shocked and dismayed. You should not be shocked and dismayed. This has been a long time coming.

**So, now it is time for you to *know* your own mind.
It is time for you to *train* your own mind.**

Because your mind has been trained. It has been trained and trained and trained. And if you do not retrain it, it will stay in this domesticated state that you find yourselves in now.

- It will not have the courage to say “No.”
- It will not have the courage to stand firm in your knowing that something is wrong.

It will not have the courage to do it, because it has been trained into submission and domesticity.

Humanity is a powerful force. The collective that you are a part of has co-created this system. It is now time for you to take back your minds, to take back your sovereignty, and to understand that you are powerful, that you are correct in your knowing that certain things are wrong and should not be taking place.

How will you do it? You will do it the way that it was done to you.

- Steadily and slowly you will take back your sovereignty.

- Steadily and slowly you will say “No” to things that you don’t agree with.
- Steadily and slowly you will, with love, refuse to step onto the path that is taking you to a place that you do not want to go.

So, as you go to sleep tonight, we would like you to say this to yourselves, “I am a powerful sovereign creator. I have been given everything I need to be able to manifest what I would like to experience. And as I look at this world today, I see things I do not want to experience, and so,

- I do not give them my support energetically.
- I do not give them my support verbally.
- And I do not give them my support in action.

I am going to retrain my mind, and I am going to become free once again.”

Go to sleep saying these words, knowing that you are a sovereign being, that you are powerful, and that the more of you that hear this, the more of you that will shift and change the way you’re looking at the world and the way you’re looking at yourselves and your influence on the world.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Good night, sovereign beings. I’ll see you tomorrow. Bye.

Day 18, September 25

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for the morning session of day 18 of “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and some of you are struggling a little with consistency.

And we understand that this is a big commitment. Our dear one is struggling with consistency as well. There is some erratic behaviour when it comes to making the videos, so she is finding that disciplining herself to be present twice a day, regardless of what is going on in her life, is a challenge indeed.

So, when you are finding this difficult, what we want you to understand is that this is what discipline looks like.

Discipline looks like making a commitment to something you value.

And this is, of course, what *A Course In Miracles* lessons teach you. And last year we did the commentaries to assist you in understanding those lessons. A support mechanism, if you will, to assist you through that discipline.

Now we are asking another discipline of you. And this is where the ego does not like it. It does not like changing its routines. It does not like having to do something at a certain time. It has decided the behaviours that it wants you to exhibit for its benefit, its benefit being safety and predictability.

- The ego does not care about your spiritual evolution.
- It does not care about your happiness.
- It does not care about your health.
- It does not care about any of those things.

It has set up a multiplicity of strategies, based on past experiences that it does not want to experience again, or that it does want to experience again.

So, what you are dealing with here is disciplining your ego.

When you find out, “Oh well, now I’m five days behind on the ‘40 Days and 40 Nights’”, you are not experiencing the benefit of this discipline. *The reason that 40 days and 40 nights is chosen as the timeline for this teaching is because 40 days and 40 nights is transformative.* It pushes you past your habits into new territory.

So, if you are watching this lesson, and you are what we call “behind”, try and keep your discipline to the two sessions a day for the rest of the time. When you do not tune in, your ego is saying, “I have a better idea. I think we should do this. And I think we should go there. This is going to benefit you much more.”

But the truth of the matter is, listening to these lessons twice a day for 40 days will wake up in you something that has not yet been awakened.

And our dear one is feeling it. She is shifting and changing. And yet, those shifts and changes can feel uncomfortable.

So, if you are feeling uncomfortable and blaming it on the “40 Days and 40 Nights”, you are right. *It is making you uncomfortable, because we are getting you to change some deep-seated patterning that does not benefit you.*

I am that one that you know as Jesus and I will speak to you again later.

T: Yes indeed. But because you are all waiting for me, I have to do these videos. So, I can’t skip out. You can skip out. But don’t skip out. Keep coming back and take advantage of this wonderful opportunity that we are all being given together.

Thank you for joining me again today and I will see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for our evening session of day 18 of “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus and at the end of each day there is an opportunity for you to gather your thoughts together, gather your feelings together, and to sit with what has happened during the day.

Each of these morning sessions is giving you something to think about, something to explore, something to question, something to come to understand more deeply. But it is very important, at the end of the day, for you to reflect back upon what you were able or not able to accomplish regarding the suggestions that we make in the morning.

The reason this is a good idea is because there is an energy within all of you, we call it the ego mind, which is counter, and believes in things opposite, to what we are teaching. And for most of you, the truth is you are ruled by your egos.

- Your egos believe in separation.
- They believe that you will die.
- The ego believes that you are a body.
- That you have secret thoughts.
- That when you say something nasty about somebody else you don't get hurt.

There are many, many beliefs that are foundational in the ego's thought system.

And you are all in that thought system, because you have been born into separation. Your individual body demonstrates your belief in separation. And your society has intensively cultivated the belief in separation, individuality and isolation.

So, the way your homes are built, the way your families are constructed, the things you're encouraged to do, all perpetuate separation and isolation and judgment, which causes you to move away from love and causes suffering.

And yet, it is the sea you swim in, it is the only thing you know. As we are bringing forth this information to you, we want you to understand that when you look at the world and you see the suffering there, you see the control mechanisms, you see the wars, you see the lack, you see the struggle that even you go through trying to support your family and make a decent life for yourself, it's a very, very challenging environment, this world of separation.

And yet, you are *innately* loving beings. This is why this world causes you so much suffering. Because being *separated* from love is excruciatingly painful for the loving beings that you are. And yet, there is this side of you that relishes in attack, that enjoys judgment, that wants to isolate.

So, what you have are two separate, completely separate, thought systems adjacent to each other. And you are in the middle.

- Any time you have a hateful or negative thought, you will slide into the ego's thought system, where more ideas like that will come.
- Every time you have a loving thought, a forgiving thought, a kind thought, a contented thought, an easy-going thought, you go over into the Holy Spirit's

thought system, which is a loving thought system and more thoughts like that will come.

So, you are literally tuning into, we could liken it to a radio station.

**You are tuning into the hateful, negative station
or you are tuning into the loving station.
And this happens with every thought you believe and act upon.**

So, we want you to understand the power of each thought and the power of your minds as they are being manipulated by television, movies and mainstream media systems.

- Every time you tune into a newscast that is showing you rioting and burning and negative stories, the ego gets stronger. That means isolation and separation gets stronger, and the fight or flight or freeze response gets stronger in you.
- Every time you turn off your TV and go out into the garden and plant something, or get your art supplies out and do some creative project that’s arising from within you, creativity arises from within your spirit, you are going to step into the Holy Spirit’s thought system, which is one of communion, union, healing, health, abundance.

So, tonight we would like you to reflect back upon your day. And we would like you to ask yourself, “Which thought system am I predominantly in, or was I predominantly in, today?”

- Was I in a space of relaxation, happiness, communion, community, communication, calmness, love, peace, joy, creativity?
- Or was I predominantly in a state of fear, judgment, separation, anxiety, confusion, unhappiness, disillusionment?”

As you reflect back on your day, we do not want you to judge what you did. But what we want you to do is, as you go to sleep tonight, we want you to say, “Tomorrow is going to be a better day. Tomorrow I am going to choose peace and love and creativity more often than I did today.”

That is what awakening looks like. You use your free will to choose love and forgiveness more and more and more, to choose acceptance more and more and more, which seems counter to what you have been trained to do. “Accepting things as they are? Surely we don’t want things as they are?”

You *can* accept things as they are, because they’ve come into manifestation, they’re already made, they’re already in existence. And you can pivot from that point and say, “I accept that there is chaos happening right now, or there are these unfair restrictions happening in my life right now, but I am not going to get mad at them, because they are already in being. I am going to say, ‘There it is. I don’t want it in my future. How can I, today, choose more freedom-seeking thoughts, more calm, loving thoughts?’” This is how you’re going to change the world. One thought at a time. One person at a time.

We want to remind you to share these videos. Face your fears of persecution or repercussions from friends and family. Post these videos. Everybody needs to hear this information now. You are being bombarded with negative and separation-focused information. We need to see sharing this information, not only is an act of courage for some of you, but as an act of love and kindness, so that someone, somewhere might hear some information that they have never heard before, and it may be the turning point for them in their life.

So, love your brothers and sisters. Share this information. And know that it is going to change many, many hearts and minds. And we are grateful for your courage and sharing of this material.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Thank you, everyone, for joining me this evening. I just like to remind you to check out our Channeling Jesus community. We have a lot of people on there who are tired of the negative and warmongering and separation-focused information. There are a lot of wonderful conversations going on there. Sharing of channeling material. Healing modalities. Creativity. It is a very, very sweet space, if you are feeling bruised and battered by the social media mainstream products.

And I'll see you again tomorrow morning. Bye.

Day 19, September 26

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for our morning session of day 19 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and some of you are excited about these lessons.

Many of you are beginning to feel that there is an energy coursing through you now that was not there a couple of weeks ago. You are beginning to feel a little stronger. You are beginning to feel a little braver. You are beginning to realize that when you listen to sound advice, things work out well. Your energy systems start to function more fully.

So, what's going to happen to all of you, over the next months and years, is that your energy systems are going to ramp up into full proper function.

What's happened to your society over the many, many centuries that you have been oppressed and controlled – think back to the Catholic Church and the Inquisition, and these kinds of things – there has been a terrible oppressive energy that has been exerted over people for a very, very long time. Many of you were only declared humans in this last hundred years or so, and we are referring, of course, to women and getting

the vote and these kinds of things, although there have been terrible, terrible persecutions and genocides of many, many native beings relatively recently, we will say.

But what is happening with this increasing energy that’s coming into the planet is that your energy systems, your bodily systems, are going to be waking up.

What you are witnessing here with this being, with her ability to tune into another station, let us say, other than her own station, she’s just tuned up into another station through a spiritual practice, through prayer and meditation, and through increasing energies that have been bombarding your planet over these last few years.

You all have the ability to communicate with your guides and teachers, openly and easily. But you have had these aspects of you shut down through terror, through fear, through fear of being put in a mental institution, through fear of possession, through fear of losing control.

And what’s going to happen over these coming years is that the natural energies of your body-mind complex are going to begin to reveal themselves.

And they are going to begin to reveal themselves in bursts of energy going through your body. Spontaneous movements of the body, lucid dreaming, visions, these kinds of things. So, it’s very, very important that you understand that the terrorizing modalities of the Church and this psychiatric profession are going to be triggered in you when these things begin to happen.

So, let’s say you’re lying in bed one evening, and you get a sudden rush of energy up your spine, and your body begins to move spontaneously, which is what happened to this being when she was awakened. *It is very important for you to have looked at your beliefs around possession and insanity before you experience these things.* Now, the idea of possession is something that pervades most of your minds. The Church began to lose powers a few decades ago, and what replaced it but the horror movie.

So, the powers that be could see that there was a tremendous benefit to keeping you away from investigating your interior world. And this was for many, many generations taken care of by the Church. It was considered evil to even think about speaking to Spirit, or communicating with Spirit in any way, shape, or form. And when the Church began to lose its power, the movie makers took over. And they have instilled in many of you terrifying images that have not left you. All it takes is a branch bang against a window on a stormy night and any horror movie that you have ever watched comes rushing to the surface. So, it’s very important that you understand that these images and ideas have been implanted in you through movies that you have watched, even if you watched them 20 years ago.

So, it is good for you to listen to us telling you about this. And it’s good for you to do some research and read about Kundalini awakenings, spiritual awakenings. Do some research and find some books on that subject. Our dear one’s book, *Making Love to God*, of course, tells of her journey through the awakening process. So, that is a very, very good place to start.

But all of you are going to have these fears triggered, as you begin to get energetic shifts in your body-mind complex.

- You are not being possessed. You are being upgraded.
- You are not suffering from some malady. Your energy systems are escalating in their ability to handle more and more power and more and more light.

So, know this, going into the next few months and years, that you may indeed experience some, we will say, side effects of your awakening, such as we have described here.

I am that one that you know as Jesus and I will speak to you again later.

T: Yes. So, I chronicled my Kundalini awakening in my book, *Making Love to God*, which is available on Amazon, or you can order it at your local bookstore, if you'd like to do that. The appendices at the back of the book have all of the experiences that I went through. So, it's a very interesting story, and I wanted to share it. I've always found it very annoying, in channeled books, when they say, "I had all these experiences, that they were personal, I'm not going to talk about them." I think from my point of view it was very important for me to share as much information as possible, so that you could understand what my experience was.

Thank you for joining me today and I'll see you later. Bye.

Evening

T: Good evening everyone. This is the evening session of day 19 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus and as you lay yourselves down to sleep tonight we want you to ask yourself a very, very powerful question:

**Are you willing to have communication with your guides and teachers,
in a tangible and easily understood way?**

This is something that is going to trigger those of you that have hidden beliefs about communicating with Spirit. We do not want you to even ask the question, if you know that you're too afraid to ask the question. There is no need to induce fear in humans. You are fearful enough. You are already being shepherded through walls of fear, as if you are a sheep and a sheepdog is nipping at your heels. You are being pushed into fearful situations, loss of freedom, loss of jobs, loss of ability to travel, loss of ability to speak freely. Many of you are facing these difficult situations now that are already bringing up enough fear.

But for those of you that are curious about communication from Spirit, we want you to start entertaining the idea that you are going to ask for it now. Some of you have already been doing this. Those of you that are experienced, that have gone through some of these barriers, have already been asking for communication, direct

communication. But there are many of you in this series that are going to be new to these ideas. We’d like you to *feel* your way into this question.

- Is there a barrier to you asking this question?
- Is there an innate fear in you when you think of asking this question?

If there is, what we want you to do is write about it. We want you to sit down in a meditation. You can do it right now, if you’re in your bed and you’re getting ready to sleep. And you can imagine saying this prayer:

Please open up communications between me and my spirit guides and teachers.

In the meditation you are doing this. What will happen is, any fears that you have come rocketing to the surface. Because the ego mind does not know the difference between fantasy and reality. And so, you will hear the fears. It will say that you are going to lose control. It will say that you don’t know who’s going to communicate with you. It could be dangerous. You could hear the voice of your Catholic school teacher, saying you’re going to go to hell if you do this, that Jesus forbade these things.

All we are asking you to do tonight, if you are new to this idea, is to *explore* this idea. We’re not suggesting you do make an invitation. We are suggesting that you *meditate* on making an invitation, and see what comes up for you.

It’s very important for all of you at this stage to understand that the beliefs that you hold beneath the surface of your conscious mind, in your subconscious mind, have been placed there, very specifically, to prevent you from doing this kind of work. As we said this morning, the Church did it, and now horror movies do it. If you have watched a lot of horror movies in your youth, you are going to have these images and ideas in your head. And they will have been put in there with that hypnotic device, which is the movie. It is a training program.

So, we want you to understand what’s *in* you. And the way to find out what’s *in* you, as it relates to these beliefs, is to pretend that you’re going to communicate with Spirit, and they will come rushing to the surface. Write them down, and begin to question them over the next few days. Begin to question them, and begin to ask yourself what other beliefs have you been indoctrinated in around spiritual communication, spirituality, God, Jesus, all of those wonderful subjects.

It is a deep pool of untruth that many of you have been swimming in. And for those of you that have not, we would recommend at this point reading *Jesus: My Autobiography*. In that book, many of these subjects are covered, and they go into the true story of my experience here on Earth, revealing to you my real nature, revealing to you my real personality, not what was done with my story.

What was done with my story was untrue. What was revealed in this book is the truth. And for many it has brought a sense of relief, knowing that the experience I had on Earth was a wonderful one, even though it ended in a tragic way, according to those who tell the untrue story.

**It was not a tragic end. It was my choice.
It was what I needed to do to teach my students at that time.
And it was what I needed to do to move on in my life at that time.**

But it’s a complicated story. And we would prefer that you read the full, unedited version of that story. This dear being was brave enough to bring forth that communication, several years ago.

We are not suggesting that all of you will be doing this work. But we want you to lose your fear of Spirit. We want you to lose your fear of your intuition. We want you to lose your fear of these internal guidance systems that are your salvation. They will take you to where you need to be.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Yes, that’s a very good book. I can say it’s a very good book, because I didn’t write it. I just channeled it. So, do think about reading that book. It’s available on Amazon or you can order it at your local bookstore. *Jesus: My Autobiography*, published in 2013.

Thanks for joining me this evening and I’ll see you again soon. Bye.

Day 20, September 27

Morning

T: Good morning everyone. Tina Spalding, trance channel, here – just getting my hoodie sorted out there. Today is day 20, halfway through our “40 Days and 40 Nights With Jesus” and this is our morning session. Let’s see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and 50% of the way through this you are making great gains.

**There are thousands and thousands of people who have seen these videos.
And we want thousands and thousands more people to see these videos.
The kind of information that is being shared here is beneficial for everyone.**

And so, we remind you of that as you hesitate to share what you are watching, for fear of being persecuted or judged or made fun of. It takes courage to be a spiritual warrior. And we are asking all of you to be spiritual warriors now, because it is time. It is time for humanity to stand up and face their fears.

- Your fears have been planted in you.
- Your fears have been manipulated.
- Your fears have been strengthened by the stories and movies and shows that you watch.

You are a powerful, powerful source of energy on this planet. And your energy is being harvested from the systems that are in existence at this time.

- The wealth of this planet comes from you and the planet.

- It does not come from the systems that are orchestrating the management of your wealth.

Your wealth comes from your spirit, your soul, your passion, your joy. When you work hard all day, you are using your vital life force to bring forth productivity. When you are having that productivity manipulated, or that wealth taken from you, you are being violated.

It is important that you understand this, that your wealth cannot be taken from you, unless you agree to it. It cannot be taken from you, unless you cooperate with those systems that are taking it from you. It has been disguised up until now. It has been hidden up until now.

But the transhumanist agenda¹ is underway. And it requires that you stand firm in your spirituality. It requires you to stand firm in your sovereignty. Otherwise, your energy is going to be permanently taken from you in these transhumanist agendas that are on the table.

Why are they on the table? Well, they are on the table because there is a need for energy from those beings who rule your planet. The technology that is being employed, and has been increasingly so over the last few decades, has reached a turning point now, where it has a will of its own.

The AI [Artificial Intelligence] systems that are being used are pushing for more and more control. And the humans that have designed these systems are being influenced now by the machines that they have created. This is an important point of demarcation for human sovereignty and human freedom.

- You must begin to turn away from using AI technology.
- You must begin to turn away from being complacent and complicit in technology taking over your lives.

How do you do that?

- You begin to say “No.”
- You begin to refuse to take your phone with you wherever you go.
- You begin to refuse to participate in surveys and government systems that keep asking you for more and more information.

In fact, we want you to start to pull back from giving *any* information about yourself that is voluntary. This is how the systems are being strengthened.

- They are being strengthened by you *voluntarily* giving your DNA information.
- They are being strengthened by you *voluntarily* giving all your personal information away.

¹ Transhumanism is a philosophical movement that advocates for the transformation of the human condition by developing and making widely available sophisticated technologies to greatly enhance human intellect and physiology. (Source: Wikipedia.)

It is time now for you to stop this massive leak of power. Because information now is power in these technological systems that are being implemented.

**As you back away from voluntarily giving up all that you are,
the systems will begin to weaken.
They can only function when they are supported by the masses.**

There is a feeling that this is a subject that Jesus would not talk about. This is untrue. When a system of oppression becomes so intense that your spiritual evolution is impacted, it becomes our business.

And that is what is happening on your planet at this time. You must begin to take back your sovereignty. Say “No” to the mass harvesting of energy and information that is happening. And get back to basics. Get out on the land. Get out of the cities into the country, if at all possible, finding a way to live more simply, less digitally, and with knowledge that nature is the way to go.

**Nature has survived for billions of years.
The systems are always evolving and changing, but they are natural in nature.
What is happening to you is *not* natural.
And it is time that you reassert your natural humanity.**

I am that one that you know as Jesus and I’ll speak to you again later.

T: Wow, that’s kind of heavy. Alright, I don’t take my phone anywhere with me. If I do take it with me, I have it in a Faraday bag, which keeps it completely separate from all Wi-Fi systems and tracking systems. And I only ever use it if I’m in an isolated place, where there are no potential contacts, because of this contact tracing thing that’s going on. So, it’s perfectly doable and that’s one of my little rebellions. So, you might want to think about doing that.

Thank you for joining me this morning. I’ll see you later. Bye.

Evening

T: Good evening everyone. It is the evening session of day 20 in our “40 Days and 40 Nights With Jesus.” Let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and this morning’s session was a session that may have confused or upset some of you because of the subject that we were talking about.

What is transhumanism? Transhumanism is this idea that humans and machines and technology can be blended into a better form.

**What we want you to understand, as you fall asleep this evening,
is that there is no better form than you.**

You are created perfectly. You are made of love, from love, for love. And there is no improvement needed.

You are perfectly functioning when you are in alignment with love.

- Many of you feel underpowered.
- Many of you feel confused.
- Many of you feel as if you are being bullied.

What is happening is that you are feeling the effects of your misalignment. In this world, there is a reflection happening. The reflection is telling you something. The reflection is telling you that you have lost your way.

- Your society reflects this, in its violence and urbanization.
- Your relationships reflect this, in their brevity or confusion.
- And your interior experience reflects this, in your feelings of suffering and unhappiness.

You are not here to be punished. There is no punishing God. What you are experiencing is a reflection of what you are *not*.

- You are not violent.
- You are not superficial.
- You are not unhealthy.

You are the opposite of those things. You merely have lost touch with that truth.

And so, this journey that we are on together is to remind you of your perfection, to remind you of your strengths and your powers and your abilities.

- You are creative beings.
- You are freedom-seeking beings.
- You are loving beings.

And as you fall asleep tonight, we want to remind you that when you are in alignment with those truths,

- you will feel good,
- you will feel excited,
- you will feel contented,
- you will feel creative,
- you will feel abundant.

So, tonight as you go to sleep, we want to remind you that whenever you feel other than those things, you are looking at the world incorrectly. You are interpreting your experiences incorrectly. Everything works together for good. And no matter what you see reflected back to you in this world, it is showing you something that is out of alignment or in alignment.

When you see something that is out of alignment, meaning that it's unloving or uncaring or ungenerous or cruel or unhealthy, that is the misalignment being reflected back to you.

So, when you see anything in this world that is those things, go inside and ask yourself,

- “Where am I unhealthy?
- Where am I violent?
- Where am I unloving?
- Where am I disingenuous?
- Where am I inauthentic?”

And begin to remedy those things within yourself. Then the reflection must change. The reflection is always true. And it will change. And it will appear to be a miracle, for you will change your mind, you will change your heart, and the world will show you that difference reflected back to you. It’ll show you that difference in a more peaceful engagement with others. It will show you that reflection in feelings of joy and happiness, synchronicities that are working in your favour, opportunities that you have been looking for, fun, joy, creative ideas. It will come back to you in those things.

So, if you are disillusioned at this point, we say, stop believing in illusion, stop looking at the world and expecting it to make you happy.

Go inside and find where you are out of alignment with happy, and that is where you will shift and change enough to cause a miracle to occur in front of you. And it will be the world changing in response to you changing your mind.

You do not need to blend with machines. You do not need to do as you are told in relation to any technology. In fact, nature is your friend. Nature is the place to go. Being natural is the thing to do.

You have your guidance system. You have your desires. You have your feelings. Very, very few people want to retire to an urban environment.

- They dream of a farm.
- They dream of gardens.
- They dream of walking their dogs in the forest.
- They dream of sitting on a nice beach somewhere.
- They always dream of nature.

As you go to bed tonight, think of where you would like to live, and how you would like to live. What you would like to give up, and what you would like to include in your life.

**You are the creator.
You are the one that is the director, the lighting assistant
and the stage manager of the movie that is your life.**

**Be a star in your life.
That is the way it’s meant to be.**

I am that one that you know as Jesus and I’ll speak to you again tomorrow.

T: I do love him. Thank you for joining me this evening. I will see you tomorrow. Bye.

So, from now on we would like all of you to leave your phones turned off, in the kitchen or the living room, away from where you can access them easily. This is a very important point.

So, as you are sitting there, reflecting in this quiet room, without electronics flashing away or dinging away at you, do a forgiveness prayer for the person who comes into your mind immediately when you think, “I have something to forgive.” Whoever that person is, send them love and say, “I release you from these enmeshments that we have had together. I release our relationship to the Holy Spirit so we can both be free.”

**And this now can become a regular prayer, whenever your relationship with someone comes up in your mind in a negative way,
“I release this relationship to the Holy Spirit, so we can both be free.”**

Because, as long as you are holding on to negativities, they are not free, either. They will feel it. They will feel hooked into you by your focus on them in a negative way.

So, that is our evening lesson for you. Understand that forgiveness is for you. It massively affects your future. And if you’re not happy where you are right now, it is in this moment that you can change the future that you are magnetizing to yourself. You are master creators. You are beautiful, powerful beings, made in the image of God. I love you very much and we will speak to you tomorrow. Have sweet dreams and understand the power of your mind.

T: Thank you for joining me this evening. I will see you tomorrow. Bye.

**Transcripts of the
“40 Days and 40 Nights With Jesus”
YouTube Videos**



A Series of Channeled Messages via Tina Spalding
Channeled and Posted during September and October, 2020

**Week 4: September 28–October 4
(Days 21-27)**

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Day 21, September 28

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for our morning session of day 21 in “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and the intensity of this coming month will surprise you.

There are going to be many stories, many incidents, many provocative energies coming your way. It is very important for you to understand what is happening when you are being provoked.

When you are being provoked, you are being dragged down into duality. Duality is the nature of this place. It is the nature of separation.

- The “good” and the “bad” are separate.
- You are “good” and “they” are “bad.”

This is what you have all chosen. You have all chosen to come into separation. Crazy as it sounds, this is what you decided to do when you decided to individuate.

**You decided to separate yourself from the divine,
and come into this world of seeming death and destruction.**

Now, if you look around you, you will see, “Well, it’s not all death and destruction. My neighbours are happily mowing their lawn. And the birds are singing and the sky is beautiful.” These are some of the things that humans really, really appreciate. But really, this is the seductiveness of the illusion.

- The illusion keeps telling you it’s beautiful, and yet, everything dies here.
- The illusion keeps telling you that there are amazing things happening, and yet, many people’s lives are filled with suffering and sacrifice and pain.

So, you have a very, very mixed message coming to you.

**However, when you are on media systems all the time, you have a very,
very *narrow* band of messages coming to you.**

And those messages are *designed* messages. Every single message you receive through your television station, and through your increasingly commercialized computer viewing stations, social media stations, every single thing that you are seeing is strategically designed to get you to feel something and to act in a particular way.

- When you are out in nature, that is not so.
- When you are immersed in your own creativity, that is not so.

But you must begin to observe these means of communication, your television, your radio, your commercialized social media programs, that have advertising and that are

censoring, the “free” social media marketing platforms, like Facebook, which are anything but free. They have corralled you into dependence. And now, through their censoring devices, are shepherding you towards that which they want you to go towards.

- There is this feeling that you have freedom within those systems, but you don’t.
- You’re assuming that your post is going to your friends, and it’s not.

So, we want you to begin to view these messaging and hypnotic devices with suspicion.

Because they are going to be used over the next few months to keep you down in duality, which means they are going to be used to upset you, to cause you to judge others, to cause you to plummet your frequency from that of love to guilt, making others guilty. This is how the ego mind perpetuates itself. And this is how the controlling mechanisms of your society control you, by keeping you in your ego.

So, any food commercial, for example, that you witness is going to trigger in you the ego’s desire for food. Now, the ego is all about survival, physical survival, and this is why many of you are becoming obese in your society, is because you have these constant messages coming your way that that food-like products, pizza, things like this are fun and will make you happy. Anyone who eats lots of pizza will not be feeling very good, and will not be very happy.

Go to nature, once again. Go to the foods that are unprocessed. The plum, the peach, the celery, the kale, all of these things. These beautiful foods that nature has given you for your survival is where you will find your health.

And of course, knowing that your food production systems are contaminated intentionally. Yes, it is intentional. The Food and Drug Administration, and these big bodies that are designed to keep you safe – or at least, that is the mandate that they foist upon you – are allowing copious quantities of toxic materials, known carcinogens, to be sprayed on your food.

You must begin to look at commercially produced food with suspicion.

Now, when we say, “suspicion”, we mean use your intelligence. We do not mean become angry. We mean use your intelligence. Read the signs along the way. Stay calm. Focus on that which you love. Focus on that which is whole and wholesome. And begin to take back every section of your life from this poisonous system.

The poisonous system is ramping up. It is ramping up, but it is in disguise.

- It is in disguise behind the familiar faces of your CNN news reporters.
- It is in disguise behind the mission statements of monitoring systems that are meant to keep you healthy, but are not keeping you healthy.

It is very similar to this idea of, “Words are cheap, look at actions.” Look at the actions.

- Look at the fruits of what is happening.
- Look at the riots on the streets.

- Look at the burning of buildings.
- Look at the fear that is being generated.

It is intentional, and it is pervasive.

You must be *in* the world but not *of* it.

Yes, you are in your bodies. Yes, you are here, walking along your path to salvation. But you must now begin to use your innate intelligence – your innate intelligence, not your conditioning – to decide what you do with your time, what you allow into your mind, and what you allow into your bodies.

I am that one that you know as Jesus and I will speak to you again later.

T: Thank you very much for joining me this morning and I’ll see you later. Bye bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for day 21, evening session. I want to show you my t-shirt. It says, “freedom is MANDATORY in Canada”. That’s my little political statement. I like my t-shirt. I’m excited about it. Okay, let’s see what Jesus has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus and freedom is mandatory for all of you.

You will not be happy if you’re not free. It *is* your God-given right. You are made in the image of God. And freedom is one of the most important things for you. So, our dear one is feeling our support of her wearing that shirt. She is proudly prancing around her island in her new shirt, making a statement of who she is and what she believes in, as we have been asking all of you to do.

There is an issue that’s coming up for many of you, and that is the idea of the pressure of the times. There have been some people wondering about December 21st, and what that means. Well, the politics and the power plays that are going on behind the scenes are coming to a head, as it relates to the American election. And there are strategies in abeyance [temporarily placed on hold] for in response to the election results.

Now, we want you to understand that the people in power are really not in power.

The global structures that have been under construction for the last few decades, the United Nations, the World Health Organization, many other foundations and organizations, these are often all run by the same people.

The monies are coming from organizations that want certain things to happen. One of the main things that they want to have happen is the loss of your freedom. They want to digitize and itemize every single thing on this planet, every single person. And this is what these vaccines and these digital id things are about, and so on and so forth. The end of the year is when many of these systems will either hold on to their power or bring in extreme measures to try and take back their power.

So, it's very important that you understand that the United States is seen as a beacon of freedom. Even though it's not free – the population is mind-controlled by television and the education system and so many things – but there is a belief in the *idea* of freedom in the United States of America. And the current president firmly believes in those freedoms. Now, those freedoms seem to be counter to some of the loving propaganda that's coming out of some of these other places.

- You will notice the name, the United Nations, sounds wonderful, but its agenda is not wonderful.
- The World Health Organization sounds like a wonderful organization; its agenda is not wonderful.

And you will see that the current president of the United States has made some withdrawals and statements, and has removed the United States from some of these systems. And those that are ignorant of the power plays that are happening see his actions as old-fashioned or racist or parochial in some way. What he is actually doing is taking back the United States' power. He is attempting to take back the United States' freedom to do as they choose, to have the laws that they wish to have.

The system of democracy that was originally planned when America was brought forth into existence – you must remember, it's a very young country, it has not been in existence for very long – but the laws and tenets of those that set up the country were to fight against oppression, to fight against monarchy, to fight against the rule of corrupt governments.

Now, yes, the government of the United States has become a behemoth, it has become a huge corrupt monster. But there is a reclamation process underway, fueled by the increasing energies of the ascension timeline. So, you are not the only ones being motivated by this timeline. There are people in positions of power being motivated by an increasing belief in love, kindness, unity, these kinds of things. But not unity in the sense of borderless, socialism or communism.

Unity in the form of communism goes against the basic tenets of the human soul, which is freedom, self-expression, love. So, if you look at places that are fully socialist or communist, there is no place for freedom.

- You are not allowed to express yourself.
- You are not allowed to be uniquely you.
- You are not allowed to excel in a particular area, because you are pushed down, you are limited, you are controlled.

So, communism and socialism do not fit the soul of the human at all. And there are beings on this planet that see this and know this. There are beings on this planet that are believing that a more socialist way is better.

Now, socialism, as seen from Spirit's point of view, can mean being kinder, sharing what you have with others. But it must be voluntary. It must be voluntary. It cannot be

imposed by the government, because the government then has too much power. And power corrupts, and absolute power corrupts absolutely.

So, there is a reclamation of individuality happening here, a reclamation of boundaries happening here, that is in fact coming from a healthy place.

The December timeline is when that decision will have been made by the voters of the United States of America. Whether or not that vote is legitimate or fair or truthful is a whole other question. But there will be a decision made. And so, the next level of the power play game is going to be initiated in that month. This is what is coming. And the astrological alignments are working towards a resolution.

So, we want you to understand that. That there is light at the end of the tunnel.

- The freedom-seeking nature of humanity is being activated.
- The lockdown situations that are being attempted or reattempted over the fall are going to fail in certain circumstances.
- There are going to be great uprisings of sovereign beings, saying enough is enough.

And this is what must happen for freedom to be brought back onto this planet. You have all of us behind you and many of the lessons that we have been giving you are encouraging you to take back your sovereignty in tiny little bites, in your own personal life, in your own thinking processes.

And we want to remind you, again, that the *A Course In Miracles* lessons are designed to set your mind straight. They are designed to heal your mind. So, if you are really struggling with what’s going on, if you are really struggling with the assignments we are giving you, and you have not done *A Course In Miracles*, we ask you, once again, to entertain the idea of doing *A Course In Miracles* as a way of healing your fractured mind.

Your mind is fractured. It is torn between the ego and Spirit.

The ego has been strengthened in your society by all of the programming, by all of the fear, by all of the limitation, by all of the financial distress that you have been through. And we want you to understand that it is only through a systematic guided process that you will be able to come into a place that is more peaceful, more powerful, and more loving.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Okey dokey. Thank you for joining me this evening. I’ll see you tomorrow. Bye.

Day 22, September 29

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for our morning session of day 22 of our “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus. There are many, many beliefs that you hold in your mind. There are thousands, in fact.

When you begin this journey into spiritual awakening, the road can get rocky. But *A Course In Miracles* is designed to help you through that process.

**Those of you that are trying to fix the world
are not going to be able to do it without fixing your minds first.**

It is that simple. As long as you believe in attack, as long as you believe in judgment, as long as you believe in separation, as long as you believe in defensiveness, the world is going to continue to look the same! And that is why it has always looked a little bit crazy. There have been different systems of rule, there have been different systems of abuse, different holocausts throughout history, but you will always notice that there is a ruling elite that is in charge of the masses.

**Why is the ruling elite capable of controlling so many people?
Because the people are not educated in mind control.**

Now, the word “mind control” will scare some of you, and you think, “Well, I don’t want my mind to be controlled, even if it’s Jesus!” Well, we will tell you, dear ones, your minds *are* under the control of the propaganda machine that is alive and well in the West. You have been inundated for decades with propaganda.

- You do not think of your news shows as propaganda, but they are.
- You do not think of your bank commercials as propaganda, but they are.

And so, you must decide who is going to rule your future. Are you going to be a free sovereign being, making decisions based on sound long-term benefit? Or are you going to be, constantly, like the sheep being shepherded by that sheep dog, nipping at its heels, taking it to the corral, [and] it does not know where that corral is leading. You know where the sheep are going. They’re going to the slaughterhouse. They are going somewhere that they know nothing about, because they are so concerned about the sheep dog nipping their heels.

We have said this before, if the sheep had control of their own minds, they could all say to each other, “Let us scatter in different directions, the sheepdog will be powerless.” It’s a very, very simple analogy, but a truthful one. If you all had control of your minds, the sheepdog is powerless to get you where it wants you to go.

But you must understand what has happened to you. You must understand the training programs that you have *already* been through and are complying with, inadvertently,

unconsciously. And so, we ask you sincerely today, for those of you that have not started *A Course In Miracles*, to consider starting the lessons of *A Course In Miracles*.

We have channeled commentaries to assist in the understanding of the lessons that are free and on YouTube. And the books and the information is also free, uh, the books are *not* free, the digital form of the books *are* free, we will say, correcting ourselves there.

But we would like you to buy the book, if possible. It is much better for you not to be on Wi-Fi all the time. We understand, but we love you tuning in to these messages, but you do not want to be beholden to your phone all the time, you do not want to be beholden to your iPad all the time. We want you to be able to take that book out, and sit under a tree in the peace of nature, away from these signals, away from these control mechanisms. You must understand that it's *convenient* to have a bell on your phone that reminds you to do your lesson, but it is not *beneficial*. You must have an internal bell that tells you to think about what you're thinking about.

The basic premise of *A Course In Miracles* is that you are living in an illusory world, controlled by forces that are not your own true free self.

It [ACIM] was brought into being for these times, so that you would have a way out of the maze into which you have inadvertently walked and become lost.

So, once again, we ask those of you who have *not* done *A Course In Miracles* – who think it's not for you, who think it's too “religious,” who think it's to this, it's to that – to get your freedom, your true freedom.

You must let go of that which is not yours. And *A Course In Miracles* will help you, through:

- letting go of resentments,
- letting go of your belief in attack,
- letting go of your belief in sin and judgment and a vengeful God.

This is why people do not like religion. It makes them fearful. But *A Course In Miracles* gives you the understanding that you are never punished by God, you are loved beyond measure. And we love you beyond measure as well.

I am that one that you know as Jesus and I'll speak to you again later today.

T: Well, *A Course In Miracles* has changed my life. This is why I do this work. And I can't help but encourage you to make that choice. It seems laborious, 365 lessons, but you are literally changing the way your mind works, and turning it from fear to love.

You're not enlightened at the end of the process, but you are much more aware of your shortcomings, and how your mind works. And you're able to manage your thoughts and your beliefs much more easily.

So, if you haven't done it yet, think about doing *A Course In Miracles*.

You can go to the Foundation for Inner Peace [www.acim.org] and there the lessons are free there [www.acim.org/workbook-lessons-overview] until your book arrives.

And, of course, the commentaries that Jesus has given through me are free on YouTube. But we have also produced a book of those commentaries. So, we highly recommend, if you want to do the lessons, that you buy that book as well. It’s called *A Year of Forgiveness*. It is currently available as Kindle, and at the end of October it will be available in a gorgeous hard copy. Not hard cover, but a hard copy, a soft cover. But it’s a beautiful book and it is illustrated by Renée Phillips with some whimsical and gorgeous illustrations, and is a companion text to *A Course In Miracles*. And it will help you understand the lessons.

So, thank you for joining me this morning and I’ll see you later today. Bye.

Evening

T: Good evening everyone. Day 22 of “40 Days and Nights With Jesus.” This is our evening session. Let’s see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus. Society is evolving, and you are evolving. And it’s something to be excited about, it is not something to be sad about.

But evolution is not always an easy process. Because in evolution, it is the ones that adapt to new circumstances that seem to survive. Those who are stuck in old ruts tend to not make it quite so well through the transition period. So, tonight is the time to ask yourself:

- Are you stuck in the past?
- Are you stuck in a rut?
- Are you waiting for everything to go back to normal?
- Are you invested in everything going back to normal?

That is not going to happen. What you must understand is that the hand that is being played by your global governance system, has been played. You now know what they are up to. They have always been up to increasing controls, increasing documentation, increasing difficulty in moving around and being free. You have seen this over the last couple of decades in your society.

But now their hand has been played. And you now must, as in a poker game, you must look at your hand and say, “Okay, what am I going to do with this hand? Am I going to bluff? Am I going to bet? Am I going to call?” What you must understand is that, now that you see the hand that is being played, you have an advantage. The truth is laid on the table.

- Many more restrictions.
- Many more controls.
- Invasive medical tyranny.

This has been laid on the table. Now you know. And it is good to know. It is good to see. It is good to realize it. Then you can make an informed decision on how you’re going to proceed through the next years.

So, tonight, we want you to look at how your mind is assessing the situation. Are you in fear? If you are in fear, that means the ego is in control.

- When the ego is in control, you make poor short-term decisions.
- When the ego is *not* in control, and you’re connected to your guidance and your higher brain functions, you can make sound long-term strategies that are going to work for you.

So, the first thing to determine is, are you in fear? If you are in fear, then you need to master your mind, so that you are only looking at the immediate environment that you are dealing with.

Now, the immediate environment that you are dealing with may be disastrous.

- Your restaurant may have been closed down.
- Your loans may be coming due.
- Your landlord may be evicting you soon.

This is the environment in which you find yourself. But there *are* strategies that *can* be used, even though you seem to be in terrible circumstances.

- There are legal avenues that are still in effect.
- There are constitutions that are still in effect.
- And there are lawyers, and increasing groups of people, who realize that there is some nefarious plan afoot.

So, it is in gathering together, it is in communicating with each other, that you will find mutual support, and you will find other wise thinkers, other minds that may be able to help you access information, ideas, strategies, communities that, alone, you cannot access.

So, tonight it is about looking at your strategy for, we will say, the next six to 12 months.

- Is it time for you to shift your perspective and start looking at new opportunities, instead of waiting for the old to come back?
- Is it time to rearrange your finances, so that you have a different makeup to your portfolio, if you are lucky enough to have a portfolio?
- Is it perhaps time to talk to friends, and ask are any of them willing to share a piece of land, a big garden that perhaps is too much for them?

This evening, we want you to look at how your life is organized. We know that we’ve done this before with you. But we want you to do it again. We want you to, if you see a part of your life that you know is changing too rapidly or too drastically for you to manage – and it doesn’t look like it’s going to go back, which it isn’t – then it’s time to start asking for guidance in that area.

So, as you go to sleep tonight, if you discern that there’s an area that you are confused or worried about, ask for a dream. Ask for us to help you see what is actually going on and what might benefit you. Now, we’ve asked you to keep a dream journal before, but we are going to reiterate that.

- Write your dreams down.
- Ask for dreams if you need clarification.
- Ask for help in seeing what you’re missing.
- Put your phones out of your bedroom.
- Turn your Wi-Fi off.

And if you keep doing this, you *will* get information. The more you’re in nature, the less you’re on television or on the Internet, the more clear the messages will get.

- The frequency elevation that *you* get, by *not* tuning in to the fear-mongering is what we want to focus on at this time.
- And the archaic or old-fashioned or out-of-date strategies now need to be reassessed.

There’s no point in waiting another six months to, let’s say, shift the balance of your financial investments.

- Look at the signs now.
- Look at the products.
- Look at the stocks.
- Look at the information that you’re getting.

And make a decision. And if needed, move some things around.

Yes, it will trigger fear in you, because the programs that are alive in you have been planted there. The banking system will always say, leave your money in the bank. Always it will say, leave your money in the bank. *But there are laws that have been passed, in Canada, for example, where our dear one lives, that say the government can actually come in and take a percentage of your savings to help balance the budget.* Most of you don’t know that. Check out the laws around banking in *your* country. And find out just how secure your funds are.

Check out just how secure your pensions are. See, if you are in the United States, see if you can get a self-directed pension plan. This is a legal strategy. Talk to your accountant, or pay for a half-hour consultation with an accountant. These strategies are timely at this time in your economic systems history.

Now, that is a very practical recommendation from Jesus. There are some that would say, “Jesus would never give you such advice.” Well, we want to tell you that this Jesus, this actual Jesus, was very much a revolutionary in my incarnation on the earth plane, so many years ago.

- I was counter to the occupying forces.
- I was killed by the occupying forces.

- I was not sitting in meditation all the time.
- I was out on the streets, motivating people to become aware of their power, their freedom, their ability to be sovereign.

My work has not changed. Your opinion of me may be wrong, but that is neither here nor there.

**Make sure that you are using your God-given intelligence,
that you’re reading the actual signs.**

That means, not just going on mainstream media, but going on to alternative sources of information, from all different kinds of places, that are going to give you all different kinds of information. And so, you will have a variety of streams of information. And you will be able to, not only, use your intelligence, you will be able to use your intuition, and the guidance that you get from us in making a decision.

So, we hope this helps you focus your minds tonight. Do not go to sleep and worry. If you find an area of your life that you feel is a little confused, or perhaps not responsive to the situation, ask for a dream, and ask for a dream that you can understand and remember. And if you don’t get it tonight, keep asking. It will come.

I am that one that you know as Jesus and I’ll speak to you again tomorrow.

T: So, I have to tell you a little story. Today, I’ve been getting the feeling that I meant to get another dog for my dog to play with. And I was talking to her dog walker today and I said, “Yeah, I think I’m going to get another Bernese.” I had a dream that another Bernese dog came into my life, just a couple of nights ago. And this afternoon, no less than half an hour after that conversation, on Facebook there was a Bernese that was up for adoption. So, given the dream, given the feeling, I contacted these people.

Now, whether or not it happens, I don’t know. I listen to that kind of guidance, and it’s very, very clear when I get told to do things. So, if it’s not this pup, it will be another one. But I thought it was very, very interesting timing: half an hour after I had been discussing it, there it was.

Anyway, good night everybody. Thank you for joining me today. I’ll see you tomorrow. Bye bye.

Day 23, September 30

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 23 of our “40 Days and 40 Nights”, our morning session. Let’s see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus. The ramp-up to the American election is going to bring a lot of fodder for the ego into your vision, and soon you will be hearing things, you’ll be seeing things.

The bastion of the United States is a very, very interesting paradox. It was indeed set up originally as a place to escape from the monarchy, and the ways and oppression of the old world. Only the courageous came to North America. Yes, they did some terrible damage when they arrived on those shores, and infecting indigenous peoples with diseases, and these kinds of things. *But these are the ways of the ego world.*

We want to begin to impress upon you that, throughout history, you can look at death and destruction. It has been constant. Some of the indigenous cultures of the new world – it was not the new world to them, of course, it was their home – were very violent, and had slavery and raids and murders and all of these sorts of things.

So, there were no societies that were, really, immune from the ego’s ways. Some were more nature-based than others, but that does not mean they were not in separation. Every single being on this planet, in an individual body, who defends themselves and attacks others in any way, shape, or form, whether it be thought word or deed, is in the ego’s thought system.

So, one of the things we want you to understand is that, unless you choose otherwise, you will be in the ego’s thought system, because you chose to come here and have an individual experience. An individual experience is that which is separated from oneness.

So, in coming here, you have chosen separation. And that, really, is your default setting. Your separation choice is going to be constantly reinforced by what you believe, what you see, what you react to. Your ego is going to seek out the information that it wants to prove that it is separate, that it is alone, and that it is going to die. And that it is a very, very vulnerable thing.

So, unless you do an intense spiritual practice, where you are consciously and constantly overriding the ego by using your free will to choose love and forgiveness, you will be drawn down into the “battleground.”

And it is as simple as that. It will always happen, because this is the ego’s playground. This is not heaven. This is not your home. It is a temporary experience that you are having, whilst dreaming that you are separated from love.

And so, to choose love, to come together with other people, to truly connect, truly communicate, express yourself in a loving way, manifest what you would like to experience, you must be trained. Because you have, as we have said in the last few days, been deeply trained into separation.

So, for those of you that are watching this video that are relatively new to *A Course In Miracles* teachings, it is important that you understand that your default setting in this place is separation, attack, judgment, guilt. The ego wants those things, because they perpetuate separation.

When you want to step above the battleground, when you’ve had enough of your family bickering, of the backstabbing, of the scarcity, when you’ve had enough of that ... and most of you hit that point somewhere in your 20s. But you continue on with the programming that you’ve received, because you have not been given any other choice.

You continue on another 10 or 15 years, working as hard as you can, working even harder, using the rules that the ego’s playground has given you to use.

You’ll come to be 40 or 45 years old, you’re tired by now, you’re disillusioned.

- You know that the new pair of boots you buy every year doesn’t make you happy.
- The husband or two that’s gone by the wayside, or the wife or the lover that’s gone by the wayside, they didn’t make you happy, either.
- The body is now starting to show the wear and tear of the resistance and the fear and the shame and the guilt that you have been experiencing.

Most of you actually don’t become teachable until you’re in your 40s.

By then you have had a lot of pain, you have had a lot of trauma, you’ve had a lot of disillusionment, and you are tired already. And you think to yourself, “My goodness me, I don’t want the next 40 years to look like the last 40 years. I can’t do it!” Then you are teachable. Then you come to understand, “Ah, the things I’ve been taught are not working.”

“By their fruits you shall know them.” That is what that phrase means. You have to go through a couple of decades of practicing the ego’s lies, society’s lies, for you to come to understand that they don’t work. They don’t make you happy, unless you medicate yourself. And this is where many beings are these days.

- They can get through a day if they medicate themselves with television.
- They can get through a day if they medicate themselves with cigarettes, or the latest invention, vaping.
- They can get through the day if they drink.

They can get through the day, and then they have to get up again, and face this daunting task of living and experiencing separation.

There is another way. And the Course [*A Course In Miracles*] will lead you to that way.

- It’s not instantaneous.
- You must let go of some things.
- You must re-evaluate what’s in your life.
- You must re-evaluate what’s in your mind.
- You must re-evaluate your motivations.

But there is an answer.

And it has been brought to you.

And it is called the lessons of *A Course In Miracles*.

Now, the lessons of *A Course In Miracles* are simple. They are a mind training program that is inserting into your mind, through repetition, loving, kind, truthful ideas. That’s all it’s doing. It is giving you what you should have received when you were a child. In a loving society, you would be told these things when you are a babe.

- And you would grow up understanding that you reap what you sow.
- You would grow up understanding that your thoughts are powerful.

You would grow up understanding these things, but you don't. You are taught the opposite. In fact, you are not taught about your feelings, you are not taught about your mind. There is a dearth of information in your school systems and in your family systems about how you actually function, as a creator.

So, the *A Course In Miracles* lessons are a handbook for those of you that have not yet retrained your minds.

- The dysfunctional mind cannot fix itself.
- It needs an outside influence that is wise as a mentor.

And that is what this book is designed to do for you, and that these videos are designed to support for you.

So, be brave. Order the book. Watch our *A Course In Miracles* videos. And begin to open your mind to new horizons, rising above the battleground, rising above separation.

Stop attacking.

Whoever it is you attack, you will continue to suffer if you attack anybody, for they are part of you, and you are part of them.

Because the illusion is separation. You are not separated. You are connected. And when you attack that which appears on the movie of your mind in front of you, you, literally, are attacking yourself, and you will feel bad, and you will suffer. This is not a punishment from a vengeful God. It is merely the fact of how this reflective universe works.

I am that one that you know as Jesus and I will speak to you again later.

T: Alright, thank you for joining me this morning. I will see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for the evening session of day 23 of “40 Days and 40 Nights With Jesus.” Let's see what he has for us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus. There is a sentiment amongst many that *A Course In Miracles* is a staid, old tradition.

It is not fun. It is not exciting. It is a sort of trudge through phrases and practices that are not going to benefit you. That idea only comes from people who have not done it.

Anybody who has done *A Course In Miracles* and applied it to their lives will tell you a different story.

- They will tell you that it has changed their lives.
- That it has changed the way they experience the world.

- It has changed how they feel about everything and everyone, which is its intention.

Its intention is to remove from you all unloving beliefs, and the thoughts and feelings that are generated from those beliefs.

- You can't just stop your thoughts and your feelings.
- They come from what you believe to be true about the world, about yourself, and about other people.

So, you must go to those beliefs, and shift and change them systematically and repeatedly for your feelings and thoughts to change.

So, what most beings do is they say to themselves, “Well, I don't want to think that,” and then they will try and control their thinking. But because the thought is coming from a belief that they think is true, they have to side [?] and believe that thought. They can't let that thought just go through their mind and go, “Well, that doesn't mean anything,” because to them it does mean something.

And when you believe a thought, you create a feeling.

And this is why so many of you are emotional roller coasters, having ups and downs throughout the day and in your relationships. Saying things that hurt people, giving them the cold shoulder or the silent treatment, getting angry. All of these things are emotions out of control, because you have thousands of beliefs residing within your mind that have not been given a good test.

The good test is, “Does this improve my life over time and make me feel good, or does it not?”

So, when you go to things like substances, you can say, “Well, this substance makes me feel better, so it must be a good thing.” But does it improve your life over time? No. Having a cocaine habit doesn't. It might make tonight's party a lot of fun, but over time you will lose a lot of valuable things.

So, one of the things that the ego is not, is patient. And one of the things that spirit is, is patient. And so, when the ego looks at 365 lessons, it says, “We could just have a martini and feel better. We don't need to do all this.” But the wise mind understands that that is a temporary fix, and when the effects of that substance wear off you will begin to suffer again.

So, the lessons of *A Course In Miracles*, as you go to bed tonight, we want you to contemplate doing them. We want you to understand it's very much like getting a personal trainer. If you are 200 pounds overweight and you are out of shape, you have to understand that your beliefs and values and your decisions have got you into that state. Your mind has got your body into that state.

When you are struggling mentally and emotionally, you are having the experience of a distorted emotional, feeling self, just like the obese and unfit person has a distortion of their physical self.

What you have to do is give your mind to a spiritual personal trainer. So, just as that person who’s 200 pounds overweight and very unfit, if they hire a personal trainer, they will be asked to do things that they don’t normally do. And they will resist it, because it’s not in their nature, given the practices that they have been practicing, donuts and Tim Horton’s® and these kinds of things.

But the person who’s living in that unpleasant state has become sick of that state. They don’t want to experience it anymore. They have played out their beliefs in their thoughts and behaviours, and now they see the results of what’s living and residing inside their mind.

Now, if you are having relationship problems, health problems, you’ve been divorced a couple of times, your work is not what you want, your finances are not what you want, these are the fruits of your belief system. They are the fruits of your belief system, and they are the fruits of your labours, behaviours, based on the thoughts and ideas that come from your belief system.

You are not a victim of the world you see.

You are the one that is making your decisions regarding your life.

So, as you go to sleep tonight, look at your life and, once again, give it a good assessment.

- Is this how you want to spend the next 30 or 40 years of your life?
- Or would you like to have a radical shift in your consciousness that gives you access to new ideas, new paradigms, new beliefs?

We will leave you with that thought.

I am that one that you know as Jesus and I’ll speak to you again tomorrow.

T: Thank you for joining me this evening. I will see you tomorrow. Bye.

Day 24, October 1

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for our morning session of day 24 of “40 Days and 40 Nights With Jesus.” Let’s see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus. The cogs of eternity are turning.

Now, what do we mean by that? Well, there are many cogs in a watch, let us say, an old-fashioned watch, not a digital watch, but you remember those old-fashioned watches that have all of these different pieces that are required for the watch to function. This is very much what 3D manifestation is like. It is mechanical. It is repetitive. This is why you see cycles of war, cycles of famine, cycles of destruction,

seasonal cycles, all of these things. It is like a giant clock that is doing its thing. Some of the wheels are small and turn quickly. Some of the wheels are large and turn slowly.

So, what we want you to understand is that this clock-type mechanism is what you would call the ego's world.

It is going to do what it does, over and over and over again, as long as you do what you do, over and over and over again. As long as you are in the cycles of your ego mind, you are going to see the cycles of the greater patterning playing out.

Now, when you get resentful at a family member, for example, you do not think of things like famines on the other side of the world as having anything to do with you and what you're upset about or what you're angry about. But these cogs and wheels are all connected, all connected.

And so, it is imperative for all of you to understand the power of your cog in the wheel. If you stop feeding this giant mechanism of the ego mind, it will begin to falter. And this is what the information that we have been bringing through this being for years is intended to do. It is intended to infiltrate your ego minds and your egoic behaviours.

It is what *A Course In Miracles* was designed to do. To interfere with this endless cycle of egoic death and destruction, so that many, many people would have the opportunity to take their cog out of the wheel by rising above the battleground.

So, we want you to really think about this. We want you to think, “Oh yes, when I look at a big mechanism, one little nut or bolt not working begins to weaken the whole thing.” If you have a car and you have a loose spark plug – we're speaking old school here, because we are going into this being's mind, where these images and ideas lie - if one of those spark plugs is dirty and doesn't fire correctly, then the entire performance of the machine is affected.

So, this is what we want you to think about going into today's practice. As you pick up *A Course In Miracles*, if you are just starting, make today the day you start.

- Go online.
- Go to the Foundation for Inner Peace [www.acim.org].
- Go to *A Course In Miracles* lessons [www.acim.org/workbook-lessons-overview].

You will find them straight away.

If you have not done *A Course In Miracles* before, make today the day that you decide that you are going to take your cog out of this giant egoic machinery. You are only postponing the inevitable. You will all, eventually, whether it is in this lifetime or another, you will all eventually have to back out of the system to evolve into another level of consciousness.

Why not today? Why not make it today? And if you have a resentment that's been brewing and festering in your mind, do your forgiveness work with that person or event today. Cut those cords to the past and say, “I do not want my future contaminated by this energy.” Whoever was right or wrong, did what to whom, it does not matter. As

long as you hold on to that resentment, you are contaminating this moment, which means it's going to show up in your future in a form of a frequency match.

So, if you think somebody betrayed you in the past, and you're obsessed with betrayal, you may be betrayed in the future. If you contaminate this eternal now moment with that thought, “Betrayal is real,” the universe will say, “Okay, betrayal is real in your mind, you get to experience it, again.” Understand this is how creation works.

Understand that the books that this being has written are to assist you in understanding how this world works, how life after death works, how sexual energy works, how many things work. And they have been brought through this being for you.

These books have been brought through this being for you.

So, if you haven't read them, consider reading them, because we are bringing forth information on a daily basis on a video, but these books go into great depth and explanation about these principles. We have a limited time and space on these videos, and video is different than reading.

- Reading means you're sitting quietly, you're focused, you're using your free will to understand something.
- When you are watching a video – it's better than not watching a video, we'll say, if it's a good video – but it is a much more passive action, and it's not going to transform your mind as much.

And this is why we want you to get those *A Course In Miracles* books, so you can sit down with it for two hours on a Sunday morning and revel in the information.

Being around electronics all the time is not good for you. It prevents you from activating the focal structures that bring information directly into your understanding. This is why we are doing 40 days and 40 nights, because through a video it requires repetition, repetition, repetition. It does also require repetition through reading, but the intake process is different, and the focusing process is different. So, if you are doing your *A Course In Miracles* online, well done, but by the book as well. It is designed for you, today, these circumstances that you're seeing in the world.

Procrastinate no longer. Promise yourself this morning that you are going to take your cog out of this giant egoic system and you are going to use that energy to heal, first of all, your own mind. You must heal your own mind before you can heal the world. And from healing your own mind you will be given more guidance.

We cannot give high-frequency guidance to those of you that are involved in this big machinery, because the guidance and the empowerment that will come from us, from our information, will empower the machinery if your ego is still fully engaged.

So, this is about lessening the effect of the ego, not destroying your ego.

You need an ego to live in the body while you're here, but it is going to lessen the strength of the ego, and it is going to stop the ego being in full control. It's going to reinstate your connection to your guides and teachers and the information that is so

important for you all, now, to make decisions that need to be made, given what is happening on your planet.

We cannot give you prescriptions that are good for all of you in terms of how, where to live, but your guides and teachers can. They have access to your karmic history, your blueprint, your desires, your wants, your needs, your wishes, what your spirit has come here to undo.

And the information will come to you if you are of a proper frequency. It's always coming, but when it has to go through this discursive negative ego mind it, gets distorted and/or lost.

So, make today the day that you say,

- “Okay, I'm doing *A Course In Miracles*,
- I'm starting *A Course In Miracles*,
- I am going to do my forgiveness work,
- I'm going to read one of these books,
- I am going to dedicate myself to removing myself from the ego's mechanisms.

You have been given the means. Now all you have to do is apply your free will. It is sitting right in front of you, in that book called *A Course In Miracles*.

I am that one that you know as Jesus and I'll speak to you again later.

T: Alright, I do want to give you a message here today, and that is that I am going to be attempting – we're going to say “attempting,” because it's not guaranteed at this point – I'm going to be attempting to live stream one of my retreats coming up at the end of October.

- The retreat will be the 26th to the 29th.
- It is full already, so we're not going to advertise places in the retreat.
- But if you would like the opportunity to view that whole retreat via a Zoom call, a live stream, you need to go to www.channelingjesus.com and give us your email.

All notifications for this live streaming opportunity will be coming through our email list. Now, I don't send out a lot of emails, so you don't need to worry that I'm sending you an email every other day. I'd maybe send one a month or something like that. But that is the mechanism through which this live stream is going to be advertised and through which the links and the payment is going to be instigated.

So, if you'd like to participate in one of my retreats, they're fun.

- I channel lots of different beings.
- It's an intense experience, but great.
- It's from the 26th of October to the 28th.
- And it would be in American Central timing, [...] the live stream times.

So, go to www.channelingjesus.com, drop off your email, and you will get information regarding that.

Thank you very much for joining me today. I'll see you later. Bye.

Evening

T: Good evening everyone. It is day 24 of “40 Days and 40 Nights With Jesus” and this is the evening session. Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus and the evening time is a sacred time and we want to remind you of that.

So, for those of you that are listening to this in the evening, we say, once again, make sure that your phone is not near your bed, that your Wi-Fi is turned off.

We want you to give your electrical systems, your nervous systems, as much downtime from the constant bombardment of your modern world as possible.

You are immersed in signals, most of you who are living in urban or suburban environments. Some of you are lucky and live in rural environments. It does not apply quite so much to you, but your house is still a box full of electrical wires that create interference with your human system.

So, it's very, very important, as you wind down your night time, to think about this. The modern frequencies are disruptive. The modern frequencies are detrimental. We understand that many of you have to be around them, because of the way your world is constructed, because of the way your jobs are constructed. But we would like you to take an hour before bedtime, every single night, without that.

- Read a good book.
- Have a nice bath.
- Put some nice cream on your feet.
- Meditate.
- Write in your journal.
- Write down what happened in the day time.

But wind your minds down. This not only gives your physical energy system a time to regroup and recoup, but it prepares you for a good night's sleep, where we are working with you in your dreams and in your astral travels.

You travel from your body.

When you go unconscious, let us say, in sleep, your consciousness is not sleeping. It is removed from the body. And it is off doing all kinds of things, including visitations with non-physical beings, including visitations with extraterrestrial beings.

Extraterrestrial beings exist.

There are many of them, all different kinds, just like humanity has all different kinds, from the pygmies of Africa to the tall blonds of Scandinavia, and Asians, Africans, all

these different kinds of races. There are complementary races in extraterrestrial families, if you will, or extraterrestrial groupings. And many of them are beginning to communicate with beings on Earth, because there is more and more contact happening, and there will be more and more contact happening.

So, for those of you that would like to have connection with your extraterrestrial brothers and sisters of high frequency, this sacred hour before bed is very, very important, because it calms you down, opens you up, removes your defenses, and lets you be a more natural being.

Being a natural being is not primitive. This is something that your society has convinced many of you of. That growing your own food, and getting your hands dirty, and being in nature is, somehow, less sophisticated than your urban work. It is far from it.

- Your urban work is making you neurotic.
- Your urban work is making you tired and over-stressed.
- And many of your modern diseases are coming from the urbanization and chemicalization of your body.

So, take this hour before bed seriously, in the sense of listening to our advice, and know that we are not steering you wrong. You will begin to have more vivid dreams, more dream recollection, and more interesting dreams.

I am that one that you know as Jesus and I'll talk to you again tomorrow.

T: Thank you for joining me tonight. I'll see you tomorrow. Sleep tight.

Day 25, October 2

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for morning 25 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus. The exponential growth that is happening on your planet at this time is being felt by all of you.

For those of you that are more educated, you understand that there is a spiritual evolutionary journey happening, and that your stresses and difficulties are within you, being triggered by the outside world for you to look at, for you to release, for you to come to understand, and for you to decide whether or not you want to keep them in your mind.

Others are not so fortunate. Others that you may see rioting on the streets, others that you may see getting depressed or sad, are deep within the illusion, and they are going to become disillusioned.

**Disillusionment means that you still believe in the illusion,
but it's not working for you anymore.**

So, what we want those of you that are watching this video to come to understand is that you are going to become beacons of light for those around you. Those around you are going to be expressing their darkest shadow self, because that is what is being squeezed up out of your society. It is a year of revelation, a year of revealing, and everybody is having revealed within them that which is existent there. So,

- many of you are having revealed your hatred,
- many of you are having revealed your fear,
- many of you are having revealed your dependency on things.

So, it's very important for those of you that are watching this to come to understand that when you see panic and fear and anger arising in other people, they will attack or they will hide.

**Flight or fight or freeze.
These are the responses of the ego mind.**

Just as if you had an animal.

- It will fight if it can.
- It will run if it can.
- And if it can do neither of those things, it will pretend to be dead.

And that sometimes works when you're being attacked by another creature.

**But in this society freezing doesn't work,
fighting doesn't work and flighting doesn't work.**

There is nowhere to run when there is a global conspiracy going on.

Yes we're going to use that word. We know that it's a taboo word in your society. But all the conspiracy is a group of people working together to achieve an end that is deceptive or unbeneficial to others in some way. “Conspiracy to commit murder” means a few of you get together and decide that you're going to kill someone. A conspiracy of the magnitude that you are experiencing now is still a conspiracy.

The ego's way of deflecting is to always accuse others of what it is doing.

And so, that is something for you to think about. If someone is accusing you of being conspiracy theorists, then most likely they are involved in a conspiracy.

But back to the original subject. You are going to see others decompensating, you are going to see others flailing around. We do not want you to go into self-righteous judgment. We do not want you to say, “Oh, they are so unevolved, I am so evolved.”

**What we want you to do is send them love, send them compassion,
send them, in whatever way is feasible for that person, the highest of good wishes.**

If you are seeing people rioting on a video, for example, you send them love. You do not say, “They're terrible, they shouldn't be doing that.” In their world, that is the only expression they have of what they are feeling.

- Nobody has guided them.
- Nobody has taught them.
- Nobody has given them sound mentorship.

In fact, they have been raised in families, and homes, and entertainment systems of pure violence. We are always surprised that you are *so* surprised when violence erupts on the streets. Because:

- Your children play violent video games.
- You watch murder movies and cop shows, where people are chasing each other down and killing each other.
- And you watch blockbuster movies, where the winner has always killed a multiplicity of people.

This is what you are going to see revealed on the streets of your countries over the next years. You are going to see the truth of people's beliefs revealed to you. On the good side and the bad side, you will see massive demonstrations, fighting for freedom and expressing themselves as seeking sovereignty and the right to be who they want to be. And you are going to see violence.

**It is up to all of us, those of us holding this knowledge,
those of us holding this higher frequency,
to bring that frequency to every interaction as it relates to these subjects.**

So, if you are at a gathering of friends, and somebody is trashing somebody who is sad or unhappy or angry or demonstrating, stand up and say, “These people are doing what makes sense to them in their world, given the opportunities that they have. We must have compassion for people, because attacking others is no different than them attacking a building or another group of people.”

And there is great ignorance around the subject in your world. This idea that it's okay to hate somebody, like the president, for example, in the United States. “Hate him, hate him,” post awful things about him, spreading rumours or propaganda, however you want to look at it. And yet, they don't see that that is hateful. They say *he* is hateful, but if *you* are doing that *you* are hateful. It is a mirror. It is a mirror. Everything is going to show you what's in you now.

And this is the practice that you all must have, not only having compassion for those that seem to be other than you – because you're all connected, so they're not really other – but also having compassion for *yourself* in your distress over what you might be witnessing over the next months and years.

But you will, if you stay calm, get guidance.

You will, if you do the protocols that we are suggesting – doing *A Course In Miracles*, keeping dream journals, turning off your phones more and more, turning off your computers more and more, getting out in nature more and more – you will get guidance.

- You might get an overwhelming urge to call someone.
- You might get an overwhelming urge to reconnect with an old friend.
- You might get an over overwhelming urge to move from where you are living.

When these urges come, we suggest you listen to them, because there are going to be many avenues of guidance coming to those of you that are in a peaceful meditative place.

We want you to know that you are going through a wonderful, wonderful experience, believe it or not.

There has been a dark net cast over your planet, and that dark net is being cut away, just as when you rescue one of your beautiful whales from a fishing net.

- It is distressing, the whale is not doing very well, and somebody comes in to rescue that whale and cut away that net.
- There is a time of upset, there is a time of panic, is it going to work?, and yet, when that whale is swimming free and jumping up in the air in joy, there is great rejoicing in Spirit and by the people who have helped that creature.

And that is what you are going through now. The dark net is being cut away. And it is a time of uncertainty and fear. But do not go down into the depths of disillusionment and fear, but stay up high in the realms of love and light, using *A Course In Miracles* as your guide.

I am that one that you know as Jesus and I will speak to you again later.

T: Thank you for joining me today. Don't forget to drop your email off at my website www.channelingjesus.com if you would like to get information about a live-streamed retreat that's coming up at the end of October.

Thank you very much and I'll see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for our evening session of day 25 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus. The centre of your world is you.

It is a very important thing for you to remember that you are, indeed, the creator of your world. When you are working with this truth in the back of your mind you will come to understand that everything around you is a reflection of you, and that the collective is a reflection of *all* of you.

So, in your own personal journey, as you are heading to sleep tonight, we would like you to contemplate this idea that all of the relationships that you have contact with are generated by you. And if you have relationships that are less than ideal – perhaps there's some resentments there, perhaps there is some unrequited love there, perhaps

there is unspoken words that need to be said there – we want you to, instead of blaming anyone else or using anyone else as the excuse, we would like you to understand that any situation that is not working, is not working because there's something that you have not given to that situation.

So, in difficult situations or dysfunctional relationships, or it can be work-related or financial, in this moment when you're relaxing in your bed, without your phone, without the Wi-Fi bombarding you, think about what you have not given to the situation.

- Are you withholding?
- Are you disinterested?
- Are you not putting in effort?
- Are you judgmental?

What is it that you are not giving to the situation that you perceive as not working properly? Is there something else that you could add to this that is loving?

**Any situation that you have that is not working,
is not working because it's not being loved up, let us say.**

So, when you have circumstances, relationships, these kinds of things, that are working ... Say, you're a tennis player. And you're taking lots of lessons. And you're practicing. And things are going very, very well. They're going very, very well, because you are invested in it. You are practicing. You're getting lessons from a qualified teacher. You're practicing with your friends. You're, perhaps, watching videos on how to improve your technique. You are improving, because it is important to you, you're investing your energy, your time, your creativity there.

If a relationship or circumstance is *not* working, ask yourself, “How am I *not* contributing to this situation differently than one of the areas of my life where I *am* contributing a lot of effort, a lot of joy, a lot of enthusiasm?” When you begin to look at situations and relationships in this way, what you realize is, “Oh, this part of my world is not thriving, because I'm not investing in it, I really don't value it, or I don't care about it.”

So, this evening, we would like you to go through this exercise, looking at an area of your life that you are not satisfied with, and asking yourself, “Where can I add more energy, enthusiasm, love to this? Or is this a situation that I need to delete from my life? Is this a situation that I should say, “You know what? I don't want to add any more to it. I am actually not interested in this anymore. I'm going to back away completely and direct my energies to that which I value, that which I love, that which I enjoy.”

Now, many of you will find that you've got several areas that you don't want to play in anymore, that you don't want to participate, really, in anymore.

**And what you have to understand is that you are free, you are able, to say,
“This no longer interests me. I think I'm going to back away even further.”**

If you do this, or if you contemplate doing this this evening, listen to the arguments that your mind brings up and write them down in your journal.

Let us say, you have a part-time job that is not suitable for you anymore. You don't enjoy it. You're not really enjoying your co-workers. You contemplate backing away, perhaps quitting that job. Then your ego will come up with all the reasons why you shouldn't. You want to write those down and come to understand that that answer from the ego, the reasons you shouldn't quit, are in opposition to your desire to leave that position.

So, what you have is your mind working against itself. You have to decide now, once you've done this exercise, “Ah, I have the feeling I don't want to do this anymore, but I have four excuses coming up from my ego why I shouldn't quit.” Because you can feel the desire to quit or the desire to leave. You can feel that that makes you happy when you think about that. And then these other voices come up. This is your conditioning.

So, you have the feeling, “I'd like to leave. That makes me feel happy at the thought.” And then, “Oh, but you're not going to be able to do this, and what if they think that, and this could happen.”

Remember, those lids on your enthusiasm are your conditioning.

And you want to begin to discern between your uplifting, exciting, happy thoughts of things that you're interested in and want to do, and those wet blanket ideas that are coming from the training that you've had.

What most people do is, they feel the enthusiastic lift of, “I'm going to change this” and then in comes the negative voice. And they give equal weight to the negative voice as they do to the spiritual upliftment. At this stage of your development, it is very, very important that you begin to discern the difference between what Spirit feels like – exciting, happy, curious, adventurous, contented, creative, enjoyable – to the conditioned feeling which is limitation, fear, judgment, guilt, shame, concern about others' thinking of you, all of these sorts of things. You'll feel the upliftment and the downer.

**What we want you to understand is that it is time now
for you to start choosing upliftment.**

It doesn't necessarily mean you're going to leave your job. It could mean that you're going to get more education for your job, if you like your job. Upgrading yourself is important as well. It doesn't mean that a job is over, or a position is over, because you are not satisfied anymore.

It can be that you need to go back to school for a year, or you need to take a short course, or you need to shift your hours, or you need to shift departments, or you need to work at home instead of the office, or at the office instead of home.

**But in doing this process, you will begin to understand,
“These negative voices are the ones that are keeping me from transformation,
keeping me from changing things that need to be changed.”**

So, once you've listened to this video, we would like you to replay it, so that you can listen again and then do the exercise.

I am that one that you know as Jesus. We wish you sweet, sweet dreams and we will speak to you again tomorrow.

T: Alright, my lovelies, thank you for joining me again tonight. I'll see you tomorrow. Bye.

Day 26, October 3

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 26 of “40 Days and 40 Nights With Jesus.” This is our morning session. Let's see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus. For many of you the practices that we are asking you to participate in are not new. But the format is new, and that is what is transformative about this 40 days and 40 nights.

It is rare that you are pushing yourselves to shift and change your consciousnesses so quickly. But what we want you to understand is that this is the time for it.

The reason that we did this at this time is because of the speed with which things are manifesting right now.

We wanted to give as many of you as possible the opportunity to discipline your minds in the way that is going to bring you what you want, rather than flailing around, being “guided” by your media systems. We give you warnings, we give you advice, we give you suggestions, but they are all powerful manifestation tools, giving you the opportunity to raise your frequency out of the ego's playground, where nothing ever changes.

Oh, yes, you meet people, and you get married, and you get divorced, and you get jobs, and you lose jobs, and you do all of these circular things. But from our point of view, when we look down upon – you not in any derogatory sense, we don't look down upon you, we gaze from a higher perspective, if you will – we see that many of you are stuck in deeply rooted patterns that can only be changed when you discipline yourself and choose, repeatedly, to override your desire to run or attack.

This is, what we will call, the animalistic part of the human. The human part that is alive, let's say, when you have a bad car accident and you go into a coma. There is a part of you that keeps you alive, breathing, digesting, transpiring, all of these things. You do not have to have a conscious awareness for those things to continue.

Because of the hypnotic nature of your media systems, many humans have gone into this unconscious hypnotized state, unbeknownst to them.

They think they're awake. They think they're making choices. But in actual fact, it is this more primitive part of their consciousness that is at play.

This is why you'll see rioting in the streets. You're seeing that herd-like mentality coming out. This is why you'll see the freezing of millions of people who are having things done to them that are unfair or unwise, doing absolutely nothing about it. You have gone into unconsciousness.

**There is a powerful force hidden within all of you.
It is the God force. It is free will. It is creativity. It is love.**

But it can be overridden by the power of the desire for plain old survival, in which the *herd* is the safest. If you look at a zebra or an antelope or a cow, they are in herds, because they cannot defend themselves against their attackers. But they are always picked off from the edges of the herd, or the back of the herd, by those predators that are smart and cunning.

**You are dealing with smart and cunning, and herding together
is your natural instinct from that base egoic place.**

But *you* now must become smart and cunning. Not to hurt anybody, but to use your God-given skills of intelligence, creativity and ingenuity. We give you these lessons, we give you these recommendations, so that you begin to activate that part of your mind, rather than the unconscious part of your mind, which has been ruled over by these systems.

So, once again, in encouraging you to become your true self, we are not increasing separation, we are saying do not act like sheep. Do not do what everybody else is doing, but remember our analogy. If the sheep go in a thousand different directions, because they have decided to, then the sheepdog cannot control and manoeuvre them into the corral. When we say “a thousand different directions,” what we mean is you using your free will to decide what you will do, using all of your energy all of your power.

So, that is our morning recommendation. For you to remember that you are divine beings indeed. You are intelligent, ingenious and creative.

- Do not act like sheep, but stand firm.
- Gather together in intelligent bands.
- And decide what your fate will be.

Your fate is in your hands in these times. And it is important that you decide how to handle these times. Not with the lower mind, but with the higher mind.

I am that one that you know as Jesus and I will speak to you again later.

T: Alright, thank you for joining me this morning. I will see you later. Bye.

Evening

T: Good evening everyone. It's day 26 of “40 Days and 40 Nights With Jesus,” our evening session. Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus. The temperament of your society is shifting and changing.

The constant bombardment of fear, and death numbers, and case numbers, and these sorts of things in the general population, are taking its toll on the overall frequency of your society. And this is intentional. There is a concerted effort to make you all more manageable.

So, for those of you that are listening to this, *it is so important that you understand the magnitude of the work that you are doing.* You are raised on Newtonian physics, which tells you that you are only one person, and only one person can do nothing. But that is not how creation works.

When many of you gather together in love, focused on that which you would like to have, focused on that which is good, focused on that which is in alignment with love, God, all that is, life, then you are far more powerful than those beings who are in fear.

They are disconnected from their true power. They are seeking answers from others. And those answers take them more and more off track, more and more into lower frequencies of fear and confusion, making them ever less powerful.

So, the beings that are in power understand this. And it is important for you to understand it, too. When we talked about you becoming cunning earlier on, we do not mean that you are becoming deceptive, but you are becoming *wise to the situation.* You are using your knowledge – or your newfound knowledge, if you are new to these teachings – to dedicate yourself

- to feeling better,
- to focusing on the good,
- focusing on gratitude,
- focusing on that which excites you,
- that which makes you happy,
- that which is fascinating to you.

Some of these subjects may seem self-indulgent.

- You may be obsessed with playing the piano.
- You may be obsessed with growing flowers.
- You may be obsessed with knitting sweaters.

And you would say to yourself, “Well, this can't be my purpose. This can't be what I'm meant to be doing right now, when everything is so important.”

Ah, but if you know *the laws of creation, which is that you are led, through your passions, to that which you need to learn.*

You might be needing to learn patience. You might be needing to share your beautiful flowers with other beings who are disconnected from nature. You may be writing a book that is going to affect the minds of millions of people in the future.

When authors are writing books, they do not know where their books are going to go. They think they're just writing it and, well, it might go in a drawer somewhere, if they're lucky, a few people might read it. But some of the best sellers in the world that have

transformed lives were written by people who had no personal ambition for that book, whatsoever. They were being guided by Spirit to put those words on paper.

Trust in your guidance. Trust that what you love to do is meant for you.

There is this distortion in Western minds, from the propaganda that has been pumped down your throats, that if you are not famous, if you are not rich, then you are not valuable. And the opposite is true. Many people who are rich and famous are doing not good work. They are, in fact, contaminating thousands and millions of minds. They are not helping. But ...

- you living your good life,
- you following your passions, your true heart,
- you being kind to yourself and those around you,
- you clearing up the distortions in your mind through daily practices of forgiveness,

... you are making a difference. And the more of you that gather together, the more difference you are going to make. Much more so than the same number of people gathered together in fear.

And this is why we ask you to share these videos.

Share, share, and share again.

Because the more people that hear this information, the more the tide is going to turn.

You are powerful creators. You have forgotten. And we are here to remind you of that. You are made in the image of God. Creative, freedom-seeking lovers. And that is your destiny. That is the earth's destiny.

And as you go through this consciousness shift, this deep, deep transformation, we want to remind you of the power of you changing your mind, along with others who are changing their minds, forward towards the truth, towards love, towards valuing life in all its magnificence and all its simplicity, and at times, in all its mundaneness.

If you are having ordinary days where you don't feel like big things are happening,

- do your internal forgiveness work,
- grow some food,
- grow some flowers,
- write some poetry,
- paint a painting,
- take your dog for a walk,
- revel in the ordinary.

You are meant to be here. You are meant to be alive. How do you know? You are here!

And you have been given everything you need to thrive in this world, to live a full and happy existence. Remember that, as you go to sleep tonight.

You were meant to be here.

You are here for a grand purpose, which is living your life fully, expressing your uniqueness, and showering your special talents and love over the world.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Thank you for joining me on evening of day 26. I'll see you tomorrow. Bye bye.

Day 27, October 4

Morning

T: Good morning everyone. Day 27 of “40 Days and 40 Nights With Jesus.” This is our morning session. Let's see what Jesus has to say to us this morning.

J: You are blessed beings indeed. I am that one that you know as Jesus.

- Some of you are confused.
- Some of you are worried.
- Some of you are excited.
- Some of you are enthusiastic.

It is natural for you to all be on different schedules, in different places, because you have lived different lives. You are not going to all be feeling the same thing at the same time. Some of you are going to be bumping up against your family's resistance to some of these ideas. Some of you are going to be far ahead of that point, where you have given up trying to make your family think the way you think.

We want you to understand that it's okay for you to be where you are.

And many of you are going to have strong negative emotions arising, as you go into these last three months of the year 2020, into the winter season in the northern hemisphere.

- You are going to see amped-up media barrages.
- You are going to hear things.
- You are going to even be feeling some of the consequences of the ordinances that have been imposed upon you.

What we want you to understand is that life is strong. The light *cannot* be put out by the darkness. If you think about a big stadium, in darkness, pitch black, one candle can be seen in that darkness.

And this is how we want you to begin to envision yourself. It does not matter what is surrounding you. It does not matter what those friends and family around you believe. What matters is that you are the light. You are holding a frequency of love above and beyond what they can even comprehend. Do not expect everybody to understand the light when they are in the dark. But the light will prevail. It always does prevail.

Darkness does not have a source of its own. It is merely a lack of light.

And so, when you know that you are the light and they are in the dark, you are doing your job.

- It does not matter that they think you crazy.
- It does not matter that they ridicule you.

It does not matter, for you know that you are the light.

Be the light. Be confident. Keep your mind on love.

Keep your mind on gratitude. Keep your mind on that which you love.

Whether it be gardening, or art, or writing, or singing, or riding your bike, or brushing your horse, or playing with your dog. It doesn't matter [what it is]. If you are in a place of peace, if you are in a place of holding this frequency that we are bringing forth to you, you will be a light. You will be like a candle in the darkness, eliminating that darkness in those that are close to you. Just by being you, focused on this work, keeping your frequency high, you will be transforming those around you. They will see a quality in you that they don't have.

- They will see you laughing.
- They will see you active.
- They will see you motivated.
- They will see you creative.

And they will wonder, “Why is that person okay and I am not?” They do not even need to talk to you. You do not need to proselytize, or share even in words this teaching, because you will be the candle in the darkness.

And as we go into the latter half of this 40 Days and 40 Nights, it's imperative that you do not look at the world as your bellwether of how things are going. Because the light is shifting, the light is changing, more and more people are coming to awakening, more and more people are coming to see that there is a great game being played here.

And as more and more people open their eyes and open their hearts to a positive future, that is exactly what you are going to be creating.

You are going to be creating a positive future. Remember, what you are seeing manifested now is the end result of a lot of fear-mongering.

- All those years of the news beating you down with stories of death and destruction, wars, these kinds of things.
- All of those years of watching violent TV and movies.

These are the seeds that grew the crop that you are seeing right now. In following these teachings, and in sharing these videos, you are planting a *new* crop that will produce a sweet harvest. So, you must not look at the old, the already materialized. You must look at that which you are holding in your heart as your vision of the world you would like.

I am that one that you know as Jesus and I will speak to you again later.

T: That wince was because my dog stepped on my toe under the table. Delphi's under the table. Thank you for joining me this morning.

- Hold that light.
- Don't be deceived by reality.
- Ignore reality.

And be a visionary for yourself, for your family, and for your community. Thank you for joining me this morning and I will talk to you again later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for the evening session of day 27 of our “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus. The exponential growth that you are going through right now can be tiring.

Attempting to change habits, as we are asking you to do, asking you to think about things that you don't normally think about, focusing on aspects of your life that have been unconscious, this requires a lot of effort, and the ego is not happy about this.

- The ego mind is the doubting part of your mind.
- It is the questioning part of your mind.
- It is the part of your mind that is fearful.
- It is the part of your mind that is separation-focused and attack-focused.

And so, when you begin to push the boundaries of its dictates, it will begin to tell you to stop the practice. It will perceive the practice of forgiveness, the practice of appreciation, gratitude, paying attention to the unconscious, it will perceive these as a threat to its system of protection.

So, the ego mind has come up with a multiplicity of adaptations. Given the experiences you've had as a human being in the past, it has decided that it has designed a perfect system for you to stay safe. The ego's desire to stay safe has nothing to do, however, with your happiness, with love, with your consciousness expansion.

The ego is all about restriction and limitation and attack.

So, when you begin to challenge the ego ... And this is a part of your mind. It is not separate from you in that sense but

- it is separate from Spirit,
- it is separate from love,
- it is unloving,
- it is fear-driven and fear-based.

So, it is the opposite of love, in that sense. It will counsel you against these practices, because it perceives these as a threat. Why is it a threat? Well, these strategies that the ego mind has set up are based on simple experiences.

- “Somebody in a yellow sweater attacked me once, so I will always stay away from people in yellow sweaters.”
- “At one time, a man or a woman was nasty to me, so therefore I don't trust men or women.”

Whichever you are. It will come up with strategies such as these – sweeping blanket statements about yellow sweaters and members of the opposite sex – in an effort to keep you from feeling pain and suffering and potential death.

Ironically enough, the ego will counsel you to eat multiple pieces of chocolate cake. It does not have a sane mind, in that sense. The ego is insane. It will counsel you to stay away from people to stay safe, but it will also counsel you to drink a bottle of vodka to quell your fears. So, it is incredibly crazy, and it will promote crazy behavior.

So, in the sessions that we are doing with all of you, and these prescriptions that we give you, the ego is not going to like it, because the prescriptions that we are giving you are challenging its dictates. And so, if you feel increasing resistance to doing this work, if you feel increasing fear or confusion, this is what is happening.

The ego has decided that these lessons are dangerous to your survival.

When you think about it, forgiveness is dangerous to survival, as far as the ego is concerned. The ego is always concerned with the body and it values bodies. It hates and loves bodies. It worships and decries bodies. It, again, is very, very inconsistent. And when you side with the ego, you will have a very up and down experience because of this inconsistency.

In *A Course In Miracles* there is a consistent focus, which is love and forgiveness. There is a consistent desire for peace. And that is what is directing those lessons, the desire for peace.

- Peace of mind is everything.
- Peace of mind means that you are no longer battling with yourself.
- It means you are no longer fighting with the world.

The world is manifested from the past.

The current world that you're seeing is manifested from the past.

And so, battling with the current manifestation is pointless.

If you don't like the current manifestation, shift your mind, shift your focus to that which you want. It's a very simple practice, but the ego does not agree with it.

So, as you go into these lessons, understand that there can be some resistance. There can be a voice in your mind saying, “Don't do these things. This isn't going to work out very well for us.”

**Transcripts of the
“40 Days and 40 Nights With Jesus”
YouTube Videos**



A Series of Channeled Messages via Tina Spalding
Channeled and Posted during September and October, 2020

Week 5: October 5–11

(Days 28-34)

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Day 28, October 5

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 28 of “40 Days and 40 Nights With Jesus.” It's our morning session. Let's see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus. The signs are here. The signs that you are all doing well. The signs that some beings in society are not doing well. You can see that there has been a division made.

- You can see that there are people who believe, wholesale, in the story that's being propagated around your planet.
- And there are those of you that are waking up, or who have already awoken, to awaken others.

It is okay.

**Everybody chooses what they want to do with their incarnation.
This must be allowed.**

What we want you to understand is that there are people sitting on the fence, so to speak, who have been following the story as the governments have been telling it, but now are suspicious, that now are seeing that things are going strangely wrong and off track. We want you to understand that those people are the ones that might watch these videos. Those are the ones that are open to new ideas. We want you to not force anything, as you go through these next months. We want you to focus on your practice.

Now, in your society you have been taught that sacrifice and suffering on behalf of others is noble and holy. It is not.

**Those were never lessons that I taught on the earth plane, so many years ago.
I taught about freedom and self-empowerment.**

And that is what we want you to focus on. Because it is in making yourself the light that you will join the journey through this ascension process. The trains are leaving the stations. And if you are not up to speed, you will not be able to hop on that last car, as it pulls out of the station.

Now, some beings will say, “Ah, nobody will be left behind.” And that is true. Eventually, everybody will awaken.

**But what we want you to know is that in this end of a spiritual season
there is going to be a shift, there is going to be an experience
that is open to those of you that are of a frequency to handle that experience.**

Others will not be at a frequency to handle that experience. And it will be as if it never happened. So, we want to impress upon all of you now, yes, share these videos as much as you can, face your fears of censure. But that is your practice.

- This is not about changing *other* minds per se.
- It is about changing *your* mind about the fear you feel of other people's judgment.

Because this is what is lowering your frequency.

Your courage, your ability to be authentic, your ability to show the world who you truly are, what you value and what you love and what you want to experience, this is *your* practice.

So, do not mistake our asking you to share for other reasons.

- It is for you to face your fears.
- It is for you to be authentic.
- It is for you to vibrate as high as possible.

In standing tall, with shoulders back and head up high, knowing that you are connected to the divine, you become extremely influential, extremely influential. Just as I was extremely influential, back on earth so many years ago.

Why do you think I was so influential? Because I was demonstrating a quality and abilities that nobody else had. How did I get them? It was not a dispensation from God. It was a practice, a spiritual practice, just like you are practicing.

**There are no secrets hidden from you, dear ones.
They are all right in front of you in *A Course In Miracles*.**

The way to raise your mind up out of the gutter is in *A Course In Miracles*. And the books that this being has brought through elaborate on many modern subjects, so that you can understand how to handle them. So, in combination, you have everything you need. There are no secrets, dear ones, at all.

Your forgiveness practice, and coming to understand your own mind and how it works, is what takes you up out of conditioning, out of herd mentality, up into the realm of the divine, up into the realm of pure creativity and lucid dreaming. Yes, this is a dream. Yes, when you look back on it, after you pass over into the next realm, you will say, “Oh my goodness, it seems so real.” And you will come to realize that where you *are* is real. That there is more life and vibrancy in the afterlife than there is, in fact, in this place.

- You struggle here.
- It is a difficult place to live.
- Your bodies seem to betray you.
- You have relationship troubles.
- Finding love is hard.
- Health issues abound.
- This is not heaven.
- This is a place of the ego.
- This is a place of fear.
- This is a place of separation.

And you are seeing it in spades right now, with the suffering and the confusion that is happening on your planet. But being down in this suffering and confusion will not help anybody.

So, we want to emphasize today *your* practice. Your practice of sitting down, after you have listened to this recording, and saying some prayers for your enemies.

- Those beings that you don't like.
- Those beings that have hurt you.
- Those beings that have betrayed you.

Say prayers for them, and make them the focus of your forgiveness practice over these next few days, continuing to see that they were a reflection of you, somehow, some way. What part of you is still vibrating at that frequency?

- That low frequency of betrayal?
- That low frequency of not loving yourself?

There are so many of you who are hurt by parents or ex-lovers or ex-husbands or wives, and you carry those burdens around with you, and continue to believe that you were the victim. You were part and parcel of that co-creation.

**And that is what your forgiveness work demonstrates.
It demonstrates your understanding that *you were dancing together,*
the victim and the perpetrator. You were a match, somehow.**

And now you are not. And so, you can be the bigger person. And for your own frequency benefit, you can let them go. We want you to envision cutting cords that are entangled between the two of you. We want you to say to them, “I forgive you for all the sins you *did not* commit against me. We were a match, somehow, and now I understand. I let you go, and I will no longer tell the story that you hurt me. I will no longer tell the story that you were stronger than me and victimized me. I am powerful. I am strong. And I am here. And I am fine.”

You are here. You are fine, but for the past stories you bring with you. Today is the day you let all stories go.

- Never talk again about your horrible divorce.
- Never talk again about that assault.
- Never talk again about your poverty.

Speak only about that which is good, loving, bright and high frequency.

- And you will be that light for yourself.
- And you will be that light for others.
- And you will begin to tap into knowledge and abilities that you have only dreamed of.

We want to see you on that train. And you *can* get on that train. But you must focus your minds, you must focus on letting go of everything that does not serve you, that

keeps you small, and focus on that which brings you joy and expands your heart and mind in all directions. You are a holy child of God and you are loved beyond measure!

I am that one that you know as Jesus and I will speak to you again later.

T: We are loved beyond measure. Thank you for joining me today. Don't forget to check out our online community at the link below. Thank you very much. I'll see you again later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for our evening session of day 28 of “40 Days and 40 Nights With Jesus.” Let's see what Jesus has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The evening time, as we have said, is a sacred time. And this evening, we want you to go inside and feel your body. We want you to do a scan of your body.

- We would like you to go to the tips of your toes, and wiggle your toes.
- We would like you to go into the balls of your feet, and wiggle the balls of your feet.
- And go into your ankles, feel your ankles.
- Go into your calf muscles, and stop, and just focus on your calf muscles, and feel that life force energy there.
- We would like you to go to your knees, and focus on your knees, and feel that vital life energy there.
- Go up to your thighs and your hips, and doing this throughout your body.
- Continue up into your pelvis, into your belly, into your heart and lungs and shoulders, down your arms to your elbows, and your wrists, and your hands, and your fingertips.
- Feel that warmth and tingling sensation in your hands as you focus on them.
- Then go up your throat, neck, to the jaw, to your tongue, to your cheeks, to your eyelids, your ears, and to the top of your head.

What you are feeling in all of those areas is vital life force. And that vital life force is coming from Spirit. It is not coming *from* the body. It is *infusing* the body with energy.

The energy for your body comes from your spirit.

You do not come from your body.

Your body comes from you.

This is a very important distinction to be made at this stage of your teaching and learning, because most of you think your body is controlling *you*. Your tummy ache is controlling *you*. Your lack of health is controlling *you*. But you are controlling and manufacturing your body all the time.

**Every single cell, every single blood corpuscle, every single hair,
is being brought into being by your spirit.**

And it is important for you to understand this.

- Because your health and your vitality is coming from you.
- And your lack of health and your lack of vitality is coming from you.

The “you” that you think you are.

When you think you are a victim, when you think you are weak, when you think you are alone, when you think you are in danger, [then] your body is under tremendous stress, and it is not thriving in it, and it is not healthy, because you are sending a message of fear to your body.

**And when you send a message of fear to your body, it is preparing for attack,
it is preparing to fight for its life, because you are telling it that
you are being victimized and that you are powerless.**

And so, the body reacts to those beliefs, thoughts and ideas as if they are true. Because you are the controller, you are the control centre, of your body.

If you begin to see yourself as strong, if you begin to see yourself as powerful, if you begin to see yourself as not under threat, then your body begins to thrive, because it says,

- “Everything is fine here.
- We do not need to run and hide.
- We do not need to stress out about anything.
- We can flourish.
- We can heal those things that need to be healed.
- We have all the energy we need.”

And when you begin to actively connect to Source energy – that means envisioning energy coming down from the centre of the universe through the top of your head down into your body – [and] when you envision energy coming up from Gaia – from the centre of the Earth, up through the bottom of your feet, up into your legs, up into your torso, mixing with that beautiful light energy coming from the central sun of the galaxy – when you begin to actively envision vital life force coursing through every cell in your body, then you begin to go up to another level yet, where you are embodying God Source energy.

But all of this can only be done when your mind is under your control, not under the control of the mass media systems.

You must take your mind’s control back.

And you must begin to envision this vital life force coursing through you.

Life is very, very powerful. The survival instinct is very, very powerful. But when the ego is in charge, and when the ego is frightened, your body suffers tremendously.

So, in this evening time, we want you to lie in bed before you go to sleep, and we would like you to envision exactly what we said.

- To envision white light coming down from the central centre of your galaxy, coming down through the top of your head, swirling around inside your skull, coming down your spine, down into your chest cavity, in your belly, down through the tailbone, down through the legs, down through the feet, and down into the centre of the Earth.
- And conversely, envisioning red and green energy coming up from the centre of the Earth, coming up through the bottom of your feet, going through the legs, through the knees, up through the pelvis, into the belly cavity, up through the chest, into the heart and lungs, up into the throat, and into the brain, up through the top of the head.

So, you have grounded Earth energy coming up from Gaia, and you have illuminated healing love energy coming down from Source, and you are the perfect recipient of both in between, equally in between these magnificent creators.

You are on the receiving end of these energies and you are powerful.

You are powerful. The energy that is produced in the thriving human body is powerful, indeed. It is what produces the wealth on your planet. The people labouring. The people growing food. The people creating music and art and all kinds of wonderful activities. This vital life force is yours. It belongs to you.

But if you give it away, if you let others take it, they will use it. This is what is happening on your planet right now.

You need to become the custodian of your own body's energy.

And you need to understand where you are leaking energy into the system that is using your energy. Begin by doing this exercise that we have just described. And several times a day from now on, we would like you to stop, for just a moment, *envision* that white light coming down from the universe, *envision* that red and green light coming up from Gaia – it will take only a minute – and *feel* that energy coursing through you. Own it. Use it for what you want. Understand that if you do not become a container for this energy, with no leaks – and by leaks we mean beliefs that cause you to believe that you are frail and fragile and weak and fearful – then that energy will be sucked out of you by the system that is at play on this planet at this time.

It is very important for you to understand that this is what they want from you. They want your vital life force. You are a giant battery in that sense. But you can become a perfect *container* for your own energy by doing the work that we are sharing with you here, and by doing *A Course In Miracles* to get your mind focused and controlled, so that you are the master of your ship and nobody else is.

It seems like a daunting task, if you are flailing a little bit right now. But it is your natural inheritance, your natural inheritance. If you were raised in a healthy society that was not manipulated and controlled by propaganda, you would be taught to manage these

energies from the time you were a small child. So, we want you to start managing these energies now.

I am that one that you know as Jesus and I'll speak to you again tomorrow.

T: Alright, thank you for joining me this evening. Have a great night. Have a great sleep. And I'll see you tomorrow. Bye bye.

Day 29, October 6

Morning

T: Good morning everyone. Tina Spalding, trance channel, here for our morning session of day 29 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

You are expanding. You are growing. You are learning. You are feeling you are coming to understand your inner world more as you go through these 40 days and 40 nights with us. And you are going through these 40 days and 40 nights together as well. And it is important that you understand the power of this group.

Whenever many are gathered with the same focus, with the same loving intention, they are far more powerful than doing this individually.

This is one of those strange features of spiritual practice, is the more of you that do it, the more exponential the power. So, it's very important for you to grasp this concept.

And this is one of the reasons that we wanted to do these 40 days and 40 nights as a public service announcement, so that as many of you as possible would be involved in this expansion process. Now, many of you are beginning to feel a little different.

- You are beginning to feel a little more empowered.
- You are beginning to feel a little stronger.
- You are standing up a little straighter.

And as you begin to feel these feelings, we want you to enjoy these feelings.

We do not want you to think that you are getting too big for your boots, that you are on your high horse, somehow, or that you think you're better than other people.

This is one of the tactics that has been used in your society to stop anyone rising to their potential. There is this – unspoken at times, now it is spoken very, very loudly – this idea that you should sacrifice yourself for the betterment of everybody else. This is not how spiritual evolution works.

**And this is one of the distortions that was laid upon my teachings.
The idea that I was suffering and sacrificing myself for all of you. I was not.**

I was teaching my students, my disciples, a very, very important lesson. And I was practicing my spiritual practice, which was, at that time on the earth plane so many years ago, manifesting into enlightenment and a necessity to shift and change my ministry.

Now, the crucifixion, the story of the crucifixion, has been misused throughout history and it was taught as a message to get you to suffer and sacrifice yourselves. That is how the Church used it.

And this is why you see the long-suffering Catholic mother, or you see the long-suffering penitent nun. These are distortions. And that is not what I was teaching. And that is not what the crucifixion was for, or what it meant.

So, it is very important that you understand that rising up into your power is what I was teaching. I was not teaching you to be a little meek church mouse.

- I was not a little meek church mouse.
- I was outspoken.
- I was rebellious.
- I was counter-culture.

Because it was an oppressive culture. It was a restrictive culture. Full of prescriptions and laws and rules that were killing people's spirit for life. This is the same thing that is happening now. And that is why I am here, now, giving this message through this being.

But many of you have not heard my story. And today we are going to do a blatant promotion of the book *Jesus: My Autobiography*. It is very important that you read this book at this time. It was brought through at this time to dissolve some of these cultural tenets that you have, that you don't even know that you have. And so, we are asking as many of you that can afford it to order that book – from your local bookstore, if possible; if not, then from the great giant, Amazon – to order that book *Jesus: My Autobiography*, because in that book you will hear my story, you will hear my true teachings, and you will come to understand where this ministry is coming from.

Yes, this is a ministry. It is a modern-day ministry of Christ-mind teachings. I was the one that you know as Jesus. And I was taught through various methodologies, which are revealed in that book, how to align myself with Christ consciousness. There are many names for it, Buddha mind, Christ consciousness, Universal mind. There are powerful energies that you can access by understanding the laws and teachings that I followed and were the precipitating factors for my enlightening and awakening.

**So, you are the same as me.
You are merely cloaked in shadow.
You do not know that you are the light.**

And it is important for you to get the whole story. We can do snippets here, little teachings here, that some of you may listen to, some of you may not. But we would love for as many of you as possible to read that book. Because it is in the pages of that text that you will hear my complete story.

Now, some of you will attack this being and say that she's doing this to promote her work. She had no idea that we were going to say this today. And whenever we say this, she knows that she will get some nasty comments in the comments section. Save your nasty comments for yourself. She will not read them. She has learned from day one on YouTube that it is best to leave the comments section to itself.

What we want to do is to talk to those of you that are interested, that are curious, that are growing, that are opening.

And we want you to understand that there are aspects of your society that are invisible to you, unless we point them out to you. Of course, all of this being's books are and were designed for this time, so that you would understand your society, so that you would understand love, so that you would understand this ministry and all sorts of things. And so, any one of those books is a great place to start. But do consider reading *Jesus: My Autobiography*. Do consider listening to *Jesus: My Autobiography*. It is also available as an audio book. And so, this promotion is over.

We want to align you with love. We want to align you with strength.

We want to align you with your unique and yet God-like abilities.

Yes, you are all individual. You have come here to express your individuality. But in truth, it is your *unity* that will be your salvation. Your unity with your brothers and sisters. Understanding that you becoming all that you can be is the biggest gift that you can give your family. It is the biggest gift that you can give your community. And it is the biggest gift that you can give the world. You shining your light, not hiding your light under a bushel, is an act of love. So, stand tall, be brave, and express yourself lovingly, in all ways, in all days.

I am that one that you know as Jesus and I will speak to you again later.

T: He is right. I always get attacked when books are mentioned. But that book is a really amazing book. I'll tell you a little bit about the journey that I went through to bring it through.

I was channeling my second book, called *Great Minds Speak to You*. Many famous dead celebrities came through. And towards the end of those 20 celebrities that are featured in that book, I started to wonder who the last celebrity would be. And around celebrity 15 or 16, I started to say to myself, “Elvis, Gandhi, I don't know, just don't be Jesus.” And, of course, it was him. He was the 20th and final contributor to that book.

And at the end of that contribution, I thought, “Okay, that's over. Jesus came through. That's the end of it.” Well, the next morning he came through again. And he told me that he wanted me to write his autobiography. But first, I had to read the New Testament, so that I understood what people believed to be true about him. And over the next 18 months or so, I did 40 channeling sessions, where he told his story. And I didn't tell anyone what was happening to me. How could I? I was afraid of being labeled crazy or being taken out by the pope. I didn't know. I was scared of the Catholic Church, until I started channeling Jesus.

And so, that book took about 18 months to complete, with all kinds of dramas in there. And finally I was able to get the courage up to tell people what I was doing, and what was happening to me. And my publisher, when she read that book, said she – who has published, I think, thousands of spiritual books – she said, “This is the best book I've ever read.” And it has been translated now into Chinese and other languages are being implemented. So, it is becoming a bestseller, which is fabulous, because it's a great story. So, I just want you to know that this is not a personal promotion. Jesus said that without me knowing he was going to say that. So, contemplate buying that book. It's a good one. I can say that, because I didn't write it, I just channeled it.

Thank you for joining me today and I'll see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for day 29 of “40 Days and 40 Nights With Jesus.” This is our evening session. Let's see what he has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus.

As we go through these days and nights together, there is a wonderful energy building between everybody. Some of you are working together to share these lessons, and talk about these lessons in various groups. Some of you are finding great courage and sharing with your families that previously had no idea about your “devious” private life. And all of you are expanding.

As you expand in this practice, many things are going to come to the surface.

And what we want you to understand is that everything that comes to the surface is to be seen, and to be evaluated as valuable or valueless.

This is one of the great aspects of *A Course In Miracles* that will continue, if you continue to study *A Course In Miracles*, is that you will be driven to remove from your life that which no longer works for you, that which is no longer valuable, that which has been with you at times for a long time. You may have picked something, a career, a home, a partnership, a car, many years ago that suited you well. But now, as you are evolving and expanding, these things need to change. And as we go into the last three months of this year, this momentous year of 2020, there are going to be more and more things coming to the surface that you must evaluate.

The reason that you must evaluate them is because some of these things are not serving you anymore, and it is time to let them go.

There is a belief in the spiritual community that you should never walk away from things, that you should always work through things. And this is generally so, but this year is a very different year, as you have noticed.

- This year is the year of transformation.
- This year is the year of transmuting the old you into the new you.

And it is time for you to make these decisions.

- You do not have to make them all today.
- You do not all have to make them all this month.
- You do not have to make them all this year, in fact.

But we want you to truly take a look at the many aspects of your lives that are present and active at this time. Many of you are stuck in a rut. Many of you are conditioned into behaviours that are painful for you. And this is the year that we want you to really evaluate

- where you are living,
- with whom you are living,
- how you are living,
- the work you're doing,
- how you entertain yourselves,
- the foods you eat.

All of these aspects, these multifaceted aspects, that make up the you that you think you are. But the truth is, you could change all of these things.

- You could move.
- You could change relationship status.
- You could lose weight or gain weight.
- You could change your diet.
- You could change your job.

These things are not you, per se, but they are merely reflections of certain aspects of you. The you that we want you to come to understand is that constant that is there, regardless of where you live, regardless of who you're in a relationship with, regardless of how much you weigh, regardless of how old you are.

There is a timeless aspect of you that is always there, and is always expressing itself.

So, when you think about making some of these changes, they should not be terrifying, because, after all, they are not you, they may merely be outdated aspects of what you thought you were.

Now, we are not advocating wholesale divorce, or everyone moving at the same time. What we are saying is, take the time this evening to sit back in your bed, close your eyes, and think about

- where you live,
- how you live,
- with whom you live,
- what you eat,
- what you do for work,
- all of these things.

Think about these things, and reflect upon them, and ask yourself,

- “Are these things suiting me?
- Or is this one particular thing suiting me?
- Or is it time for me to shift a little bit?
- Is it time for me to up my game a little bit”

And this is really what we are getting at tonight. We would like you to up your game a little bit. That means to be more courageous, to be more clear about what you would like your life to look like.

Many of you make decision after decision based on conditioned teachings, and family traditions, and religious beliefs, that you have never questioned, that you have never, ever questioned. And you find yourselves in lives that are not necessarily of your making. Now is the time to begin to ask yourself:

- Is this the life that you have chosen?
- Or was this chosen by other people on your behalf?
- Or was this chosen by habitual unconsciousness?

We want you to think about that tonight.

- Which aspects of your life need a little work?
- Which aspects of your like life need to be completely shifted?
- What aspects of your life are wonderful?
- What aspects of your life please you?
- What aspects of your life do not please you?

It is a time for re-evaluation. And it means that you must do it first in your mind.

You cannot make behavioural shifts, until you make mental and emotional shifts.

Your behaviour arises from what you feel. And your feelings arise from what you believe to be true about the world, and about yourself.

We recommend doing *A Course In Miracles* during this process.

Because there are many speed bumps along the way to transformation, and *A Course In Miracles* is one of the fastest ways to shift and change your consciousness.

And to eliminate those rocky places in the road that can trip you up. So, consider, once again, if you have not, starting the lessons of *A Course In Miracles*. It is designed for these times, and it is designed to help you remain calm and peaceful, focused, and aligned with love.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Alright, thank you very much for joining me this evening. I'll see you tomorrow. Bye.

Day 30, October 7

Morning

T: Good morning everyone. Tina Spalding, trance channel, here for day 30 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us this morning.

J: You are blessed beings indeed. I am that one that you know as Jesus.

This being is a rebel. This being is a revolutionary. I was a rebel. I was a revolutionary. We have what you call simpatico relationship.

**And this is one of the reasons that she was chosen to do this job,
because she has this fiery and rebellious side.**

This kind of work cannot be done when you are fearful. This kind of work cannot be done when you are too worried about what people think about you.

Now, some of these personality traits troubled this being before she found the perfect position. This is the perfect position for her. Her blatant truth speaking, her independence, her desire to transform the world have all worked together to bring about this experience that she is having.

What we want you to understand is that you all have the same setup, but for a different purpose. Not all of you are going to do this work. In fact, very few of you will do this kind of work.

But you have a perfect combination of traits and desires and interests and qualities that will make you very, very good at something, and that is your destiny.

Many beings, when we have personal sessions with individuals, ask, “What is my purpose?”

- Your purpose is to fully live yourself.
- Your purpose is to align with that which you love.
- Your purpose is to be happy, and experience everything that you-being-you brings you.

Your blueprint – that pre-life setup that decides what family you're going to be in, for example, decides what kind of body and looks you're going to have – all of these things work together for good. They are designed to take you on a particular trajectory. And, yes, you have free will within certain realms of your existence. But if you were born in China, you were born in China. If you were born poor, you were born poor. There are things you can do about those states of being, but they are what you came with.

And many of you come with amazing skills and talents and desires and interests, but you have let them go because of your social training programs. So, perhaps you were an avid horse lover when you were a child, but your parents said, “Well, we can't afford a horse. You can't have a horse.” And you had to change your lifestyle to such a degree to fit in with the dictates of your school and your parents that it felt as if being around

horses was not possible for you. But it *is* possible for you, even now, in your lifetime. There are people up the road who have horses. There are riding schools that could use your help. There are all kinds of opportunities for you to live out that dream, even if it's later in your life.

For those of you that are in the middle part of your life, we want you to know your life is to be lived fully, right until the end.

**This dear being did not start this career until she was in her 50s, and look at her now!
She is on fire and is loving life and is loving her work
and is loving what it gives her in experience.**

And yet, when she went back to school in her early 50s, she was the oldest person in the school. She was older than the principal. If she had cared about those things, she would have backed out. If she was fearful, she would have backed out. But she didn't. And she learned the whole new set of skills that she needed to do this job.

She was guided to that place. She was led to that place. But she *had* to follow her heart. She *had* to follow that which she was interested in. She *had* to read the signs when doors were closed, “No, this isn't working anymore. You need to upgrade your skills. You need to try something new.” And this all came through intuition and inner guidance. Not through the opinions of others. Not from her school teachers of the past, or her parents. None of it came from that. But it came from this feeling within that she needed to do something new, something bigger, something that would take her into the second half of her life with wings. And boy, did it take her with wings!

Many of you in your 40s or 50s or 60s will think, “It's too late for me.” This being is a demonstration that it is not too late for you.

- Begin to choose the subjects that you love.
- Start to re-educate yourself.
- Get rid of that which is no longer serving you.
- Turn towards the light.
- Turn towards those things that you love, those activities that you love.

When you go for a walk, when you feel like going for a walk, then you are saying to the universe, “Bring me that which makes me happy,” because you are responding to the desire to go for a walk and it is making you happy. You are sending messages all the time to the universe. If you get a feeling to do something, and you say, “Oh, I can't do it. I've got to do the dishes first,” you are saying to the universe, “Don't bring me great, exciting ideas. I'm stuck in my mundaneness here. I'm stuck in my duties and my obligations.” It will cease sending you these great feelings.

Well, not totally. Spirit continues to send you feelings in the hopes that, one day, you will listen. But now is the time for you to begin to listen. Now is the time.

- It seems as if everything is closing down.
- It seems as if this world is becoming a prison.
- It seems as if the opportunities are gone.

But that is only because of the way humans have been conditioned into submission and living like sheep in a prison.

You are seeing the end result of *human* choices.

Yes, they have been manipulated. Yes, they have been corralled, inadvertently. But they have gone there with their free will intact. And everyone, still, has their free will intact.

- Begin to use your free will.
- Begin to choose that which you love.
- Begin to investigate and learn about that which interests you.

And yes, you will be able to do it. Yes, you will be able to support yourself doing these things, eventually. In the meantime, do what you need to do or what you have been doing, but use this time now.

It is a powerful time of manifestation, a powerful time of transformation.

Do not sit on your hands, on your couch, waiting for the doorbell to ring with opportunity. Get out there, whether it be literally or virtually. Get out there. Connect with like-minded people. Connect with groups that are interested in what you're interested in. And put your energies towards that which you love. Minute by minute, day by day, you will be creating your new future.

I am that one that you know as Jesus and I will speak to you again later.

T: He was very, very excited there. Lots of energy. Thank you for joining me this morning. I will see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for our evening session of day 30 of “40 Days and 40 Nights With Jesus.” Yes, it is exhausting, in case you're wondering. But I've made it three quarters of the way through, so I'm sure we'll get there. Let's see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus.

When you think of transformation, you often think of massive changes, obvious changes, dramatic shifts.

The transformation that we are intending with these lessons is small incremental shifts that you can incorporate into your day, every day.

These lessons that we are giving about sitting in your bed in the evening, and writing in your journal, and not having your phone, and contemplating aspects of your life that perhaps are not appropriate for you anymore or need some tweaking, we want you to continue on with these ideas and these practices. When you have a daily practice, it changes massive things over time.

The ego is not interested in this. It wants quick fixes that it doesn't have to repeat. It doesn't want to have to do sit-ups every day. It wants to take a diet pill that's going to flush the fat out of you. You notice these things. These are products and services that are always there. “Take this, begin this, and everything will change!”

And usually, they are related to the body. Many of you think that, if only you could get your body right, then everything else would go well. The opposite is true. You need to get your *mind* right.

- Your mind is creating your body.
- Your mind is creating your financial situation.
- Your mind is creating your relationships.

Your mind is creating everything that you encounter on a daily basis. But because of the seduction of form, you keep looking at the forms, thinking the forms are the *cause*, when, in fact, the forms are the *effect*.

- Your mind is the cause.
- Your desires are the cause.
- Your focus is the cause.
- Your intention is the cause.

So, if you want to change something that you are experiencing, that you don't like, make tiny shifts that you can maintain. Make small shifts in your diet, for example. We have always counseled that you should be looking at a diet that somebody was eating, say, 200 years ago, and try to emulate that. First of all, that means everything was organic, because there was not the chemical industrial pollution that is sprayed on your foods now. It would have meant that food was local. You weren't getting papayas from Mexico up in Canada. You were getting locally grown fresh seasonal foods.

So, when you're concerned about your diet and what to eat, go back 200 years, and ask yourself, “What would we have been eating here? And how would it have been raised?” It would have been raised in local farms. Perhaps you would have traded your potatoes for carrots. It would have been lovingly raised. It wouldn't have been raised in a mass-industrialized animal farm, for example. There would have been a couple of cows or ranch cattle that would have been free, roaming the landscape.

All of these ideas are very, very simple. If you use your intelligence, there are always quick fixes, always programs to fool you into changing.

What we want you to know is that if you drink a glass of water every morning for the rest of your life, you will have great health effects.

And when we say “glass of water,” we mean clean, clear spring water, not tap water.

So, always go back 200 years, and ask yourself what would have been happening with the water back 200 years ago. Well, they may have been collecting rain water. They may have had a well. They may have had a clear flowing stream from the mountains. They certainly wouldn't have had fluoride-soaked water.

**So, when you are thinking of changing things,
do it in tiny little baby steps that you know that you can manage.**

So, when you are thinking about transformation, let us rein it in from *huge* transformation. Let us bring it back to the tiny baby steps.

- Drink a big glass of fresh spring water every morning when you get up.
- Walk a mile every single day.

Do these sorts of things, and you will find that health will return to you.

- Turn off your televisions.
- Read a good book.
- Talk to your friends.
- Plant a garden.

These seem inconsequential. But as the world shifts and changes through these coming years, the simpler pleasures are going to be becoming much more important to you, and the development of your own self-reliance is going to become more and more important to you.

So, look at where you are dependent on systems and begin to ask yourself, “How can we shift and change from those systems to new systems?” For example, instead of buying your food at your local supermarket imported from Mexico, or wherever it is imported from, search out local farmers, and ask them what fruits and vegetables they have. Do they have canned preserves? Did they put their strawberries up, make strawberry jam?

Purchase local products, encouraging those people to plant more next year. If they don't sell all their stuff this year, they're not going to plant next year. Tell them that you'd be really interested in signing up for some kind of program, where you purchase regularly from them and you'd be happy to sign up in the spring when the greens start coming in. That you will sign up and happily pay them for their products.

- Begin to invest in that which is close to home.
- Begin to invest in that which is simple.
- Begin to invest in that which is free.

Walking, going for a walk, is free. Going for a walk to the park, sitting by the ducks, and feeding them some healthy snack is free. Begin to focus on that which is free. There is such abundance in your planet, such abundance! Air, water, wind, sun, trees, birds, animals, grass. You can put a seed in the ground and it will grow.

**We need you to begin to think about focusing on these simple pleasures,
simple acts of self-reliance and self-development.**

As you go to sleep tonight, reflect on your life and ask yourself, where are you very, very dependent on certain things? It is not to instill fear in you. It is to bring into your conscious mind the awareness of what you are doing.

**You are supporting systems that can be detrimental to other people on the planet.
You can be supporting systems that are precarious and could end at any moment.**

Begin to ask yourself, where are you taking some risks, and how can you mitigate those risks?

And as far as your health goes, simply go back 200 years, and envision a farm, a homestead, a garden, before the industrial revolution, and ask yourself,

- “How would these people have been living?”
- How would they have grown their food?
- How would they have prepared their food?”

They would not be eating takeout orders. They would not be buying frozen pre-made meals in boxes. These are some of the ways that you can shift and change that are completely doable, completely affordable, and more natural.

We are guiding you back towards being a more natural human being.

I am that one that you know as Jesus and I'll speak to you again tomorrow.

T: Well, if I had had to feed myself with my garden this year, I would be very thin. I think I got about three meals worth of food and a few snacks. So, next year, a bigger garden is going in. I'm preparing it now. So, I encourage all of you to do that, in whatever spaces you have. It's been a lot of fun this summer, working in the garden, and I think it's good for all of us to think about doing that.

Thank you for joining me today. I'll see you tomorrow. Bye.

Day 31, October 8

Morning

T: Good morning everyone. Tina Spalding here for the morning session of day 31. Let's see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The energy systems that run your bodies are powerful indeed. But they are coming from you. They are not separate from you. They are not foreign from you. They are coming from your Higher Self, your Oversoul, if you will.

“Higher Self?, Oversoul?,” you say.

“What’ya talkin’ ‘bout, Jesus? I thought I was me, and that’s all there is.”

Absolutely not!

You have brought down into separation only a small part of what you actually are. And that what you actually are is above the physical, material world, and it is, we will say, like a giant octopus. Just envision that, with the many tentacles going down. And your life experience is one of the tips of those tentacles. Well, your Oversoul is the whole

being, the whole octopus, let us say, and its wisdom is connected to all of the tips of all of its tentacles, the tentacles being the multi-lifetime experiences that it has decided to manifest to have experience. And so, if you think about a 1,000-tentacled octopus,

- each tip being the focused point of a physical, material experience,
- and that information from the experience travelling up the tentacle to the octopus’s head,
- and the octopus’s head sending back down information to the tip of that tentacle.

This is what is happening. And many of you actually have information coming to you from one of the other tentacles, via the head of the octopus. And so,

- you may have a strong connection to Atlantis,
- or you may have a strong connection to Egypt,
- or you may have a strong connection to the Native Americans of North America.

You may have preferences that are actually being influenced by some of these other tentacles. And yet, they arise in you as feelings, as desires, as hobbies, or obsessions. So, you are constantly being fed information from all of the other tentacles, via the head of the octopus.

So, it's very interesting for us to watch you manage this energy!

And one of the aspects of separation that you are overwhelmed by is this belief that you are alone, and that you have no connection to anything. And this is the disease of the modern world. The anarchy that you are seeing, the disillusionment that you’re seeing, the drug addiction that you’re seeing, these are distortions that are being manufactured by this feeling of aloneness and not having any connection.

So, today, we would like you to envision this image that we have created as a tool to help you understand what the Oversoul is, and how you are connected to other incarnations.

It's not that we want you to be *obsessed* about other incarnations. On the contrary. Your assignment is to live *this* one, and we don't want you to become preoccupied with other ones. But when you have preferences, when you have ideas, when you have dreams, you may be getting information from your other selves, let us say.

Do not be convinced that you are alone, without help.

You are constantly being guided by the information and knowing and vision of that Oversoul.

It knows where you are going, it knows what you need, and the guidance is within you. “The Kingdom of Heaven is within you.” That is what it means. The world of information that you need is within you, and is coming to you all the time.

So, begin to connect with your Oversoul. Ask to converse with you. Ask it to give you information that's valuable. Write down the dreams you get, that it gives you. And begin to start a dialogue with your Oversoul, saying, “I am very, very curious about the

information that you have for me.” And the Oversoul will begin to bring to you more information.

I am that one that you know as Jesus and I will speak to you again later.

T: Cool. Thank you for joining me this morning. I’ll see you later. Bye bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for our evening session of day 31. Let's see what Jesus has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus.

This evening is a quiet and calm evening. We are not going to assign you anything difficult at all. We would like you to just lie in your bed and feel the energy in your body, in your toes, all the way up your body, to your fingertips. Go slowly, and allow yourself to converse with each part of your body.

Now, your body is created – “manufactured” is a better word – by your subconscious.

It is not a conscious thing that you do. You don't sit there thinking, “I need to make liver cells.” But your subconscious does know how to do this. And it does do this. It is constantly monitoring millions of processes a minute, without your knowledge. But you are, in fact, what has influenced your subconscious. Your subconscious has taken on

- every single thing you've ever said,
- every single thing you've heard,
- every movie you've watched,
- every lecture you heard at university,
- your parents’ and family rules.

Your subconscious has taken all of those things in, and that is the recipe book that it uses to make your body. So, if you have a family history of hypochondria, or always talking about sicknesses, or getting attention for being sick, your subconscious knows this, and it will, if it believes that being sick will get you positive attention, it will make you sick. You will not think you're making yourself sick, but the subconscious messages from your, let's say, your family story, are going to be the ones that your subconscious uses to decide, “Ah, is being healthy more dangerous than being sick? When we were a child, the mother was much more loving and attentive when we were sick. So, when we want love and attention, we will be sick.” It's a very logical thing and that is what it'll do.

You must begin to understand this. And as you scan your body this evening, talking to those parts of your body that your attention goes to, if you have a pain or a wound or an old injury, talk to that part of your body and say,

- “We no longer need this.
- This is not serving us now.
- We no longer need to have a limp from that injury that we had years ago.
- We no longer need to have swollen ankles.

- We no longer need to have pain in the knee when we are walking up hills.
- It is not necessary.
- I do not need it anymore.
- And I request that you stop bringing this experience to me.”

We are now focusing on health. We are now focusing on self-empowerment. We are now focusing on using the body as a loving communication device.

Your body is a communication device for God. And as you go to sleep tonight, that is what we would like you to say to yourself a few times,

- “My body is a communication device for God.
- My body is a communication device for God.
- My body is a communication device for God.”

Sleep well. We will speak to you again tomorrow.

T: Short and sweet tonight. Sleep well everyone. I'll see you tomorrow. Bye.

Day 32, October 9

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for our morning session of day 32 of “40 Days and Nights With Jesus.” Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The signs that you are seeing in your society can be distressing. And the implications of those signs can make you feel afraid, or they can make you feel imprisoned, or they can make you confused. What is happening when this is going on, is that you are looking *outside* of yourself into the ego's playground, which is renowned for being crazy. It's always been crazy. There's always been death and destruction and despots and holocausts going on in the ego's playground. That is the nature of separation.

**When you are looking to the world for your salvation and your peace,
you will always be disappointed.**

You will always be disappointed, because it manifests the lowest frequencies into physical form.

**If you understand how spiritual manifestation works,
the higher frequencies do not manifest into physical form,
but they manifest into feelings and creativity and inspiration and love.**

These things that you know are real, and yet, are not manifested into physical reality. They are in the ether, so to speak.

When you're looking at physical, hard-copy things – bodies and cars and houses – you are looking at the lowest frequency of 3D.

**When things become physically manifested,
their frequency has slowed down so much that it has come into being.**

And there is so much energy behind the thoughts and feelings that have brought something into being, that they are dominant in this society of separation, and this ego-driven society.

**So, what you are witnessing now is the end result of all negative beliefs
and ideas that you all have been holding over time.**

So, it's very, very important that you are not looking to the world as your salvation. You must go inside. And you must raise your frequency up through the methodologies that we speak about in all our teachings.

- Eating well.
- Going out in nature.
- Being around people you love.
- Being creative.
- Connecting to spirit.
- Mastering your mind.

All of these ways. When you do that, you are attracting to you a future that is kind and gentle and loving. When you go to the news, or when you go to any kind of information about what is happening in the world now, and you look at it and you believe it, and you see it as a threat to your well-being, your ego will be triggered. Because, remember, your ego is all about survival. So, if it sees armies marching in the streets of a nearby town, it is going to go into fear.

**And when you go into fear, you lose your intelligence,
and you lose your connection to higher wisdom.**

So, this is a very, very important time, as we approach the U.S. election and all of the repercussions from that, as you approach the news streams that are going to be coming towards you, bombarding you with negative information. How do we know it's going to be negative? Because it's always negative. You do not get happy stories on mainstream media. It's just not the case. So, why would you go there, if you know that they never give you a positive spin on anything?

- They never give you reason to hope.
- They never give you reason to be optimistic.
- They never give you strategies for *true* health and well-being.

We must remind you of this, because the hypnotic qualities of your television programs are affecting so many people. And we want the thousands of you that are watching this series to share this information. When you're at the dinner table this Thanksgiving with people, tell them to turn their TVs off. And they'll say, “Oh, we can't. We need to know

what's happening.” And then you can say, “You are being scammed. You are being taken down into fear.” And in fear, the human mind always seeks an outside authority to protect it. It goes into a childlike state of panic. And that is what your governments understand. And that is what your news systems understand. That if you are constantly in fear, then you will allow authoritarian regimes to rule you, because you are in fight or flight or freeze mode.

**Remember, we're going to say this one more time.
When you are frightened you go into fight or flight or freeze.**

So, you all have your homes, and your rooms full of furniture, and your national boundaries. You cannot *flight*. The government has made it clear you cannot *fight*. You get thrown in jail, you get a ticket, you get tased. There is only one thing for the primitive part of the ego mind to do when it is afraid, and that is to *freeze*, which means you sit in your house, cowering, doing nothing.

The only way for you to combat this strategy is to refuse to become frightened.

Refuse to consume this information. And go to the kinds of information that we are producing, or that high-frequency beings are producing. Inspirational, self-empowerment messages, health messages. Feeling good messages are the ones that you must make yourself listen to, so that you stand strong, so that you are connected to your ability to think clearly using the brain that you have, which you cannot use if you are in fear.

So, as soon as you feel fear, ask yourself, “What have I just done? What have I just listened to? Oh, I'm listening to my ego telling me it's dangerous out there.” Don't listen to those thoughts. Listen to higher-minded loving teachers. It could be us, it could be some other channel, or therapist, or somebody that you know is really on your side. And begin to say, “It's not dangerous out there. There are no boogeymen waiting to get me.

- I am going to keep my energy high.
- I'm going to focus on abundance.
- I'm going to focus on my ability to be free and at peace.”

And in that freedom and peace, you will find the information that you need to make the decisions that you need to make.

So, your responsibility today is to refuse to allow yourself to entertain any fear thoughts that are going to disempower you and make you freeze.

I am that one that you know as Jesus and I will speak to you again later.

T: Thank you for joining me this morning. I'll see you later. Bye bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for day 32 of “40 Days and 40 Nights With Jesus.” This is our evening session. Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

Some of you are excited about the transformations that are coming to your planet. And some of you are very trepidatious about the changes that are coming to your planet.

For those of you that are trepidatious, we suggest that you change your mind, because changes are coming to your planet. And one of the greatest causes of suffering in humans is resisting what is. Now, when we say, “resisting what is,” that does not mean that you have to *like* what is. But you do have to understand that it is the end result of a lot of energy and thought and behavior, manifesting into the present moment. So, when you look at what is, it's okay to *not like* it, but you must *accept* it, for now.

And so, those of you that are cautious or worried about the future, what you are actually doing is you are allowing the present moment to negatively impact your frequency, which will mean that the future will be less beneficial. So, this is really a very, very strong discipline that's required from all of you at this time, where

- you only focus on that which is beneficial,
- you only focus on the teachings that help you,
- you only focus on the things that are good that are happening.

So, one of the things that is very, very beneficial, of course, is being in nature. Because nature has ebbs and flows. You see that, at times, the landscape looks desolate and cold, but there is always something new brewing under the surface, and inevitably spring comes. You see the abundance of fruits in the autumn. You could be sad that the apples are falling from the tree, or you can be happy. It is your choice. But the fact is that it's the end of a cycle.

And this is the way to look at what's happening to your society now. It is the end of a cycle. And just as you don't cry when the apples fall from the trees, because *that* season is over, you must not cry because *this* season is over. You have had a deep and intense, albeit short, relationship with Capitalism, unfettered capitalism. There is nothing wrong with seeking to improve your life. There is nothing wrong with making things and selling them to people. But when it is unfettered and unmoderated, you get to see the results of that extreme expression of Capitalism.

Now, we are far from communists. We believe, and we know, that the way for the human to thrive is to be able to be uniquely you, to do the things that you are good at, and to exchange with others, so that you can get something in return.

So, what we want you to understand is that this principle is not going to go anywhere. Those of you that are feeling distressed by the future are going to get depressed, or

unmotivated, or unable to make a decision. And that is going to impact the ability for you to use your energies positively. So, this is the idea of forgiveness.

- When you look at the world, and you say to yourself, “Oh my gosh, it's terrible. We're all going to die!”, then you will feel sad and disillusioned, and it will feel kind of pointless.
- When you look at the world and say to yourself, “Ah, this is the ego's playground. Look at that person hurting that one. Look at that terrible situation. This is what the ego does!”, then you turn away without having let it distress you towards something that is what you do want.

So, this is a re-affirmation, tonight, of that. As you drift off into sleep this evening,

- think of all the things you love,
- all the things you have made in your life,
- all of the experiences that you've attracted to yourself,
- think of all the lovely friends and family that you have,
- think about your body that works so well, most of the time; for most of you, it's working perfectly fine, right now,
- thank your eyes for letting you see,
- thank your ears for letting you hear,

Thank you! Thank you! Thank you! And go to sleep feeling full and satisfied that life is good.

***That frequency, “Life is good and I am blessed,”
is going to be the seed frequency that you want to plant for the future.***

So, don't let the news stories depress you. Don't let what is happening in the world determine how you feel.

- The ego is in charge of this world.
- Separation is the default setting in this world.
- War and famine, disease, being taken advantage of, these are par for the course in the ego's world.

Do not be continually surprised that you see them! But look at them and go, “Ah, there it is, more of the same. Thank you, ego, for showing me what you are, and who you are. Now I'm going to look at what I would like to do. I'm going to go inside. I'm going to appreciate *everything* about my experience. What it's taught me. What it's shown me that I love. What it's shown me that I don't love.”

Everything is working together for good. It is hard for you to believe that right now, but in a few years you will see that the ending of this cycle, “It was time.”

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: I'm going to have a lovely Thanksgiving dinner with my sons and family tonight. I hope you have an enjoyable Thanksgiving weekend. But, of course, I'll see you tomorrow. Thanks for joining me today. I'll talk to you tomorrow morning. Bye.

Day 33, October 10

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for our morning session of day 33 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The times that you are in are powerful times. And we do repeat ourselves, we understand, but that is how you learn.

That is how humans come to understand themselves.

They get to experience things and they get to decide whether or not they like them.

So, this morning, your assignment is to pay attention throughout your day to the activities and the relationships and the jobs that you have set up for yourself. Now, some of you will say, “Well, I have this job, but I didn't set it up for myself. I would like a different job.”

- But there was a time when you took the job.
- There was a time when you said “Yes” to the relationship.
- There was a time when you decided to move into that apartment or that house.

So, it's very, very important that you do not deny that you are creating your life.

It's very important that you acknowledge that every single thing you're doing is your choice and you're using your free will to continue doing that thing.

Now, today, we don't want you to be *judgmental* about what you're doing. We want you to *observe* what you are doing.

- How did you get there?
- What were the priorities in your mind when you made that choice?
- Are you still happy with that choice?

To look at what you are doing and to own it as your own creation is very, very important. Because then you are looking in the right place when you need to make a change. Instead of blaming your boss or your partner or your neighborhood, you are owning your own creations, and you are saying, “Yes, I chose this. I choose this every single day by giving it my support, by giving it my energy. And is that what I want to do? Is that how I feel I am best represented on this journey on this planet at this time?”

So, look at your day today and ask yourself, “Is this still what I want?” It was what you wanted at some point in the past, but is it still what you want?

**Make no decisions about it in terms of getting rid of things or changing things,
but merely go through your day and ask yourself, “Is this the best use of my time?
Is this making me feel good and happy and valued and worthwhile?
Or am I killing time?”**

This time in your earth's evolutionary journey is a powerful manifesting time. And if you do want to make some changes, now is the time to do it.

I am that one that you know as Jesus and I will speak to you again later.

T: Short and sweet today. Thank you for joining me. I'll talk to you again later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for day 33, evening session, of “40 Days and 40 Nights With Jesus.” We've only got one week left. Let's see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus.

You have been looking at your life today. And we want you to understand that life is a precious thing indeed.

**You are gifted to have life. You are blessed to have life.
But this life is not the only life there is. There is life after life.**

We do not say life after *death*. We say there is life after *life*. And it's an important thing for you to think about. Because there is this idea in your mind that you die and things end. This is an ego idea. You do not die and things end. You have this life, and then you have another life, and then you have another life, some of which are in corporeal form, having a body, some of which aren't. Some are purely non-physical.

So, we want you to get excited about eternity!

There is this desperation that starts to come into the ego's mind as you age. Your society, of course, does not value and look after old people. And so, there is a fear of being abandoned. There is a fear of being left alone. There is a fear of being cast aside. And then you have all of your programs around beauty and smooth skin and youth and all of these things. And so, there is a lack of enthusiasm for you, as you enter your mature years.

And, in fact, your mature years should be your *master* years. These are the years where you express the things that you have learned throughout your life. That you have mastered your painting, or your writing, or your music, these kinds of ideas. But because of the way your system works, many of you do not plan anything for your aged years. You think of retirement at 60 or 65, which we consider young. We consider that young, not old. From 65 to 100, let us say – if you're vitally living a happy life, you'll live to be a hundred – this is a long time, 35 years. 35 years in which you produce your master works, in whatever form you are studying.

So, for those of you that are, let's say, in your 30s or 40s, we want you to dismiss this idea of retirement and aging. We want you to see that you have lifetime after lifetime after lifetime. Your consciousness continues on. And your wisdom expands through these experiences. So, when you are, let's say, 45, and the idea of fear of aging comes up, now we want you to say, “No, I am not going to fear aging. I am going to plan the

things that I am going to do when I am older. I am going to do this, and I'm going to do that, and I'm going to learn this, and I'm going to go here.

**We want you to get excited about aging,
because that is literally what keeps you alive.**

People die when they're 73 or 74 or 78, because they are not excited about their lives. They have, perhaps, worked at jobs they didn't like. They've retired. And they've gone into this state of inertia. Spirit does not like inertia. Spirit likes new horizons. It likes new people. It likes new places, experiences. It likes to be stimulated. It likes to grow and learn. And so, if you decide that you're not going to grow and learn after 65, your spirit will say, “Okay, well we're not going to hang around that much longer, then, if you're not going to do anything interesting. It's kind of a waste of time. We could start another incarnation and have some brand-new experience.”

So, as you fall asleep tonight, we want you to see yourself as an eternal spiritual being. We want you to ask for dreams tonight that will assist you in understanding your purpose here. That will assist you in guiding you in the next decisions that you have to make regarding your learning, your expression, your fun, your play, your love.

So, as you fall asleep tonight, we want you to say to yourself, “I am an eternal spiritual being. This will never be done. It will never be over. When I graduate from this class, I will go into another class, where I'll have new assignments and new partners and new teachers. And it's all going to be a lot of fun.” And you can go to sleep tonight with a smile on your face, knowing that life goes on and on and on.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: I like that. Sweet dreams everyone. I'll see you tomorrow. Bye bye.

Day 34, October 11

Morning

T: Good morning everyone. Tina Spalding, trance channel, here for day 34 of “40 Days and 40 Nights With Jesus.” Just want to let you know the hardest thing about this 40 days and 40 nights is being clean and presentable by eight o'clock each morning. I decided that I wanted to do the morning sessions when I first got up. So, it is now 8:29 on a Sunday morning. Normally I would not have clean hair, and just so you know, that's my biggest challenge. Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

You are all having your challenges doing the 40 days and 40 nights. You will notice when your mind starts to resist. You will notice when there are excuses, “Oh, I'm too busy, I've missed a few days.” It is very important to pay attention to these things. Because these are the excuses your ego gives you for your not following your spiritual practice diligently. When you're doing you're *A Course In Miracles* lessons, life interferes with it,

and yet, you have to think about it, “Oh, I’m dedicating myself to a spiritual practice to improve my life, my somewhat dysfunctional life, and yet, I let my somewhat dysfunctional life interfere with the actual process that is going to help me.”

So, for those of you that are just beginning *A Course In Miracles*, and we really hope that these 40 days and nights have inspired many of you to either begin *A Course In Miracles* or revisit it. Because, if you have done the lessons of *A Course In Miracles*, but you have let it slide, so to speak, you're not practicing those principles that you have learned.

- You will see dysfunction in your life.
- You will feel suffering.
- You will feel sadness and unhappiness, apparently for no particular reason.

When you do the *A Course In Miracles* lessons correctly and apply them, you actually don't need to redo them. This is a fallacy that many of you have, that you keep doing them over and over again. No, you *practice* them. You *practice* the principles. When your mind tells you a lie, “I am worthless,” you call up the lesson that you have permanently, indelibly put into your mind through the diligent practice of the 365 days, and you counter that lie with truth.

- “I am a holy child of God.
- I am perfect.
- I am made of love, from love, for love.”

That's the kind of thought that counters the ego's hatefulness of saying you are useless, you are worthless, you are unlovable. So, we wanted to sort that out today.

So, for those of you that are beginning the *A Course In Miracles* lessons, understand that procrastination only extends suffering. It doesn't make you better at learning the lessons.

Some beings will say, “Well, I spent three days on one lesson, or a week on one lesson.” What you are doing is, you're allowing your ego to slow you down. Because they are *daily* lessons.

When I designed that course, it was a very slow and steady *daily* practice to bring you to a place of self-awareness and self-love.

When you allow the ego to say, “I’m going to spend a week on this one,” not only are you procrastinating, you may think you are diving deeply. But, in fact, you are procrastinating. Because what you're saying is that you know better, your mind knows better. And this is what gets you all into so much trouble, that you think you know what you're doing, even though you are being driven by unconscious desires instilled in you by propaganda. Commercials, TV shows, movies, blockbuster movies, these are all putting into your mind beliefs, ideas, principles, ways to conduct your life that are ruling you unbeknownst to you.

- This is why your lives are dysfunctional.
- This is why you have sicknesses.

- This is why you have weight issues.
- This is why you're insecure and fearful.

Because your ego has decided that you aren't living up to the standards that your society has set.

So, for example, if you look at the beauty myth that is perpetuated on your TV screens: almost every single woman on TV and in movies is slim and beautiful, regardless of the role they're playing; you have the occasional overweight or older person, but often they are a joke or they are considered weak or ineffective. So, you have thousands and thousands of hours of that programming in your mind. Both men and women have that programming in their mind.

And so, if you do not meet the standard of beauty that these unrealistic images set, then you will feel terrible about how you look and how you feel, and you will hate your body. This is an epidemic in Western society. You will hate your body, and you will think you're justified in doing so. You will not be able to see that this is coming from deeply embedded programs that are running in your mind.

**This is one of the reasons we ask you to turn off your TVs
and be very selective about the entertainment you watch.**

Because, as this program runs, you are being disempowered all the time.

Women across North America and the Western world are deeply disempowered by their belief that they need to look 25 for their entire lives.

So, when we say, “Do as you are told,” we are not being mean to you. What we are saying is you really don't know what's in your own best interests, given the beliefs and ideas that you have had implanted in your mind, and that you allow to reside there, and that you strengthen by believing. So, when you believe a thought,

- “I am a failure,
- I am useless,
- I am ugly,
- I am unlovable,
- nobody will ever fall in love with me,”

you are strengthening that belief, if you believe the thought.

If you are a good *A Course In Miracles* student after your 365 days of now loving indoctrination, then you will hear the thought, “I am useless” and you will recognize it as not true. You will recognize it as not true and you will not believe it. And you will counter it with a loving belief that you have learned in those 365 days.

So, we want to reiterate to those of you that have done the Course but are still deeply in suffering, it is because you are *believing* the ego's dictates, you are *believing* the ego's thoughts still, and you are not responding to those thoughts with disbelief. You are responding to those thoughts with, “Yes, I'm terrible, nobody will love me.” And when you have a thought like that, your frequency will plummet, because you have

disconnected yourself from love. And you will think that you feel bad because you are unworthy. But in actual fact, you feel bad because you believed a lie. And your guidance system is saying, “Nope, don't do that, back up, back up, back up.”

So, remember, when you feel bad you have disconnected from love, you have believed a lie, or you have told a lie about what you are witnessing, a lie being an untruth.

So, let us say you are witnessing someone's behavior that you disapprove of for some reason, and you decide they are bad people and they should be punished.

This is the ego's ruling system that your society uses.

It has no compassion, no understanding, no forgiveness.

The person who's smashing a window or setting a car on fire may have lived in such trauma and turmoil for so many years that that is all they are capable of doing.

And as hard as that is for some of you to accept, when you're living in your comfortable homes, it is important that when you feel bad you understand why.

So, for those of you that have not yet started *A Course In Miracles* lessons, let today be the day you start. You can start this very moment.

- You can go on to the Foundation for Inner Peace [www.acim.org] and you can read the lessons there [www.acim.org/workbook-lessons-overview/]
- And then you can go to YouTube [www.youtube.com] and you can follow our commentary through our dear one that we recorded last year.

So, let today be the day that you say, “No more procrastination! I am not going to let my ego win this battle. I’m going to make my mind more loving. I’m going to give my body a chance to heal.” Because that's what happens when your mind becomes more loving. So, if you're sick or you're feeling under the weather or under-energized, do the *A Course In Miracles* lessons and you will begin to thrive.

- But you must do them as prescribed.
- You don't have to like them.
- You don't have to understand them.
- Just do them.

I am that one that you know as Jesus and I will speak to you again later.

T: Thank you very much for joining me this morning. I’ll see you later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for the evening session of day 34 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The weather is turning in the northern hemisphere and your days are getting shorter and your nights are getting longer and the weather is getting worse.

Most of you are, in fact, in the northern hemisphere, listening to these teachings. We do not want the southern hemispherists to feel left out, but there is a change in the weather coming. There is a change in the weather coming, which means that you are going to be spending more time inside, less time outside.

And it is a time of year when people tend to spend far too much time inside, watching television and these kinds of things.

So, we want to put a challenge to you this evening. That through this autumn season, as the rains come and the cold temperatures come, that you buy yourself some good boots, that you buy yourself a new coat, if necessary, some mittens or gloves, a good hat and scarf, an umbrella, if you live on the West Coast, and you go outside.

- Go outside as often as you can.
- Breathe the cool, cold air.
- And understand that it doesn't hurt you.

On the contrary, it gives you sustenance, it gives you information, and it gives you relief from the electronics that you are surrounded by.

The lights in your rooms, the wires that you cannot see, hidden in the walls, the radiation coming off your computers and your phones, these are all frequency-lowering emissions.

And it's very important that you do not, over these next few months, give up on your outside time. It is very important that you look up to the skies, and you feel the wind and the rain on your face, and you get a little chilled, and you get that burst of energy that comes from going for a walk.

Our dear one took Delphi out in the rain three times today. There is no way that she would have gone out without that dog.

The dog looks piercingly into her eyes and begs to go outside, because the dog is not separated from its natural self.

It is not watching movies, or playing on the computer, or doing any of those things. It knows in its heart that nature is its salvation. And it tolerates being inside, because of its love of its owner. But it knows that to run through the grass and to get wet and dirty and to feel the wind and the smells and the beauty of the outside is its health. It understands this innately. And any of you that have a dog will know that.

For those of you that don't have dogs, you must pretend you have an invisible dog that is asking you to go for a walk, eight o'clock in the morning, that is asking you to go for a walk in the rainy afternoon, that is asking you to go for a walk before bedtime.

Pretend you have an invisible dog that is nipping at your heels and asking you to go for a walk.

Get outside, put your coats on, put your mitts on, your hats on, and take your umbrellas, and feel life!

Do not spend this autumn locked up in your house, watching the chaos of your world. It is not going to benefit you. When you are in your house, do some artwork, knit a sweater, sort through old photographs, write in your diary, channel, do whatever it is that is creative and feels good to you.

But do not spend your time hooked into the chaos machine.

- It wants you to be frightened.
- It wants you to feel as if the world is coming to an end.

And it is not coming to an end. It is merely an ebb season before the flow of new growth. Just like in the winter months: it seems as if everything has died, and it is not so. There are new shoots that are going to come up through the earth, and there are new bright green leaves that are going to come on the trees. And the same thing will happen with your society, once this cleansing is over.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: They are right. It was pouring here today. And if I didn't have Delphi, my nature would have been to stay inside. But since I've had her, for two and a half years, I've come to enjoy misty, wet mornings. And it was a bit blustery, but I had my hat and my coat and my umbrella, and it was nice to get some fresh air this evening.

Have a good sleep and I'll see you tomorrow. Bye.

- The ego is the past.
- It is fearful.
- It is aggressive.
- It is attacking.
- And it is unforgiving.

And so, whenever we counsel against any of those things, it will not like it. So, be aware of this. If you feel resistance, if you feel wanting to back off from these lessons, trust that these lessons are good. They are leading you towards love. And they are leading you towards a sound sleep with angels guarding you.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: I'll take some angels guarding me, thank you. Good night everyone. Sleep well and I'll see you tomorrow. Bye.

**Transcripts of the
“40 Days and 40 Nights With Jesus”
YouTube Videos**



A Series of Channeled Messages via Tina Spalding
Channeled and Posted during September and October, 2020

Week 6: October 12–17

(Days 35-40)

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Day 35, October 12

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 35 of “40 Days and 40 Nights With Jesus.” This is our morning session. So, let's see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The circumstances of your life are your creation. And it is important, as we have said before, that you acknowledge that the circumstances of your life are your creation.

- You have chosen where you were to be born.
- You have chosen the family that you were to be born into.
- You have chosen the body that was best suited for your current incarnation.

And along the way, based on what you believe to be true, you have made thousands and thousands and thousands of decisions that have brought you to this place.

- This body that you have right now.
- This house that you're living in.
- The friends you have.
- The children you have.
- The partners and ex-partners, and all of these things.

It is so important that you understand that this reflects *your* mind, that your life reflects *your* mind, not anybody else's mind. In this world projection, this is a *grand* projection, you are all putting outside of yourselves that which you do not understand, that which frightens, you that which is your “enemy.” But the truth of the matter is that it all resides within you. And so, your enemies are your enemies because you want them to be your enemies. The insecurity that you feel is coming from within you, even though it feels as if the world is making you insecure.

The grand projection is that everything outside of yourself is there to show you something that is unconscious in you.

It's not totally unconscious in some of you. You might have repeated bad relationships and you realize that you're the common denominator in all of them. But most people don't do that until they are well into a spiritual practice. But today, for those of you that are new to a spiritual practice, or you've just come across these teachings, we want to remind you that your life reflects your mind, your consciousness, your values, your beliefs.

And the only way you are going to be able to shift and change the world you experience is to shift and change your mind and your beliefs.

So, it is important today that you, in your quiet moments, as you go through the day, observe your life and what you have to deal with, and who you have to deal with, and

how you have to earn your money, and all of these things. And ask yourself, “How did I get here?” Rather than saying, “I hate my job” or, “I wish I wasn't married” or, “I wish I wasn't single,” whichever the case may be, ask yourself, “What decisions have I been making over the last 10 years that have brought me to this place?” If you find yourself blaming others, stop yourself and say, “I had free will through all this time. Even if I was hanging out with someone who was nasty or stole money from me or did something unkind, I chose them, I chose to be with them. Did I miss something? Was there a sign within my heart and mind? Was there something they said or did before I got involved with them that gave me a little red warning flag that this perhaps was not the ideal?”

- When you took the job that you hate so much now, was there something else that you could have done?
- Could you have upgraded your skills and gone back to school and chosen something that you loved?
- Could you have done something differently? Perhaps you could have not racked up your credit cards so that you had more freedom?

Look back over the last 10 years in every circumstance. And this can take some time, so we'd like you to really dedicate some time to this, on a weekend, perhaps a Saturday or Sunday, when you're not so busy, and ask yourself,

- “How did I get into this house?”
- How did I get into these relationships?
- How did I get these children?”

And own the decisions that you made, getting yourself into this decision.

Even if you made that decision in fear and scarcity, you still made the decision, and the fear and scarcity that motivated you is what you need to look at.

Did you feel disempowered, and chose to marry someone who had perhaps more money or prestige than you, because you lacked what they had and you wanted to get some of what they had? Look at that and ask yourself, “How can I raise up my opinion of myself so that this lack of self-esteem is healed?”

Each one of you will have circumstances in your life that you really don't like, that you wish you could change. But you *must* own your part in the co-creation of that circumstance and look at where you went astray.

- Where did you not listen to your intuition?
- Where did your motivation come from fear?
- Are you still in that fearful place?

These are the questions to ask yourself. Then you ask yourself the question,

- “Why am I still here, even though I've been unhappy for years?”
- What is keeping me here?
- Is it financial fear?
- Is it fear of what other people will think?

- Is it fear of others’ anger?
- What is keeping me in a situation that I know I do not like?”

And look at what it is in your mind that is speaking up when you say to yourself, “I’m going to change my job.” What is the voice that comes up in response to that statement or that feeling? Write it down.

- You won't earn enough money.
- People aren't going to like you if you do that.
- Your mother's going to hate you.
- On and on and on.

Look at those statements. Those are the blocks to your freedom. Those thoughts that you believe are coming from a belief underneath them. And it could be a belief in money, for example, which is a very understandable belief in your society. “I cannot be free unless I win the lottery.” This is a belief that many of you have been instilled with. The only time you plan for your future is when you buy that lottery ticket and think, “If only I could win this.”

But what we would like you to do is, on a daily basis, ask yourself, “What can I do today to head towards the goal and the lifestyle and the life and the way of being that I would really like?” This is not just about the houses and the cars that you have. This is about the relationships and the work that you do and how you entertain yourselves and your hobbies, your friends. These are all in your life because of your choices.

So, today, do not be a victim in any way shape or form. Today, own your part and write it down and say, “I am in this situation because I am ...

- I am scared of my own shadow.
- I worry too much what other people think.
- I have too much financial fear to take any risks.”

Whatever it is, write it down and look at it and own it and say, “This is one of my blocks. This is what I need to work on right now.”

Nobody is going to save you. You are going to save yourselves by understanding your own minds, understanding your own motivations, understanding your own behaviours, and how you use your free will, on a daily basis, to maintain everything in your life.

If you stop maintaining things that you don't like with your energy, they will fade away and the new thing that you're putting your energy into will begin to grow, it will begin to manifest a new life.

So, make today the day you do a fearless inventory of the last 10 years of your life and those decisions that you have made that have led you where you are. Own it, and say to yourself, “I am here because of my choices. And I've used my free will to make those choices. Today is a line in the sand for me. Today I am going to assess that which does not suit me anymore. And I am going to lovingly and slowly and gently turn my attention to that which I do want.”

You do not have to be cruel to the people in your lives. You do not have to throw the baby out with the bath water. But what you do need to do is to accept how you got where you are. In this moment, today, acceptance is the answer to all your problems.

Because it is not until you accept that you have chosen everything that you've got in your life, and that includes the thoughts in your mind that you believe, it's not until you accept this that you can change it.

As long as you are blaming others, as long as you are resisting doing this exercise, as long as you think the government's at fault, or your ex-husband or wife is at fault, you are powerless to change your victimhood. It is only in accepting your own responsibility that you will have, now, the true appreciation of how you have contributed to your situation and how you can change it.

I am that one that you know as Jesus and I'll speak to you again later.

T: Okay, thank you for joining me this morning. I'll talk to you again later. Bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for day 35 of “40 Days and 40 Nights With Jesus.” This is our evening session. Let's see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The pressures that you are under in this world today are challenging indeed. And as you go to sleep this evening, we want you to remember that throughout history there have been challenges. We don't have to look very far to see world wars, or holocausts, or mass outbreaks of disease, or poverty, or overriding of human free will.

What we want you to understand is that the cycle of corruption and fear and evil, if you will – evil is a lack of love – will continue on until humans choose love.

That is the only way to stop what happens in this place of separation, is to choose not separation, which is communion, which is connection, which is love. And so, as you hear the news that comes across your computers and your televisions and your radios, remember, “Ah, this is what lack of love looks like.” How do you solve lack of love? You add love to the mix.

So, add love to the mix tonight in your mind. Think of a situation that is happening that you care about. Whether it be cruelty to animals, or lost children, or missing women, or financial deprivation for people, it could be anything that is front and centre in your mind tonight. Whatever is bothering you tonight, out in this 3D world, out in this matrix of separation, see yourself adding love to that situation.

- If you see hungry people, imagine yourself feeding them.
- If you see homeless people, imagine yourself welcoming them into a lovely home.
- If you see somebody being beaten, tend their wounds in your imagination.

In your imagination, use your love to soothe that which is lacking in the world as you perceive it. Each one of you will have a different subject that comes to mind that has bothered you recently, or that is bothering you now.

Use your imagination positively. Instead of envisioning the situation getting worse, envision it getting better.

Envision you being able to help.

Envision you being able to make a change by adding love to the mix.

And this is something that we want you to learn to do on a regular basis.

It would be a good thing for you to do every night before you go to sleep, to envision you helping heal the world. It seems like an impossible task. But you have all miscreated these situations together and you can change them. You can change them if you use the laws of creation correctly. So as you go to sleep tonight,

- see the hungry being fed,
- the beaten being soothed,
- the lost being found.

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Thank you for joining me this evening. I'll see tomorrow. Bye bye.

Day 36, October 13

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 36 of “40 Days and 40 Nights With Jesus.” It's our morning session. Let's see what he has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The consequences of the last several decades are devastating for many, the last several decades being the propaganda and emotional manipulation that you have been lured into participating in. This is the way we want you to look at this.

- We do not want you to vilify those who have done wrong.
- We do not want you to make them guilty.
- This strengthens the ego's grip on your mind.
- It strengthens the ego's grip on the world.

It is a massive shift in your collective consciousness that is required and that is happening. When you make others guilty, you increase separation. You say, by making them guilty, that what they did should not have happened. What they did was against God's will. It wasn't. It wasn't against God's will, because it happened. And this you must understand, that if you see evil in the world and bad in the world and believe it to be true, and believe in God, then you believe in a powerless God. You believe that there

is a force equal and opposite to that of God, which means that God is not all-powerful, all-loving, all-encompassing love. And that isn't true.

**The erroneous idea that you are working under is
that God cares about what happens on this planet in a minute detail.**

God is not aware of what's going on in the ego's world.

It is as if you are asleep in bed and God is watching you dream.

God does not believe your dreams.

You believe your dreams.

You are safe, tucked up in the arms of the divine, in truth. So, when you pray to God and you do not get your prayers answered, and when your family members die, and your pets pass away, and someone you love gets sick, do not blame God. God is not involved in this ego's game!

And this is one of the most challenging teachings of *A Course In Miracles*, because you have been raised to believe that God is responsible for the good things and the devil is responsible for the bad things. The bad things come about as a demonstration of the lower realms of human thought being manifested into this plane. There are beings who are, we will say, inherently lacking love, and they like it here. They play here. They enjoy it. They play with *you*. They enjoy manipulating *you*. But they are only *toying* with the lack of love in you.

**So, this is something that is a big deal for most of you,
because you've been raised in a Judaeo-Christian world
that tells you that God is at play here,
when in actual fact it is all of your egos at play here.**

For you to find peace, everlasting love, joy, health and abundance,

- you must constantly choose love,
- you must constantly choose not to judge others,
- you must constantly work towards erasing the separation that is the default setting here.

And that is by being loving, and by voluntarily removing all of the unloving thoughts, words and deeds from your own life, from your own heart, from your own mind. That is how this world will change.

So, do not hate those who are manipulating you, but refuse to allow them to manipulate you. And choose love.

I am that one that you know as Jesus and I will speak to you again later.

T: Okay, thank you for joining me today. I'll see you [this evening]. Bye bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for our evening session of day 36 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus.

As we are drawing near to the end of our 40 days and 40 nights with each other, we want to remind you that this has been a most successful series of sessions. When you are doing 40 days and 40 nights with me, you are having adjustments every single day.

But what we'd like you to understand, as students, is that when you rush things it doesn't work as well. So, some of you have become used to binge watching television shows. You used to watch them once a week, and now you will watch an entire series during a weekend. This does not work that way with 40 days and 40 nights with me.

What we'd like you to understand is that you should do it over 40 days and 40 nights. If you are not able to start on day one, when we started, then you do *your* 40 days and 40 nights consecutively, not rushing, not pushing. We know that some of you are doing far more during a day than you should, and not doing it properly.

- Not contemplating what we're asking you to contemplate.
- Not writing down what we're asking you to write down.
- Not thinking about what we're asking you to think about.

This is the ego's way. When you are doing a series of sessions such as we are doing here, when you do it in that way, you are really wasting your time. You won't get too much out of it.

When we design a series of sessions such as this, there is a reason for each day, there is a reason for each exercise, there is a reason for the morning and the evening contemplations.

**When you do two or three days in one day, you are not doing them.
You are merely using them as entertainment.**

And so, for those of you that have been doing that, we would ask you to shift and change your protocols into doing them as described. One in the morning, one in the evening, and then waiting till the next day to do the next one. This is something that is very common when people are doing *A Course In Miracles* as well. They will either do more or fewer than the designated one per day and the practices that are recommended throughout that day.

These are all designed with a purpose.

And they are all designed to work perfectly within the structure that is given.

So, we'd like you all to amend your activities accordingly, starting from now. So, if you have been doing four or five days a day, and you have caught up with us, we'd like you to go back to the day where you started doing that. And if that was day one, then go back to day one.

What we want you to understand is that, potentially, this 40 days and 40 nights can break bad habits, can heal wounds, can shift your consciousness enough for you to see something quite significantly different happening, if you do it as described.

So, we'd like you to put your humble hat on. Admit your errors. They are not sins. They are nothing to feel terrible about. It is merely your enthusiasm, at times, that gets you doing more than one day at a time. But it does not benefit you with the mechanisms that are implemented during these sessions.

I am that one that you know as Jesus and I'll speak to you again tomorrow.

T: Thank you for joining me this evening. I will see you tomorrow. Bye bye.

Day 37, October 14

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for “40 Days and 40 Nights With Jesus.” This is our morning session of day 37. Let's see what Jesus has to say to us this morning.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The society in which you live is transforming. We have mentioned this before, many times. And you are transforming as well. What is going on within you is going to translate out into the world. What *has* been going on within you *has already* translated out into the world. Your relationships may become more volatile over the next few months. Your work situations may be impacted by the lockdowns and the shenanigans that your governments are up to. But you are always powerful, creative beings, made in the image of God. And you always have access to your power.

**Despite what you think, nobody can take your power away from you.
All they can do is utilize the energy that you freely give to them.**

So, it's very, very important that over the next few months you use your energy without error, without carelessness, without unconsciousness.

The systems that are failing and the systems that are being revealed – there are corrupt systems that are being revealed right now, and will continue to be revealed over the next few months – may shock you.

- Some of you may feel sad.
- Some of you may feel abandoned.
- Some of you may be triggered into rage.

But what we want you to understand is that that is your ego. The ego is volatile. It is unpredictable. And it wants to attack back. It wants to judge. It wants to separate.

We are asking you all to take the high road. We are asking you all to practice *A Course In Miracles* principles, which is the practice of forgiveness, understanding that

forgiveness means you understand that the world is the way it is because of past beliefs and ideas that are unloving and unbalanced.

**When you look at anyone's behaviour over the next few months,
we would like you to do your best to be compassionate.**

If you see family members or friends acting out or being angry or increasing their drug or alcohol use or becoming unstable, we want you to remember that they are under tremendous pressure, because they have not done the work that you have, and they are still being upgraded and put in a pressure cooker.

**So, it's very important for you to not be judgmental
about any of the things that you begin to see transpiring on your planet.
Everybody is doing the best they can.**

And some of you are very, very fortunate you have found material like this, or something similar, that is assisting you in achieving your ascension.

**What your ascension is, is the process of coming to realize
that the world is not what it appears to be.
It is indeed a stage, and you are all merely players on that stage.**

But you have the ability to write the script for your play, for your particular experience. And it's important that you remember that over the next few months, because you are going to see things and hear things and come to discover things that are going to be quite upsetting and, we will say, disillusioning.

**But you must remember that disillusionment comes
from believing in illusions and them failing.
And illusions always fail.**

And in this place of separation, your idols are destined to fall. So, today we would like you to remember that. Whoever and whatever you worship above that which is God, whether it be money, sex, bodies, your partner, whatever it is, those idols are going to fall. And if you can come to a place where you are expectant of that, rather than surprised at that, you will not feel disillusioned, you will say, “Ah, there it is. Jesus told me this would happen. He told me that this kind of thing was going to transpire.”

**So, prepare your minds and your memories for unexpected disappointments.
But if they are expected, you won't be so disappointed.**

The political figures and leaders and organizations that you have become so used to are going to begin to seem to fray around the edges. And eventually, they will scatter in the wind like dust, and you will seem to be rudderless.

- But you are not rudderless.
- You have all got your own guidance system.
- You have all got communities and friends and families that you love and care for.
- And you have you all have ingenious minds and intelligence and intellect and education.

Use those things wisely. And *think* before you *act*. Feel your way through situations. Trust in your guidance. Trust that you know when something doesn't feel right.

If your governments ask you to do something that does not feel right with you, do your very best not to do it.

Now, we understand that, incrementally, over time, governments have become more and more intrusive, and they have more and more powers with which to intimidate you. But we want you to understand that, over the next few years, you are going to see a loss of confidence in your governments, and you are going to see an ideological shift that is profound.

- It will not go to communism.
- It will not go to radical socialism.
- It will go into a more independent, free-thinking way of governing, self-governing, in that sense.

But there is going to be a rocky road before that happens. Many of you will be sad losing your idols. Many of you will feel fear.

But we want you to understand that *A Course In Miracles* training is designed to assist you through this time.

It is designed to help you manage your minds. And it is designed to bring love to those dark, shadowy places that you have been scared to go.

So, once again, as we come close to the end of these 40 days and nights together, we would like those of you that have not yet done *A Course In Miracles* to purchase the book, and begin on lesson one, today. It is easy. It is free online. Although we do say, buy the book. It is going to be necessary, as electrical systems and Wi-Fi systems and these kinds of things become less reliable. You will want to have the book in your hands, so that you can go and sit under an apple tree in the spring and read it.

Do not be beholden to these electrical systems as your salvation. It is one of the idols that will fall.

I am that one that you know as Jesus and I will speak to you again later.

T: Thank you for joining me this morning. I'll see you later today. Bye bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for our evening session of day 37 of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus.

As you tuck yourselves into bed tonight, we want you to look back on these lessons that you have done with us with gratitude. We want you to be grateful to yourself for having had the discipline to join us each day. We have had a wonderful time leading you

towards the end of this series of sessions. And we want you to feel deep gratitude today for your life.

**For your life has brought you to this place,
where you are listening to wise counsel from a loving mentor.**

This is what humanity is lacking. Loving mentors who will teach and show up and keep repeating the most important lessons, so that you can learn them, over and over again.

We would like each of you to consider, this evening, becoming a mentor to somebody, whether it be a niece, or a nephew, a neighbour, a relative who is struggling. We would like you to consider offering your counsel to somebody that you love, somebody that you care about, and somebody that you know will be open to having spiritual conversations.

Perhaps you can start your *A Course In Miracles* lessons with somebody who also wants to start *A Course In Miracles* lessons. If you are looking at the comments on the YouTube videos, for example, there may be somebody there who is looking to start the lessons, and you are looking to start the lessons. You may message them on those message boards and say, “Well, how about we introduce ourselves and do the lessons together?”

The online communities that are building are very, very important.

Yes, you have to use your discernment. Yes, you must trust that if you meet somebody online, and they don't feel right, or they're hitting on you in some way, or it feels inappropriate, that you just block that person and don't continue on. You must use your intelligence and your own discernment in these circumstances.

Perhaps that doesn't feel right for you. And we understand that, if it doesn't feel right. But there might be somebody in your life that you know is struggling, or that you have talked about certain things together. Ask them if they would be interested in doing *A Course In Miracles* lessons with you, in person. Perhaps at a coffee shop. Perhaps at one of your homes.

**It's important that those of you that are wise and that have good information
begin to disperse it amongst the communities that you have close to home.**

And we will tell you that that support, that mutual support that you will be giving each other, will become very, very valuable in the next few months.

So, as you go to sleep tonight, think about somebody that you might approach, somebody that you might talk to. Perhaps you'll meet them once a week on a Sunday afternoon, perhaps once a week on a Wednesday morning over a cup of tea. Think about it. Is there somebody that you would like to share these teachings with? Is there somebody that you feel might be in need of your wise counsel and your mentorship?

I am that one that you know as Jesus and I'll speak to you again tomorrow.

T: Thank you for joining me this evening. I'll see you tomorrow. Bye bye.

Day 38, October 15

Morning

T: Good morning everyone. Tina Spalding, trance channel, here for day 38 of “40 Days and 40 Nights With Jesus.” This is our morning session. Let's see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

The symptoms of ascension madness are going to become more and more apparent to you.

Ascension madness is when the frequency that a being's body, mind and spirit is receiving is too much for the belief system that they hold.

And they begin to shatter, they begin to become anxious, they begin to become confused, and they do not have the inner resources within their belief system to carry them through the awakening process. And they will begin to demonstrate behaviours such as anxiety, fear and even complete mental breakdown.

So, ascension madness is something that's important for you to understand with compassion. And you may even feel it yourselves, where you have deep-seated beliefs that are being challenged and/or destroyed.

When you have systems in place, such as you have had, banking systems, governance systems, health care systems, schooling systems, you are beginning to see the edges of these systems fraying, as we like to say, because it really does bring to mind what's happening. The core of the system is still functioning, but you can see that the edges of it are becoming less defined and the rules are becoming less clear and you're not sure how to interact with those systems, if at all.

So, for example, what's happening with your education system, now that many children are staying home, because their parents do not want to send them into schools where they're being masked or vaccinated. Other parents are sending their children to school, because, perhaps, they have financial stresses and they need to work during the day. But they are not feeling good about it. They are feeling bad about it. In a system that used to be just an ordinary thing – you sent your children to school every day – now the system is beginning to fray and people are beginning to pull in different directions.

The same thing is happening with your financial system.

- The money that people are being given for doing no work, and yet, there are increasing prices.
- The investments that you've made are losing money, or even gaining money.
- Your house price may be going down, or it may be going up.

These are, again, pressures and tensions that are pulling people in different directions. And if you have spent your whole life investing in your home, for example, and you start to see the value of your home going down, or you want to leave the home, because of

the circumstances of the area in which you find yourself – perhaps you’re living in a particularly COVID-fearful place – you may want to leave your home, and yet, you are attached to your home, and it’s been your dream, and you envisioned living there forever, and yet, now you are feeling that, perhaps, moving would be a good choice, and yet, the systems are unpredictable. Are you going to get your money out of it? Where are you going to go? These are some of the deep, deep pressures that humanity is going to be under in the coming months and years.

So, it’s very, very important for all of you to understand what you value, what you truly think you can’t live without. But you can live without most things. We’re going down to basics here. You need air, food and water, clothes in Canada – our dear one lives in Canada – and a roof over your head. However, human spirit wants so much more – experience and freedom and joy and self-expression – that when you are being oppressed and controlled and these basic rights are being taken away from you in the name of the good, in the name of good for all, in the name of the community, there is deep and profound confusion. And this can cause you anxiety and fear.

So, this is one of the reasons why we are like a broken record when it comes to studying *A Course In Miracles*.

- Because *A Course In Miracles* trains you to understand your mind and how it works.
- It trains you to understand your ego and how you’ve been programmed.
- It trains you to see what you value, even though another part of your mind may see that it is valueless.

So, we encourage all of you to delve deeply into what makes you tick, understanding that your guidance system is the method through which you understand your beliefs.

**When one of your beliefs is threatened, you will feel fear or confusion.
And this means that you’re off track.**

So, let us say you believe you have to own a home to be secure. A lot of people have that belief. They really believe that to be true. When their home begins to become threatened in some way – by falling real estate prices, or people exiting the neighbourhood, things becoming abandoned, these sorts of things – the person who truly believes that their security is dependent upon them owning a valuable home, they are going to feel very undermined, they’re going to feel very scared.

But the truth of the matter is, you don’t need to own a home to feel secure. That’s part of the propaganda machine in the Western world that says you have to spend 30 years of your life buying a house so that you feel secure. It is not true. Many people who have no homes feel very secure, because they are connected to something non-physical, something spiritual, the power within, let us say.

So, as these approaching weeks towards the end of the year come, we would really like you to focus on learning what you believe to be true about the world and why, and what are the consequences of you believing that? The consequences of you believing that

you are only secure when you own a valuable home means that if you lose your home you will feel terribly weak and vulnerable. And that is not necessary, because there are many people who do not own valuable homes who do not feel weak and vulnerable. It is not a universal truth. That means it's made up. If it's not a universal truth, it's made up.

If different people have different opinions about something, that means that each one of those beings is making up their own story around that particular subject.

“Fire is hot” is not a matter of opinion. Anyone who puts their hand in a fire is going to feel it and it's going to hurt and burn their skin. (We will not include yogis in this particular example, but ordinary people, with ordinary minds.) That's a universal truth, fire is hot. But it's not a universal truth that security needs you to own a valuable home.

And these are the kinds of things that we want you to begin to look at, we want you to begin to think about.

- Where are you invested?
- What do you believe to be true?
- What are you afraid to lose?

Write these things down today. We are just bringing the idea to you, but this is something that we would like you to work on over a few days in the next week or so.

It's very, very important for you to see where you are easily threatened. Because it is in your idols, those things that you worship and think you can't live without, those are the things that are going to be, potentially, used to control you.

I am that one that you know as Jesus and I will speak to you again later.

T: Thank you for joining me this morning. I'll see you later. Bye bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here today for day 38 of “40 Days and 40 Nights With Jesus.” And this is our evening session. Let's see what Jesus has to say to us this evening.

J: You are blessed beings indeed. I am that one that you know as Jesus.

And as you wind down today, it is important to give yourself credit for everything that you have done so far in our 40 days and 40 nights together. These are challenging times. And we are challenging you further by asking you to look inside your hearts and minds to figure out what makes you tick.

But it is a long job to figure out what makes you tick. Most of you have tens of thousands of beliefs and ideas and principles that you have been taught.

You have all been through a tremendous training program, several training programs, in fact.

- Your cultural training program, whatever country you're living in.

- Your family training program.
- Your religious training program.
- Your educational training program.
- The values of the TV shows that you watch, which may be different than your culture, for example.
- Your financial training program.

So many. And within each of those programs there are a multiplicity of beliefs and ideas and principles that you have been taught over time.

So, when you are studying *A Course In Miracles* or any spiritual practice, do not get frustrated with yourself because you find yourself going back to old habits.

We want you to understand that those old habits have been put into you time and time and time again.

If you have habits that you would like to break, you can use the 40 days and 40 nights to specifically focus on a habit that you have, or a belief, a value system that you have, that you see no longer works for you, but is still dogging you, is still showing up time and time again. You can begin the 40 days and nights with a prayer of focus and intention to shift and change one particular habit.

Now, some of you will say, “Why didn't you tell us that at the beginning?” Well, we wanted you to go through the 40 days and 40 nights openly, without having any kind of agenda.

The 40 days and nights gives you a sort of general tune-up of your frequency, a general tune-up of awareness, if you will.

But if you have a specific issue that you want to deal with, you can go through the 40 days and nights. Again, we say, do it as a 40-day practice not 20-day practice. Don't shove them all in there together. Do it as a proper 40-day practice, with your intention of giving up that bad habit at each lesson and with each practice that you are doing.

So, for example, when we have set you assignments, bring the habit up that you are particularly interested in breaking or relinquishing, and focus the lesson around that habit. Let's say you have some eating disorders or eating issues. When we talk to you about what you value, you can talk about the foods that you value, all the events around which foods are eaten. Christmas, for example, or Thanksgiving. You can write down, “Oh, I really value family food time. I feel really bad if I can't have Thanksgiving with my family.”

- That's a belief that you hold.
- That is not a universal belief.
- Other people in other cultures don't have that belief.

And as soon as you bring that up, you realize, “Oh, people in North America have that belief, because they have been programmed to have that belief. People in Brazil may not have that belief. That means it's optional.” That means it's optional for *you*.

So, that's what we want to bring to your mind this evening, is this idea that you can use the 40 days and 40 nights as a therapy to help you focus and heal one particular part of your life.

I am that one that you know as Jesus and I'll speak to you again tomorrow.

T: Thanks for joining me this evening. I'll see you tomorrow. Bye bye.

Day 39, October 16

Morning

T: Good morning everyone. Tina Spalding, trance channel, here today for day 39 of “40 Days and 40 Nights With Jesus.” This is our morning session for day 39. Let's see what Jesus has to say to us today.

J: You are blessed beings indeed. I am that one that you know as Jesus.

There is some sadness coming up for some of you that these 40 days and 40 nights are done. And we understand that.

**This is what attachment is. This is what it feels like.
It feels like you don't want things to change.**

Well, one of the great lessons that is coming up for all of you right now is that change is happening. Change is inevitable. And it is one of the greatest causes of suffering in humanity, this idea that things should not change.

You must, as you go through these coming months and years, come to understand that evolution is an intense process. Evolution is what you are going through. Most of you think of evolution as a physical process, a creature growing toes or wings or flippers or being able to stand up. But evolution is always mental and emotional and spiritual first. The physical, you must remember, arises from the non-physical. Things arise from thoughts and beliefs and ideas that are repetitively held.

**So, as you are going through this great transformation of your society,
it is doubly important for you to hold firm to beliefs and thoughts and ideas
that are what you want, because that is exactly how you become
a conscious co-creator with your fellow brothers and sisters.**

You agree that you want something good, and you stand firm until you get it. And if you don't get it straight away, you do not become disillusioned. Remember what disillusionment is. Disillusionment means you believe in illusions. Well, we do tell you your whole life is an illusion. But we won't go into that right now. It becomes too difficult to have a conversation.

**But we want you to understand that you have the right and the ability to bring into
your experience that which is good, that which is loving, and that which is kind.**

But to do that, you must hold the frequency of good and loving and kind. Not only in your words and actions, which some of you are very good at, but also in your thoughts and feelings about everything.

**That means you must become loving to yourself.
You must feel good about yourself, not just other people.**

There is this illusion in your society that if you are kind to others, that's all that counts. And yet, you are being hateful to yourself.

Well, we will tell you that the frequency that is manifested in front of you in the form of people, places, things and experiences, is coming from within you. It is not coming from a superficial smiling face, or behaviours that are not honest and incongruent with your interior world. They are coming from your secret interior world of thoughts and fears and anxieties and judgments.

**Imagine if everybody could hear your thoughts.
Imagine if everybody could know what you are thinking about them.
Would they still like you? Would they still want to hang around with you?**

This is the kind of authenticity that we are pushing you towards, where you could have your heart and mind opened up to people and they would still think you beautiful, they would still think you kind, they would still think you loving.

And we understand that many of you do not have this going on inside of you. Our dear one struggles with these issues still. Even after all these years and all of this channeling, there are still aspects of herself that are unloving to herself. But she knows now when they are active, because she feels bad. And she knows that it's something that she is doing to herself from within herself.

Most of you are not aware of that. You feel bad and you blame somebody else.

- You feel bad and you blame the president.
- You feel bad and you blame the teacher.
- You feel bad and you blame your body.

Because the body is outside of yourself, in that sense. It is not who you are.

So, it is important for you to understand that you are the creator. And you are the creator with the other creators on this planet. So, it is a very, very good time for you to form loving, compassionate groups. That's one of the reasons that we inspired our dear one to create the Channeling Jesus community, so that like-minded beings could come together and share and talk about how they are managing their minds, how they are enjoying life, sharing positive stories, not getting into the dark and dangerous and difficult discussions that are happening on other social media platforms. It is, if you will, a still and calm backwater.

Instead of being in the rushing river, you are in a still and calm backwater, where you can think and breathe and share openly and honestly your spiritual practice.

So, once again, we ask you to consider joining this community, because it is designed for these days,

- so that you have somewhere inspiring to go,
- so that you have somewhere encouraging to go,
- so that you have somewhere gentle and beautiful to go.

This is a time of great change. And you are going to need to accept that change is coming. So, change yourself where you know you need to change yourself. Do it pre-emptively.

- Don't wait for your job to not be there to deal with your fears about insecurity or money.
- Don't wait for the banks to close before you decide to do something with your investments.
- Don't wait to plant a garden.

Be planning your garden for next season, now. Buying the seeds, prepping the soil, all of these sorts of things.

Be proactive. Don't procrastinate.

And enjoy the ride through the rapids that you are about to embark on.

I am that one that you know as Jesus and I'll speak to you again later.

T: Oh, goodness me. Thank you for joining me this morning. I'll see you later. Bye bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for day 39, our evening session, of “40 Days and 40 Nights With Jesus.” Let's see what he has to say to us tonight.

J: You are blessed beings indeed. I am that one that you know as Jesus.

It seems a great accomplishment for this being to do 40 days and 40 nights. 80 Videos in 40 days is a big accomplishment. And we want to thank her for doing that, as you should, too. But we want you to use it as a demonstration of what is possible. One person deciding for 40 days and 40 nights to do something, twice a day, produces a body of work that is exceptional, even if it is limited in some ways.

You, too, can choose to dedicate yourself to a project such as our dear one has demonstrated to you. She has shown you that she is an ordinary person and she is capable of doing 80 videos in 40 days. Now, you, too, are capable of doing something that is suitable for you.

- Perhaps you are going to spend 40 days getting yourself fitter.
- Perhaps you are going to spend 40 days shifting your diet.
- Perhaps you are going to spend 40 days writing poetry.
- Perhaps you are going to spend 40 days training your dog.

Whatever it is that is lacking in your life right now, think about dedicating 40 days and 40 nights, with my help, using these lessons as a guide, to transforming your life. It doesn't have to be only getting rid of a negative habit, as we mentioned the other day. It can be and should be also used to promote a positive, creative, moving forward behaviour.

- Imagine if you wrote two poems every day for 40 days. What wonderful things you would discover.
- Imagine if you painted a small painting each day for 40 days. You would have a beautiful collection.
- Imagine if you wrote a small song or planted bulbs in your garden.

It doesn't matter. If you do something for 40 days and 40 nights it will transform you.

So, as you go to sleep tonight, think about a positive task that you could set yourself for 40 days and 40 nights.

Think about it for a week or so. And then choose a date to start.

And use these 40 days and 40 nights lessons to help you focus and to help you come to understand why you value this thing that you have set yourself, or why you are struggling with this thing that you have set yourself.

We challenge all of you to do your own version of “40 Days and 40 Nights With Jesus.”

I am that one that you know as Jesus and I will speak to you again tomorrow.

T: Don't blame me. He told me to do this. Alright, my lovelies, tomorrow is our last day. What a big day! I have to say I am pretty tired. As you can tell, over the last couple of days, I've noticed it's even difficult for me to say the title of the video. So, I am looking forward to having a rest after the videos are done tomorrow.

Thank you for joining me tonight, and I look forward to hearing in the comments what you have decided to do as your project. I'll see you tomorrow. Bye bye.

Day 40, October 17

Morning

T: Good morning everyone. Tina Spalding, trance channel, here for day 40 of “40 Days and 40 Nights.” This is our morning session. Let's see what Jesus has to say to us on this final day of our wonderful series of meetings.

J: You are blessed beings indeed. I am that one that you know as Jesus.

And as we come to the very end of this gathering, we are filled with love for all of you. You have all done extremely well in following the prescriptions and ideas and thoughts that we have been presenting to you. And it's very important to remember that all of the advice that we have given you over these 40 days and nights is applicable to you all the time. It is always good for you to think about why you're doing what you're doing.

It is always good to forgive those who have seemed to break the rules that you have for your society.

But in the bigger picture, we want you to understand that forgiveness is the path to peace.

**Forgiveness means that you understand that the world
is a reflection of the unconscious in all of you.**

And when you are unconscious of something, you are unable to see it. It is brought into being as physical experiences, people, places, things and experiences, so that you can see it. So, when you are *condemning* the world, you are *condemning* the very thing that has been given as a gift to you, so that you can see what is unconscious in all of you.

Let us say that again.

**When you condemn the world, you are condemning the very gift that you have
been given, to demonstrate in front of you that which you are unconscious of.**

So, as you are experiencing the world today, when you look out into the world, and you look out into your family and your friends and all of these sorts of aspects of life that you experience, you are experiencing your consciousness, and your collective co-creative consciousness that you share with your brothers and sisters.

**And when you see things that are shocking,
when you see things that are being revealed,
when you are seeing behaviors that make no sense,
we will tell you those things reside in all of your minds.**

So, right now, there is a great masking of the world.

- There is a great masking of the world that is asking you to hide your face, so that nobody can see your smile.
- There is a great masking of the world that is asking you to stop breathing freely, to breathe poisonous gases coming from your own body.

Why does your body excrete carbon dioxide and all the other things that are breathed *out* of your body? It is because they are not good to keep *in* your body. They need to leave your body. That is why you breathe good things in and you breathe the used up, useless things out.

- You are being asked to hide your most beautiful feature, your smile.
- You are being asked to inhale the poisons that your body is naturally designed to release so that you can be healthy.
- You are being asked to do things that are not logical and not healthy.

And we are asking you to understand that if you comply with these things willingly, without argument, then you are agreeing, using your free will, to say, “Yes, I am happy to hide the most beautiful thing about me, and I am happy to breathe in poisons.”

**And you will reap the rewards of that harvest. Those seeds will grow.
And they will grow into a bitter fruit. And you will get to eat it.**

So, we want you to understand the saying, “You reap what you sow,” in all ways, every single day. And it is important for *you* to understand that the world is reflecting back to *you* the unconscious in *all* of you. And in *you*, not just *all* of you, but *you*, in particular, are having reflected back to *you* that which is unconscious in *you*.

- If you are unaware of your need to please authority figures, you get to see it today. And you need to see it. You need to understand that that belief resides in your mind.
- If you get angry at people for not doing what you want, you get to see the anger that resides in you, and your belief that anger is the way of solving problems.

And you get to see that you believe that you are separate from others. You believe that if you attack others verbally or mentally, you believe that you do not suffer for that. Well, you do. You are all connected. You are all aspects of the one mind of God. And you are all equally valued in the mind of God.

But you are allowed to play out your games here. You are allowed to let your egos chase whatever idols and beliefs that they want to here. You are given free will.

But always remember, the frequency that you hold is set by the beliefs and thoughts that you act upon as if they're true and real and valuable.

So, as we go towards the end of 2020, a year none of you will ever forget, it is important for you to remember how you set your frequency.

- It is not the smile you put on your face to disguise your dislike of someone.
- It is your dislike of that person that is going to set the tone for your experiences.

So, this year is about revealing unconscious behavior. It is about revealing to you that which you are unaware of. Many of you have been shocked by the compliance that you have seen across the planet. People being told to stay inside, and they do it without argument. Their businesses failing, their families becoming bankrupt, their countries' economies tanking.

**Many of you are shocked that people can be so easily coerced.
This is something that was revealed to all of you this year.**

So, be grateful for what you are having *revealed* to you this year. Because it is the unconscious in each of you that brings towards you those unpleasant experiences of negativity, betrayal, sickness, mental disruption, mental illness. It lives within *you*. The enemy is not outside. The enemy is within. And it is your unconscious following of beliefs and ideas that are unhealthy and unloving.

And as we have said many, many times, *A Course In Miracles* is designed to train you so that you are the master of your mind, and therefore, the master of the ship and the setter of the direction and tone of your life. If you do *not* retrain your mind – because it has been trained by the many forces that we speak about often – if you do *not* retrain

your mind – if you end this 40 days and say, “Oh, that was fun. I'm not doing *A Course In Miracles*, seems like too much work to me.” – let us tell you that it will be much more work living with your currently trained mind in charge. Because so much of what you have been taught through constant propaganda and repeated instruction is not loving, is not good. And all you have to do is look at the state of your world right now to understand that these are the fruits of the system that is at play right now. If you do *not* like what is happening, you do *not* like the fruits of this system, then you must change your mind using your free will, daily, to practice *A Course In Miracles* lessons to reclaim the loving consciousness that is your natural inheritance.

So, today is a day that we want you to decide.

- Am I going to side with love, and retrain my mind, and release from within me that which is undermining me?
- Or am I going to keep doing the same old thing, getting the same old results?

The choice is up to you. You have free will. We cannot do it for you. All we can do is tell you that life is much better when resentments and hatred and separation are let go of, and forgiveness love and joy creativity and abundance are embraced.

We have given you our best as 40 days and 40 nights, and so has this being. We have one session left to go, so we will save some little tidbits for that, but we thank you for your participation in this journey together, and we will speak to you again later.

T: I have a good life. I have some beautiful friends and relationships that are very precious to me because of *A Course In Miracles*. It has taught me how to be a better person and continues to do so every day. So, I can't encourage you enough to take those steps to do *A Course In Miracles* and retrain your mind so that it belongs to you. I'll see you again later. Bye bye.

Evening

T: Good evening everyone. Tina Spalding, trance channel, here for our final session of our “40 Days and 40 Nights With Jesus.” This is our evening session. Before I go into an altered state of consciousness, I just want to thank you all for joining me for these 40 days and 40 nights. It's been quite a journey for me. It's shown me a bunch of things that I needed to see about my life and how I handle myself. And I know that it's really shone a light for all of you on some aspect of your life. And that's a good thing. It's always good to have some greater awareness about why and how we're doing things.

So, in the description box below, I have put a link for any of you that would like to make any donations, if you have enjoyed this free 80-video series. That's always appreciated. It's a PayPal Me link, so you can just send me some small token of your appreciation to PayPal.

I want to also remind you that we do have an amazing community, a Channeling Jesus community, on Mighty Networks, which is a sort of combination of Facebook. It has a community where you can post your pictures and your videos and your comments.

Very much like Facebook, but without all of the negativity. We keep it positive. We keep it close to *A Course In Miracles* principles. But we do allow your creativity, your gardens, lovely expressions of your own personal individuality, to show there. And it's a wonderful community and growing. And please consider joining us, even join us for a month and see if you like it.

- It has 800 or so, maybe 900, videos there now.
- And of course, two live streams a month, where I channel Jesus and Ananda, and you get access to those twice a month.
- As well as *A Course In Miracles* Text reading sessions, where I channel Jesus.

So, if you are starting *A Course In Miracles*, it is a huge repository of information for you to use in your *A Course In Miracles* practice.

And also, I am going to be doing a retreat later on this month that will be live streamed. But the information is only going to be sent out via our personal email page. It's not going to be done publicly. So, if you would like to receive information about that live streaming event, it's the first time that I'm live streaming a three-day channeling retreat. And they are always very, very interesting. Often, many, many different beings come through, extraterrestrials, fairies, all kinds of people come through. So, it's a very, very interesting time. And of course, it's an intense time, because you get to have something like 12 or 13 hours of channeled material that is not open to the public. So, a great event.

And as usual, I'd like to just thank you for joining me and sharing. You've been doing an amazing job sharing these videos. And I want to thank you for doing that. Because I know it's challenging when you're watching something that others may think is a little crazy.

So, on that note, I will bring Jesus through for his final comments.

J: You are blessed beings indeed. I am that one that you know as Jesus.

When I was walking on the earth plane, so many years ago, I was teaching this material. There are no secrets hidden from you, dear ones. *A Course In Miracles* contains the truth of my teachings. There are no secrets being held in secret societies for you. It is all open and it is all true.

- You have the power of God within you.
- You are a light being.
- You are made of love, from love, for love.
- And when you do not love you feel bad.
- When you hate you feel bad.

And it is important for you to understand that back then, when I was walking the Earth, I was teaching in a society that was being oppressed and controlled. And the beings within that society that were the powerless ones, or they believed they were the powerless ones, were the focus of my teaching.

- I was teaching them that they were made in the image of God.
- And that they could change their lives by following loving practices.
- That they could empower themselves by following loving practices.
- And that the overlords who were bullying them, and taxing them into poverty, and hurting them, were not a true source of power.
- That their true source of power came from within them and their connection to the divine.
- And that good always wins over the darkness, light always prevails over darkness.

**When a light is turned on in a room, all darkness leaves.
And it is important that you all remember this,
as darkness begins to envelop your world.**

It has been here a long time. And the mechanisms that we have been teaching you are no different than the mechanisms that I taught on that earthly ministry, so many years ago. You are facing the same overlords. You are facing the same systems of over-taxation, limiting you, making you do things that you don't want to, being censored, all of these sorts of things were going on back then.

And that is why I taught in that part of the world. I wanted to keep living in Tibet, where it was peaceful and quiet and there was not such a battle going on. But I went where the work was needed.

And this work is needed here, now, today. You need to understand that *you* are the creator of your reality. Not your governments. Not your celebrities. Not your parents. Not your culture. You are.

**And you have the ability to bring into being a most loving society.
But you must first root out in your own mind that which is unloving.**

And that takes time. And it takes dedication. But the rewards are magnificent. And anybody who has done *A Course In Miracles* the way it's supposed to be done, and keeps practicing it, sees their life becoming better and better, their relationships becoming better and better, their creative channels opening, their abilities transforming.

We ask you, one more time, to consider doing *A Course In Miracles* as your dedication to the New Earth that you would like to see manifested on the earth plane.

**You are going through tumultuous times.
And it is going to be challenging for you to maintain
your equilibrium and your equanimity without a good teacher at your side.
I am that teacher.**

When you pick up *A Course In Miracles*, I am with you. I am walking with you into your mind, into your heart, and showing you where the problems are, showing you where and how to heal.

And so, as we close this 40 days and 40 nights together, we want to send you love, we want to send you light, we want to send you the knowing that there are a multitude of high-frequency non-physical beings and teachers ready to help you when you ask. But we cannot help you if you do not ask. If you believe that you have all the answers and that you know everything, we must stand on the sidelines until you call us.

**Do not wait to call us until you are on your knees in desperation.
This is when most people call us.
But call us today.**

And call us every day, asking us to show you and help you how you can clarify your mind, so that you can become a teacher of God. I am a teacher of God. This dear being is a teacher of God. And you, too, can become a teacher of God.

I am that one that you know as Jesus and I will speak to you again at another time.

T: Good night, everybody. Thank you for joining us for this amazing journey. I'll see you again soon. Bye bye.