Notes by Aubrey Copeland and Atori Alo Yansa

19-0203 2019 Home Frequency pt. 14 The Voice of the Heart

AAY: I want to talk on where you find this voice in the frequency. Many people don’t know their voice. They hear many things, and they wrestle and compromise. I want to talk about how to get out of that.

AAY: Last week we talked about speaking and listening from this place…the gap, or a place between your thoughts. It may only be a fraction of a second. You can make it a very nice place to be when you get rid of the chatter. What is inside that gap? Who is the voice and where does it come from?

Rev 8:1. Revelation 8:1 And when he had opened the seventh seal there was silence in heaven about the space of half an hour.

AAY: Matt.4:1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. 3) And when the tempter came to him, he said, “If you are the Son of God command these stones be made bread. (Noise, Chatter of the Mind)! 4) It is written, man shall not live by bread alone, but by every word that proceeds out of the mouth of God. (The Voice of the heart in the gap)! 5) Then the devil took him up into the Holy City and sat him on a pinnacle of the temple and said, “If you are the Son of God cast thyself down: for it is written, he will give his angels charge concerning you: and in their hands they shall bear you up, lest at any time you dash your foot against a stone. (Noise and Chatter)!

AAY: He said, “It is written again, you should not tempt the Lord thy God.” (Voice of the heart)! 8) The devil took him up into an exceeding high mountain, and showed him all the kingdoms of the world and the glory of them; and he said unto him, “All these things will I give you if you will fall down and worship me. (Noise, Chatter)! 10) Then said Jesus unto him, Get thee hence, Satan: for it is written, “You shall worship the Lord your God and him only you should serve.” (The Voice of the heart in the Gap)!

11) Then the devil left him, and, behold, angels came and ministered unto him. (Staying in the gap and shutting down the noise and chatter)!

AAY: What Jesus faced after his baptism is what we face as we experience our awakening. He was tempted to use the power of our ego to prove himself. The wilderness that he faced was his own mind and how he was going to convince the disciples, the brethren and the world that he has the power of the Son of God. Notice, he didn’t go to a wilderness literally, read your bible. He went to gather his disciples, to Peter and Phillip, to Nathaniel, to a wedding in Cana three days after the baptism. He was walking among the people. There is your wilderness.

AAY: It was complete silence. Psalms 46:10 said to be still and know that I AM. We find this place of stillness and silence. Psalm 19 talks about the sun with its own voice, but do we hear it talking this morning? No, but it brings out the plants, and picks up almost 27 billion gallons of water into the atmosphere. It is silent. This 7th seal is the SON coming on the scene. This silence was about the space of half an hour. There are many terms to discuss this place…the empty space, the unknown, the gap, the third eye, the 7th seal, the relaxing time and many more. WMB called it the relaxing time, a creator, and other things.

AAY: Do you remember the story about the eagle on the mountain, and the chipmunk chattering at it? The eagle paid no attention. That is the frequencies running through your mind, and you are the eagle. You can rest instead of wrestling with all these things. Come to that relaxing time. I talked about how to do that. Think about your breathing or play the cat and mouse game.

AAY: In Matt 4 did you notice that every time the devil came at him, Jesus was caught up? Ego has the same feelings just different motives and objectives. Jesus just finished his baptism. The dove came, and Jesus left. Then Matthew says that Jesus was in the wilderness immediately. Some people say that it was a literal devil and a literal wilderness. I don’t think so.

AAY: If he was out in the wilderness desert, why turn something into bread? He says we live by all the word. Jump off the pinnacle of the temple! Don’t tempt the Lord thy God. It wasn’t a literal man, it was in Jesus’ mind, there is where the opposer dwells and talks, in your thinking. The wilderness begins to say you are not good enough. Wilderness is all the time doubting.

AAY: Matt 4:8. The devil took Jesus up higher and higher, from the ground to the pinnacle of the temple to the mountain. It is inner attributes, a persona. It is the ego and we all have it. Jesus was facing his ego and discovering how to shut it down. He just received his ordaining as the Messiah, and he went immediately into the wilderness (his mind). He was thinking on how he was going to convince the world who he was.

AAY: In the book of John he wrote about the journey of Jesus immediately after his baptism. Jesus went and found the brethren, disciples. Three 3 days later he went to Cana for a wedding. What? Where was the wilderness journey going on? It was in his mind while he was among the people. His ego was telling him to prove who he was to them. Jesus shut down those thoughts. He was human just like you and me and had many of those feelings.

AAY: He was given the ordination to overcome those things. He was walking through the people figuring out who he was. The ego just worked on him like it does you, constantly. He was dealing with himself, in the midst of the people. He said I do nothing until the Father shows me. That is another title of the gap. You have all of these frivolous thoughts that are not you, past and future. But you have to step into the silence. Jesus did that.

AAY: Do you know how many times Jesus makes the statement about man just wanting glory? And how many times the disciples told him to make himself known? Prove who you are! Jesus constantly had to filter those thoughts out. He worked from the gap and said, “I am not going to do these things by ego”.

AAY: Why am I spending so much time on this? I think most of us are getting this now. What I’m telling you is Jesus had a hard time with this, so don’t tell me you aren’t. I’m giving you examples so when the opposer starts talking and the ego starts taking you higher and higher you will know how to shut it down.

AAY: He went through the 40-day fast, and those voices of chatter, noise and ego were getting louder. He made sure when he taught his disciples and believers, or when he stepped among people, he only spoke from the gap, the heart. The heart has so much electromagnetic capability and Jesus used that energy and voice.

AAY: All that Jesus did WE can do! Pay attention to where the voice is coming from. If it isn’t from the presence of the moment and comes in from the past or future or frequency thoughts of what might have been, shut them down, control the ego and the ghost voices.

AAY: We learn and discover just like Christ did. The disciples told him to bring down fire from heaven like Elijah did and he told them they didn’t know what motives and objectives they were displaying. They asked who is going to sit on the thrones with you and Jesus asked, “Can you be baptized with the death that I will?” We have done so, and we are in the throne room. We now know our attributes of prophet, priest and king. We know our three sonships, we know we are the Godhead.

AAY: Jesus is dealing with their egos and tells them that he is going to be killed. Peter says not so, “I’ll fight to the death for you”. Jesus calls him the Satan, the opposer. And yet Peter is the one who opened the door for the move of the Spirit into the gentiles. Peter cut the guard’s ear off and Jesus put his ear back on and healed the guard, telling Peter to put the sword away. He was constantly dealing with the wilderness mind. Jesus is trying to get them to use the real voice, not the chatter.

AAY: The spiritual life does not remove us from the world but leads us deeper into it. In Acts 2 they were prepared to go into the world and ready. The first 20 years after the resurrection, until 53 A.D., they were going to the world. And then they went into the church ages and struggled. They left their first love.

AAY: “Whatever you condemn, you have further limited yourself.” Paul said, “If your heart condemns you not, happy are you.” When you condemn something, you immediately separate yourself from it. Now you have limited yourself. A person comes along and speaks on great things, but maybe said a few things you didn’t like, or wasn’t dressed quite right for your religion. You start to condemn them, and then you don’t benefit from the great things they had to offer. Just because you don’t condemn something, doesn’t mean you agree with it.

AAY: The moment you condemn, you limit yourself. I know that is what we have done many times with the message. We think about how someone or a group looks, how they walk, what they do, what they say, what they wear…we look and say they aren’t following Christ. I find the poorest homeless people can teach me more in five minutes than someone on the pew or in the pulpit can teach me in their whole life. Don’t condemn and you will gain so much.

AAY: I think people have thrown this paragraph away. These words were spoke from the heart of WMB.

57-1006- “Questions & Answers Hebrews” - #3- Para. 636

Every man that’s born in this earth is a son of God. Regardless of whether he’s sinner or what he is, he’s a son of God, created in the image of God for the praises of God; he’s created that way. ~WMB

AAY: We have truly come to this understanding from the prophet’s heart. With this understanding in Us we reach out our hand and heart of love to every person with the hopes that we are the ones to help them come to their spiritual senses and drop the amnesia.

AAY: We are here to help people remember who they are. We are ALL sons of God. I remember a preacher said a son of God cannot be damned. And he went into what all the prophets had done in their lives. I felt pretty holy after hearing about what all those prophets had done! We are all manifesting what we are supposed to. The opposer even took Jesus to new levels.

AAY: What is God? What is the devil? They are attributes, ingredients in the Spirit of life. Everything is inside the Spirit of Life. We need to forget about good and bad, evil and righteousness. That doesn’t mean I propagate going out and doing everything just because you can. Use the opposer, the devil and God as tools to grow, just like you use everything else as a tool. These can be the best things in your life. Just stop and think of the glory, and transformation, that Judas accomplished for Jesus.

AAY: The heart and its electromagnetic field hold all the answers and the problems. When a problem or a challenge arises then it is time for discovery in your life.

AAY: Depression is when you don’t care about anything. Anxiety is when you care too much about everything. Having both extremes in your life plays havoc in the mind and is a living hell. Hell is not where you are going, it is a condition you get yourself into sometimes. Get in the gap and settle your thoughts. That is what Jesus did during the crucifixion and the time leading up to that. I’m sure Jesus thought about the prophet’s words as each part was unfolding…the crowns of thorns, plucking his beard, beating him. He thought, “I know who I AM! These people are Christ, and Christ is doing this. This is my anointing and purpose!

AAY: The food you eat doesn’t defile you. It can cause you issues but that is not a defilement. Defiled comes when you are not thinking properly. When you are not in the gap and enjoying life, your body will hurt and have troubles. It is malfunctioning because of what is going on in your mind.

AAY: From the abundance of the heart, the mouth speaks. Where your treasures are, there is where your heart is. If I want to know what the Lord is dealing with Alan on, I listened to what he says to me. When I travel in another country, I listen to things going on around me. I don’t plan a message. I formulate my message based on what they are talking about or wanting to know, and then I move them further. I don’t worry about it when I’m done because I know I dealt with them from the heart.

AAY: The brain is where you store info, the heart is where you think from, and then you speak it. Start in the heart, go into the gap. You will speak a whole lot less and be understood a whole lot more.

AAY: Jesus took the final sacrifice. He entered the most Holy to reconcile the world to himself. We don’t have to worry about redeeming the world. I want to talk to people, find what level they are at in life spiritually, I want to help fill the gap. If they are at a level further than me, I want to listen. Even if I say that we have to agree to disagree, that is not condemning them. We just have to understand that we have different paths. I want to wake you up to who you are. You can be so much more just by waking up to your day and seeing who you really are. We are here for the benefit of humanity.

AAY: I love talking to myself because I understand myself more than anyone else. Get between the chatter where it is silent. When you step into the gap, it may only last a short time but you will learn to do so and become accustomed to it. Start by getting yourself alone. Narrow your thoughts to one. Focus on your breathing. Rest with that one thought until you can empty yourself. Then you don’t even need that. Start with nothing.

AAY: When you get there, with one thought and you are listening in silence, the first thought is “That’s enough! I need to be doing this and this and that. Wasted time!” Just be calm. After a while, you will relax from that. Know that the voice in your heart is you. You are the Christ for this day. You are anointed the same way! We don’t need the drama and the contradiction. You will live much longer. I read about a man from Peru that has been practicing this since he was 6 or 7 years old. Right now, he is 120yrs old, and people come to him and are healed. He does all the things he wants to. Every day he takes the time to calm himself in the gap.

AAY: Get into the little room inside your mind. Jesus called it, “the closet”. Everyone that goes into it is healed! Our thought and actions are in the frequency of love, and it is affecting the whole world. Don’t fret over if you are or aren’t! Just go into the gap. Don’t worry if you are influencing the world. Do what you want and spend your life how you want to. You will influence your family, friends, animals, botany, career, etc. Just breathe and enjoy.

AAY: Do as much as you can. Sometimes your influence will be excellent and sometimes it won’t. When I was in HR, I would hire some and not hire others. My influence was different depending on which happened. I have had to close plants that were losing millions, and other times I’d tell them what to do to turn things around and they’d make money. You can imagine how my influence varied depending on the location. Just go out, love your best, live your best, be happy!

AAY: Being dominant doesn’t matter to me anymore. I used to tell managers at work, “Do not give power or authority to someone who can’t live without it.” They will rule and push people, and you’ll have all kinds of problems.

AAY: I am happy to be in what I’m doing now. I sacrificed a life and career to be here because I enjoy it. I am not here to try to get you to change yourself. If you don’t write or say much, that is ok. I am just asking and talking in dialogue and hoping I can help you become more aware and conscious that you are the Christ.

AAY: If being silent or mostly silent is what you enjoy, be that. If you have an unction to share thoughts with people do it. If it is in you, do it. I am not here to make you do anything. I am here to help you understand yourself. You do what makes you happy.

AAY: This is an information age, and information flows freely. I have friends online that send me so many things. There is so much out there. There are many spiritual people and healings happening. They may not teach everything I see, but you may find tools to use in your everyday life.

AAY: Humanity is now eating and drinking from the heart of the ministry of Joseph. Eat and make your body. Remember Joseph? He always spoke from the heart. He had two dreams and interpreted them to his family. They decided to sell him. He influenced his brothers to do what was needed.

AAY: Without being aware Joseph set up the circumstances to take his family through a world seven years famine. He had trouble in Pontifer the priest’s house. Accused of sexual misconduct. He got thrown in jail due to false accusations. Then Pharaoh had a dream and they called Joseph to interpret it. Joseph is set up to rule over Egypt, grow the food and then distribute the food. For seven years of famine, the whole world ate after Joseph. By going into the gap, he saved the whole world. It was in his heart to do in Love Divine. He was helping, not judging.

AAY: Those who were jealous of Joseph’s gifts, those who sold Joseph, those who accused him of sexual misconduct, those who jailed him, they all ate from Joseph’s hand and heart and he didn’t treat them any different. He said it all happened to preserve life and Joseph had an understanding for them.

AAY: Come to the stillness. This is almost identical to what Bruce Lee said. If you want to become something, be formless first. Be water. If you pour it into a glass, it will become the shape of the glass. Water is a solid, liquid, and a vapor depending on the atmosphere around it. You become the same thing. Be adaptable to the atmosphere around you. Come into the gap.

AAY: Revelation 10:7 In the days of the voice of the seventh angel, when he shall begin to sound, the mystery of God should be finished, as he hath declared to his servants the prophets.

“The seventh angel is the angel of the seventh seal”. ~WMB~

The angel is now sounding loud and clear, the relaxing angel, the finish of the mystery of God. Let’s move on now to the Voice of the heart.

The seventh seal is the gap, the silence, Christ. There have been great men that have brought us into this influence. The angel is sounding loud and clear. Let’s move into the voice of the heart and put the title of God on the shelf. That day is finished. This day is about relationship, fellowship… be the word made flesh. Transform Spirit to a man, to woman, to life in you. It is you doing it all. I believe this.

AC: Eventually we will be the gap and that is all we are.

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