



September 14, 2021 Tuesday Evening, The Eden Project
Moving Past the Experience of the Individuated Self, of Separation, with Compassion and Forgiveness; Using the Power of the Individuated Self to Co-Create Eden on the Earth

Barbara: Amazing to see you all on my screen. It says 44 are on the screen. We probably will have more. There are over 80 in The Eden Project. We have a half dozen people in Europe, for whom it's probably 11pm. They may or may not join us live.

I'm grateful for this new technology. It's amazing to sit here and see you... *(turns camera around to show the group the Zoom screen)*... I received the gift of this large monitor last week, and it's really going to be a blessing, because before, I was trying to squeeze everybody on one moderate-sized monitor, plus the Otter. too. It's good to be able to see everybody.

I'm going to do something just once. I'd like the Zoom host to unmute everybody, and I'm going to go around in the order that I have you on my screen, which will be different from other people's order. I'm just going say your name and just have you say hello so you can get some glimpse of who's in the class. Tell us where you live or one short fact about yourself that you'd like to share.

(Sharing not recorded)

Tonight we have both Eden Project and Mediumship. Most of you registered for both. We can't really separate them; that's why we put them into one night. So, there's not going to be one hour of this and one hour of that; it's going to be mixed up a bit. I'm sorry for those who don't want to hear one or the other. You can tune out if you need to, but I think you'll see the ways it comes together and how the parts support each other.

Let's take a 5 minute break, stretch, and then Aaron is going to come in and talk.

(break)

Before Aaron incorporates we go through a process that I've shared with many of you. I'll say it out loud tonight. I am feeling Aaron's energy, knowing that Aaron would not trick me, but some other entity could be trying to fake me out, pretending to be Aaron, and that it could be a negatively polarized entity.



I ask three questions. They are required to answer. “Do you come for the highest good of all beings?” I feel a strong, “Yes.”

“Do you come with love and non-harm to any being?” “Yes.”

“Do you come”—here I filled in, what works for my own personal spiritual process, “Do you come fully resonant with the Christ energy, with Yeshua?” “Yes.”

And then, and only then, when I’ve gotten three very clear Yesses and I feel Aaron’s energy there, do I offer him use of the body.

Before I do that, here with the whole class— before I invite any entity to incorporate, not just Aaron—I make the statement, “This sacred gathering of loving beings, we are all gathered here with the intention to do no harm, the intention for service. Any being my listen, but none may come in, may break into this circle, unless you also come with this intention of service to all beings and harm to none, with love. Energetically we create a sacred circle around this whole class, around each of you in your homes, around our communities, our families; a circle of love. A circle with strong intention to service to all beings and non-harm to any being.”

I set that in place before Aaron incorporates, and then I begin to invite Aaron in.

I would like to invite all of you— this is part of mediumship. That’s not just about a spirit incorporating; it’s about our work in the world. If I’m going to make soup, I hold the vegetables as sacred; chicken soup, the chicken. Whatever entities are supporting the making of the soup, all gathered here with love. All the beings that went into the making of these vegetables, the raising and slaughtering of these chickens, all done with love. So, I’m setting a strong foundation of love and of service.

We are all always mediums for everything. When you talk to somebody, you’re being a medium, bringing some kind of messages from your heart, from your community, your family, out to other people. If you play an instrument, you’re being a medium through whom that music is flowing; a dancer, a painter, a farmer, a gardener. In everything that we’re doing, we’re serving as mediums. Mediumship is not just about channeling.



So, I want to make this very clear, as we hold this class, that we're all going to practice being mediums, to hold high, loving energy, and just hold space for whatever is happening in our own hearts and in others' hearts. Joy and sorrow, ease and pain, love or anger—holding space for it. Not condemning anything, but also, when something feels negative and contracted, not encouraging that negativity. Just holding space until it settles down.

That very vital and basic dharma teaching: whatever has the nature to arise has the nature to cease. Negative energy may arise. It arises out of conditions and then it will cease, if we don't give it more energy by saying, "Oh no—what shall I do?" Just be still. Find that still place in our hearts that's grounded in love. We are love. We can be love. We can express love. And we can hold space for negative emotion, negative body sensation, pain, etc.

Clear mediumship means re-centering over and over again in the loving heart, something we're going to be practicing continuously through this year.

If you hear anything from me, or Aaron or any of the teachers or facilitators, that does not resonate as truth for you, stop and hold it in your heart and ask, "Trusting myself, my own deepest truth—not what somebody else tells me; trusting myself—I hold this that doesn't resonate as truth for me, I just hold it and look at it. And if it still doesn't resonate as truth, I let it go."

Or, maybe it resonates as truth and that truth is scary. What does non-duality mean? That we're all part of each other. It's a little bit scary.

As we move into 4th, 5th density experience and begin to really share our experiences from a deep place, we realize both how much power we have, and also, how little power we have. Does that make sense, that it can be both?

As the ultimate being, I have a huge amount of power. And as the individuated expression of that Ultimate, I don't have so much power. But together we have power to co-create that which is beautiful.

Another sutra here, that I love. The Buddha teaches us, "Abandon the unwholesome. One can abandon the unwholesome. If it were not possible, I would not ask you to do it. If such abandoning brought pain, sorrow..."—I'm not quoting this precisely—"if it brought these painful things, I would not ask you to abandon it. But as it brings good, I ask you: abandon the unwholesome. Cultivate the wholesome. One can cultivate the wholesome. If it were not possible, I would



not ask you to do it. If such cultivation brought pain and sorrow, negativity, I would not ask you to cultivate it. But it brings good. Cultivate the wholesome.”

If we're thinking about mediumship and co-creation, we want to understand what *is* wholesome, what is unwholesome. And that's hard because we're talking about non-duality. How can something be wholesome and non-wholesome?

We start to see that the ground for wholesome and un-wholesome is not necessarily in the action or words but in the intention.

When the intention comes from a place of the separate self, “Oh, I want to protect and cherish and defend against all of the terrible suffering”, the outflow is going to be unwholesome.

When the intention comes from a place of deep aspiration to service to all beings and love, even if I don't understand everything correctly and I'm a little bit off-balance, the base of the result is going to be wholesome.

I'm spelling this out before Aaron comes in because it's important that we, as humans, understand this. It's part of co-creating. For me, I know I can't know everything, and I used to worry: in my ignorance, am I going to do something that's destructive?

I must be as honest with myself as I can be. I choose to hold that intention to service to all beings, but I also have to be honest with both the fact that fear and contraction do arise—I'm human—and that I may not see the big picture all the time and so there's distortion. That can happen.

All I can do is continue to meditate, to look into my intentions, and to ask forgiveness when I've gone off base and done something that's harmful. To keep clarifying.

I'm saying this because some of you have come to me with the question, “How can I co-create when I can't fully trust myself never to do anything wrong?”

As humans, we can't 'never do anything wrong'. Life is a learning process and mistakes come with learning. But we can be mindful and as loving as possible. And we can take this back to our practice again and again and start to trust the inherent love and light in ourselves, and that Love is the strongest force and will come forth.



That's all we can do, to hold that intention, "Do no harm. Do only good." And to watch when we misstep. And we will. Just keep doing the best we can to be clear, loving beings.

Okay, enough from me. Aaron is going to come in. Going through this process to invite Aaron to incorporate into the body...

Aaron: My blessings and love to you. I am Aaron. What a joy to be with all of you tonight! To feel your energy, to see your faces, to hold you in my heart, as I know you hold me in your hearts.

We have come together with a very deep intention to help move this world into a higher vibration of love; to help move past the conditions that create suffering in this heavy density earth.

For virtually all of you this is a primary reason you came into the incarnation—not the only reason but a primary one: to help co-create an earth that is so deeply grounded in love and in light; an earth where beings are awake, no longer moved by unconscious negative motivation but truly knowing all are one. And, knowing we are one, we cannot really harm each other. I'm not saying we cannot—we choose not to; of course you can. But you have free will choice, and I want to help you understand how you can manifest that choice.

Let's step back a moment. Pre-birth, you're floating around out there, thinking, "What will I do next? Where will I take birth? My karma has these reminders for me, and my deep motivation has these messages."

I tap you on the shoulder and say, "Here's an invitation. You, you, you—here's an invitation. Come and join me. We are going to co-create a higher density earth. At the point when we inherit and inhabit that earth to begin our work it may look quite chaotic, with wars, with climate disaster, with species dying out, filled with hatred and confusion. But earth can move into higher vibration, a plane of love."

Your first question to me may be, "Why me?"

Why not you? Is there something about you, that I should not give you this invitation? Don't tell me you have acted in ways that have harmed others; every sentient being has done that. Don't tell me you have not fully resolved your anger; almost no sentient being has. Don't tell me you still fall prey to enacting



impulses, that's part of being human. Don't tell you're afraid you're not worthy—what does the word 'worthy' mean?

My dear ones, you are grounded in love. You come from love. You ARE love and light. These shine through you, as does your humanness, which holds contraction and blocks the light.

To be part of this co-creation, not just this class but worldwide, this is not a statement you have to already have fully awakened and be perfect in every way.

It is a statement of commitment to serve the light that is within you and everywhere, with as much love and courage as possible.

It will be hard work, no mistake. Please recall that quote, "If it were not possible, I would not ask you to do it."

Each of you has seen ways in which you have moved more into the light, more into spaciousness. You are able more easily to love and to forgive and let go than you were a year or 10 or 20 years ago.

It's taken us, as Deep Spring Center, 32 years to reach a point where I feel you are ready to leap deeper into this process. Some of you perhaps ready before, but enough of you now ready as a group. Some of you here for the first time, some of you here with me 30 years ago. We could only move at the speed of those who were coming along more slowly, taking the time to let go of all the negative self-thoughts and say, "Maybe I am okay." Just that. "Maybe I am okay. Maybe I do have the capacity to withhold harm when I feel hurt, to withhold angry reaction when someone has spoken or acted abusively to me."

This is quite different than not feeling anger. If the conditions are present, emotions of anger, pain, and so forth will arise.

You have reached a readiness, all of you in this circle, to say, "Yes, this arose in me and I do not choose to enact it." That's all that's asked, just that much. "I do not choose to enact it."

Then what do you do with it? Let it sit until it dissolves itself.

These heavy emotions of fear, dread, confusion, they will all arise out of conditions. When the conditions dissolve, they will go.



We keep coming back to knowing and resting in the light of the awakened heart, right there with negative thought, so that there is not self-identity with the negative thought, and then you are better able to take care of it.

In my talk tonight I'm not going to go deep in that direction. Tomorrow night is the meditation class with John, and I happily hand him this portion, which he is very skilled and capable to share with you.

Only remember: when objects arise that are uncomfortable, unpleasant, and bring up anger, hatred, fear, selfishness, and many more feelings, they are simply arisen from conditions. They are not the essence of you.

Then what is that essence? Once more: You are light. You are love.

Even if you want to deny it, by the vehicle of your hard work of consciousness, of the loving heart, you have received this invitation to help co-create a world of joy, of love, of peace. A world where every sentient being may thrive and not fear each other. A world where all are awake, all deeply committed to service to everything, not just the self.

This is the main shift, moving from service to self and the whole idea of separate self, to service to all beings.

If it were not possible, I would not ask you to do it. And this means, if it were not possible for YOU, I would not ask you to do it.

Together we have a wonderful group. Here tonight, 57 of you. I think there are closer to 70 in the class, so, not all on tonight. When I say 'in the class', in this module; 85 or so in the whole class in various modules.

You are here as a class, but you are also here literally to help support this co-creation into higher vibration, higher density, to an awakened earth.

So, are you in? Give me a thumbs up, if you're in... Okay, we are counting on you, because we do this together. Sangha is very important because each of you at some time in this semester is likely to have times where you lose faith, where the going gets hard and you start to believe, "I can't do this. It's too hard. I can't open my heart to those individuals, to those circumstances that seem to



devastate me and my family and my loved ones and my country and my earth. How can I open my heart?”

But together, with the energetic support of all, we can do it.

Meditation is essential. If you do not join John for the meditation module itself, please commit to regular meditation; daily, if possible, or at least several times a week, with vipassana, with Pure Awareness.

This entirety of Eden Project is not an intellectual project but something that must go deep into your being, must lead to transformation, releasing that which is grounded in fear and darkness and remembering the light.

The Dharma Path module also, some of you in that, some not. Many of you are in all three modules, not all, and that's okay; I understand that everybody doesn't have the time for everything. But the Dharma Path module will be working as we did last year with various kinds of practices to support what we're doing, to support our own individual waking up and waking up as a sangha and as a world.

So the meditation, that's vital. But there are also many support practices that we'll be doing, starting more with some of the path of sacred darkness practices that we went into at the end of last year. Also, many other and diverse practices. So that's the plan.

In this class, Mediumship/Eden Project, as I said, the parts are inseparable. You've all heard me talk about the Eden Project; you understand what it is.

It goes back many, many—I'm not good on your linear time—hundreds of thousands of years, before the Earth existed, when there was a coming together of, let me just call it a council of beings of light.

Beings seemed to live in two different realms at that time; in places of total light, where there was no sense of an individuated self, and in realms of more contraction and separation.

It was learned that as soon as there was an idea of a separate self, fear came up, and then the idea, “No, I shouldn't be afraid,” or else giving in to the fear.

In the song “Amazing Grace” there's a beautiful line: “T'was grace that taught my soul to fear, and grace those fears relieved...”



How could it be grace to teach fear? Unless you move into the direct experience of the individuated self and watch the stories and fears and experience of separation, the feelings of helplessness and so forth, how can you move past it?

This is why you moved out of that so-called Eden of the bible story. I'm not suggesting here that that bible story is exactly how it happened. But each of you moved out of a place of knowing your non-separation from the Divine, into a place of the individuated self, and said, "Oh, what am I going to do now? I'm all alone!" Then came the enactment of fear, and living from contraction.

You had to go through that; that's the grace, the gift. Your grace is your own willingness to say, "Okay, I'm willing to go ahead with this. Toss me out there where I feel alone so that I can move through that terrifying experience of feeling alone and back into knowing connection."

Almost all of you—I cannot speak for all of you because I do not know everybody's meditation practice experiences, but almost all of you have had profound experiences of non-separation in meditation, have been to places where you knew your connection with All That Is. You knew the core of your being to be love. And then you moved out of that experience.

The meditation ended. You woke up perhaps to the bee stinging and anger coming up. Or perhaps what pulled you out of the meditation was the loud noise of a car backfiring or your neighbor's lawnmower. Contraction, and anger perhaps came up, and movement back into the separated self.

The human experience does bring you into the separated self and that is wonderful, that's how this learning process was designed, so that you can move past believing in that story, and with compassion for the human who still does get caught in the story.

I'm emphasizing this because I want to avoid your saying, "Oh, I'm not that enlightened yet. I'm not that conscious yet. I still get caught." Well, of course you get caught.

Barbara was swimming at the local indoor community college pool yesterday. She put her hands on the side to do an exercise, and there are little grids for water overflow, water underneath, along the edge of the pool. Out of one of those

grids came a sizable spider, climbing up the wall. Those who know Barbara know that she finds spiders very challenging.

She saw it. It was—I'm not exaggerating on the size—about that big (*silver dollar size*) to the end of its legs. The center of the body was smaller, but still a sizable body too. Surprised, she said, "OH!" The lifeguard happened to be nearby and said, "What's the matter?" She said, "Oh, it's just a spider." When she got over the "Oh!", startled that it had come up an inch from her hand, "it's just a spider." But the lifeguard quickly grabbed a paper towel and killed it.

"Oh...." Very hard. She could see how her "OH!" led to that death. She could also see how the spider gave her that gift.

She stopped the exercises she was doing and returned to swimming laps, just swimming and doing forgiveness meditation for the spider for startling her; for herself for the startled "OH!", which was born of old habit; for the lifeguard for killing it, which was born of his habit; and opening to compassion for all sentient beings and the ways you inter-react with each other. These things are going to happen.

Give me a minute, here... (*pause*)

Some of you have beautiful background scenery. I find that when you set these backgrounds, there's some kind of an energetic opening where beings can look in. This may not make a lot of sense to some of you, but I'm going to simply ask you if you have that kind of background, either to stop the video, or to change it to a normal background, whatever your background is, your room in your home. Please do that. Because I'm having to use extra energy to deal with what's popping in curiously to say, "What's going on here?" Your scenery may be very beautiful, and I appreciate that, but I want everyone to be safe.

In the future it would be good if you can set up your screens so that you just have whatever room is behind you or an outdoor scene right where you are. This is not a place to share the very wonderful scenes that we often have.

So you've received the invitation. You've gone through that, "I'm not ready to do this, to co-create an Eden, to co-create a transition of this earth into a higher



vibration. Me? I'm still full of negativity." Shhh; of course, you are. That's why I am inviting you.

We of spirit, we who are fully awake and no longer incarnate, we cannot co-create on this earth. We can support your co-creating. We can support the surroundings of the earth, the energy around the earth. But you, you who experience negative feelings, get caught up in the stories, you who cry at your pain, you have the power to help bring this earth into a higher vibration through bringing yourself into a higher vibration.

This is a core of the mediumship you are doing. You are all mediums for love. Love means forgiving yourselves and others. When you do cause pain or harm to another, asking forgiveness and forgiving, opening your hearts.

You are beginning to understand how powerful you are, and that frightens you because you know that you could enact harm. You won't necessarily do so but could.

But as you practice, and we'll be doing some of this in Dharma Path class, practicing things like the Seven Branch Prayer and forgiveness meditation, learning how to release these old stories and find and rest in the true self, you will begin to trust your power and your wisdom.

I've handed you the invitation. You all have it. Are you ready to help co-create this Eden on earth, to bring it back to the Eden it was intended to be? But with a difference: that you are no longer—how can I best say it?—you know yourself to be part of everything and you also know the individuated self and its power. And it is this individuated self and its power that are going to help the earth transition, not becoming one with everything and dropping the individuated self.

When I had my awakening experience over 500 years ago the core of that experience was knowing my innate connection with all that is, that nothing was separate. That I was responsible to and for everything and from everything, it was all a part of me.

And yet of course I was still human and occasionally contraction would come. If there was strong pain, for example, the body would contract. If I saw something that brought up the emotion of anger, just because I was awake did not mean that anger never arose, only that I had no self-identity with it, I knew how to take care of it.



I moved through the rest of that lifetime. And then in my transition, leaving the body behind, I awakened to a space of knowing the truth of awakening, of love. Knowing the true power that I had from that place of awakensness. And also, seeing how even from this awakened space it was possible subtly to go off track.

For example, disagreeing with somebody in the council in which we were discussing something important, and that person was strong in their words and I contracted a little, wanting to push.

Even there as an awakened being, seeing this coming up because the conditions for it to arise were not fully released—released enough for me to be awake, and yet it needed further attention. This is the second portion of karma. Releasing and balancing.

I was invited to be a part of this Brother/Sisterhood of light and of love, but still aware, yes, I had lived on planes in which I did harm. I forgive myself for that and I ask forgiveness of those I harmed. And that memory makes me more careful; just to be mindful, to watch how my energy flows out in ways that will do no harm. Yet knowing, “I am ready to do this.”

You, my friends, you have not yet fully awakened in this way. But I say to you: You are ready to do this. You are ready to live an awakened life with as much mindfulness as possible. And knowing that when you see the literal or figurative spider and say, “OH!”, it’s going to have repercussions. And you can forgive yourself for those repercussions and let it go. Ask forgiveness for any harm that has come and have compassion.

Here we jump another step. This third density plane offers learning of wisdom and compassion, but compassion is the core of it. There will be plenty of time for growing of wisdom in fifth density. The ground of compassion is essential.

The places where you fall short, where you say, “OH!” about the spider, even slap the spider yourself, here are the grounds for compassion.

“Twas grace that taught my heart to fear...” The grace that invites you into situations that seem very hard, that seem very formidable, so that you remember how to move through it and awaken further and further, grounded in compassion.

Was Grace that taught my heart to fear



*And Grace, my fears relieved
How precious did that Grace appear
The hour I first believed.*

—Believed in the self as a being of light and of love.

As an aside here, there's a bit of lightning, and Banner is lying here beside me, snuggling as close he can get to Barbara's body. Please let me know if he barks. I do not want him to interrupt. I do not want to push him out of this room where he can't have the comfort of Barbara's body presence, unless I need to.

Alright, here are your invitations; will you receive them? We're going to look at how to shape this world, to co-create together with so many other similar groups around the world. How to co-create Eden. We're going to look at the practices that help release negativity and the old stories of "not good enough," "powerless," and so forth. We are going to reclaim the power that you let go of.

(comforting Banner who is trying to climb on the lap as thunder crashes) A little bit of comfort here will go a long way...

This is what you came to do in this lifetime, each of you in your individual ways: to learn how to use your energy co-creatively; to help raise your own vibration and that of the world around you so that it literally becomes an unpleasant enough place for negativity, that the negative chooses to leave.

We're not asking anything to leave; we are simply saying—it's as if I had a beautiful swimming pool. I jumped in and invited you all to jump in with me. That which hates the water will say, "No thanks, we're going elsewhere."

That which hates the light is finding place to ground itself in darkness now on the earth, and that's not what we're after.

Each being throughout this whole world that commits itself to knowing and more fully living its light, however imperfectly, co-creates the ground for a world of light and love wherein this transition may happen and flourish.

My tape is coming to an end, so I'm going to pause here, give you time to stretch. Probably this class, while it's scheduled from 6pm to 9pm, will not go as late as 9pm. I'm going to give you 10 minutes for a break, and then we'll come back and speak a bit further.



I would like to invite those who have questions to go to the Chat box and type in your questions. I will try to look at them or Barbara will look at them during the break.

I see this one coming in... Someone said, not getting my swimming example... I'm just saying, if I move myself into an environment and many of you want to join me, but some beings say no, they're free to leave. If I invite you all into an environment of high light, energy and love, those beings that are uncomfortable with that vibration will leave. Everyone has free will including that which is negative. If it chooses to leave, that's fine. We are not saying to negativity, "Get out of here!" Just, "This is how the earth is going to be. Stay or go."

That which is negative will find itself a plane that suits to negative polarity; that's fine. But not where beings of light are attempting to live in light and in love.

(break)

Aaron: Once more, I am Aaron. My love to you. You've heard me speak before, of this heavier density earth realm that was created with the more solid elements and then the invitation to sentient beings to live there.

Someone asked me recently, why did there have to be suffering? It was not conscious intention that there had to be suffering. Rather, all of you came to this earth, this, what could have been a heaven realm, and you became lost in unconsciousness and fear; became convinced of separation, lost track of non-duality. As soon as you moved into believing in the separate self, you suffered.

Are you ready for that to stop? You have the ability to stop it. You can choose an end to suffering.

Meanwhile, don't be afraid of suffering. Convert suffering into compassion.

There are many kinds of practices. I've said that in Dharma Path module we'll be focusing more on these. But I do want to help you get started with something that you can— "sink your teeth into" doesn't seem to be an appropriate metaphor, but that can support further release of suffering.

In recent of your decades, I have had the joy to reconnect with a beloved friend from my past of 2,000 years ago, when both of us were humans on the earth, at



that time when Yeshua walked the earth and I was a boy, then a man named Nathaniel who was Yeshua's friend. Many of you have heard or read some of my Christmas Stories.

There was the blessing in those days of many awakened beings coming together to support Yeshua's incarnation and what he was incarnating for: to help reground this earth in positive polarity, in light. The earth had been sinking more and more into negativity. I use the acronym SIN, sinking into negativity. That's all "sin" means—sinking into negativity.

Earth had been devolving into a lower and lower vibration—more fear, more hatred, more individuated lust for power regardless of what that meant for other people. And it had been planned for a long, long time that one such as Yeshua would come in to help bring back more accessible light to the earth plane, to help reground the earth in light; to stop this descent into negativity and help it ascend into lightness and love.

Many beings came to support that. One of these is one you will have heard of historically but perhaps, as with Barbara, to whom you have never paid much attention. This is the one named Mary Magdalene.

For Barbara, Mary was just a name in the Bible, and the Bible doesn't speak very highly of her so Barbara didn't pay much attention to her. But in truth, as I knew her in that lifetime when I was Nathaniel, Mary was already a very awakened being. She was and continues to be here to help support the Divine Feminine and the further awakening into nonduality.

In those days, 2,000 years ago, the earth was very caught in the masculine side and there was no balance. The masculine might be likened to the force that plants the seed; but what will nurture the seed? The earth and all upon her lacked that nurturing. Both are needed.

Mary is a great master of non-duality in her own right, not only as connected to Yeshua, so she comes to help us understand non-duality and to understand the power of the Divine Feminine.

This does not negate the power of the Divine Masculine; it balances it. What is the Divine Masculine? What is the Divine Feminine? It's very hard to say, "This is that, this is this." But they have existed out of balance for these past 2,000 years, and far before that.



The Divine Feminine is the power of love, the heart of what Yeshua came to teach, love. The Divine Masculine has a giving energy, and that's necessary, to give, to give out, to plant the seeds. The Divine Feminine has more of a receptive quality. They go together as yang and yin. They must be part of each other.

Barbara has been given the blessing to get to know Mary this summer and feels a great deal of love for her. She's had a chance to read numerous transcripts from Mary as Mary expressed through her to several others, so she has met her both in meditation, the inner conversations, and also as Mary has shared with a few other people.

I asked Mary if she would come and speak tonight as a guest speaker. Perhaps the most appreciative thing I can say about Mary is that she is a very awakened being and a master teacher. *(smiling)* Perhaps I shouldn't build her up, she says; what if you do not experience her as a master teacher? I experience you as a master teacher, Mary; they can experience what they like.

I've said enough here. I am Aaron. I am going to release the body to Mary...

(pause)

I am Aaron. Barbara, even though she is not conscious, she still goes through a process of some sort before she allows a transition of energy into her body, so please be patient...

Mary: My love to you. I am the one who you knew as Mary Magdalene. Myriam of Tyana was my birth name. Tyana was a city in Turkey. Ruins still exist. Magdalen is a title, not a reference to my home. Migdál in Hebrew means tower. The Magdalenes were towers of clarity, wisdom and love. The title was given after much training. At an early age I came to live in Jerusalem and there met Yeshua, in that lifetime, although we had long known each other in past lives and on the spirit plane, and we had intended to be together in that lifetime. But please just call me Mary; let's keep it simple. It is a joy to see your faces and feel your energy...

(pause)



I would like to speak to you about the meaning of non-duality and how you can more easily come to rest in that non-dual awareness and live it.

I prefer not to use a lot of intellectual terms, to keep things simple to what you can directly experience.

I would ask you to remember something in the past few days that brought you discomfort. *(pause)*

In your body, feel the contraction that may have come with that discomfort. Almost certainly that contraction was uncomfortable. *(pause)*

I do not ask you here to reflect on the catalyst for the contraction but on the direct experience of the contraction itself. *(pause)*

Is there a small story, “I should not contract.”? Possibly. You are human; that’s a familiar human story. *(pause)*

Who is contracted? Is there a *somebody* there who is contracted? Are you creating two parts of yourself, the uncontracted part and a contracted part?

When a bird flies it needs two wings. Without two wings it will fall. The human has two wings, sometimes called wisdom and compassion.

The wisdom part of the human may see that there is that which feels and experiences its deepest interconnection with all that is and that which feels separate.

Then, you ask, which one do I believe? Well, both, of course, because on the ultimate level there is no separation, but as humans you do experience that separation and it is your teacher of compassion.

We cannot do without either wing. Pure compassion has no power to shift things on this earth plane until it is put into action. On the ultimate level, of course, divine beings, angels, filled with compassion, have power. But here, as a human, compassion must have a ground so that it can be expressed compassion. You are on earth to help raise the vibration of the earth, and you cannot do that without love and without compassion.



Now come back to my original question. Feel that contraction that was a catalyst for fear or anger. You contracted. Let me phrase that different—there were the conditions for contraction and contraction arose.

How did you greet that contraction? Was your heart able to be open to the human experience of contraction?

Go back to the situation again. Think of that catalyst for contraction; seeing that contraction, seeing the catalyst—body pain, another being's anger, sadness; the flash of lightening or roar of thunder that startles; feeling you have failed someone—and then the contraction.

Take that contraction in your hands. Greet it: "Contraction, I welcome you into my heart." Feel the power of your heart to hold space for that contraction without fixing it, without getting rid of it.

Your love is the base out of which the heart of compassion comes. Your old karma, old habitual tendency, is the base out of which the contraction comes.

Without trying to get rid of the old conditioning, hold it in your hands and bring it together with the power of the loving heart and with the intention for the highest good of all sentient beings. "I hold this catalyst for contraction and the contraction itself in my heart and invite this to dissolve."

I'm getting into a few too many words, here. Let me try to say it more simply.

Catalyst, contraction—one mass, into the heart. "I choose to allow this to dissolve in the loving heart." Not to think about it, not to make anything happen, just to invite the whole mass of catalyst and contraction around the catalyst to dissolve. Ahh... to move into the direct experience of remembering who you are—love. Not separate from the catalyst or the contraction or from anything.

This receptive heart demonstrates the power of love. And Love is the power that can truly shape everything in the universe, because the heart of the universe IS Love and Love's expression as light.

Now let us sit here in silence for a few minutes, and then I will ring the bell. Just try this. The catalyst and the contraction that was the reaction to the catalyst. Hard mass welcomed into the loving heart, the infinite heart. Just that. I'll be quiet.



(sitting for several minutes; bell)

Thank you for this opportunity to speak with you. I love you very much. I thank Aaron for giving me this opportunity, inviting me to come and speak. I'll be back—we have much to do together this year to help bring this whole earth into better balance, starting with yourself and the places where your own energy, thoughts, and body, the elements of the body where they're out of balance. Because you are love; that is your essence. And it's time to remember that and to enact it in this heavy density world.

I'll release the body to Aaron...

Aaron: Thank you, Mary. I am Aaron. Mary has graciously offered to stay with us through the year and be of whatever service she can be. I'm looking to see if there are any questions...(none) Does anybody want to speak, to share anything?

(question not picked up by recording)

Thank you, Q. I hear your question and I'm going to respond but may also want to invite Mary to respond.

I am Aaron. You are human, and humans run on linear time. This means it needs patience. You can't always feel that catalyst/contraction combination. One will be predominant. I would suggest you go to whichever is predominant. Probably at first that will be the catalyst. But see if staying with the catalyst just heightens the contraction, trying to fix it. At that point consciously shift your attention, letting the catalyst fall away and coming into the contraction as a temporary phase. Just contraction. When I say "just", I don't mean to minimize it, but contraction without anything else attached.

For you, Q, chanting would probably be helpful. For some others it might be more helpful to get out and run or take a walk or do yoga, to play an instrument, to paint a picture. Simply to soften the power of that contraction. You are not trying to go where there is no contraction, just to find the ability to be present with the contraction, knowing how painful it is.

As it eases, whether it's 10 minutes or 10 hours or 10 days, at the point where you're able to be with the contraction itself and see how it arose out of conditions,



then you turn to the conditions, to the catalyst. But only when you can be present with some spaciousness with the contraction. It can happen very quickly; it may only take a few minutes.

So Mary's guidance to hold both is based on—and here is where I'd like to invite Mary to come in—it seems to me it's based on a somewhat advanced practice and not too powerful a catalyst. I'm asking Mary, here. She is not in the body, I'm just asking her. I will give you to Mary. (smiling) I am Aaron. I do not feel I can *channel* Mary, so I will give her the body...

Mary: I am Mary. Thank you, Aaron. Aaron as Nathaniel was always one who could so deeply hear another's pain and hold space for it, and, in holding that space, help them to hold space.

It's helpful to turn to a being that you love and trust, whether it's a human or a spirit plane being, a spirit guide or teacher like Aaron, or your own personal guides, whoever comes to mind, or, as I said, to a human friend, and just acknowledge how painful this is. I came to Nathaniel sometimes in this way, in that lifetime filled with grief, unsure how to hold it all together. And Nathaniel had the ability, which he has much more now as Aaron, just to hear me.

So bring this to Aaron. Say, "Aaron, I need your help." Bring it to me if you wish. Bring it to the Mother, or to whatever being feels present and supportive for you.

My whole point here is, to remember you are not alone in carrying this pain. If you do not feel the support, it's because you're not letting yourself feel the support. Ask yourself, "Why am I being so hard on myself not to let myself feel support?" Perhaps there is shame, a feeling, "I should be able to do this."

Aaron could probably give this series of direction better than I can, but we return to the vipassana practice of being with that which is predominant in the experience, not trying to bring too many things together at first.

My instructions were for the point where the catalyst and the contraction had merged. And for many of you this was, and is, true and you could feel it.

But if the contraction is too harsh for you, then don't try to hold on to the catalyst too; just come into the experience of contracting, contracting. As Aaron likes to say, that which is aware of contraction is not contracted. But don't try to push the contraction away to enter the uncontracted, just be present with the contraction.

You can try holding a fist like this, as contraction. How long can you hold that fist? Contracted, contracted. Feel the tension. Try it. Feel the tension in it. Muscle tension, contracting, contracting. It's running up your arm; it's in the heart; it's in the whole body. Contracted.

Others are welcome to try this too. Contracted...

As it starts to really feel painful, bring the other hand in, just gently inviting the release of the fingers. Feel how the contraction as it leaves the fingers also begins to leave the heart. There's more spaciousness.

Then, as there is some remembrance of the experience of non-contraction, of spaciousness— there may be gratitude: "Thank you for this spaciousness," right there with the contraction. Feeling the contraction begin to ease. And this could take quite a while. It will not necessarily dissolve immediately. But as the contraction dissolves enough that you can feel the spaciousness and begin to be able to rest in the spaciousness, then invite the catalyst back in.

If the contraction becomes strong again, go through it again until you can hold space for the catalyst itself and the impulse to contraction, without following through on that impulse. In other words, resting in spaciousness, observing the impulse toward contraction, and knowing the possibility to hold spaciousness. Then take that possibility of spaciousness back to the illusion of catalyst.

Can you follow that, Q? Do you have questions?

(Question not audible)

Some profound insights, Q. I thank you. I hope you can take this perhaps into the class tomorrow night, because it's a wonderful topic, to bring both vipassana and Pure Awareness to bear on how we hold spaciousness that seems totally unmanageable in our lives.

This is where the human heart begins to know its divinity and light, to heal itself and to heal the world by responding with lovingkindness to that which feels overwhelming, starting with the terrible experience of feeling overwhelmed within the self.



(smiling) I'm not trying to direct your class tomorrow night; you may have very different plans! But consider bringing this in somewhere because it has resonated with many people.

Thank you for this very helpful example.

You may ask of me or of Aaron.

(Question not audible)

Thank you for your question. Remember that all of you have presented in male and female bodies throughout your entire history. None of you are only masculine or feminine; that's only the presentation in this lifetime.

If you are presenting in a female body, can you welcome the masculine energy in the self? If you are presenting in a male body, can you welcome the female energy in the self? Can you begin to find the place where they are not separate?

This is something that we'll talk about on another night. But look in yourself: why do you hold a distinction of male and female? What is it based on? Is there some image you have of how the feminine or the masculine should present itself? Because both are rooted in light, love and compassion. Both have the power of giving and receiving, of strength and softness. Begin to find how it comes together in you.

Thank you.

I'm going to give the body back to Barbara at this point, because I see on the clock... *(Reading the clock; it's almost 9pm.) (smiling)* I'm not certain of your technology this clock with numbers is new to me. Thank you for being with me tonight, and I look forward to more opportunity to be with you.

Barbara: Thank you, Mary. Thank you, Aaron. This is Barbara. *(smiling)* Okay, I see we're not ending early... I hope you will come to love Mary as I'm coming to love her. I really knew nothing about her before, but I find her really wonderful.

(announcements)