



October 12, 2021 Tuesday Evening, Eden Project

Introduction to Hearing Guides and Higher Self; Q&A and Sharing; Working with “Ghosts”; Co-Creating Eden, Co-Creating Deep Spring; Mediumship

Reviewed by Barbara & Aaron, Tavis, John, Julian and Colette.

*(Transcriber not always able to hear Zoom speech clearly)*

**Barbara:** Good evening. First, it was a wonderful retreat. Many of you were there. We had a good week together. I talked a lot. You can probably hear my lack of voice. So, I’m going to give you all a chance to talk a lot tonight, and I’m going to talk a bit less.

Our class here tonight is Mediumship and Eden Project, and as before, we’re going to mingle the two quite a bit. We’re going to start with Mediumship. Aaron will talk certainly at some time tonight, but I’m going to get us started.

We all have guides. We all have a higher self. What is the higher self? We’re talking about emerging into a higher density, moving from third to higher density. The essence of all of us is already 6th density. The physical body may be a 3rd density body, the mental body may be a 3rd density body, but the spirit body is already 6th density.

The higher self is that part of me that exists when I drop off the heavier bodies and the 6th density spirit body, which you can call higher self, remains. That’s the higher self.

Normally the physical, emotional, and mental bodies are *(noisy sounds)*, and we can’t really hear our higher selves. When we get quiet, we connect with our higher self.

Aaron had talked about, “I want you to connect to your higher self.” Well, how do I do that? And he just said, “Just sit quietly and meditate.” Suddenly there was this light coming up, and this beautiful expression of light and love. She was so graceful and beautiful. It wasn’t necessarily a “she”, but I saw her as more feminine than masculine. Music, symphonies began to play in my heart. All I could do is sit there crying. I started singing “Amazing Grace”. It felt like such a grace, to be connected to this higher self aspect of me that had always been there, but with which I had lost touch.

We all have guides, a primary guide and also guides at other levels. The primary guide has promised to be here with us throughout our incarnation, not to take new incarnation as long as we’re in incarnation. Our primary guide—Aaron is my primary guide—will always be there for us as long as we’re in this incarnation.

A primary guide can be any level. It can be a 3rd density being in between its incarnations; usually not a 4th density, but it could be a 5th density being. It could be 6th density being like Aaron. It can’t be beyond 6th density because at that point, at the end of 6th density, it has released its mental body. It’s the drop of water returned to the ocean; it can’t talk to us.



But we've all been guides for others in between lifetimes. "I'll be your guide while you're in the incarnation, and then when you finish with the incarnation, you come back and be my guide." We take turns. We kind of play it out that way.

So, we're going to do some work with looking at this tonight. I'm giving you a quick outline of the class right now and then we'll go ahead. We have 3 hours, lots of time here. We're going to spend some time just opening to, getting in touch with, our higher self or a guide—one or the other, maybe both. Then we're going to work with that guide looking at the question, "What is Eden to me? What is Eden Project?" We're going to share some about what is Eden.

Deep Spring Center is the container for the present classes for the past 33 years. We're going to ask you to get in touch with your guidance and higher self and look at the container of Deep Spring Center and how Deep Spring Center can best come together to support the emergence of all of us into higher density and support the movement of the whole world into Eden. So, we'll do some talking like that.

I see Tavis has joined us; thank you, Tavis. Tavis, forgive my terrible memory, here. I know I asked you, I have on my calendar "Tavis will present tonight," but I can't remember exactly what I asked you to talk about. So please fill us in on that.

**Tavis:** You and me, both. Hello, everybody. I think you and Aaron wanted me to talk about some types of mediumship; how I use it, how people might use it. But I think we can wait until later in the program.

Barbara: Thank you. Some of them may not know you, Tavis. He is the president of the Deep Spring Board of Directors, a very clear medium in himself, and has a lot to share with us. So, thank you for being here. Tavis if you have no time limit, we'll go ahead with the beginning of the program and then bring you in. I told them that I'm very hoarse after a week of teaching, so they're going to do a lot of talking, you're going to do some talking—perfect.

I imagine John is also hoarse. Are you hoarse, John?

**John:** Probably not as hoarse as you are...

**Barbara:** Okay, we might invite you to do some talking, sharing, too, about your connection with guidance.

So let's start with this. I would like everybody to go and get a pad of paper or a couple of sheets of paper and a pencil or pen and come back...

*(10 minutes for exercise in channeling guidance through writing, not recorded)*



Thank you for those who shared. There will be more opportunity to share. Some of you are probably thinking, “I didn’t get anything like that. What’s wrong with me?” Nothing’s wrong with you. It takes practice, like any other skill. We all have guides; we all have higher selves. We all have the capacity to hear these in some way or another.

You may not hear it in words. You may hear it as visual images or as music. One classical example is somebody was asking, “Should I be using spring water, or can I use my tap water?” They were asking their higher self or their guide and they weren’t getting an answer. But they reported back to me they were sitting in their car at a traffic light when a truck went by saying, “DRINK SPRING WATER” on the side. So, the messages come in different ways. If we’re awake and pay attention, the answers will come.

We’re going to go back to the same exercise, same question. Those who felt they got some kind of response, whether it was in words or in visual images, or just feeling the presence around you, energy, feeling it with you, if it’s a feeling of energy, you can say, “I feel your energy, thank you, but I’m not able to derive any clarity from that. Can you give me something that’s more in a way I can make use of?” Or you may just be enveloped in so much love.

Once you have had some connection and you can pick up your pencil, put it down, you read it, you say thank you, you ask further, have that kind of dialogue with it— at a certain point I would like you, if you feel some kind of connection, to say, “Thank you. Do you have a name that I can call you so I can know how to connect with you in the future?” See if any kind of name—it could just be a vision, like trees blowing in the wind or of the moon riding across the sky, something that gives you a name of sorts, visual, literal, musical, for whatever is speaking to you, so that you feel you can connect more distinctly with this again.

You don’t have to ask at this point, “Is this my higher self or is this a guide?” It’s not necessary to know that. It will become clear. It may not be either your higher self or your primary guide; it may just be more a secondary guide, a friend. That’s all fine.

The second thing I want you to do is discernment. Whatever I’m receiving, is it positive and helpful? And if it’s not, even if it feels interesting, fascinates you, but if it’s not positive and helpful, to say, “No, thank you.” And ask again for a highly positively polarized guide that can be helpful.

So we’re going to take ten minutes again to do this.

*(exercise)*



Take it slowly, but come back. Finish what you're doing. If you're talking to your guide, let it finish itself out. But then come back and we'll talk again...

(pause)

Okay. Again, if you would like to share, unmute yourself and share...

Q: Part Two: Where is spirit? Present with me, always here, quietly listening, recording, responding. Why don't I hear you anymore as I used to? Felt like I was so clear. It is hard for me to artificially start something. If I just let it happen naturally, it does. I can hear it. It is profound. But when I try, it doesn't happen. Is it because I'm trying too hard to elicit or make something happen? It happens when I just be and know. It happens when I just be, not try, just be and it will happen. Thank you.

Q: There are times when I'm meditating and I contend with subtle energies, those little voices that say, "What about this and what about that?" In the meditation, my guides, which are teachers in the sangha, particularly Aaron and Mother, said to me, "Reach out and embrace them in love. And shine a bright white light on them."

**Barbara:** Thank you for those who shared. We'll have more sharing time later. Our intention here is not to say, "Wow! I found my guide and his name is so-and-so", just to start to feel we're not alone. It is to start to feel that support and connection. And equally important, to start to feel and know our higher self. To discern between the ego speaking up in ourselves and the deep wisdom mind, the heart of love speaking within us, because this is part of all of us, of course.

There are many ways of connecting with spirit. You've all done exercises with me of going out and hugging a tree and connecting to the tree guidance, the tree spirit, which may not speak to you in words, it may just be energy, or it may come forth in words.

The other day I was sitting out on my deck and a butterfly landed on my hand. It just sat there. I moved my hand a little, but the butterfly sat there. I said, "Hello, friend—did you come to tell me something?" And it just fluttered its wings. It had such a loving energy. I guess what it was saying to me really, was, "Relax. Just breathe." I had been thinking I should go and do this; I should go and do that. But I didn't want to brush the butterfly off my hand. I sat there for almost 10 minutes with it. It was just inviting me, "Be here. Be present." The world is full of these teachers.

Tavis, I see just your name here; are you on? If so, now would be a good time for you to come in.



**Tavis:** I'm here; I've been listening to folks. And as you can see, I'm in my tribal clinic and catching up on my charts as we talk. I didn't want to distract you so I turned off my video.

I wanted to comment on some of the points that people brought up—distraction. In one of my first fastings over 20 years ago, it became really evident and a good teaching point that we distract ourselves with many things throughout the day—listening to music, playing on our phones, doing errands. Sometimes things are just mindless. But it prevents us from making that connection easily. And so, when you're thinking about that you want to go into meditation and you want to make that connection, remind yourself to get rid of the distractions and sit there. You don't have to be in complete silence. If you find that talking is helpful to talk to your guides, you can do that. But try to make space in your day for turning off the music, turning off the TV, turning off the radio, to allow that connection to take place.

Now, I remember when I was first starting out, actually it was very interesting because other people would come to me, some were even patients, and they would say, "I have a message for you: the guides want you to start listening and interacting." And they would give me the rest of the messages. After several of these prompts, I purposely started to sit down and tried to contact my higher self. I got a book and it talked about ways to do that.,and I incorporated some of those.

Initially, I would get some information that wasn't of the most positive information. It was some doom and gloom messages, and that's usually a less than positively polarized being that's trying to scare you and frighten you. This is common when first reaching out. So I've learned when you make that kind of connection it's like dialing a wrong number. You just hang up. You say, "This isn't working. I'm won't talk with you. I'm signing off now." And you just disconnect from the meditation, and then you go back in and you try again. Maybe right then may be a problem if you're distracted— you're going to have more difficulty getting a clear connection; try another time.

Initially I had a couple of different guides that were, as Barbara said, secondary guides. They weren't my main guide. And because my higher self was a higher polarity than I could initially connect with, I've learned to connect with the secondary guides, and that gave me more practice in order to be able to connect later with my higher vibration guide.

One of the points is, as Barbara and Aaron have talked to you about, is practice. Practice makes it easier. The more times you try to make that connection, the easier it will be in the future. So try to make that part of your regular day in meditation. Just trying to make that connection can be helpful. Like anything that we do, any habit that we want to create, the more often we do it, the more likely it's going to be able to be enacted.



I find if I'm really sort of stressed out and having difficulty making connection, but I feel like I really need to, I'll do some toning. The way that I do that is I open up to spirit, deep breath, and I allow sound to come out. I don't control that sound. It will go up in register and clear out the chakras and help me relax so I can make that connection.

I'll give you an example of this morning. As some of you know, my father has severe dementia, and we've had to put him in memory care recently. He's been very combative so that we actually had to arrange for admission in a geriatric psychiatric unit last night. That was very involved and very stressful for all of us.

So, this morning I woke up with concerns about how they're going to be treating him. As a physician, I don't want him overmedicated. What his guides and my guides explained to me is, he has so much fear with his confusion that they can't reach him. The medications are going to help relieve that anxiety and thereby they'll be able to work with him better. And he will be more in a walking meditation space rather than in misery, as he is now. So, I was very happy to hear that, and am looking forward to working with the psychiatric physician to help him out. This is an example of one of the many ways that I use meditation in working with my guides to help. Do people have questions?

Q: I was late so I didn't catch everything, but I'm wondering what's the difference between connecting with your higher self and connecting with an external guide.

**Tavis:** There are a variety of guides that you can interact with at any time. But your higher self is your Overself that understands the plan of why you're in 3rd density now. And they understand what is optimal for your highest and best intent. So, when I'm asking for personal guidance, I will most often work with my higher self, or I'll work with Yeshua or Aaron. Those are the three highly positively polarized guides I go to.

There are other helpers, a variety of helpers. An example of my early helpers is, I'm part American Indian and my heritage is Western Band Cherokee. I happened to be in Oklahoma visiting family land sites. I picked up a guide that happened to be one of the previous chiefs, and he was with me throughout my ceremonial fasts for seven years. I was given a choice during the last fast to work with just my higher self and Creator, or work with my other secondary guides. It was explained to me at that time the secondary guides who were 3<sup>rd</sup> density were still held to ego and emotions and did not usually have information from higher densities that I will need. Their assistance would have limitations. I chose to just work with my higher self and creator. These other secondary guides were put aside for that time. Their guidance was important for the stage I was in when they joined me, but then I was moving on.

There were a few other secondary guides. They were all quite helpful at that stage that I was at. I eventually got to a stage where I could work with my higher self. Ultimately,



that's of more benefit to us in the long run because they know why you're here and what's best for you.

Q: Thank you.

**Barbara:** Tavis, as a physician, when you're working with energy with people, seeing a distortion, physical distortion, or whatever, are you working with a guide, with your higher self? What's coming through to support that energetic side of healing along with the traditional physical training?

**Tavis:** That's an interesting process. I have my education, I've got 30 years of clinical experience and teaching as medical faculty. But I also have this other intuitive advantage—it's not intuitive so much as guides. I have a whole group of medical experts on the other side. I can be working with a patient and, as I'm asking questions, information will just automatically come. I can correlate it with the education and experience I have and the information that I can pull together. So, it significantly helps in developing a diagnosis.

Now, as an MD, I still have to go through and order lab work and testing and do those sorts of things to make my case on the document. But I'm very fortunate to have some extra help on the other side to point me in a direction.

**Barbara:** I have one more question. I know that you work some with a past life aspect of yourself, so this is much more higher self than guide, I presume.

**Tavis:** That's an interesting question. So, higher self has been 3rd density form a couple of times. The individual that you're talking about, that's just one aspect of the higher self. And now, present Tavis can incorporate the two previous incarnations, their experience and knowledge in combination with his, and we have a much better understanding.

As Yeshua says, he was Yeshua 2,000 years ago and he's "more than" Yeshua now. There were the other two individuals before, and now there's Tavis, which is more than those two were in 3<sup>rd</sup> density. The information is additive, and the experience is additive. Does that make sense?

**Barbara:** That makes sense. I'm speaking here, let's say the most recent past life aspects— are there times when Tavis disagrees with them? What happens then?

**Tavis:** There are times when Tavis can look at the experience, especially the most recent one that we often talk to. Because there's been learning since that time, that individual appreciates the learning and growth that we have done as a part of Creator.



So, there's not a disagreement; there's an acknowledgment of learning and growth since the previous incarnation. Tavis respects the decisions and experiences of the other incarnation even when there may be disagreement (or even embarrassment) with what may have been done at the time. We each do our best and optimally learn from those decisions and actions.

**Barbara:** Thank you. Okay, I'm going to pass this back to the class for other questions you may want to ask Tavis.

**John:** If you're experiencing guidance, does it matter if you know that it's your higher self or an external guide, does that really matter?

**Tavis:** I think it depends upon the question you're asking. For me, I find that for things that are most pertinent to me personally, working with my higher self is the best option to go. It's sort of like going to a council and getting advice from different areas of expertise. My higher self knows the most about me, what my intent is in this incarnation for life in general. But I can also pull in advice from other advisors and get some other opinions or guidance. It's not that I have to choose one or the other; you can sometimes, when you get advice, choose a conglomerate of it.

As long as it's highly positively polarized and it sets with your heart well, I don't think you need to choose one over the other. Except my personal experience is my higher self knows what's best for me in relation to my intent. There may be other choices and options, but they may not understand my intent for this present life. Is that making sense?

**John:** Yes, thank you.

**Barbara:** I'm going to say something here related to that. Of course Aaron as my primary guide is an amazing being. But I think all of our guides have deep insight. Tavis is stating that his higher self knows his life plan. But it seems to me Aaron completely knows mine, too. I don't know why I turn more to Aaron than my higher self, because I love my higher self and I feel the energy and light and wisdom. But I do turn to Aaron more than my higher self. I'm not saying one way is right or wrong; just, I think our primary guides, if they are higher density beings, maybe, and not simply a 3rd density guide, do also know our life plan.

I don't know. Aaron, does a 3rd density personal guide know our whole life plan? So Aaron is not incorporated, he is simply saying, our 3rd density guidance knows our life plan, but it's still 3rd density. Our higher self is always 6th density. But if our primary guide is also 6th density, then either our higher self or our primary guide, both will offer very clear guidance. He pauses.





**Tavis:** So, to comment further on 3rd density guides, this is where I was given that choice after fasting. What was explained to me is, 3rd density is still caught up in ego and emotion, and they have a different perspective than 6th density. So you can get helpful information from 3rd density, but many times it can get overly filled with ego and emotion that might not be of benefit to you. You can get a much larger perspective from your 6th density guides.

**Barbara:** Or from your 6th density higher self.

Q: Are you aware of this experience: if you have been told by more than one person that they see a higher 6th density being around you, and that it's so very clear to them, at what point do you accept that what they're telling you is so? It's hard for me to accept it, because it feels like it gets caught up in ego. So I don't really know, except that I've been told by different people at different times about the higher density beings they see around me. Do you know what I'm talking about?

**Tavis:** Are you saying it gets caught up in your ego? Because they don't have an ego.

Q: Yeah, I feel like if I'm acknowledging that that is the case that I'm bragging, or something— of course, I'm only talking to myself, so who am I bragging to. But I just don't know.

**Tavis:** So the rule of thumb is if the message is positively polarized, then you can accept it as from a higher being. You can always look for affirmation with somebody else that you trust. You can see if the same information comes through consistently. And I will defer to Aaron to help answer this as well.

**Barbara:** Again, Aaron not incorporated, but he says look for the results. If you listen to this guidance, accept that there is some guidance there, it can be ego-centered to say, "Oh, no, no, it's not guidance." It can be ego-centered to say there is guidance. If you open to the guidance and listen and live by it for a bit, what are the results? Are they positive and loving or not?

Q: Thank you.

Q: My husband is aware of a different body entity upstairs. I don't feel it or see it. He had a sense that it's been there for years. We don't have enough skill or knowledge to work with it. Maybe there's some fear about asking what's going on... "Ghost" is not a good word, I apologize, but something he sees; sometimes they're very clear, sometimes it's just a feeling. But the sense is we don't have enough knowledge to know if it's good or evil. Sometimes he can sense that. But when Tavis said that part about checking in with negative polarity and he starts having this sense of fear, lately J has

had some real ongoing sense of fear and anxious dread. I'm wondering could it be coming from this entity upstairs, that he doesn't really have contact with but he feels it a lot. He doesn't acknowledge. If this is not a good question for our class I can pursue it later, maybe with one of you. If it is, I'd like to know what you think.

**Tavis:** Some people see other-density beings, beings on the other side of the veil. They can be 3rd density, 4th, 5th or 6th. Most of us cannot. And then it's a matter of do you need to pay attention to them or not. If they're asking, they maybe only asked you because they know you can see them. It doesn't mean you have to interact with them. If they're not causing you any bother, they're not bothering you, leave them alone. If they're causing you discomfort, that's a whole other level, and you need to work with somebody that can help you with that... I'll let Aaron talk about that more.

**Barbara:** Aaron again, not incorporating because he doesn't want to keep coming in and out of my body. He says he will incorporate this time...

**Aaron:** I am Aaron. My love to you all. The first thing I would do is to have you and your husband together—you say it's upstairs, so from downstairs, to simply say to this entity, "You are causing us discomfort. You must leave the house. You may not be here."

That may be sufficient. It may go. If it's more neutral or even positively polarized and just stuck, it will probably go. If it's negatively polarized, it will not go. At that point, as Tavis said, you need help—Ghostbusters.

So, this is something I've done on numerous occasions, always with at least two other people supporting it. That we simply gather, it would be with you and your husband and me and whoever would accompany me—Tavis, or some other persons, at least two additional people able to experience this entity, to hold space for it, to tell it that it must leave. To try to hear its pain if it needs to express its pain. In other words, not to get behind it and boot it out, but to tell it in no uncertain terms that you must leave, but we want to hear why you are here. What is holding you here? How can we help to support your moving on? To understand from the entity why it's holding to this house, or to you, or wherever it's holding.

Remember, this is a suffering spirit, a suffering being. So we are helping it to release and move on. It helps you, but equally important, it helps this earthbound spirit to move on. I pause.

I'm going to release the body back to Barbara...

**Q:** I can share an experience. There was an entity in my house, and he was very frustrated and angry. He was pacing up and down my bedroom at night. So I asked him, "What do you need?" He said, "I'm stuck here. I can't get home." I said, "Do you need



any help?" "No." I said, "Just go towards the light. That's where home is, and that's your way out." And he did that, because I never heard or saw him again.

It was like, I wasn't trying to get rid of him. I wasn't afraid of him. I was just like, curious, like what's going on? And when he told me, that's what came into my head, "Go to the light." I never saw him after that.

But I had a second one, a little girl that played in that house. She was always under the stairwell of this house. And I said, "Hello, there!" I said, "So what are you doing here?" She said, "I'm playing." She seemed pretty happy. I said, "Well, do you want to stay here and play?" And she said yes. So I said okay, well, her vibe felt positive, non-threatening. So I said to her, "If you need anything, just let me know." (When I would walk) in and out of the house I would see her sitting under the stairwell and we would just wave at each other. It was just sort of this ongoing thing, it wasn't a big deal. But she seemed to want to stay there so I just let her.

So anyway, those are just personal experiences. I don't know if that's helpful to anybody. But I thought I would share it. Thank you.

**Barbara:** Thank you. I'm going to share a personal experience, too. This is before I met Aaron consciously. We used to go every summer with our family, we used to rent a cottage in Nantucket, often with another family.

One year I was waking at night with a sense of dread. The children were waking and crying—they were very little at that point—and the other family's children. We kept seeing things passing by the windows outside in the dark, but just fleeting movement.

So the friend that was there with me and I, we just said, "Why are you here? You're disturbing us. You're frightening us. You're making the children uncomfortable. You need to go." And when we said "the children", we both heard this voice: "The children, the children—I must find the children."

So my friend went in town the next day and did research in the newspaper, and found that a man that had been staying in this cottage a year earlier—the cottage was right by the ocean. His children were swimming and were swept out by the tide by a— whatever. And then he dove in after them and they all drowned.

So the next day when he came back, we said, "Your children are not here. They has gone to the light. You must go to the light." And that was it.

Q: I just wanted to share an experience I just had. I was still working with the previous question, and then I asked, "Who is my guide?" Immediately a young man called Callan arrived, and Callan was a friend of my elder son. And he just died <>. He'd be in his late

30s. Callan was suddenly there, and I felt very strongly that he was not sure how to proceed, that he was kind of stuck. He died maybe less than two weeks ago.

So I didn't know who my guide was, but I felt these words come. I asked him to "Go to the light. It's safe. Angels are with you to guide you. Do not be afraid. I know you are confused, but it's okay. Go to the head<> and mountains you love." He loved camping alone, this young man. "From there the lights will come to guide you home. Relax into the light, Callan. You are safe. You are held. You are beautiful. Everything will be okay. Trust. The light is within you. (*Zoom distortion*) love you. Love is all there is. Feel it wrapping you up in a blanket, safe and secure."

So, as soon as that happened, I realized who my guide was, which is Alan. I used somebody who was like my guru in England, when I lived there, and I haven't heard much from him. But that's exactly what he used to do, when he was earthbound. He would have spirits come to him who kind of (*Q's Zoom screen freezes; speech ends abruptly*)

**Barbara:** Are there other questions for Tavis? Let me come back to that, before we move on.

Q: First, before I speak, Q, did you get a chance to finish what you were saying, because you were speaking muted.

Q: I hadn't realized I was muted. I got kicked out of the Zoom. I just wanted to say that—I don't know how much you heard, but I realized who my guide is now, which is a man called Alan, who used to help spirits that had passed over to seek the light. I'm just delighted that Alan's come into my life. That's it. Thank you.

Q: My question for Barbara or Tavis is, is there a way for us to cultivate connecting with our higher self, and is that any different than how we connect with our guides?

**Tavis:** ... you specifically ask who you want to speak with. So when I specifically want to speak with my higher self, I ask that. And I have a few questions. And Barbara has gone over this before, a few qualifying questions to make sure.

There's only been one time in probably 20 years that I got a misdia! But I could tell. After you've worked with your higher self for a little bit, you can tell. So, just hang up and redial.

**Barbara:** For me, cultivating my connection with my higher self—well, I spend much more time with Aaron than my higher self, so perhaps I'm not the best one to answer this.

I don't really listen to guidance from my higher self so much as feel that she is me. As I said, not masculine/feminine, but I experience her as female, at this point. I know I am that. And she's so light and radiant that it pulls me out of my small self, ego self, and helps remind me, "Yes, I am this radiance. She is me. I am looking at myself right here." And let go of the lower energy and vibration and bodies and just be her. And, like opening to the Dharmakaya, and then bring her back onto that sambhogakaya bridge with me.

Q: I just wanted to make a comment that I've noticed, and this is from several times, because several times you have given the instructions that we invite those who are coming from love and the good of all beings. And then there's the statement that those who are not can listen but not participate. I have this very strong visceral response to that invitation for those others to listen.

I have had a couple of experiences, one at the Casa and one at home, where I have felt a strong negative presence and was able to dissipate it with instructions for it to leave. But I don't know if that's contaminating my willingness to allow those beings who listen? And I guess I'm also curious—I suppose that comes from an openhearted place that maybe they can learn from the positive energy, but I don't know, I just have trouble with it.

**Tavis:** Probably two years ago a very good friend of mine had a very strong negative attachment that was causing kidney failure and dialysis. (We) removed it, and it tried to attach to me. And I just told it, "You can't attach, but if you want to hang out and see what I'm doing, that's fine."

We had conversations about, well part of the issue with service to others [*self?*] or negative beings is they feel powerful when they are in control, usually causing misery or injury to somebody that makes them feel better. The whole hierarchy. And I take the stance that it takes a lot more power and energy to loving and kind and help people heal than it does to hurt somebody. It only takes a second to hurt somebody. That's not a big deal; any of us can do that. And I had these conversations with negative energy, and they watched me, <> for probably 7 to 10 days. And then they left. They just left with an acknowledgment of what I was doing.

Did it change how they're approaching their life? I don't know, but I hope so.

**Barbara:** Thank you, Tavis. I want to add to that, that what Tavis is saying is what I find to be true too. But we have to trust ourselves and know where we're at. If something is terrifying us and causing us a lot of pain, we're caught up in that negativity. And, well, just telling it to go is not going to be enough—it's there.



But we have to realize that there's some entanglement, and that we have work to do to discern the entanglement—karmic, energetic, whatever it is—and we probably have to ask for help to disentangle from it. The help may be from human sources or from our guidance.

Some cultures have many means of helping people free themselves from negative energy. Our Western culture here does not have much of that, traditionally; we have to go outside the norm.

When I invite negativity, “You may stay and listen,” it's knowing that I'm presenting a very high positively polarized energy that's probably going to be very uncomfortable—like something that is made of ice coming too close to the fire—it will melt it.

Instead of saying, “Get out!”, which often comes from a place of negativity in myself, fear, contraction, if I say, “I know you are in pain. If anything I'm saying here is helpful to you, you may stay and listen, or feel free to leave,” I'm just ending my relationship with it, but out of compassion I'm offering it, “If this is helpful, you're welcome to stay.”

I don't know if that helps, Q.

Q: I think it may be an evolution, or something, because when I have had those experiences in the past, I did not end up having these beings continue to be present. So I wasn't feeling unable to banish them. But it was startling in both instances to have it occur.

In one instance my whole bed was shaking—I thought there was an earthquake. And then in the other I was in the crystal bed and there was pounding on the wall that I knew was not happening on the earth plane.

But I think at those moments, at least at my stage of development, I don't think I would be able to invite them stay and listen. Thank you.

**Barbara:** If you're coming from a place of fear and saying, “Get out of here!”, they're going to stay anyhow, because they know they're getting the best of you. From what you just said it seems that— you said they didn't stay, so there must have been some openheartedness, and your vibration was high enough that it was too uncomfortable for them and they left.

*(break to start new recording)*

**Barbara:** Tavis, is here anything else that's been unsaid that you'd like to add to what you're said?



**Tavis:** I think we've covered the basics and answered people's questions. If anything else comes up, we can explore that.

**Barbara:** Okay, thank you. I'd like just for a short while here, there are a couple of others of you who have strong connection with spirit, who have had strong experiences of your guidance or higher self. Having entities speaking through you, even through you. John, are you on? Would you like to share anything about your experiences, especially at the Casa but also in meditation with your guidance.

**John:** Yes, I'd be happy to share. I started receiving spirit plan guidance from a medium in Vermont a long time ago, in the mid-1980s, before I met Barbara and Aaron. The medium was Judith Davis and she would give me "readings" and meditation practices to work with.

However, I was never interested in mediumship myself, I think in part because it was somewhat in conflict with my Buddhist training. Spirit plane guidance did not play a part in Theravada Buddhism. It was a conflict within me between more traditional Buddhism and spirit plane guidance, is the best way I can put it. And so I was not really interested in mediumship, I think in part because of that conflict.

However, I have a long history, obviously, with Barbara and Aaron. Barbara introduced me to the Casa and I went there perhaps 15 years ago. The first time I was there, a guide named Abraham came to me. I was doing yoga and meditating in the pousada and he presented himself to me. I could see him and hear him very clearly. We formed a relationship. Whenever I'd go to the Casa I would make contact with him. But when I left the Casa and went home, I couldn't, and that was very frustrating to me. It seemed the veil to the spirit world is thin at the Casa, however when I returned home it was more difficult to see and hear him. There was grasping after wanting that same connection with him and that probably made the connection even more challenging. Eventually I decided to set it all aside.

Often before I give a dharma talk I will spend some time writing about the topic I will be speaking. Five years ago or so, I noticed that my thinking mind wasn't writing the notes for the talk, but it seemed like automatic writing. When I actually spoke the talk, it seemed similar, as though the talk was flowing through me, rather than "thinking" the talk. Before I was thinking about what I was going to say, but there was a shift in terms of allowing whatever wanted to be expressed, to be expressed. I guess that is the clearest way for me to describe it. I don't know if that's my higher self or an external guide, but my hunch is it's my higher self.

During the exercise we just did I got in touch with an external guide as part of the writing. I can tell the difference between my higher self facilitating the writing of the dharma talks and an external entity facilitating the writing, because the vibration is

different. During the writing exercise today I wasn't so much asking him questions as much as he was very chatty (*smiling*) and I was writing down whatever it was that he was saying to me.

**Barbara:** Thank you, John. Are there questions for John?

Q: John, this is not so much a question as it is a thank you. You explained how mediumship was working through you. And I remember the night of my dad's passing. I remember my hand moving and I'm saying, "I don't know what's going on here." But the words kept coming. And what you said today really helped out. Thank you.

**Barbara:** Any others? John, I remember your strong experiences with Abraham at the Casa. It seems he may have been more what we would call a teacher than a guide. That he's both. But he came to you at a set time to convey information that you needed. I remember how valuable what he said to you was at that time.

**John:** Yes. Abraham told me that he was a 3rd density being in between incarnations. That he was a vipassana teacher, and that he was there to guide me but also to learn from me as I taught vipassana. So it seemed like it was a kind of mutual relationship of sorts. He was a soccer player, and he was showing me his soccer moves. It was a unique experience. I was totally taken aback by the whole thing because I had never experienced anything like that. I remember writing to Barbara about it.

This present guide that just spoke with me today, it's not Abraham. He refers to himself as Peter. I had met him before when we had done one of these exercises at I believe the June Intensive. It was a while ago. I can't remember the exact event in which he spoke to me. But it seems like it is the same being.

He says we spent many lifetimes together and he's been my guide and I've been his guide. Now he's the easiest and best one for me to have access to at the present time.

I asked him if he is the one who has been writing my dharma talks for me? And he said no, that he doesn't do that, but that he offers his loving energy and support in everything that I do.

He emphasized the importance of trust. That trust is of paramount importance here. You do have the ability to hear me, John, and are doing so now. As Barbara mentioned, it does take practice. He said, "I know that you are busy, but you have to take some time on a regular basis, even if it's a small amount of time, to develop this ability to communicate." And that he's here for me whenever I wish. I remember Aaron saying some time ago that the only thing that was blocking me from being able to hear spirit more clearly was doubt.





**Barbara:** Thank you, John, and thank you everyone. So let's carry this now. I was going to invite a couple of others in the sangha who have done some channeling. But we only have 45 minutes left, and I want to move on to Eden Project, since this is a combined class. So let's hold all of this in our minds and our hearts.

And from this base of connecting to our guidance and our higher self, let's ask the question in our hearts: what is Eden to me? A couple of questions here: What is Eden to me? What does it mean to help move the earth into a higher vibration, into a place of greater love and compassion, of non-reactivity. All of you who have signed up for the class hold this intention at some level, conscious or not quite so conscious.

This weekend, some members of the sangha gathered together to talk between ourselves and with our own guidance about— a bit of background. Deep Spring has grown rapidly. Tana is sometimes overwhelmed because there's way too much for one person to do. But we felt that we cannot just go ahead and on a 3rd density level hire somebody without considering that the whole sangha is moving into a higher density. And anybody that we hire has to be somebody able to move into that higher density with us. How do you put that on a delineation of a job? "Are you moving to higher density?"

We realized— and spirit helped us realize—we have to hold the intention. If we hold the intention, then we can co-create this. Well, you are all part of Deep Spring and part of this force of co-creating. It's not just me or a few individuals or the board, but the whole sangha is co-creating a movement individually and as a sangha into a higher vibration and with the intention to bring that high vibration to the support of all beings everywhere— truly the alleviation of suffering, the awakening of this planet and the awakening of all planets.

So here I'm asking your help. We're going to go back—pick up your pencils again. I'd like you to approach this with either of several questions.

I would suggest a question, "How can I better understand what it means, when I'm part of this Eden Project, to evolve in this way? What do I need to know?" That's one possible question.

One is, "What is my part and opportunity to co-create in this? What do I need to know to help co-create this transition into high vibration for this whole earth?"

And another question, "I'm part of Deep Spring Center. How can Deep Spring support this, and how can I support Deep Spring to support this? What needs to happen here for Deep Spring to co-create this force to move into a higher vibration, and for the Deep Spring sangha as a whole, to co-create this?"



I don't know if I'm clearly stating the question. I'm going to turn to a couple of board members who maybe have a better ability to state the question. I'll ask Tavis, or maybe Julian or Colette, if any of you have any thoughts on what direction is best for people to start to ask their guidance (about), and how we all co-create this and invite it together.

**Tavis:** Whenever asking these types of questions, I always qualify it with “the highest and best intent of, in this case, Deep Spring, and for us to help to raise the vibration of individuals, Deep Spring, and the whole earth. How do we manifest this?” And leave it an open question like that.

**Julian:** I will offer what is occurring to me... It occurs to me that something that we all might consider, that we begin to view ourselves individually and collectively as participants in ‘co’ (which means collaborative) -creating Deep Spring Center as an active, dynamic, evolving expression of early 4th density activity.

And the reason this occurs to me is because it's very easy for myself, and perhaps for others, to remain in a more passive condition of student aspirant— he or she who hopes that I'll learn more in this program and become less of a suffering, eager student and more of an aware student.

And what is occurring to me, as I listen today, is that perhaps it would be good if we all look in the mirror and say, “I am a participant. I am an active influential being. And I now take responsibility with myself for participating in this manner as an active influential being.”

So, I'm no longer waiting for 4th density to occur or hoping that 4th density will move along. I'm no longer hoping that Deep Spring Center will somehow begin to help me learn how to be 4th density. Instead, I am in a sense looking in the mirror and going, “Hello—I am an active participant. And I am empowered to express as an awakening 4th density awareness and contributor.” Thank you.

**Barbara:** Julian, thank you for a very clear and beautiful statement. I appreciate that.

Okay, I'm going to jump off here one more place and ask Colette—please feel free to say no, Colette; feel free to say yes. We had this discussion on Sunday, just very few of us. Some of you know that Colette is a very clear channel for Yeshua. She's been learning how to do that for the past few years. A year ago, I would not have asked her, but now I know how clear a channel she is. So does she! Colette, I wonder if you would want to add anything here, or if Yeshua would like to come forth and speak to the group; either way. And if not, that's okay. I'm putting you on the spot in front of the class! I don't mean to do that.



**Colette:** That's okay, Barbara. I would be delighted to bring Yeshua through. As Julian was speaking and talking about us stepping up to the plate and of looking at ourselves as active participants, I heard Yeshua's words that he spoke about in the Eden Project last year when he talked about this movement into 4th density.

Part of that is transparency—your relationship with yourself. Understanding and having awareness of all the things that we learn about ourselves in vipassana when we pay attention—when our ego shows up, when we're reactive, when we're this and then that—but learning to have a peaceable relationship with it. I think, as Aaron said, when we go into 4th density, everyone can read your mind—are you comfortable with that? And I say, “No! No! Please don't make me do it!” (laughing)

As part of this movement into 4<sup>th</sup> density, Yeshua has talked about learning to be aware of our own internal process and to communicate that. In the meeting we had yesterday in the small group, I had very strong feelings about certain things. And so part of my own process—using myself as example here but this is really applicable to all of us—is that when we set our intention to move into 4th density co-creation, part of that learning is developing the self-awareness to know what is going on with us in any situation and being open to sharing that with others.

So during this meeting, I shared what I thought about certain topics, how I felt emotionally and my awareness of my personal reactivity – basically a ‘full disclosure’ of my internal process. The details of that conversation are not important, but it is just an example of when we set intention—as we step up to the plate, as Julian said—can we have a peaceable relationship with our own internal process, however messy that may be, and can we share that in our conversations/relationships with others as we move toward greater transparency in engaging the process of co-creation.

So if you would like Yeshua to speak, I'd be happy to bring him through. I just need some time to settle in and connect with him, and invite you to sit in meditation with me for a few moments.

**Barbara:** Take your time. We will all together hold space. And thank you.

**Yeshua:** Ah, my beloved ones, I am Yeshua. Every time I come to you I call you my beloved ones because you are. You are my family, my soul resonance group. We belong to each other. And truly there's no “each other”; there is only the Creator, and each of you are like individual jewels on a gorgeous necklace. But it's just one necklace; we're just one family. And so that's why I say, “My beloved ones”—what other words could there be to just say, “Ah! I love you so.”

And thank you for the invitation to speak tonight. I will just be brief; it is late and I'm happy to come talk to you at other times.



In speaking of this topic of co-creation—as an individual inviting, asking what are you here for—it is also important to consider and include your contribution toward your sangha, your soul family.

There are many light centers on this planet, many light centers all around the universe. And earth right now is in this crucial point of transition. So Deep Spring is one of those light centers. Ah, but my dear ones, it is so powerful! You will come to realize the great power that comes out of any gathering of beings that come together in love and with a unified purpose.

Of course, what greater unified purpose is there than just to be love and light! But in a 3rd density environment moving into 4th density, there have to be the ‘boots on the ground’—you know what I mean! The intention needs to come into the reality where it can be seen and it can be worked with—where it can come into aliveness inside your own heart; aliveness within your personal relationships; aliveness with your relationships in the sangha—and aliveness within your connection to Spirit, which is the *overlighting* light center.

As I said in our small group meeting yesterday, when envisioning the possibilities of a 4<sup>th</sup> density Deep Spring light center and inviting its highest good, this may take much time and conversation. This includes time considering your own thoughts and discussion with your own guides; time in discussion with your friends in the sangha and in meetings like this as we go forward in The Eden Project program. Asking each other: What do you invite? What do you envision? Where is the commonality in that, and how do we get there?

In this process of exploration and co-creation, imagine a tree. All you can see is the huge canopy of this magnificent tree that’s so large you can hardly see it all. And in that canopy of the tree is you, your higher self, your guides and every member of your sangha. Including other spirit beings in the Council of the Brothers and the Sisters of Light, who have come to support you and come to support Deep Spring as a light center. Imagine them all together—just this glowing, beautiful, canopy of the tree enfolded in this high vibration of the light.

And then, from that great gathering of spirit, imagine the trunk of the tree coming down toward the earth from this canopy of light. Usually, you envision a tree as growing up toward the sky from the earth. But in this instance, imagine the tree coming down to earth from this great high vibrational place of love. And as it comes down, it takes form with a trunk and branches and clothes itself in bark. Then when the trunk meets the surface of Gaia, the roots go into the earth, and spirit and earth are anchored.



So in your co-creation you are building this, and you are bringing the vision down into *your* body, into the body of the earth, into your relationships, and you are anchoring this. You are anchoring the light and the 4th density energy into Gaia.

While this visioning may sound somewhat esoteric, it can be brought into your daily life in many ways—in both profound times of resting in spirit as well as into everyday practical and simple moments. At any moment and in any experience you can invite yourself to come into awareness, center yourself in the present moment, and open into spaciousness.

While you are in human form, life is hard. There are struggles. Things go wrong. You're mad at so-and-so; they're mad at you. Contraction, contraction, contraction. That's natural.

The greatest gift you can bring is to come into center, open into the moment, release, invite, sit in love and light and radiate that. As you do that you become a radiant, glowing sun in this light center. You bring this great vision. You create the trunk. You grow the bark. You grow the roots and anchor them into Gaia.

And with that, Gaia ascends, and all of you with her. Deep Spring takes its place as one among the family of light centers with whom you will likely connect more and more, especially as you connect with spirit. Because we're all connected.

So, I leave you with that vision: there is the global, overarching canopy of the tree, and the then the trunk coming down and creating a bridge between spirit and earth. And each of you becomes a root to ground and anchor these energies into Gaia.

And what creates that is not only intention and inviting, but your ability more and more to just open and be a channel. A channel is an open space. You bring the vision through—through your body, through your energy, through your love and through your light, and you say, "Here it is, Gaia. It's time to ascend."

So I pause at this moment. If there are questions, I'm happy to answer. If not, I will return the body to Colette. My love to you. I am Yeshua.

**Barbara:** Are there questions for Yeshua?

Q: I have a question. I have been thinking, as you've been speaking, about how we tend to the 3D knitting, as we're here. And it seems that we need to build a foundation from 3D into 4D. It's like, if we don't do that, we haven't done the work that we need to do here in order to prepare for what's next. So I would ask for you to tell us, Yeshua, if you have any specific recommendations about what Deep Spring can do to make it an



easier place to be and make it easier to support the growth. Very practical, rooted, tending to the knitting kind of consideration. Thank you.

**Yeshua:** Thank you for that question, Q. So, when you want to bring it down to the very nitty gritty, what can you do?

It is not necessarily a glorious or complicated process. What you can do is learn to be at peace with yourself, with all the things about yourself that you may not like. Learn to be present with the things that you would judge about yourself, or about others, focusing on failures—anything that brings contraction into the small self. Because in order to do all these other things there must be peace with the small self. As Aaron has taught you so much in vipassana—how to find that place of peace, and also to be in the center of the bridge.

And as I was just saying, how to open. It's one thing to open when you are sitting in meditation—you feel at peace, you feel high energy, you feel connected to spirit—and you can take time to settle in and feel the contraction release. And in that beautiful light/love spirit energy you can sense yourself opening and offering that to the world.

That experience of opening while resting in spirit is the foundational experience that provides you with the ability to open as well in the more mundane, practical experiences of daily life. So do not set that foundation aside. Yet learn to be able to come into any experience that you are having at any moment and access that same place, that foundation. And from there to negotiate whatever experience you are having with as much love, compassion, generosity and forgiveness as you can.

So, you will probably get tired of hearing me talk about “sharing your process.” I know I sound like a psychotherapist; Colette likes to tease me about that! Because as you share your process in real time, in a personal relationship, or within a situation with other people, you are co-creating. You are co-creating the relationship or the ideas and possible solutions to a solve a problem or develop a vision.

I'll just use an example. Say you've been in meditation and everything is glorious and you're showering the universe with your love and light. Then you walk into the kitchen and your partner is there, getting on your last nerve because of something.

Come into presence; breathe, “Ahh...” Check in with yourself. Check in with your partner. And then have a conversation about what you're feeling, about what they're feeling. Hearing each other. Because without hearing each other there's no co-creation.

And while at times you may experience a sense of co-creation within yourself with spirit, with Gaia, with the devas in the spirit realm, that co-creation has to come down to the present moment. What's here right now? What's here right now, in my face? What is the



situation and how can I move into it with spaciousness? Address it with love. Be authentic and transparent where possible, and if that's safe. Listen and co-create.

It may simply be about who's going to clean the kitty litter or take out the garbage. It's not necessarily always about the grand and glorious things. It's bringing this co-creation into every single moment that you can.

So I have no complicated strategies or processes to share with you about this. But as you asked for the nitty gritty, that's about as nitty gritty as I can get. Q, did I answer your question?

Q: Partially. I think you reinforced the notion of how we need to be when we're doing. And I was looking for some guidance along the doing—what's a good next step? You know, we aspire to have the end step being available, truly available for 4D. And it seems that we have some building to do. I guess maybe my question is, what's the next step in building a strong, viable Deep Spring organization?

**Yeshua:** So, I think I hear your question more clearly. There are many next steps. Some of them belong to the various departments, teams and staff of Deep Spring under the leadership of the board in considering, "What do we all envision for Deep Spring? What do we need to accomplish that? What people do we need to accomplish that?" And then finding a way to bring the vision into reality. Not every individual in Deep Spring will necessarily have direct involvement with that process.

So, I would say, connect with your guidance and ask: Is there something that I can give to Deep Spring? It doesn't have to be grand or glorious. It doesn't necessarily have to mean having a position or anything. But ask your guidance: what can I bring? What gift can I bring? Not only the gift of yourself and your open heart and your willingness to listen and collaborate, but each one of you has gifts—more than one gift. And it would not be for me or anyone to say what gift you should use or how you should use it, because that has to be in sync with your own vision, where your life is at this time, what resources you think you can or cannot give.

So, I'm probably not answering your question as concretely as you would like. But I would say, start with your guidance. If you don't hear guidance specifically, listen to your dreams. Ask what opens your heart when you think about it. What draws you? What do you want to give?

And when you have clearer ideas on that, then talk within your small groups, share these things. And as you feel moved, then share with Barbara, Aaron, if there's something you want to share.



While within Deep Spring there are the small groups, the board and committees, we are all one big soup pot! And each one of you is an ingredient. So come, name your ingredient! What ingredient would you like to bring? And then tell us. I pause.

Q: Thank you for that clarification.

**Barbara:** Any other questions for Yeshua?

**Julian:** Yeshua, could you offer us, in a very simple way, a demystification of our concept of mediumship, of communicating with non-incarnate beings? Is there something that you could offer to encourage, that we in a sense take it less seriously so we become more available to the continual streaming of intuitive input of available sharing? Thank you.

**Yeshua:** Thank you, Julian, for that question. It's actually a very important one, so I appreciate you bringing that up.

There is sometimes a little bit of awe, when people think, "Ah, a medium—this person is connecting with other entities," or they can hear them, or an entity can incorporate and speak through them. And that is just one form of mediumship.

Mediumship, if I were to demystify it, is the ability to bring yourself into a place of openness—with preparation; creating sanctuary and inviting protection and your higher guidance and however you would do that—not to invite other entities to speak, necessarily, but to invite the universe, if you just want to think of it that way, to invite spirit. It doesn't have to be defined—your higher self, or this guide or that guide, or anything. But to invite what—from all the amazing wonder and goodness and beauty and inspiration of the universe—can you serve to bring into this earth.

It may be inspiration. It may be simply intuition, how to reach someone who is in pain. It may be just an impulse for an act of kindness. It may be inspiration to solve an engineering problem, or create art.

Mediumship is bringing forth some aspect of the fullness of the essence of creation through you as a specific individual, a specific channel, into the specific place where you are having your experience—which right now is in this 3rd density body in this 3rd density world evolving into 4th density.

So I would encourage you, each of you—even if you think that you have no ability to be a medium—to take the label of mediumship and set it aside—because it's been so used to define a specific type of thing, such as incorporating entities or talking with guides, and all of that.





Consider and understand that each of you is a channel. You are connected to spirit. Each one of you unique. Each one a medium who is bringing something through and into this earth experience. Sometimes all it may be is bringing through a centeredness and a peace that radiates into the environment.

So, I would ask each of you, if you can, to set aside what you think the word ‘medium’ means, or ‘intuitive’ means, or any of that, and just ask yourself, “What can I bring?” Ask spirit, “What can I bring?” Be open to what you can bring.

Someone earlier today in this discussion brought up the idea of distraction. And there are times in the day where there’s distraction, either because you’re multi-tasking, or your brain is fried and you want five minutes to play a game on your phone just to disengage. I make no judgment about that.

And within a day, there may be moments where you choose to take five minutes to play the game so you can chill out and relax. But there are also many moments of the day where you might mindlessly go about your day in a state of distraction. How can you bring more mindfulness to your day, more opening to your day?

That is mediumship. It is the opening. Because nothing can come through if you’re not open and attuned and welcoming.

So, I pause. Thank you for that question, Julian. If you’d like more clarification, please let me know. Good? Thank you.

**Barbara:** Thank you, Yeshua. I found what you said very beautiful. You said to bring forth the fullness of creation in whatever ways we can. I found that very moving.

Aaron spoke to me at that point, saying, it’s like many people have been growing the vegetables and the chicken, or catching the fish, or whatever, to make a rich, beautiful soup. They’ve been growing herbs and they’ve steamed, created the soup. But it lacks something. And one person who’s been out walking miles away comes back and says, “I just was at the ocean and I have some salt.” Just that! So, the soup is made; maybe it needs a little bit of salt. We each have something to offer to bring forth. So I was very moved by what you shared.

Yeshua, I would love to hear more from you, but another time. So thank you very much for coming in tonight, and thanks to Colette.

I would like to point out to the group that Colette came to me, I don’t know how many—4 or 5 years ago, saying that she felt she was connecting with spirit but she doubted herself, etc., etc.. And I said, “Well, if you want, we can work with it together.” We met, I guess once a month, for several years, Aaron and I helping walk her through more



deeply connecting and gaining—I won't say gaining the confidence so much as releasing the doubt and trusting her experience.

At this point, I find her a very clear medium for Yeshua. I'm very grateful to have Yeshua to hang out with us and talk. So, thank you, Yeshua, and thank you, Colette. I wanted to point that out because it seems to be part of this whole question of mediumship. Yeah, you can do it to whatever degree you want. You can bring the salt, or you can bring forth an entity, or whatever is appropriate for you.

We have just a few minutes left here, so let's look at the work we did in class. I would like you to take this back and practice with it. Connecting with whatever. Always challenging it. Making the statement, "Do you come for the highest good of all beings and without harm?" Creating a sanctuary within yourself wherein because of your high vibration nothing negative will break through. But if it does break through, challenge it. The purity and love in your heart will carry you forth.

Please reflect on this question that we've brought up: what does 4th density look like to me? What is my part in co-creating this? If Deep Spring is a useful medium for me to use to help co-create 4th density, in what ways can I co-create it?

And I think this is a wonderful question to bring up in your small groups. To begin to talk about, both in terms of Deep Spring and in terms of higher density, really being, co-creating higher density. Your intentions, the love in your heart. Talking about doubts as they come up. And talking about both in what ways can Deep Spring serve to help this evolve, and in what ways can I help Deep Spring to do this work?

We're co-creating. Thank you for being co-creators of this Eden with me. I love you all very much. And I think we have about 5 minutes, so let me just ask, if there are any questions, we can open to them. Aaron says his blessings and love to you. My voice is on the verge of dying out. He says we will answer questions briefly, but he doesn't want to further strain my throat. So, not much talk. So, go ahead, if there are questions. (*No questions.*)

Good night to all...