



November 2, 2021 Tuesday Evening, Eden Project

(This talk not yet reviewed by Barbara and Aaron)

Chakras: Review, Toning, Back Chakras; Guided Meditation Reopening the Kink in the Hose; Guided Meditation to Observe the Process of Closing and Reopening Chakras

Barbara: Good evening. I'll talk a few minutes while we wait for the last few people.

Some people have had some confusion with the Eden Project having numerous parts. Remember, when we envisioned this back early last spring, nine months ago and before, we really didn't know exactly what we were setting up, what we were getting into, so we organized it as best we could. Numerous people had said, "We want a class in mediumship." Okay. Many people said, "We want to keep going with Dharma Path." Okay. Many people wanted more in-depth meditation. Many people wanted just to focus on the Eden Project itself.

We broke it into parts. Aaron kind of shrugged to me and said, "You humans are in charge of it." He doesn't tell us what to do. But we finally see there's not really a good reason to have four different parts, because when you register for the Eden Project you can attend any module, whether or not you clicked on your intention to participate in that module. Even if you didn't click it, you're welcome to come.

Aaron is not able to divide it precisely. He's mingling the parts.

In board discussion, and with some, I don't know what the word is, class creation advisors, we finally decided that starting in January we're going to drop the names of the modules. When you reregister for the class in January, you will simply reregister for the Eden Project. You are then welcome to come to whatever modules—they're not modules anymore—to whatever weeks you wish. To those people who say, "I can't come three times a month, four times a month," okay—come when you can. Try to read the transcripts in between.

So, it will all be mixed together. There will still probably be a focus on dharma once a month, and a focus on a wider Eden Project once a month, but not necessarily. This three-hour class will shorten to two hours. Each time we meet will be two hours. The vipassana class the same also, registered through the Eden Project. Not separately registered; accessible through the Eden Project. And the Aaron night, for those of you who had not regularly come to the Open Aaron nights in the past, you don't have to register for it separately starting in January; it will just be part of the Eden Project. Others who are not enrolled in the Eden Project will still need to register separately. But all who are in the Eden Project will not need to register separately.

Julian, do I have that correct? Okay. Thanks to Julian and the rest of the board for getting this organized and clear, and helping us find a way to get rid of the muddle..



Okay, a couple of notes here. November 12-14, Awakened Retreat. What would have been in the live retreat past, a retreat held near Durham NC, sponsored by the New Hope sangha, John's sangha, but right now it's all on Zoom. Deep Spring is running the retreat. And especially for those who did not attend the weeklong retreat, I really recommend you consider enrolling for this retreat. Friday afternoon through Sunday, part day Sunday. A chance to hear instruction at all levels. If you have friends who are interested, we'll have separate instruction periods for beginners and experienced. Dharma talks; a chance to meditate together; and just the container that helps invite us to sit quietly and say, "Okay, I'm on retreat this weekend so I'm not going to mess with this or that, I'm just going to spend some time with my practice, deepening." So, please consider. The Zoom link is on the Deep Spring website.

(Pause for Zoom difficulties.)

So, please consider this retreat as a way of deepening your practice. Taught by me, John, and Aaron. Focus on meditation and deepening practice.

Tonight we're going to focus on a couple of things. I'm going to start by talking, and then Aaron is going to lead one or several guided meditations.

Let's start with putting certain building blocks in place. *(pause for Zoom difficulties)*

Chakras (more details attached at the end)ⁱ. I would guess that everybody here is somewhat familiar with the chakras, but let's review them. This is brief. On the Deep Spring website, if you look in the Archives or wherever under "chakras", you can find a lot of talks that Aaron has given, that I have given, specifically about the chakras. In the January weeklong healing workshops we worked in depth with chakras. So this is just to make sure everybody has the basics.

Base chakra. It's at the base of the spine. Really just centered—not back at the back, not at the front—centered. This is our connection to the world. It's the place where energy comes into the body, one place. The color that's usually associated with it is red.

I'm going to lift the camera for a moment... Can you see the chakra chart there? Red, orange, yellow, green, blue, indigo, violet.

The second chakra, often called the spleen chakra. Orange. Bring your hands right there, below the navel. Just inviting energy there. Orange color. The spleen chakra and the solar plexus above it, which is above the navel, orange and yellow, relate to our relationship to ourselves and the world.



I'm not specifying too much which is which, because often our relationship with ourselves and with the world is very intermingled. If we can't relate clearly to ourselves, it's hard to relate clearly to the world.

Then we come up to the heart chakra. This is essentially the open heart, the place of love within ourselves; the place where we connect to everything. Bringing everything into the heart; pouring ourselves out. Heart chakra. The color is green. And then blue, to the throat chakra. Communication with spirit! Invite energy into the throat there.

Up to the third eye. The third eye is our further connection with spirit. As I said, I'm vastly oversimplifying it. I will send out to you all something my friend Carla wrote, who co-channeled the *Aaron/Q'uo Dialogues*; a beautiful article she wrote about each chakra. A couple of pages on each chakra. Read them if it interests you. You are not obligated to read them. But I think you'll learn something if it interests you.

Third eye, and then crown. Crown, energy coming down into our body, into the crown chakra. If you feel in your head, you'll feel a place that sort of has, not in the skeleton, but there's a certain softness. If you come to the right place you feel an energetic opening.

And above the crown, about 4" above, that's the highest chakra.

Each chakra has a tone. (*getting her tuning forks*)¹ C is the base chakra, and I don't know if this is going to come out in the sound here, or not... No? Okay. There's a vibration. There's no way I can share that with you over Zoom. (*long pause*)

¹ These were precisely suggested by the entity Dr. Valdivino, who helped me choose them. Bought in 2004 from. <http://www.luminanti.com/>

The very knowledgeable salesperson at Luminati said:

"I would recommend the Harmonic Spectrum Set because they progress lower to higher exactly the way you say you are attuned to. The Chakra Set as I said, is not on a musical scale, but is based on mathematics, the rotation of the sun around our planet. They do not progress in frequency. So yes, I would recommend the Harmonic Spectrum Set in the frequency range that you have given me. We can certainly make these for you with no problem."

Back then, they were \$336 total

Custom 64 hz weighted
Custom 72 hz weighted
Custom 80 hz weighted
Custom 85.33 hz weighted
Custom 96 hz weighted
Custom 106.68 hz weighted
Custom 120 hz weighted
Custom 128 hz weighted



C, D, E, F, G, A, B, C. One octave. Lower C to higher C. Each chakra resonates especially to one of those. The highest C, C-D-F-G-A, A, B, F, G, A, B, C is here, the highest one is way up there. Can you hear that one at all? No.

Okay. Those of you who have iPhones or iPads, you can get iPad tuning forks. You can hear the tones. You can get an app that gives these tones very clearly, that doesn't vibrate as tuning forks do. So, the tuning forks are very helpful, but we're not here in person, and tuning forks are expensive. You can get an app that will give you the appropriate tone. And then just tuning with it, holding your hand over the chakra.

Holding the hand over the chakra, F. If you have that kind of hearing that you can feel F, (*tones F*)... Now, I'm tone deaf, so don't go by my sound of it. But chanting that note to yourself, hand on the heart. F, G... F, G, A, B, C. Chanting down at the base, lower C. Spleen, D. E at the solar plexus (*tones E*)...If you get it in tune you'll feel the chakra vibrating.

Try it. Just play around with trying for the tone until you can really feel the chakra vibrating a bit, as you (*tones*)... That's more base.

This is one of the ways we can help invite the chakras to open and bring more attention to where they're not open. They are always open. They just kind of get twisted, tangled a bit, so they don't seem to be open.

It's hard for me to direct you very specifically with this, with my unclear voice. I don't know if John or anybody here—does anybody have the clarity of voice to take a minute or two to give us a low C, D, E, F.... anybody have that certainty of their voice? Too unclear, John?

(John is not picked up by recording)

I actually, using the tuning forks, have become pretty good at getting the note, because the vibration (*tones*)... I can feel when my voice is vibrating at the same vibration as the tuning fork. But you can't hear it from me anyhow, so it doesn't matter.

The point is, there is a way to touch in on these chakras and invite them to be more fully open.

Now, beside the chakras that we've just introduced there's the front crown chakra about here, and there's a back chakra about here, About halfway between the third eye and crown on the back. Then halfway between the third eye and the throat there's another



back chakra. Halfway between the throat and the heart—I can't reach it, but on the back. There's a whole sequence of back chakras going all the way down to the base.

Our energy system moves all the way around. I can't say it goes up the front and down the back; sometimes it can go down the front and up the back. It's moving around. John, in your experience does it go more in one direction?

(John is not recorded)

Thank you. The most important thing here is not which direction it's moving—because as we've just said, it can go either direction—it's that there be increasing awareness if it's blocked. Just bringing kind attention to that blockage.

When I feel a certain chakra blocked—for me it's often the solar plexus. Just bringing attention to it. And then I often use the E— base C, spleen D, solar plexus E. *(Tones)*...

But all the chanting in the world won't make a difference unless I hold the intention to invite it to open, which means a willingness to pay attention to what has brought it to closure.

As I said before, it's never really closed. The chakras themselves spin. Picture holding water in a bucket and spinning the bucket by its handle so the water is forced to the bottom of the bucket. If there was another bucket spinning above it, the water at the top of this bucket and the bottom of that bucket would merge together. The chakras are spinning and sending energy through. As John just said, it can be going up or down. But it's connecting to the next chakra.

When we say a chakra is closed, it means that chakra is not really spinning. So, energy is coming into it from below or above, but then it's becoming a dead end. It's not spinning, so the next chakra is not receiving energy. If the next chakra is spinning, though, it may be sending energy, but it's not receiving energy. And that forces us to feel wiped out, because the chakra energy is not moving through.

I'm vastly oversimplifying. And in the healing workshop in January we'll go into a lot more detail and work with this more specifically. And have everybody be prepared to have an app that gives them the sounds of the chakras to work with. So this is just more informative for now.

When a chakra is closed, it's closed for a reason. It's not that we said, "Oh, I'm going to close this chakra now." But without mindfulness, there's some kind of fear, some issues that we have that are not resolved, and the chakra stops spinning.



The important thing here is to become aware of when a chakra is not open, is not spinning, and again, to hold the intention to invite insight into the reasons why it's not spinning.

I'm going to give you an example here, that I spent weeks on, lying on the ground here in front of my altar on a mat. I was very aware that my solar plexus chakra was very closed. In meditation and also just in mindfulness, I began looking at what issues attend to the solar plexus chakra and my relationship with the world and with myself.

I asked if there were any past lives that were relevant. I said I would like to see those past lives. This is not Aaron telling me about it but in meditation being willing to literally re-experience this past life.

I spent hours, an hour or two each day for over a week, lying there on that mat, feeling so stuck in the solar plexus. And I began to see a Native American ancestor who had been caught by his enemies and was being put to death in a way that seemed cruel at first but was simply the way they put people to death. He was staked out on the ground, even his hair tied down to the ground, and his feet. Thongs held down his arms and legs. And then they slit him open from just below the breast bone to down below the pubic bone. Not deep enough to cut the organs, just pulled the skin aside and left him like that. There were carrion birds in the trees and they began to come. He was helpless; he couldn't get away from it. They were eating his insides.

Of course it was excruciatingly painful, but much more than the pain there was rage. It took me days working with this before I finally came to the readiness, "My intention is the highest good of all beings and harm to none." This karmic ancestor knew for himself there was no way he was going to survive this. The question was simply, could he die lovingly, offering of himself, freely offering to feed others? Or was he going to die with hatred and rage?

I found, as the days went by and I kept coming back to this practice, it was excruciating, emotionally and spiritually and physically, too. I kept coming back to it. Finally able to really open my heart to these carrion birds and say, "Come and eat."

At that time I had a severe hernia in my abdomen just at that place. It was going to need surgery, and I was working to invite as much openness to healing as possible there. I was scared of the surgery. I didn't feel ready for the surgery. But as I worked with this day after day, my energy opened and I was really able to relax and just say, "This area is already healed. Let all who are hungry come and eat. This body is gone. There will be a new body in time. I let go of the rage in the belly."

When I came to the surgery, it was a much lesser surgery than they anticipated. When the doctor opened it up he said I did not need a patch. I did not need to stay in the



hospital; they sent me home that day. He said the tissue was ready to be sewn up lightly and the skin drawn together.

But this is less about the physical body right now—I've been talking about the physical body—than the chakras, the energy. The important thing for me there was that these chakras opened and energy began to flow through my system again.

There are many powerful ways to work with the chakras. Many of you have reported to me the opening of the throat chakra; finding you're more able to express your feelings and your thoughts as the throat chakra becomes more open. Opening the heart chakra, of course; being able to really open ourselves with love. Opening the third eye into deeper spiritual insight. Opening the base chakra; deepening in the intention for survival, to live in this world, to stay in this world. Sometimes called the root chakra; to root ourselves in this earth. So it's very helpful to look at the predominant issues around whichever chakras are habitually closed.

That's Part 1 of tonight's information. Let me pause for time for some questions, before I jump on to Part 2.

(Questions not recorded)

You don't get the same vibration with a piano that you get with a tuning fork. And you need to be in the right octave of the piano. The chakras are functioning more in a very specific octave. You can feel the same thing in a higher octave but there's less, I don't know— We used to have a piano in the house that was tuned. Maybe because I'm deaf, but I could feel it much more with the tuning forks. Play with it, with John's tuning forks and your piano, and see what you get.

(Q not recorded)

Play with it. All of my kids played the Suzuki cello. This is going to sound pretty hilarious to some of you, but I was the tuning mom in the class, because there was a piano, and I would press the key on the piano, and take the cello strings and tighten or loosen them the right amount until it was the right vibration to the piano key. None of the other parents in the class could hear it. I couldn't hear it, of course, but I could feel the vibration. Just play with it, have fun with it.

Any other questions about chakras, before we go on?

(Q not recorded)

The back chakras play into— in other words, the heart chakra and the third chakra, and the issues that are most found within the heart chakra and the throat, when I go to the back chakra between heart and throat I see how much it pertains to both.

Now, the chakras have an interesting power. Let's say the heart is closed—I'm not sure I can diagram this with my hands, but if the solar plexus is open and the throat is open but the heart is closed, but there is also like a weblike structure of meridians that goes from the solar plexus to the back chakra that's between the heart and solar plexus—solar plexus, heart, back chakra, energy line here, like the ley lines of the earth, an energy line. Well, it can go from the solar plexus to the back chakra and up, and then come back to the throat, so it circumvents the heart.

It's very interesting to play with this and see what's being left out. What patterns do we have of just not letting energy move freely, but it's finding a way around. But it's an awkward way around; an uncomfortable and not very strong way around.

So at that point— and I can't reach my back, but I do it either using— I don't use metal, I'm simply taking this because it's what I have at my desk. But using something of wood, bringing energy to that back chakra point.

It's almost more emotional/mental/spiritual than it is touch. Am I willing to allow it and invite it to open? And it can be a profound shift of energy, when it opens. And because so many of us are in the habit of not having certain chakras open, having the energy sidetracking itself, it may feel pretty strange at first for it to move through. But eventually it settles down and it feels right.

The other part of that is, as it opens, predominant issues that have been at play that are influencing the chakra being not open, these begin to resolve.

I hope that answered your question. Other questions?

(Q not recorded)

Go to the Deep Spring website and google "chakra". I think that the Archives are set up to the degree that these are accessible. Nothing new has been added in the two or three years since we've been trying to get these archives together and working again. We're still working—you know that there's a new Deep Spring site, but the Archives are not fully uploaded onto it, the last three years are not. But before that there is still quite a lot of material on chakras.

Think of it as a spiritual practice, not a way to fix something in yourself.

Anything else?

(Q not recorded)

Let me go to it... I cannot answer to that, Q. I don't know. Q says, "I believe there are two different commonly known tuning schemes, one using A=440Hz and the other using 432Hz." I know I have that specifically I think in *The Aaron/Q'uo Dialogues* in a chart that talks about the chakras. But at the Casa, the entity, Dr. Valdovino was his name—an entity, not a human—he gave me very specific directions on which tuning forks to use, and I think that information is what I have in *The Aaron/Q'uo Dialogues*. This is what he recommended. It is not the "right" one; it is simply what he recommended for my body. So again, one would have to play with that to see what works best.

(Q not recorded)

Any other questions?

I want to emphasize the importance that you not think of working in these ways with the chakras as a way to fix yourself; simply as an added tool that can help open your energy field, can help clarify and open the chakras, and can give you much deeper insight into old patterns that have held you back, patterns that combine body, mind, and spirit.

(Q asks, what app for the iPhone?) Does anybody have that? I don't have an iPhone so I don't know, I can't answer that. But I know it exists, and some people have had it. We will try to find out. If anybody knows it, please send me information so I can send it out to the class.

There are several different apps. And I know people have really enjoyed using some of them and found them very helpful. But I don't know which is which because I don't hear and I don't have an iPhone.

Are there any other questions about chakras before we go on?

(B asks what is hanging over someone's head in her Zoom room, it has a strange, powerful and interesting energy; response not recorded)

Okay, give me a minute, here... I love Aaron deeply. I greatly appreciate him. But he can be—dare I put it this way—a little annoying, when he says, "I will not teach through you, channeling through you what you can teach yourself." I said to Aaron, "It would be so much easier if you just taught this." He said, "No. You have to teach what you can teach, and then I'll step in." So, just hearing, "What next, Aaron?"



Here is an image for you. You have a hose that's attached to a faucet. You intend to water the garden. You turn the hose on and the water sprays out in a lovely way, watering all the different flowers and plants. But then you move the hose and it kinks and the water flow stops.

I'd like you to hold this image as to what happens when one of the chakras is not spinning and the energy flow stops. And of course, as we said, it doesn't completely stop; it bypasses that non-spinning chakra and finds some way to come through, but it's not coming through nearly as powerfully. A twist in the hose.

We all do this. We probably do it dozens of times a day. We have predominant situations in which the chakras tend to shut down, one chakra or another shuts down. We have differing time periods that it takes us to become aware that it's shut down.

When it shuts down, we need to find a way around it. If we're not mindful that it has shut down, we find ways to get around it. Becoming angry is one method that we have. The solar plexus chakra may be shut down, we're not letting energy through. So instead of all the chakras working in unison, the base and spleen may be working, or maybe not even the spleen—the base, and the upper chakras, and we've lost our power. And then anger may come up. That may be the habitual tendency we have when we don't feel any energy from the lower chakras. So, I'm feeling powerless and then I become angry. That's one example.

I'm sure each of you could give me innumerable examples. For me, when my heart chakra is not feeling really open I start to feel very alone and sad, and then I find ways to make myself feel better—to want to snuggle with a blanket, or eat something that's maybe too sweet and rich and I'd be better off not eating. Or to not feel like getting up and walking around and getting exercise, to sort of shut down.

As I've become more sensitive to the patterns that I have, when I see myself moving into this kind of pattern I'm able to stop and say, "Whoops, I better check the heart. How is the heart doing right now? Is it relatively open or closed?" If I find that it's closed, just to stop, take 10 minutes, half an hour, just to do some loving kindness meditation. Invite energy into the heart. Ask in an inquiry mode, "What is blocking the heart chakra right now? If the heart chakra were open, what might I be experiencing?"

Now of course, the heart chakra is filled with love, but it also feels pain and loss. So when I'm feeling pain from something, sadness, I find my heart chakra closes.

I had some small growths on my body frozen off at dermatology last week, and a few of them, they said, "This is pre-cancer, and this is pre-cancer. This one we should biopsy, because it looks more than pre-cancer." And I felt my heart chakra close. "I don't want to hear that." I've had a lot of skin cancer!

The doctor said, “If we do this...”, okay, do whatever you need to do. And while she was doing it, I just sat there reciting metta meditation for myself. Inviting myself back into my heart, this human, who inevitably—I’m going to be 79 this weekend. I’m not going to be alive in 20 years, probably. I may not be alive in 10 years. My parents both lived into their late 90s, so maybe I will be alive in 20 years, but who knows. This human is made of flesh, of mundane elements that will die. Can I just be present with that and cherish this moment? And also allow feeling, it’s not so much a feeling of sadness that someday I will die as feeling afraid of, I don’t want the pain, I don’t want to have to do more big surgery.

Some of you know a year or so ago I had a major surgery to have a big cancer removed, that was very deep in my neck and throat. It was very painful, very uncomfortable. “I don’t want that!” This body is susceptible to skin cancer. I had hundreds, maybe thousands of very happy, sunny hours on my sailboat with no hat, no shirt, no sunscreen—nobody wore sunscreen 50 years ago. Now I’m experiencing the results. Okay. If the conditions are present, the results will appear.

But the heart chakra was so closed when she said this the other day, “There are a couple we should biopsy,” So the freezing off of the pre-cancers, that’s fine, but biopsy—no! Closing up the heart.

I know ultimately that if the biopsy finds something, they’ve caught it very early, and it’s not going to kill me. I just don’t want to go through that stuff!

None of us do, so the heart chakra closes. Whatever it is for you that’s making your heart chakra close in this moment, how can we invite that opening? Because unless we unkink the hose, the energy can’t flow through.

Which brings us to the next part. Aaron is going to lead us in some guided meditations that touch on this helping the chakras to spin again, to be more open. Seeing what closes them.

But the third piece of this is, if we hold the intention as part of this Eden Project to truly be of service not just to the world, not just to sentient beings on this earth, but to the whole universe, that means we also hold the intention to allow our open energy field to help create that flow of love through the universe. And we can’t do that from the closed off place.

We can’t have it both ways, to say, “Well, I can get away with shutting down this time. I just want to shut down.” It’s going to have results.



If we acknowledge that it has results, do we still want to shut down, or are we willing to go into the practices that help us open?

I've had a lot of small skin cancers and pre-cancers frozen off, things removed. It was beautiful to see while she was working how much my energy field opened, and how I almost floated out of the room afterward. We can do this.

Okay, we're at one hour... Let's take a five-minute break and come back in five minutes, and we'll start again.

(break)

Working with a pendulum to test the chakras. Beginning not on tape; start with pendulum above the head, crown chakra. Just hold the string or chain still and allow the pendulum to move or not, as it will

...Okay, then come down to the third eye. Moving it in front of the third eye. Bringing attention to the third eye and inviting the pendulum to respond to the third eye.

My crown chakra was very open; my third eye is less open. Bringing it down to my throat... You can see I'm holding my hand very still, so this weight is just more or less moving on its own. I'm going much faster than I'd ordinarily do, just to demonstrate.

Coming down to the heart...Go at your own pace. I'm going to just be quiet here for maybe six or seven minutes, so there's ample time to go through each chakra. A minute at each chakra. Come down to the solar plexus, to the spleen, to the base, and just see what's happening in each.

(pause for exercise)

Aaron is going to incorporate and talk at this point... I'm chuckling, because as I'm opening to Aaron, he said, "You don't really object to my asking you to do your own work, do you?" I said no. I said, "But it would be easier if you'd do some of it for me!" He's laughing.

Aaron: My blessings and love to you. I am Aaron. *(adjusting Zoom)* We're going to begin with a few different guided meditations, perhaps merging them together to some degree, or perhaps as separate.

Close your eyes. Move into a comfortable position. Breathing, present... Breathing in and breathing out...

Imagine yourself sitting in a very peaceful and loving place, perhaps on a grassy area by a pond or a stream, not so big as a river. Water bubbling over rocks, flowing down a gentle hill, and on down into the valley. There is soft, lush grass and wildflowers. You're

sitting in a little clearing with some sun warming you, not hot but comfortable. Just behind the clearing, beautiful trees arching over the stream, blowing gently in a cool breeze. Feeling relaxed. Mind is empty of thoughts, very present with the touch of the grass and the breeze, with the sound of the stream, with the scent of the flowers. Just noting and letting go, not hooked into anything, but acknowledging pleasant, pleasant. The body free of pain, relaxed.

Any sense of tension has dissolved. There is no trying to grasp anything, no trying to push anything away. Bring gentle attention to the chakras and see if you can feel the energy flowing through, open. And not just your energy, but also the energy—the energy of the earth and the water and the sky and the sun, all part of each other and part of you, no separation.

If you feel joy, acknowledge the joy. If you don't feel joy, don't strain after joy. Just relax and be with things just as they are. But to whatever degree this is true, feel your chakras open and your body energy open. Feel your connection with the environment around you.

Into this ease, spaciousness, and comfort comes the lightest touch on your cheek, and then it's gone. Then a few seconds later, another touch, maybe on the forehead or the nose or the shoulder. One after another, every few seconds.

You open your eyes and see that there are small gnats—nothing that would bite or sting, just several gnats in the air.

Closing your eyes and knowing “Nothing dangerous here,” and yet, touch... touch... touch... touch... touch... touch. Feel the tension coming up. The touch is not even unpleasant. The touch is not keeping you from meditating. Your own resistance to the touch is keeping you from meditating, or at least from being in that peaceful space in which you previously rested.

Touching, touching. The touching is just touching, and yet it is not just touching because of the stories coming up. Basically, the touch is a neutral sensation, but aversion arises because the touch is pulling your attention away from the spaciousness of the grass, the breeze and the scent of the flowers, from the sound of the stream.

What is really pulling you away? Is it the touch? Is it some subtle aversion to the touch? Is it fear?

But let's not go into that “What is pulling you away?” question right now. I simply want you to go back to this meditation and take a few minutes with this, seeing with each experience of touch which chakra or chakras close a bit. Where is the energy blocked?

You're not trying to fix it. You're not trying to unblock anything. Ultimately, the chakras are always open, so their blockage is a mundane world illusion. But you cannot hide in the supramundane.

What happens in the chakras when you feel that touch, perhaps noting touching, touching, contact, consciousness? Neutral moving to unpleasant. Without trying to understand why it's unpleasant, just seeing it as unpleasant, and an arising dislike and then aversion. Watch the whole process in yourself. And most specifically see, when this happens, which chakras are most affected. I'm going to be quiet now for about five minutes.

(exercise)

Calling you back. Let's share a bit about what you experienced.

(Sharing not recorded)

Did any specific chakra close more than other chakras?

(sharing)

Thank you, Q. This is important. You weren't doing anything. The story stayed there. We'll let them be there, sit them by the fire and serve them tea. Then they lose their power. Then you're able to come back, and on the mundane level the chakras seem to close. But on the supramundane level the chakras are never closed. As the story loses its power, the ever-open chakra comes back into focus. And I trust that's what you were experiencing, as you described it.

Thank you. I'm talking about this to help give everybody clarity on these different experiences. Others who would like to share?

(sharing)

It delights me that you were able to experience the ever-open chakra—not just your chakras but the earth chakra, the universal chakra, that light and flow, right there with what might have been some little irritation.

Remember, all of you, that you all have different karma, different levels of experience, come from different planes of human or whatever, wanderers, different backgrounds. There is no right way to experience anything. We're simply getting a closer look at what the mind/body/spirit complex does with any kind of stimulation.

Others?

(sharing)

I don't want to pressure anyone to share, but I do want to remind you that what you share does help others gain deeper insight.

(sharing)

Thank you, Q. And once it moved into aversion, you noted the aversion. And then what happened? Did the chakra remain closed? Is it still closed?

(sharing)

Alright. So it would be very helpful to go back to this with your hands over the chakra, just inviting warmth and energy, love for that chakra, and reflect on possible connections. I'm not saying this is what it is for you, only this is something it could be for anybody. Feeling that touch and powerless to stop the touch. Tension coming up. And the old pattern of, when there is something—perhaps this is true for Q, perhaps not; perhaps true for any of you, perhaps not—when there is something over which you have no control, the solar plexus chakra is what tightens around that lack of control.

Then, meditating with it consciously with the question, what do I not have control over in my life? Am I holding tension in the solar plexus chakra in those areas where I do lack control? Am I willing to relax that tension, to invite the solar plexus chakra and the whole energy flow to open for the highest good of all beings? That of the mundane level, and on the supramundane level, am I willing to move into the place where the solar plexus is not closed? Where the energy field is open? What does the whole illusion of closure protect me from?

So these are simply some reflections to which one could be led from this exercise.

(sharing)

That's very helpful, Q. Thank you for sharing that. Perhaps you're beginning to see a pattern now, that with mindfulness—not just in formal meditation but through the day—when you observe either the stimulus for the contraction or simply the contraction, it doesn't matter where you start. The condition of the contraction gave rise to awareness of the stimulus. The stimulus gave rise to the contraction. It's circular.

What happens is that as soon as there is awareness of it, that which is aware of closure isn't closed. That which is aware of the pattern of contraction is no longer caught in that pattern. This becomes a very real path to freedom, just from the small things that come up in your life.

Barbara has a, I would not call it new, but new this year, a desk chair that was given to her as a gift. It was actually used, from somebody who did not use it, knew she needed a chair and passed it to her. But it's a pretty chair. (*displaying on Zoom*) Okay, you can see the leather surface. Lovely.

The arm caught under the edge of her desk here, and the leather ripped. When she saw it rip, her solar plexus chakra closed. She said, "Oh, no! My lovely chair!" Then she said, "Okay, it's just a chair. It doesn't matter." But at some level she was trying to convince herself that it doesn't matter.

I said, "What's happening to your chakras?" She could feel that her heart was closed and her solar plexus was closed, the heart with "It doesn't matter," and the solar plexus with powerless.

I said, "Well, what are you going to do about the rip?" She said, "Well, there must be a patch." So she went on Google and found herself a leather-looking patch, and just before class she pasted it on the chair. I don't think I can show you the patch, but maybe I can; I'm not sure if I have that degree of clarity here... Okay, you can't even see where it's patched, can you? So she got it patched and said, "Ah, it looks fine."

And then there was still a contraction. I said, "What is the contraction about?" She said, "I should have been more careful." And I laughed with her. She laughed immediately, "I should." Ah, life happens! And as soon as she said it—the chakras didn't open with the patch; the chakras opened with the, "Ah, life happens!" Okay, no "should." It ripped. There's a patch. Let it go!

Obviously a small rip in a chair is not a big deal. But there are rips in the fabric of life that are much bigger deals. Where do you contract around those kinds of experiences habitually, in which chakra, and how is that affecting the whole flow of energy that you bring to everything? Is there one chakra or several chakras that you habitually hold close, that pick up the brunt of the little hits and irritations, or the big ones? Just spend some time looking at this.

Are there any other questions or sharing?

Barbara while reviewing; busy day and I want to get this reviewed and out. I'm just noticing how closed the solar plexus chakra is with that "get it done" tension! Breathing deep into that chakra, feeling it open. Relaxing; ahhh. Shoulders soften too, and jaw.

Do you understand how I would like you to practice with this? (*smiling*) Are you falling asleep? Move yourself a bit—wake up!

(*sharing*)

When there is contact and consciousness of the contact, the contact will be pleasant, unpleasant, or neutral. If it's unpleasant, is there some closure of the energy field along with that unpleasant sensation? If there is closure of the energy field, is it possible to observe that closure as simply arisen from conditions and passing away? The original contact and consciousness, one object, and then the closure based on that object, and the whole procession that's building karma, or that's following the old karma.

Here is the opportunity for freedom, just by bringing awareness to it and saying, "It stops here." Not, "No!" Just, "I see you now. It stops here."

Saying this laughingly: the kitten in the house is always trying to sneak outside, and he is meant to be an indoor cat. Whenever Barbara or anybody goes near the door, suddenly there's a kitten underfoot. In the beginning, Barbara would see Lester there and contract, "Oh no, Lester's going to try to get out." Now out of the corner of her eye she sees him sneaking in and just smiles at him, scoops him up under the belly, and looks at him and says, "No, Lester, can't go out." And then she opens the door, foes out still holding Lester, and, sticking her arm through the open door, sets Lester down inside and closes the door. It's become almost a game. So, the difference between the tension— her heart chakra was closing because she did not want Lester to be in danger outside. To just, "Ah, here's this. Okay, no we won't do it that way; we'll do it a different way. Ah, spacious."

So that's not so much a direct instruction as a roundabout illustration, that I hope may serve.

(sharing)

And yes, these questions about Covid and Covid vaccine are definitely big triggers for many of you, with your families who choose not to be vaccinated. It's hard. This is not just a gnat, but it's not a stinging hornet, because you don't have to expose yourself directly to it. Each being has free will. That person chooses not to be vaccinated; that is their choice. Your choice is not to be physically present with them if they're not going to be vaccinated, and thus not endanger yourself. Or your choice is to choose to be present with them and know that there is a risk. That may be your choice.

None of it must be a problem. If they become angry with you, "Why won't you come see us?"—"Well, you chose not to be vaccinated. That's your free will choice. I choose not to put myself in a position with unvaccinated people, without masks and indoors. That's my choice. It doesn't mean I don't love you." But it takes that whole sting out of it.

(sharing)

Whenever you are reacting to something from the outside world—what somebody said, what happened, the cat trying to sneak out, or the child who won't get vaccinated, or the person who rear-ended you, or the roof that's leaking—whenever you get caught in stories about that you're simply perpetuating the flow of old karma. And then there's an opportunity to stop and say, "What is this about? Maybe it has not happened exactly in this way in the past, but there must be a pattern here. And right now, I am finally willing to look at the pattern to see how I'm caught.

I'll use that somewhat humorous example of the fish, who is so enamored of the worm dangling from the hook, "Oooooo!" (*chomp!*) Caught, hooked! It shakes itself free. "I'm never going to do that again!" But memory is short-lived, because soon there's another worm dangling. "Oooooo!" (*chomp!*) Hooked again!

Well, how many times are you going to get hooked before you finally say, "That's enough."? You don't have to see into every past incident of getting hooked. You begin to see the pattern of things that hook you. For many of you, things with your families hook you. And this is understandable; this is part of the human experience. For many of you, issues with your own bodies hook you. Issues of power and powerlessness. Issues concerning—we were talking recently with a small group about the non-duality of the Divine Masculine and Divine Feminine, knowing both in yourself. But these sexuality issues can hook you. Fear hooks you, fear of just about anything. Pain, obviously, is a major hook for the human, and wanting freedom from pain. The hooks are innumerable; you are human.

The wonderful part of this is that because you have growing mindfulness, you can begin to see the hooks before you get hooked and make the decision, from a loving place, not a fear-based place, "I do not choose to bite into that hook." Just let it go by.

One of the tools for this is awareness of the openness or closing of the chakras. The chakras will give you immediate biofeedback, so that if you're paying attention you can say, "I didn't even realize anything was happening, but I see how closed my heart is at the moment," or the throat, or the solar plexus. Pause. Hit the pause button and ask, "What is happening here?" Then you don't have to keep biting into the hook.

(sharing)

Thank you for your question, Q. The four elements exist in some form in each chakra. The balance of the elements, when it's stable, help bring attention to the openness or closing of the chakras. You're not as likely to go so far as the chakra really closing down because your mindfulness is seeing the closure of the element and being aware of it and inviting it open again. Again, the closure is an illusion. But the imbalance of the elements, it happens. It's not an illusion on the mundane level.



As humans, you cannot be mindful 24/7, you just can't do it. Things slip by. Whenever you catch it is when you catch it. The sooner you catch it, the less suffering. But sometimes it takes a while before you catch it.

I had mentioned Barbara's experience with dermatology last week. It took quite a while. She was really suffering for a day or so before her appointment, before she got there. And then when she heard that there were places they wanted to biopsy, that was the point where finally she caught it and said, "It's going to be however it is. I can be present with it with an open heart or not. Which doesn't mean pushing away the contraction and unpleasant feelings, but opening my heart to them," the pattern therein being of closing her heart to herself. Feeling, "I shouldn't be upset by this." But being stoic doesn't help anything because nothing is really open when you're stoic.

Compassion is what helps. This is a primary learning for all of you here as human: remembering the essential compassion that you are. Not being compassion, just resting in that true compassion, that compassion that is your essence. Right there with fear, ahhh, stillness.

These two areas— tonight we're not looking deeply at the elements, but it would be a good place to go in another class. Just as the chakras are always open and yet on the mundane level they close, so the elements are always balanced on the ultimate level and on the mundane level they come into imbalance.

I don't want to spend our time tonight, and there's not enough time to go deeply into the elements. We'll do that in another class. But watch mindfully: in what way are the elements balanced or not balanced? What would support the balancing of the elements? And even more important, can I find the balanced elements right here within the imbalance?

Some of you were in the Venture Fourth several-year class. And I remember us sitting on the shore of the lake there at Sunnyside. We gave everybody a container of clay. The sun was beating down. The breeze was blowing in from the lake. Everybody had water.

People were shaping their clay and enjoying keeping the clay workable and pliant, but the sun was beating down and drying it out. Some were then putting too much water on it and turning it into mud. It kept going back and forth.

After an hour, finally everybody was getting the hang of how much water to add, and even sheltering the clay a bit with their body from the hot sun so it didn't dry out so quickly, so the clay remained soft and pliant.



This is for me a wonderful illustration of the balance of the elements. Q, I know that is not precisely your question, but I hope that's helpful.

Q, you were there for that class, yes? Do you remember sitting there with that clay and water and hot sun—very hot sun—that day? (yes)

(sharing)

The energy of the chakras specifically does not extend out. The chakras are one system. We call the whole the energy field. Chakras are one piece of the energy field, not the whole.

When the energy field is balanced and open, the energy, which is not specifically chakra energy, but I could only call it essential energy, spreads out.

This is why sometimes when you walk into a room with somebody whose energy is very open, you immediately feel that big energy. Openness of the chakras and connection of the chakras is one condition for that experience of the expanded energy.

The energy is always expanded. But when the energy chakras are closed, it's pulled in. It's expanded, and then it's as if a cloak were thrown over it. When the chakras are open and in balance, then it can move out.

I'm going to try something here. Simply look at me. It's harder not live, because you're only getting the Zoom experience of me. But I'm bringing up my energy field, opening. Usually I keep some limit on my energy field so it's not too strong for anybody. But I'm allowing it to open...

Can any of you feel my higher energy? Can you feel it coming up? You can feel it more when your energy is open and reverberating with mine. (*many say yes*)

Now I'm going to rein it in again a bit...

Q, does that answer your question?

Alright, I want time for us to do a final meditation here. So please pause and I'm going to put on a new recording file. Stretch for a moment...

(break)

Aaron: I am Aaron. These three-hour classes are long. I think this the last one. Then, as Barbara said at the beginning, we're going to limit them to two hours, change the system a bit.



So, I had two different meditations I was hoping to do, but I'm going to limit it to just one of them. The other one I'm going to simply briefly describe and invite you to try on your own.

At your leisure, sitting with a pad and pencil in front of a mirror, spend some time simply looking at your face up close and draw your face.

You are not trying for a fine portrait. This is not about art. Look into your eyes, look into your own eyes: Who are you?

You can use just a lead pencil or colored pencils or pastels. You might try a number of different drawings. Especially look into your eyes, but also into the whole face. Ask the question: Who am I?

You can try it with the whole body and colored pencil and pastel, drawing the chakras as you see them.

Play with this, just drawing the self to catch something that you don't usually see in the self, when you look in the mirror.

If you have someone in the home to do it with, try drawing each other.

Where is the light in yourself? Where is the light in the other person? Which areas are dark or heavy?

So it's not about catching a fine portrait so much as capturing the energy in the self and the light in the self.

So, try that on your own. We don't need to do that in class.

(pause)

You are a part of everything. Everything is a part of you. Whatever expresses out of you is shared throughout your neighborhood, your world, your universe, and everything expressing out there comes back into you.

Many of you truly, deeply yearn to help co-create a world of peace and joy and an end to suffering for all beings. But you must include yourself in this whole process.

You do not do this for somebody else but with everything, all co-creating together.

With this in mind, a guided meditation. So please just relax.



You are taking a new incarnation in the form of a garden hose. Yes, you heard me right—you are a garden hose, and you are also the water the flows through the hose.

You've all seen those hoses screwed into extensions with multiple valves so water comes this way and that way. Picture a hose like that, not just a Y, but with a hundred thousand valves. There's source, the water pouring in, and then coming out a hundred thousand hoses. And some of those hoses have Y's and triplets and quadruplets and thousandfold.

What is the source? There is a deep, still, spring-fed lake. The hose you find yourself on is on the side of a bowl of sorts, a grassy bowl rising up. Lush, thick lawn coming up to a top, but it never levels out, it just keeps going up. And in the center, this deep spring-fed pond.

Because of the sunshine, the water evaporates. It gathers as clouds and drops down on the hillside and the pond.

The faucet is a tap into the lake, sucking up the water from the lake and sending it out to these hundred thousand hoses. You are a part of that system.

The sun has been shining and very hot for days, and the earth is beginning to become parched, the grass beginning to dry.

Co-creative consciousness forms the intention to bring water to the grass, to the shrubs and flowers, to the trees, so it begins to take water in through the pipe extended into the spring-fed pond or lake and it sends it out through the different hoses.

You, as the hose, have been lying there in the heat. You're feeling shriveled, tight. At one place you've kinked a bit, so only a thin amount of water can come through.

If you are not open, you cannot bring water to everything that needs water. Not only the vegetation but the small animals and the insects and everything within this valley that needs water.

You have the option to feel sorry for yourself for having to lie in the hot sun parched, trampled perhaps, or to say, "I let go of that and invite the water of life to flow through me and spread out."

You begin to do that. There's a joy in it, drawing that fresh spring water through you and sending it out to whatever is near by—to the grass, to the flowers, to the rabbits, to the birds. Just spreading it out, saturating everything with this life-giving water.



And then a dog comes along and picks you up in his teeth, and he begins to shake you and drops you, twisted. Feel that trauma—helpless, shaken, twisted—and how the flow is blocked.

Here is your choice. Now, I realize the actual literal garden hose cannot unkink itself, but you are not literally a garden hose; we're using this as metaphor. Bring attention to some trauma where the illusory dog has grabbed you and shaken you, or the people mowing the lawn have picked you up and tossed you carelessly to one side so the hose came out knotted.

Where is this kink in your body? Feel the blockage of energy and life force, of love. Feel how it's blocked by old habitual characteristics. Just noting blocked, blocked, and remembering nothing is ever truly blocked. On the mundane realm it's blocked; on the supramundane it's always open.

But you cannot simply return to the supramundane because you're living on the bridge. You're on the mundane realm as well. You need to literally reach out and open the hose, to caress the hose and cherish it and invite the energy to flow through again—invite the water, here, to flow through. Once you feel it flowing, feel the joy in that openness, and the giving of life and of love to everything.

And then here comes a herd of horses running across the lawn, and they're trampling you. Trauma again, closing. Maybe they twisted the hose again.

If you're going to be human, the hose is going to keep getting twisted. Your work is not to stop it from being twisted, because you cannot do that, but to take it in stride and hold the intention to allow it to reopen; the force of that life-giving water to push through and re-open it so this beautiful water pours out again.

We're not going to spend too long here because I don't want to go beyond 9pm, and I want to invite a little time for sharing, so just five minutes, but please try this meditation again on your own.

Become the hose. Feel the hot sun. Feel the dog shaking you or the horses trampling you. Feel the lawnmowers running over you. And see: Where do I contract? Which chakras are most affected? Where is the true openness that is always here? What habit energy is there—that "Poor me", or "Oh no, not again," or "Ahhh so; here it is again," and reopening.

Just see what happens, what supports opening, including remembering your highest intention to service to all beings and to loving and cherishing all beings including yourself.

I'll be quiet now for five minutes...

(exercise)

John: This is where I tend to hold more tension in my body, the area between the navel and the solar plexus, that area. So when I became aware of the tension or the kinking feeling, it just began to release, open up, and there was spaciousness. There was no more contraction. It just felt like the whole energy field was open at that point. That's all.

Aaron: I'm very happy to hear that. And it's what I suspected would happen for you, John, and for many of you, because you've been working with this, some of you for decades, with the deep heartfelt intention for service to all beings and to the release of contraction so the energy may flow through.

What I especially wanted you to recognize here is this is not just for you but to water the world. To bring energy and light into the world.

So as John experienced, and I'd guess for many of you, as soon as you brought attention to the contraction, it opened. And then that's it. You'll have to go back to it again each time it contracts. But each time, it will not close as tight and it will open faster. Eventually it will cease closing. Thank you, John.

This leads us back to the importance of vipassana and of any kind of mindfulness—not to fix something, but to remember to observe the closure and to come back to the ever-perfect, back to wholeness.

Others?

Q: I had a similar experience with my solar plexus. What I did was think of compassion for the tension there and to envision it softening and opening. I think compassion for me is a really good tool in terms of opening blocked areas and closed chakras. I didn't use to do that for myself and now I'm doing it a lot, and it's really growing. So, I just wanted to say that because I'm really grateful that is the case for me. So, thank you.

Aaron: Thank you, Q.

(sharing)

Aaron: Thank you for sharing that, Q. I'd suggest that after class or after break you sit back down with your hands over that sacral region and simply offer metta meditation or karuna meditation for the self—for all beings, but coming back to the self. Not trying to make anything happen, just inviting softness and love and openness into that hardened



region. Compassion. Compassion is really the essence of it. Will you try that? Thank you.

Let us end here, then. Thank you for being with me tonight and for your openness to these different exercises.

This is the last of this semester's Mediumship/Eden classes. We'll start again in January. And not tomorrow but next Wednesday is meditation. That's on the 9th. And then the retreat, as I mentioned on the 12-14th. The Open Aaron night, which is a part of this program, on the 16th. Remember, all will get the Zoom and all are welcome. And so we go on. Dharma Path class is the 30th. So, Aaron on the 16th, Dharma Path on the 30th, but we'll just be calling them the Eden Project on the 16th and the 30th, every two weeks. And Vipassana on the 10th and the 24th. And then into December.

There's one more thing. On Saturday December 11th is our end of the semester one-day workshop, probably from about 10-4 EST. This is something that you need to register separately for, at this point. We hope everybody will participate, but of course that's your free will choice. We'll be going deeper into some areas that needed more time. John, Barbara, and I will be leading that day together.

My blessings and love to you, and I will see you shortly. That's all. I'll leave the body to Barbara...

Chakras (from Awakened Heart)

The chakras are energy centers of the body. There are many of these centers along organ and junction meridians. Seven which lie along a central meridian from crown of head to base of spine are the primary chakras. Each has a color and tone especially related to it. Each is the energy center for primary issues/functions in our lives. These chakras are:

Base: (at base of spine) Red. Personal survival; fear; taking care of the self; sexuality

spleen: (near navel) Orange. Sexuality/creativity/ personal relationships. Personal emotions, sorrow, weakness. Reaching out to others. Energy and relationship. Embracing life.

solar plexus: (just below rib cage) Yellow. Societal relationships. Power issues (also base) . Anger/ fear/tension. Discipline/ commitment/will.

Heart: Green. Transpersonal love. Ego no longer center. How best to serve. Compassion; openheartedness; love; happiness.

Throat: blue. Spirit communication (communication with higher self, with God.) Revelation of spirit.

Third Eye: (forehead, between brows) Indigo. Unity with spirit. Pure light. Deep insight.

Crown: (top of head) Violet. Pure being, empty of self.

The three lower chakras center on issues of fear, energy and power. The conscious self is drawn and redrawn into these centers where our human issues lie. The upper centers focus on the spiritual aspects of our being. Some of us tend to want to pull our energy to the upper centers, to want to develop our spiritual side and ignore the pain of human issues. Then spirit becomes a hiding place and we cannot fulfill the potential of the incarnation, to develop fully as humans. It is in these issues that we learn true compassion and unconditional love.

Sometimes the chakras are said to be “open” or “closed.” The energy center itself does not open or close but is always open. We may experience it as more open or closed but such phrasing is a metaphor. There are energy meridians or *channels*. Think of them as a train track. The track always exists. Upon that track runs a train, the *prana* or life energy. The train must have locomotion. The Tibetan system refers to this push as *wind* so we’ll use that as a handy label. When there is no wind, or when the train is derailed, we experience what some people call an energy block. When we look deeply, we may experience that we are not allowing the wind to move the energy, or that the energy feels derailed from the track.

There are numerous meditations which work directly with the chakras and energy system which can help us move into deeper touch with our body energy and allow ourselves to experience the fullness of it. We’ll do one of these meditations tonight. We begin by sitting straight, in meditation posture. Erect spine is especially important here. Then we visualize a brilliant light and draw it in through the crown of the head, drawing it all the way to the base of the spine. Visualize it as red light. With each inhale, let *red* fill the base chakra. With each exhale, let *red* expand throughout the body. Feel the chakra spin and fill with energy. When you are ready, reach up again and draw in orange, letting it come to the spleen chakra. Same breathing and visualization. Continue with each chakra and color until all seven colors are spinning and pulsating within their energy centers and you feel highly charged with this energy. Then, with the next exhale, gently breath it all out through the crown of the head. The effect is like a fountain, colored energy/light pouring out. Let it rise and then fall over you, over head and body. With the next inhale you can begin again.

This practice may be done with all the centers or you may focus on one color and center. We find that where one of the issues mentioned in the above list is predominant for us, we are often not experiencing the energy flow of that chakra. We can’t “fix” this issue by changing the energy, forcing that on ourselves. Work with that particular chakra as described in the above meditation practice, combined with insight meditation, can help us understand our resistance and fear which have led us to not experience the openness of that chakra, and can guide us into allowing resolution of the issue.