



## **February 15, 2022 Tuesday Evening with Aaron**

(This talk not yet reviewed by Barbara and Aaron)

Why Are You Here?; DNA Changes; Q&A

**Barbara:** Good evening, and welcome... Aaron will give a talk and then we'll open the floor to questions.

Through these 33 years, Aaron and I have been through a number of areas of interest. Basically, I'm a dharma teacher, as is Aaron. But, up here in 2022, what does it mean to be a dharma teacher?

The dharma is basically a statement of how things are, presence with things as they are, and learning about the non-duality of the conditioned realm and the unconditioned.

We're all, right now in our lives, in a balancing act, learning in our spiritual practices to open to the unconditioned. And yet, we're human, and we live in the conditioned world.

Aaron has been teaching about it for several years as a bridge, the Unconditioned on one side—all that light, peace, radiance, love—and the conditioned realm, with its chaos, on the other. We're invited to be balanced on this bridge, never to completely shut ourselves off from either the conditioned or the Unconditioned.

So, in our meditation practice, we may have deep access to the Unconditioned. What do I mean by Unconditioned? I don't want to go into a place that, there are only two people here who may have a question about this. The rest of you, I see people who have worked with me for 30 years. So I'm not going to repeat. But many of you have been in class last year and this, working with Aaron to find a way of balancing on the bridge. In meditation practice, coming to a deeply still, light-filled, love-filled space.

But we can't cling to that. We're here as volunteers, one might say. We came into the earth plane to help bring more light and love into the earth. To help raise the vibration of the earth. And that means we've got to be here as part of the earth. So, finding this balance.

Yesterday was, for me, to be the start of a three-week personal retreat. I knew I would be teaching tonight, and also a couple of other times, in that three weeks. But for the rest, I wanted time to move into my own meditation practice, to be quiet.

What was I given yesterday morning? When I got up, total chaos! Note from a caregiver that she had hurt her shoulder and would not be able to be in this week. Need to find substitutes. Computer problems. Probably a lot else; I can't think of it all right now. But I was running back and forth, fixing and doing. I was definitely waaay off on the relative reality side of the bridge.

But I can't stay on the ultimate reality side of the bridge and not attend to these things. I have a post-stroke husband who is very dependent on his care, cannot take care of himself at all. I have to have a caregiver. I can't lift this 200 lb man; I can't do it.

Aaron's been teaching us for over 30 years it's not what happens in our life but how we relate to what happens, that's important. Can we relate from a place of love, of loving kindness, openheartedness, even gratitude for this learning experience? "Thank you, teacher." You've all done that with me.

I could see that I was freaking out! I wasn't handling it well. I could see how much stress I've had these past four years, with Hal's stroke, and that my retreat probably needed to be not one in which I blissfully rested in some sublime state in meditation for three weeks, but in which I was really present with the gunk of day to day living. The messiness of it.

I didn't want to be there—I wanted that sublime state! We had originally planned to work with a Tibetan Buddhist teaching text called *Circle of the Sun*, which explores the practice of togyal, which is kind of like pure awareness, an aspect of pure awareness. Oh, I was looking forward to a three week vacation, hanging out in pure awareness!

We get what we need, not what we want. So, opening to things as they are. Opening to the grief, the anger, the fear, the sadness, the loneliness. This man has been the center of my life for 57 years. Now he has aphasia, and we can't talk to each other in the same way. He's there. His mind is alert. But that's not what I want; I want him to talk to me.

Grasping. The old core of dharma, the causes of suffering as grasping and craving. Definitely I've been suffering. And I know better. But in order not to suffer in these ways, not to grasp at what we think we need, in order to be present with what we're given in this moment, we need to have developed some real wisdom and compassion and patience. And that's really why we're here as humans.

We can have deep wisdom in an intellectual way, but it has to take root in the heart; otherwise, it's not accessible to ourselves or to others.

Opening our hearts to ourselves. Being present with things as they are, with love. And sometimes with anger! Good old honest anger; okay. Knowing that there's anger, when there's anger.

It takes time to know that we're experiencing anger. It takes a willingness to acknowledge, yes, right now, here is grief; here is anger. Knowing the difference between grief and sadness. Maybe Aaron will address that a bit tonight.



So, I've had some very blissful meditation retreats in past decades. But that's obviously not what these three weeks are going to be about.

Can we love enough to give ourselves permission to feel what we're feeling? Because, if I can't give myself permission to experience sadness, fear, or anger, how can I give anyone else permission? If I can't love myself, even when I'm experiencing what I think of as a more negative emotion, how can I have compassion for anyone else?

So, it's going to be an interesting retreat. And I'll check in with you about it in a month, at the next Evening with Aaron, what happened in the retreat.

We just finished an eight-day workshop. I think there were 52 of you at the workshop, and most of the people I see online here were part of that workshop.

Since the workshop, I've had some interesting emails from many of you; during the workshop, also. The workshop was entitled "Healing and the Ever-Healed." People said, "I expected to discover the ever-healed." Well, the path to the ever-healed is filled with rocks and bumps. So, experiencing the ever-healed is not going to be gliding along in some rainbow or flower garden.

We had five days of instruction and then a day of going very deep together in meditation, inviting spirit support to release that which seemed distorted in our physical bodies, our emotional or mental bodies. To come back and really open to the ever-healed. Nobody fixing anything in us, not fixing ourselves. Awakening to that which is radiant in ourselves.

Many people had deep experiences of that, in that 24 hours of silence after the healing circle together. But then I started getting emails saying, "I'm experiencing some strange symptoms." High vibration. Feelings of nervousness. Feeling exhausted. Feelings of grief. We're going to put up that list on screensharing; not yet. So, I started getting these emails from many people saying, "What's going on, here?"

This is going to be a little bit of a digression on the traditional dharma talk from Aaron. Talking about these changes that are happening for many of us. For some of you, for the past 20 years. Why they are happening, and what we can do about them.

I saw for myself, during the workshop, the craving to have this—okay, the world is progressing into a higher vibration, waking up into fourth density. And I want a world where everything is beautiful, blissful, loving. Not yet; we're not ready for it. We still have work to do.

I could see the deepening of areas like anger about Hal's stroke and sadness about it, things I had thought I had accepted, worked with, the past few years. But I could see that in myself, during that latter period of the workshop.

I don't want to talk too much about this more myself, just giving you some background for where Aaron is going tonight. Aaron, is there anything more you need me to say?

Alright, for those few who don't know me, when Aaron comes into my body, my consciousness leaves my body and Aaron comes in. Aaron is really running the body, so I don't know what he's saying. I'm not here. I'll be back at the end.

He is reminding me to share now, because once I come back at the end, it takes me for consciousness to come back into this body.

*(announcements)*

Aaron says I've covered it, and he will incorporate.

**Aaron:** My blessings and love to you. I am Aaron. I was speaking with Barbara and John today. They are going to be doing this retreat together with me. And I realized—I'm laughing; one of you has been telling me this for years—that I drop endings. That my voice grows quiet at the end of a sentence. And I wanted Barbara to be able to read the Otter of what I was saying to them both. So I'm going to be glancing occasionally at the Otter printout to see if I am speaking with better articulation. If I'm not, stop me! "Hey, Aaron, look at the Otter! You're losing it!"

Let's start with that old question, why are you here? You might say, "I got caught in the karmic tangle and pulled back." Well, that's one small part of it. Why did you get into earth karma in the first place? You were not forced. You came as a volunteer.

I'm looking at this sea of faces in front of me, almost 50 of you, and there are people here who I have known for 25, 30 years; even more—some way back to that first year after I met Barbara.

I remember us sitting in the living room of this house 33 years ago and people saying, "What is the incarnation about? Why am I here?" And my saying, "You came as a volunteer." And you saying, "No way! Why would I have volunteered for this, this world of suffering, this world that is so crazy at times?"

Barbara and Hal have been watching some of the Olympics. I noticed that in the snowboarding, that they go down a chute, a half-pipe, and they jump and they spin, and then the commentator says, "That's insane!"

You got up on the top of the half-pipe and said, “Okay, here I go!” And up you went, doing somersaults; sometimes crashing and hurting yourself, sometimes flying through and getting a high score. But then there was another lifetime, and maybe in the next lifetime, you crashed. “Look at that spin she’s doing! That’s insane!”

I was struck with various commentators’ use of the word, “That’s insane!” Were you insane to come into this ‘half-pipe’ called human existence and do all these cartwheels, somersaults, flips? Break your bones? Know you’re not going to get out of it alive? It’s insane!

What led you here? Love. You are all what I call old souls. You came as a volunteer for your own internal growth, not only to find liberation but to bring that liberation out so that it’s accessible to others. Each of you coming as both student and teacher, offering this loving presence and witness.

You came to learn deeper compassion and wisdom. You came in service to each other and to this planet we call Earth. You came to more deeply understand that you are not separate from each other or from anything.

Some of you who have been meditating for many years have had profound experiences of what we call the Unconditioned, the Divine. In those experiences, you have come to a place where you know nothing is separate, never could be separate, ever will be separate.

And yet once you get into the half-pipe and you’ve worked up a good speed, and the ground is icy, and what goes down one half of the half-pipe must go up the other side and fly off into the air—once you do that, you’re no longer really grounded. You need to spend some time experiencing what it’s like to be flying out there, untethered. Some time on the earth plane understanding what it’s like to fall into this veil of forgetting and into the illusion of separation, of loneliness, of fear. How can you move beyond the illusion of these unless you experience them so you can know them as illusion?

If separation is illusion, then what is the truth? If the hatred and fear that arises with separation is an illusion, what is the truth?

Long ago—or once upon a time, I might start, far, far away, you knew who you were. You understood that you were divine beings. You lived, some of you, on other realms, like in Lemuria or in completely other realms, non-physical realms throughout the universe. On those realms, there was no forgetting of who you are. Using Lemuria as an example—and yes, Lemuria is a myth and a reality, or was. Atlantis was a reality, a step between Lemuria and the human existence.

So, in Lemuria, you were crystalline beings, crystals. You could move into different forms. You could manifest whatever you chose to manifest. It was a grand dance, choreographed by the desires of love within your hearts. There was no separation. There was no aggression. One being never forced another being in any way. There was only loving kindness.

You're familiar, I'm sure, with the biblical story of the Garden of Eden. I am not going to equate Lemuria with the Garden of Eden, only let's assume for the sake of this discussion that there was in some way such a Garden, where every being lived with total connection with every other being, doing a beautifully choreographed dance together.

There was no separation. If nothing is separate from you, there is nothing to fear. It was beautiful.

(*hoarseness*; I am trying to enunciate clearly, but I think I'm forcing the throat too much. Let me try speaking in a different way and see if it's better.)

If nothing is separate from you, if there is no illusion of self or other, everything is an expression of the Divine, everything.

If everything is such an expression, there is no ground to bring forth compassion, because there is no contraction and moving something into an other-than kind of status, only love, unity.

Inviting the crystal to take a lovely form. One would not need shelter from the elements; one would simply ask the rain or snow to hold back. But assuming one might want some kind of space for oneself, one would invite the crystals to form that home.

No ground for compassion. No cause for compassion. Nothing to spark a need for compassion.

At that time before linear time, the Earth was forming, brought into being by some of those we call the guardian angels of Earth to form the great experiment of Earth, a realm of heavier vibration. A realm of a heavier density, with linear time, or the illusion of linear time, with the illusion of self and other, these being co-created to give people a school, a learning place.

How can I love my neighbor as myself, how can that become a challenge if there is nothing by myself in all its different guises? And this is how it actually is. But you needed to move into the illusion of the distortion of separation in order to know the true self in a deeper way, in order to know the power of love.

So, the Earth was being formed, and a call went out, “Who would like to come to Earth and play in this garden of illusion and learn some compassion there?”

“Compassion, what is compassion?”

“Well, you have to go to Earth where there’s an illusion of separation, in order to understand compassion.”

“Okay, I’ll go.” Lots of volunteers.

“Now wait a minute—in order to go you have to accept some ground rules for Earth that are a bit different than they are in Lemuria or in different other parts of the universe, non-physical realms, non-material realms. Right now you have the power to co-create everything. Simply, ‘I choose,’ and you manifest it. But if you were to take that power into this heavy density earth plane, you would destroy it almost immediately, because you are moving into a plane where everything is actually self, has the illusion of being other and thus bringing forth fear—another, let us call it a very substantial illusion for those living on Earth.”

Those beings that you were, whether they were from Lemuria or other non-physical realms, wherever you were from, you agreed to a change as you came into Earth and picked up a DNA structure. You agreed to a change in that DNA structure, that some of the DNA would be split.

Things that were easy for you then, like telepathy—no words needed, hearing each other from your thoughts; things that were easy like unconditional love; these things became challenging. It was necessary. If there’s to be the experience of free will, there needs to be, temporarily, a somebody who is the ground for that learning. A temporary step until you are ready to let go of that separation from your own free will and know nothing truly is separate or ever was separate.

So, you came into this much lower vibration Earth, perhaps first as one- or two-celled plant life, larger plant life, simple animal forms and more complex, and on into the human form.

You worked with those forms of competition for survival, me against you, me against that. You moved into this mammal form, with its fight/flight/freeze reflexes. You moved essentially into a, could I call it an eternal half-pipe? These snowboarders come down, and they flip, but eventually they reach the bottom where they can rest. Imagine if there is no bottom, and you just have to keep going up and down, falling, landing, going up again, hurting yourself over and over. And there’s no end to it, this half-pipe. That was the original experience you had of Earth.

Now imagine this snowboarder. He's come down the chute. He's going up the wall and flipping over and over, until suddenly he realizes, "Oh, I'm tired. This was such exhilarating fun, seeing how I could do these somersaults, but now I'm tired." And he just stopped. Instantly, the ground leveled out. "I stop. I stop doing these tricks of the ego. I stop crashing on the ice and breaking my body. Enough."

Reaching out to the other snowboarders in the half-pipe: "Are you all in agreement that it could flatten out here? Those who want to keep going, there's another half-pipe over there; help yourself. Here, we're just going to stop and maybe have a cup of tea or a glass of wine and a good snack. Relax in the sunshine. Let the snow melt and the flowers grow."

You are reaching the point of readiness for that, many of you, of breaking through the illusion of separation. That release of illusion, grounded deeply in your meditation practices that shows you so clearly there is no separate self.

If no separate self, there is no ground for fear, for competition. No ground for me trying to control that or control you. There is joy. There is ease and well-being.

This doesn't mean that at times it won't be fun to say, "Let's all create a half-pipe and put some snow in it and play in it for a bit." But you recognize it as an illusion, not as an ultimate reality.

The Earth is in the midst of this shift, where you can create whatever playthings you want but with a base of nobody gets hurt, nobody loses. Just co-creation together for the sheer joy and love of co-creation.

If there is no fear, there is no longer a heavy vibration of fear. There is no longer the heavy vibration of competition, me against you, except to the place that it's fun to play with that illusion for a bit and then let it go, knowing it as an illusion.

The plan the guardian angels of Earth had (was) for beings to come through this to know the power of free will to let go of the whole sense of separate identity so it is no longer my will versus your will, it is simply the highest compassionate creation that we all bring together, free of suffering, grounded in love.

So, you agreed. You said, "Okay, I volunteer. And get out your scissors; you can snip my DNA." You came to Earth and you immediately became caught in the illusion.

You came with a rulebook tucked in your pocket, but in the course of incarnating, the rulebook fell out. Who is making the rules? Our ancestors, who believed in the idea of separation and competition and destruction. As a baby, you're taught these rules.



Now, as you are waking up to a deeper truth of who you are through the power of your meditation practice, coming to know yourself and everything as love, these old rules no longer work.

You come because you have become caught in Earth's karmic field; yes. But you also come, increasingly—and new humans come—because of a deep commitment to co-create a heavier density realm of light and love, where the old rules of survival of the fittest, of competition and win/lose, where these cease to apply. Where no part of yourself can be destroyed without all of yourself feeling the pain of that destruction.

The challenge right now is there are still many younger beings who have come into the incarnation, who have no understanding of non-separation. And the only love they are able to feel is love for themselves, not love for what they perceive as outside themselves.

As Earth's vibrational frequency becomes higher and higher, able to hold and reflect back the light and love that is the truth of Earth experience, those beings who are committed to me, self, separate, "I will win"—those beings are becoming increasingly terrified and fighting back.

The Earth is, let us say devolving into increasing chaos, temporarily, where the old heavy vibration will fly apart and release, and that which is a lighter vibration will become the true ground.

For those of us who have been watching this for millennia, we see Earth as an amazing experiment. Can heavy density beings, as opposed to what you were in Lemuria and non-material planes, where you were simply light—can heavy density beings of material form, can you hold that material form to so high a vibration that it becomes the new reality, the new ground?

Look at the elements of earth, air, fire, water, ether, and see within the earth both the heaviness of the earth and the light within water, fire, etc. The ultimate reality.

So, this is the work for which you all have volunteered, whether you are still within the veil and have forgotten, or are waking up, or are more fully awake. This is the work.

At the workshop, we focused on opening to the ever-healed, which means recognizing there is an ever-healed. And when I am there and you are there, we are in the same place; no duality.

Now, at this time, as the Earth is coming out of third density and into fourth density, into a higher vibration, each of you coming into incarnation has made a commitment to step beyond the illusion.

And as tool for stepping beyond, because of your increasing compassion and your commitment to non-harm, you are ready for these cut DNA strands to rejoin, so that you again have the power to co-create in a more direct way. The power of telepathic thought. The power of knowing that you cannot harm anything without harming yourself, and that you have the power and free will choice not to harm.

One of the reasons I've opened into this topic is the number of questions that Barbara received toward the end of the workshop from people who said, "What's going on? Why am I experiencing these physical and emotional objects, changes?"

You were experiencing the necessary reuniting of the DNA because you are ready to hold that power without moving off into the separate self that will destroy others. Because there is no self or other.

This from another articulation is living from the sambhogakaya— living from the middle of the bridge. Able to own your power and be aware of the heavy physicality of Earth, and hold the Dharmakaya, the radiance of the divine realm. Holding the intention to bring that here to Earth.

So, people began to send queries: "Why is this happening? What am I experiencing?"

I've sent Pat a list of some of the more traditional changes that people are experiencing, as the DNA shift happens. Pat is going to put that up as screen-sharing, so you may see the list.

Here is the list:

### **Emotional**

- a greater fluctuation of emotions
- feeling immense energy surges
- bouts of depression for no real reason
- bouts of elation for no real reason
- needing a lot more sleep, wanting to sleep
- feeling exhaustion from minor exertion
- a lot of past life recall and healing, involving a lot of emotional and deep inner work

- delving into the past and looking at relationships
- gaining clarity of personal issues
- feeling of a huge purge
- tension, anxiety and high stress levels (as if something is going on, don't know what)

### **Physical**

- low appetite or very voracious appetite
- moderate back pain after daily intense energy sessions
- occasional muscle weakness coming and resolving
- occasional tingling and numbness in the feet and hands
- very occasional shortness of breath, sometimes while lying in bed
- erratic heart- beat at times
- shifts from constipation to diarrhea and back
- inner ear cells ringing
- flu like symptoms
- high temperatures
- sweating
- aching bones and joints
- migraine headaches
- pain that comes and goes and is not relieved with pain killers
- occasional runny nose with sneezing lasting 24 hours, not a cold or allergy
- dizziness
- ringing in the ears

- heart palpitations
- feeling the whole body vibrate, especially at night while relaxed
- intense muscle spasms plus pain in the body, often the back
- tingling in arms, legs, hands or feet
- loss of muscular power in hands caused by changes in circulation system
- occasional breathing difficulties, and/or noticing stronger or louder breathing when relaxed
- immune system changes
- lymph system changes
- toenails and hair growing quicker than normal

So, some of you who were at the workshop, have you experienced some of those things since the workshop? Remember that you volunteered for this. Let's just call it growing pains. It will pass; it's temporary. It's nothing to be afraid of.

Probably over twenty years ago, when Barbara first began to experience these changes in herself, she was alarmed. She asked me, "What's happening to me, Aaron?" And I said, "Growing pains."

I elaborated, explaining the DNA changes to her, and she said, "New Age mumbo, jumbo! I don't want anything like that! I'm a dharma teacher!"

And I said, "You might be a dharma teacher, but that doesn't mean you're not going to experience these symptoms as your body changes and moves into a higher frequency."

Twenty years ago, this wasn't spoken of so much. Now, many of you have probably heard of this before, read about it, or heard me speaking about it.

If your physical body is not permitted and invited to move into a higher frequency, how can you feed that higher frequency into this earth? If you have come, at least in some part, to help the earth itself move into a higher vibration that can support unconditional love, that can support non-separation, releasing that illusion of separate self, if your

intention is to support this, then you, as the supporter, have to move into these changes.

They're not a problem. I promise you that they will pass, and they will probably cycle again and again, reaching a new higher vibration, stabilizing, and then a year or a few years later, a higher vibration; and then stabilizing again, and then again.

It's important to be clear. Those in the Eden Project, to talk with your small groups, to talk even with a knowledgeable physician or psychologist, if it becomes acute or uncomfortable, to make sure that what you're experiencing are not actual physical heart damage or palpitations not caused by these changes but caused by some blockage in your heart, blockage in your lungs that's causing challenge in breathing. It's important to be clear what is caused by some basic physical or emotional distortion that needs care, and what is simply the flow of, as I said, growing pains. But for most of you, it's very clear what's what.

Barbara went through this process of DNA change in an acute way twenty years ago, and then again, five or six years later, and then again, six or seven years later. She began to see, as she was preparing for this retreat, that some of the body pain that she's been experiencing, some of that deep sadness and other similar symptoms were just one more stage of this.

It's so helpful to say, "Okay, I volunteered. I am here willing to work with this, because I choose to give my energy, literally as a bodhisattva, bringing this Earth and all that exists on the Earth up into the ability to sustain a higher vibration, so that the Earth may drop away its distortions caused by the illusion of separate self and the fear that comes with that illusion."

It's time to say no to the illusion and to those who are committed to perpetuate the illusion.

You do not force yourself. These changes come because you said, "Yes, I volunteer. I am here and this is my primary intention, to support the growing of the experience of non-separation and the love that comes with it on this Earth; to heal the Earth, its environment, the elements of the Earth; and to know the ever-healed within myself and all beings on the Earth. This is my intention, and I am willing to struggle a bit with some discomfort, if necessary, as I more fully manifest this intention."

Growing pains. Those in the Eden Project class have your wonderful small groups with whom to share. Those who are not part of such a class, I hope you will find like-minded

others with whom you can talk about your fear for yourselves and the Earth, your feelings about the degree of hatred and violence on the Earth at this present time, and about the environmental destruction in the Earth; and with whom, looking into each others' eyes, you can say, "I hold the commitment to help carry Earth through this temporary phase of darkness."

I think it best for me to end here and open the floor to questions. Your questions do not have to be about the content of my talk. I welcome questions about that content, however. If the tricks on the half-pipe are seeming to be a bit insane, maybe it's time to get off the half-pipe and flatten the ground a bit, slow the speed, or sit in the garden for a while. Thank you.

For those who have a question, if you will simply raise your hand in Zoom. Those of you who are in the workshop, have you encountered some of these DNA changes going on at a deeper level than usual? Did you during the workshop? If you want to share about what you experienced or anything you want to share, please feel free to do that.

*(The questions were not recorded and have been edited from Otter where possible.)*

**Q:** Can we live in this realm <> and maintain a sense of no separation?

**Aaron:** I hear your question. Please think of someone who is or was recently living on Earth today, like the Dalai Lama or Thich Nhat Hanh. Do you think they live or lived with a sense of separation?

There is always going to be a bowing to the illusion of separation that comes up for the human, knowing it as illusion. If one isn't clear that it is illusion, taking it into meditation, holding space for it with no shame that this illusion arose, just, "What is it? What is this illusion?" until you see its true nature as illusion.

I use this practice that we've done many times. Hold your hands up in front of your face. Wiggle the fingers. Each finger seems to have a separate identity, yes? You can say there's a first, and second, and third, and little finger, a thumb. Moving them. Yet they're growing from one hand, yes?

Now, look between the fingers at the space. The fingers still exist. They have a relative reality, resting in that space. But the separate identity of the fingers has no ultimate reality. When you look through, there's only space. And then, you come back and focus on the fingers again, moving back and forth from that relative reality of separate beings to the ultimate reality of one.

As you mature in your spiritual practice, you become more and more grounded in this knowing of one and get caught much less in the illusion of separate self, or separate identities of any sort. The Earth, as it will emerge in its time, will be grounded in the ultimate reality of no separation in which you can still play with the illusion of separation to the degree it's fun.

Which flower do you like better? Shell and crystal— are they separate? Is there anything separate between the shell and the crystal? And yet, one is a shell and one is a crystal.

**Q:** This is not so much a question as it is a flowing of gratitude while listening to you describe everything that I am so acutely aware of. You describe the higher density experience of being able to manifest buildings and other objects with crystalline structure, and I see us being able to live that way in evolved fourth density. You describe the vastness of suffering that's occurring on this planet. I am acutely aware of that every day. While listening to you paint these pictures of hope and opportunity, I become a washed in the love and light of your expression. I wish I could have these conversations with more people.

As humans on the planet, we are in this very challenging condition. I experience so much step-by-step initiation into new levels of awareness and daily life practice in the Deep Spring programs like the recent Healing Workshop. You and Barbara and John guide me into so much progressive learning and application. I don't even know how to describe my growing awareness. You do it so well. I will stop. I simply want to express my gratitude. Thank you.

**Aaron:** I thank you, my friend. It brings me so much joy to see so many of you learning these things, waking up to the deeper truth of who you are and holding the commitment to a world free of suffering.

When I first consciously came to Barbara, thirty-three years ago, and I said, "We're going on a bit of a roller coaster ride. Are you ready?" This was a year into our knowing each other. She said, "I trust you, Aaron—roll away! Let's see where we're going."

People have asked me why I am here, why I have held myself back to, let's say, not going beyond the higher sixth density form into seventh and eighth density. Why I have held myself back. If I move into seventh density, I release the mental body. I have no self identity with that body, but I release it completely if I move into seventh density. I have no more use of it. I move into a very high place of vibrant energy, which does its own good in the universe, which supports love and awakening, but I have no ability to share thoughts.

So, by staying in this high sixth density form, I can share my thoughts. And, Barbara—before her lifetime—said, "Sure, Aaron. You've been my friend." We're actually soul mates. We've been together forever. "Sure, I'll come in and do this with you. I'll be a telephone for you, a human telephone." Because, for me, simply holding that highest vibration, while this is a beautiful path, there is so much suffering on Earth that needs to be spoken to at a level that people can more directly understand it.

So, I have appreciated, through all these thirty-three years, the opportunity to share this path with you. People have said to me, "Aaron, you've been teaching the same thing for all of these years, and I see, looking back, how you've been building on it." Yes! Do you think I just dropped in and said, "Let's see; where shall we start?" I had, in your linear sense, a lot of time to plan what it felt most important to plan, with my own teachers and my own companions on the way, and then to create that outflow of teaching, so that people might join in. Some for thirty-three years; I see three of you out there who have been with me from year one, and others who are new now, tonight. Well, you wouldn't be here tonight if you were not ready for this. You've been learning it in other ways. But together we have so much energy to support awakening on this Earth, to support this ideal of an end of suffering for all sentient beings. Let us do that together.

**Q:** My love to you. I just am curious if Lemuria and (Otter: Lemania) are the same civilizations by different names. I pause.

**Aaron:** My friend, I will have to say to you that I have never heard the term, Laminia (la-meen-ya). That's a new name to me. Perhaps it's known by a different name to me. There are many variations on a theme, let us say, mostly places of crystalline versus carbon, like Earth; mostly crystalline structure. And crystalline structure is not separate from itself. So, places where there was never the illusion of separation.

**Q:** I'm curious about something. It's been interesting over the last few years with with Covid. I have several family members and friends who are, I would call them into the conspiracy theories, right? Far right thinking. Perhaps you refer to some of these individuals of seeing themselves as separate. But two different individuals that have these strong beliefs have been talking about the Great Awakening and moving into fourth density, and I'm very curious as to what you think is going on there. Are we all moving in the same direction at different speeds or what?

**Aaron:** I hear your question. Thank you. I would never point to this or that person and say, "You are this or that." What I see overall is that there is a difference between those who might talk about Great Awakening but can still subscribe to a conspiracy theory, more as more negatively polarized moving into fourth density, and those who are



releasing the notion of separate self and embracing everything with as much loving kindness and compassion as possible, as more grounded in positively polarized direction to fourth density.

Negative polarity can move all the way to the higher end of sixth density before it becomes an immovable obstacle. It cannot go beyond that. Negative polarity cannot progress into seventh density, because seventh density requires the complete dissolution of the ego structure. Thus, no fear, no contraction.

This is not an absolute statement. I'm sure there are some people who are more positively polarized and yet still believe in such as conspiracy theory. But that comes from a place within the self of separation. If there is conspiracy, there has to be conspiracy of *them* against *that*; thus, two. So, as long as they are holding to the conspiracy theories, there is some grounding in negative polarity. That does not make them bad people. It simply means that they are still anchored more in fear, negativity, and separation.

One thing I've noticed is that those with the belief in conspiracy theory have to be right. Thank you.

**John:** Good evening, Aaron and everyone. My question is, if there was love and unity in Lemuria and, I assume, on other realms as well, why was there a need before the earth experience for the deepening of compassion? Is it because there are other realms in which there is suffering and, therefore, the need universally for a deepening of compassion? Or some other reason? But why the need for this experiment of Earth and a deepening of compassion, is my question. Thank you

**Aaron:** Thank you, John. I hear your question. The latter part of your question is a part of it, but a small part. Living, let's just call it in the "Garden", in Lemuria or wherever that Garden may have been, with no concept of separation between me and anything, including the Divine, however you would name and visualize that. There is then no sense of personal responsibility or personal power. If I do not experience the illusion of a separate self, there is no one who will take responsibility. If there is no one who will take responsibility, there is no one to offer out energy with the intention of co-creating something more beautiful, more wholesome, more loving.

Stepping out of the "Garden", you cease to be children and turn into a responsible adult, responsible for your choices, wholesome and unwholesome. Out of that possibility of choice and owning that choice is the ground of compassion. Without compassion, what

do we have? We have love and the infinite creation grounded in love, but how does love expand?

I remember once, maybe fifteen years ago, being asked the question, "Can an infinite God expand?" It's an interesting question, because, on one level, if it's infinite it's already everywhere; but if it's already everywhere, and if the Unconditioned is infinite, how can it *not* be able to expand?

So, we are expanding that radiance of compassion, of love and light, throughout the universes, grounded in love—the love grounded in the personal taking of responsibility for the movements of negativity and contraction in the self and not to get caught in that. When one is not caught, then that wave of love, of energy and light, can keep expanding, darkness beyond darkness beyond darkness opening to light. Does that answer your question?

**Q:** I have a question that is related to, I guess the nature of the creators of the earth and the nature of the Earth itself. Specifically, the creators envisioned a place where we could learn these experiences and grow in compassion. And I'm trying to figure out whether that means that they themselves had to have these attributes. And if so, how did they acquire those attributes without the creation of the Earth or prior to the creation of the Earth? And related to that, could you speak some about the nature of who the Earth is? What are the qualities of the being that is the Earth? Asking this question as an attempt to increase my communication with the earth.

**Aaron:** I thank you, my friend. Looking into those who, I would not call them creators of Earth, but those who co-created the whole notion of a positively polarized Earth, such as my primary teacher, Ariel, one of the guardian angels of Earth. So, let me put this question to Ariel. Ariel, how did you learn compassion, if you never had the opportunity to evolve on Earth?

**Ariel:** I am Ariel. I greet you in love and light. You might think of me as an archangel, or you might simply think of me as a friend. I am an intelligence. I am love. I preceded the Earth. In some ancient times beyond your possible comprehension, I also was not a highly evolved entity. I also had to learn compassion. Maybe, in some distant time, each of you will be an archangel, helping to found a new Earth somewhere else, in some other distant universe. I turn this back to Aaron.

I want to say first how grateful I am to all of you whose loving hearts, open minds, and curiosity, and commitment bring you into a group and session such as this to explore that ground of love in yourself by also exploring the ground of negativity in yourself and seeing that negativity has no ultimate reality. Only love has ultimate reality. I am Ariel.

**Aaron:** I am Aaron. Jim, does that answer your question?

**Q:** Sufficiently, yes. I had a follow up about the nature of the earth and how we might communicate with the earth....My question was something about the the nature of the qualities of the being that is the earth and how we might enhance our direct communication with that being.

**Aaron:** Think of communication with the Earth the same way you think of communication with any sentient being. Speak from your heart, with as much love and honesty as you can. Express *your* needs and preferences and ask of Earth, "What are *your* needs and preferences? How may I be of service to you?" And then, listen.

The Earth right now is suffering immensely. She doesn't like being held in a place of such low vibration and darkness.

One thing you can do is simply to hold a small plant in your hand and thank it, or even a small bit of Earth soil, or hold a cup of water and thank it. Hold the basic elements of Earth with love. Be careful never to use them disrespectfully, but also not to negate and judge those who do use them disrespectfully because they simply have not yet learned how to respect the Earth. Be a teacher, not a judge.

[KA: Suggest to people to talk to trees. They can be very responsive.]

**Q:** Tonight you have spoken about the immense suffering on Earth at this time, the suffering of Mother Earth and our deep commitment to help free up beings from suffering. My question is, has the Earth experiment perhaps gone wrong, in a way? I find the magnitude of suffering here so hard to to be with, and it's hard for me to see that the amount of suffering here can be the outflow of a loving God. It didn't need to be this bad for us to learn compassion. It seems like a very high price. The amount of suffering that is existing right now, I struggle with. That's my question. Thank you.

**Aaron:** I hear you. Would you term God the heart of love, the fully awakened presence? This does not make decisions for you. It does not create suffering. Your free-will choices that move you into a corner of separation—fear, hatred, greed—these create suffering.

When you own your responsibility for being the ones who are creating the suffering and cease to blame God for it, then you are taking the responsibility and the power to change the suffering, to release the suffering.

So, you can rant and rave at an unloving god, a harsh god, or you can know that you are a part of that heart of God, and that when enough of you make the decision to live for the highest good of all beings and harm to none, the suffering will end. It's really

instant feedback. Or not so instant, because some of you aren't getting the feedback—not necessarily you, here, but many humans are not getting the feedback. But they will.

And meanwhile, as those who are slow to get the feedback die off in this incarnation, and as Earth becomes higher density, a third density planet is prepared for them. They will take birth there, where they can continue with these harsh lessons for as long as they need the harsh lessons.

The harsh lessons are not necessary. If you wanted to cook food, and you turned on the stove and then you put your hand on the burner, you would burn yourself. How many times would you put your hand on the stove before you would learn, "If I put my hand there, it will cause pain. I will not put my hand there."? I think only once, and you'd have learned.

But a third density human has a kind of—it's caught in the whole idea of separate power. It wants to convince the stove not to burn it, rather than learn to respect the heat from the stove.

Earth, as a heavy density planet, even once it becomes fourth density, will still have certain laws. Love manifests love. Hatred manifests hatred. Separation manifests separation. Awareness of the unconditioned essence of all that is, that leads people to live from that essence, manifests love and co-creation, free of suffering.

In fourth density Earth, the lessons will be somewhat different, but they will still continue. And those who slip into the old ways of thinking, of separation and lack of--- Let me say this carefully, because it sounds different.

Non-separation is knowing that we all co-create each step and yet each being is responsible for his/her own particular piece of that co-creation.

You cannot turn and say, "It's their fault." If there is hatred, that hatred has its root within you and has yet to be resolved.

Instead of looking at the places in the world where there is currently deep friction and hatred, look to *yourself* and ask, What within me is still caught in separation? Still with the belief that I am better than? That I need to fix? Any belief in anything being incapable of expressing the radiance of divine love, where is that in me? Where am I caught in personal fear and negativity? Do I choose to resolve that, or to keep saying, "It's not my fault. God brought it on."?

It's a hard lesson, an interesting topic. And I would enjoy talking further about it, but I want to respect the time. I see it's nine o'clock. Thank you for that question. And in our class, in two weeks, the Eden Project class, will you bring up that question please, Q? Thank you. I think it will be interesting to pursue that a bit further.

Meanwhile, whether you're in the ongoing class or not, please begin to ask yourself, how can I live with more deep reverence for all that is? How can I accept my responsibility, where there is a negative contraction, in participating in some way in that contraction? Perhaps through personal judgment or some other form of negativity.

Judgment is different than reflection, "This is wholesome or unwholesome." I don't have to judge another to know that what is growing out of it is unwholesome. I can cherish that which is expressing the unwholesome and yet say no to that expression, free of judgment.

Good night to you all. Deep thoughts! I leave you to them and remind you to take much of this into meditation; not to try to figure it out with the brain, but to let the heart do its work.

Good night. I return the body to Barbara. I am Aaron.