

## March 13, 2022 Sunday Afternoon, Group of Five, Excerpt

### *Invocation*

**Aaron:** My blessings and love to you. I am Aaron.

I'm going back a very long time ago to a being I was on earth, perhaps ten thousand years ago, living with a group of many diverse beings.

I was not fully awakened; as you know, my full awakening did not happen until 600 years ago.

And yet back then, ten thousand years ago, I was less behind the veil than I was in some intermediate centuries, because the being that I was ten thousand years ago came in more fully remembering who he was and why here as a human—not yet fully pledged to being human but more as a teacher and supporter.

It was a time of much hatred and destruction in the earth, beings very much caught between positive and negative polarity. There were old souls who, like me, did not come through with a strong veil of forgetting, and there were newer beings just one step up from the wolf or the tiger. I'm not using those animals as an example of negative polarity; they were simply young souls very much in service to self.

Those of us who viewed this strong polarization of the earth in those times, we had the idea that somehow, we could move past such polarization.

Through several incarnations in that period I began finally to understand that my job, and that of positive polarity on earth, was not to get past polarization because polarization was the learning tool for the earth, but to help support positive polarity to hold a high energy, and to help support negative polarity through its process of transformation; service to self into more balance, and, eventually, time after time, lifetime after lifetime, opening into more of a balanced consideration of service to all beings. Eventually, into service to other.

I think it's easy for those of us who are strongly service to other to forget how deeply the fear is embedded in the mammal that can lead to service to self, and then to condemn, rather than holding with compassion, those who are incarnate with service to self.

We forget that fight, flight, or freeze are not the only options—those are the usual options for the mammal—but there is also “go beyond, burst open, awaken”!

The mammal becomes trapped in, “Do we fight? Do we take flight? Do we freeze?” And none of it works.

Eventually, through repeated testing that none of it works, comes that awakening, “None of this works. If I’m trapped in self-belief of myself as limited to this mammal being’s habitual reactions, I have no freedom. But when I recognize who I am, and that the mammal is simply the animal that I live in for this lifetime, the one who is awake can live through me.”

Putin, and others like him, are caught up in fight out of their fear. The Ukrainians are doing a beautiful job of fighting back. And I in no way negate that choice; I admire their bravery. But for them it is still coming from a place of mammal fear and response, even with love of freedom being its basis.

I think the greatest gift that can be given both to the Ukrainian people and the world right now is support in remembering we are spirit, here in this human experiment. Can a human remember its divine essence and live from that essence, and still do what is needed in the world? Grow the food, put out the forest fires caused by lightning, even fight the invader, but not from a place of hatred.

How can you energetically best support those who are doing the fighting not only by offering loving kindness and energy and love to them, but also holding in meditation the image, “You are awake. Fight as you must but don’t become trapped in being somebody who must fight, because you are awake. Come more fully into that awakeness. Live from that awakeness.”

Barbara was speaking earlier of my question (*if she were in a room with Putin holding a weapon, she also with a weapon*), could you kill? The question is not “can you kill,” but can you kill truly from a place of love, a totally uncontracted space?

This is a very dangerous question. If you cannot act from a place of love, how can you receive from a place of love?

As soon as you approach the invader with even the most noble, “My country—you must stop,” but with anger, even without fear but with anger and hostility, you’re adding to the negative energy in the whole cosmos.

How can you live or die, support, and save or kill, from a totally openhearted space that knows this being, who you are rescuing or killing, is yourself?

There’s much more I could say, but I would like to hear from my beloved friends, here.

Let me just add that I see your world coming to this place that we’ve been looking at for not just two thousand but many, many thousands of years. It really is that place where positive and negative polarity meet.

And holding positive polarity— love, but also laughter (the comedians you were talking about), joy—holding this is so important right now for the whole earth. The power of lightness, lightness of being in every way, while still taking everything that presents to you today absolutely seriously.

I am Aaron. I invite whoever would like to speak, to speak... I'll leave the body to Barbara. I'll come back if there are questions or anything else for me to say.

Let me add one more thing. This, my dear friends, is what you came for. You all know that. And together we can help the world inch over into a more positive polarity.

You are so loved, and there are so many offering help at every level.

**Q:** Aaron, will you comment on our President Biden's approach to this? It seems balanced and cautious. I would just like if you would comment on it.

**Aaron:** Thank you, Q, I hear your question. Overall, I think his approach is balanced. But it still is an approach of some degree of reasonable fear when facing a maniac, knowing that nuclear bombs will destroy the world. Knowing that this man who is his present opponent is so mentally unbalanced, unbalanced in fear and lust for power, and so forth.

So, while on a strategic level I would like to see Biden take a more assertive step, I do understand his hesitancy in doing that. You don't take an assertive step to somebody who is holding a gun to all your family's heads. And the earth is our family. How do you balance that?

I do not think President Biden is acting out of fear so much as out of caution and a deep sense of responsibility.

I also know that unless you stand up to a bully, he will not back down. How do we balance that? I pause.

**Q:** There is some confusion in my mind, when we talk about Putin being unbalanced, as to whether he might be a negatively polarized being intending to become more a 5th density negatively polarized being, in which case all this is very useful to that end. Or is he simply just intending to be positively polarized and has gone off the deep end? (*ie does positive polarity see negative polarity as 'unbalanced' when actually it is somewhat rational in pursuing its goal of increasing its negative polarization*) Can you comment on that, please? Thank you.

**Aaron:** What makes a negatively versus a positively polarized being? No human is born into the world without history. The one you know as Putin, I may not look in the akashic records at his background, but his actions, from his willingness to cause the death of so many people and the homelessness of millions of people, tells me that he is deeply service to self. I don't know why; as I said, I may not look in the akashic records and violate his privacy.

But I would align him with one like Hitler—both mentally imbalanced, caught up in various psychological trauma, and deeply negatively polarized, deeply service to self and holding the intention move deeper and deeper into negative polarity.

This is worrisome, because to destroy the world with a nuclear weapon takes him further into negative polarity. Perhaps he can, not consciously, but see that as the ultimate step to negative expression, “If I have to destroy the world, I'll destroy the world, but I will keep power.” I don't know.

**Q:** I saw a comment released a couple days ago from an earlier conversation with Biden and Putin. Biden said, “I think you are a man with no soul.” And Putin's response was, “Then we understand each other.” He embraces that concept.

**Aaron:** I would agree with that in some ways.

What does it mean to be a man with no soul? First of all, I think Biden is a man with a very connection to the soul, a very deep concern for the well-being of all sentient beings. Very deeply concerned with not doing harm. He understands what it means to act on a positive soul level, and thus he can begin to understand that which is the heart of negativity, the absence of love. But as a human, Biden does not understand exactly what harm means. Perhaps there is not yet unconditional love.

Let's take a different person: President Zelensky. This man is a shining light. When I see him speak, he is deeply intentioned to stop the aggression in his country, and yet his energy field is so open and filled with light. From my perception, empty of hatred for the Russians, even of Putin.

Is a nuclear war possible? Yes. And I don't believe there is such a thing as a limited nuclear war. Yes, it could be one nuclear bomb dropped in one country—in Ukraine or Poland or France, or wherever it might be, and then perhaps a second or third in Russia.

But the nuclear radiation will spread, and the fact that a nuclear war could start makes it more possible in the future.

With this in mind, you are all being asked to look at what it means to have the power to kill.

You are all standing there with guns, with bombs. How does the human address that contracted energy, “Kill! Defend! Flight! Fight! Freeze!”? It’s got to blow open at some point.

I step out of this whole third density form of perspective. And yet, I commit to remaining a third density human and helping to resolve this issue on this earth. I am (not me, but you) third density human; most of you now well into fourth density but still human. If you’re cut, you bleed. You are human.

What is important here is the shift of consciousness that is transmitted through you to others, the raising of consciousness itself.

You might think of yourselves as the ultimate air purifiers, where negative polarity is small dangerous particles in the air and those who are air purifiers let those particles run through them, absorbing, and releasing them. Purifying and clarifying the whole energy of the earth. How do we do that?

I pause. So here again, I’m happy to talk further. And I invite Yeshua, Mary, A’ton, Tavis, anyone else, to participate.

**Q:** I brought up the idea of using the imagery for us students at Deep Spring Center, the imagery of us being mediums, such as you have described, like soil in which ideas and feelings can be planted and then germinate and sprout and grow into expression.

I’m asking if you think that this would be a useful concept, imagery, for you to present in Tuesday Evening with Aaron.

**Aaron:** Thank you, Q. I am Aaron. It has its uses. But I want to be careful, because as soon as we say ‘medium’, people often think of a spirit moving through me.

Medium accessing the highest self is much more valuable than medium accessing other entities. That’s fine. We can all use all the wisdom we can get.

But to be a medium for the essence of being, the essence of love, that is the mediumship toward which we must move. This is what Biden is still learning. To be a medium co-creating that love and the energy of love in the world, the perspective of love.

I pause.

**Q:** Thank you. You spoke a moment ago about being air purifiers. That is an image that I very much appreciate, the image of being an air purifier, and if I am also to be a medium like soil in which concepts, ideas, emotional experience can be intentionally planted, germinated, and then grow.

If I'm an air purifier and I'm aware of the toxic and discomfoting noise that's occurring within a collective consciousness, at this time especially, I can image myself, my auric field as being able to offer light to that dark, and that it then moves back out into the collective as light.

Likewise, if there were another image that was presented as, I can also see myself as a medium like soil in which there is this germination of loving kindness, of ideas, of expression of inclusion and co-creating ideas for how to heal the wounds of war—again, these are beautiful images. I'm just wondering if we might incorporate these images not only in Tuesday Night with Aaron but also in Eden class. Thank you.

**Aaron:** Yes, thank you, Q, certainly. However, with these images, and the air purifier working, or the soil as a purifier working to pull out that which is negative, I remind you that there must be respect for negative polarity. That is a free will choice that every being has, to move into that polarity. It does not, from its free will choice of negative polarity, have the right to do harm to me or you or anyone. But it has the free will choice to live within negative polarity.

Now, this is the conundrum of negative polarity. Positive polarity can keep offering love. And if a negatively polarized entity chooses not to accept that loving energy, it has free will to do so, just to let it slip by. I do not inflict loving energy on you, I simply offer it.

But negative polarity does not simply offer; it pushes. How do we say no to negative polarity without moving into the negativity of pushing?

When we can accept that negative energy and run it through the light and the loving heart and allow it to release, that's when the air purifier is working.

This is the only way to ultimately stop negative polarity from taking over.

But it's of course very challenging, because once there is fear, you're already being pulled off into the negative polarity.

This is why practice is so important. I pause.

**Q:** There is a fundamental principle in the Aikido martial art, where the Aikido practitioner is approached perhaps by one who wishes to do harm, negatively polarized being and perhaps extends the fist toward the Aikido practitioner.

The Aikido practitioner goes through a process of recognizing that an offering is being extended from the negatively polarized person and is in a moment of assessment and judgment, and makes the decision, “I see what is being offered. I do not accept the offer. I return that energy to its source, but with energy no greater than the energy with which the offer is being presented.” So that there’s no karma accrued.

Now, is this a correct principle, from what you’re talking about, with not getting involved with the negative offer, but somehow saying no to the negative offer, but doing it with love, where there’s a neutral response, in a sense, that also says no? Thank you.

**Aaron:** Absolutely. Q, I don’t think you’ve been at a live retreat with me and Barbara. One of the things we do at almost every live retreat and workshop longer than a weekend is the Tai Chi exercise of pushing arms, which is just what you’re describing. The one thrusting, and then taking that and letting it slip by as energy, just letting it go. And then the arm here, giving it back. Returning the energy. Not more energy than what was given, not aggressively, just returning it. Letting it slip back and returning it.

We do it in walking periods during retreat, and practicing it helps people more be able to dance with the various energies that are coming up during the retreat.

**Aaron:** If no more questions for me, I would love to hear from my brothers and sisters. I’ll release the body to Barbara...

**Colette:** Yeshua would like to speak...

**Yeshua (via Colette):** Beloved ones, I am Yeshua. What beautiful energy and light comes from this gathering. It radiates beyond the sense of local—it radiates into the universe, the universal field of Source, Creator—the energy from which all things come.

As I listen to your conversation about how to respond to the challenges that are here today, I appreciate the depth, the authenticity, and the desire to bring forth fourth density, which comes from each of you, though you may each express it differently.

I also honor the human desire to do something helpful and practical, such as finding ways perhaps to sponsor refugees, or other types of things that can be directly helpful to those in incarnation.

And I want you to remember that the energy you offer adds to the energetic Source. When you offer energy that is spacious and loving, and that comes from a place of desiring goodness and peace for all beings, for the Earth and all that lives upon her—that does not so much change the energy of Source, which is always there—but it infuses it. I so love this term from A’ton—it activates imaginal cells. It creates a field of



potentiation where one can access those higher energies to co-create with intention for the highest good of all.

What the solution to the challenges on Earth will be I cannot say. There is no predicting, as you know. And while political and economic methods of addressing the challenges may bring some benefit, they are always limited.

But what *is not limited* is the ability to open into the Unconditioned. To open into co-creative imaginal cell space, if you will. And as you personally do that and others also, those of us in spirit embrace you and we work with you in that place of spaciousness, of co-creation, of imagination.

At this time, Putin, for his own purposes, has brought about war: although there are many on the planet who may benefit in some way from this war. But it is not the third density observable actions and their consequences that have created this. Those who desire war are also tapping into the energy field with negative intentions to co-create their preferred outcome of power and control. And you are seeing this play out on the planet now.

Yet you can also tap into this co-creative field and bring into the human experience a collaboration with those who share this desire for peace and harmony for the highest good of all. You begin to co-create the observable systems on the planet—such as the means of healing the environment or cleaning up the oceans—or whatever else you choose create.

So, change does not start on the third density level. It comes from the higher dimensional level, whether negative or positive, and when accessed with intention is put into motion. Continue in whatever way you choose to help the current situation. But also continue to add to and draw from the co-creative field.

I pause. I am Yeshua. I will stay in the body for a moment, if there are questions for me...

**Barbara:** As I understand it, there are two aspects of our human experience. One is to be purely human. To see cause and effect and the other things that are part of mundane human existence. And one is to rise above our human self without losing touch with the human self.

I sometimes find it confusing to understand how I can do both at once. Aaron says you don't need to do both at once—alternate. But I think ultimately I do need to do both at once.

I don't know if I'm asking a clear question here. I'm just posing a dilemma that I see.



**Yeshua** (*via Colette*): Yes. And my dear Barbara, I think I understand what you are asking. If my answer is not sufficient, please ask me to clarify.

I think it IS a dilemma for the human on how to respond to what is occurring in one's environment. And now, because you can be aware of what's going on globally, how to be with that. How to function as a human within the society, and also, as I and A'ton have talked about, to function from a place of simultaneity.

There is no easy way to do this, because the human—especially when you are confronted now with the images of war—your humanness, your mammalian self responds to that with fear, terror, grief, rage or whatever other emotions may arise.

So, in trying to straddle both worlds, it is important to honor the human experience and not fall into self-judgment that because you feel fear or anger that there is something wrong here—or that you are stuck in the third density way of reacting and cannot access another way to respond. Those are authentic responses to the reality of the third density human living in this world.

Allow yourself to honor that anger, that fear, whatever it is, but also realize that is an energy moving in response to conditions. As Aaron says, what arises comes from conditions. *It is not who you are.* It doesn't need to limit you or your options for choosing to respond.

This is a dance of allowing, embracing and honoring what arises without judgment. But then allowing that to move through and into spaciousness so that when you make a choice, you make it from the most loving, spacious place of wisdom that you can. This is not a process of going from third density mode into fourth density, and moving back and forth. It is not an either/or choice of response—it is fluid.

It is as I described when I spoke last Tuesday. You are in a physical body on this physical planet. Everything you think, feel or do impacts the whole energy field of the Earth, as well as moves up into the higher dimensions of energy.

So live as lightly as you can with as much love. But do not push away the human experience, because that heartbreak, that fear, becomes a catalyst for you to open your heart even more to yourself and to others. Use the energy of that to then make choices about how you may interact in the world. Perhaps your only option is to radiate love to your companion who lives in your home, because you are housebound, for some reason.

From the human perspective you may be feeling angry, or fearful about the war, or angry about Putin—whatever your thoughts or feelings hold it in spaciousness. Move through it. Do not judge it. Then take that into your co-creative mind.

So I will pause here because I would like to hear if this is understandable...

**Barbara:** Thank you, Yeshua. I hear and understand what you're saying. I don't think I'm taking it further, but just does this make sense to you. What Aaron's been talking to me about, as he expressed to the group, of what happens for the third density human when we can't fight, and we can't flee, and we can't freeze. There's no place to go but whoosh! into a whole different level of consciousness.

When I meditate with watching my desire to fight or flee or freeze, and the human that's caught in those, I can step back into that which is beyond the human which has compassion, but there's still somebody having compassion. And that's just another way of fighting. I need to let go of needing to be that human having compassion.

There's a certain level of consciousness that I know is accessible to us all, awakened consciousness, where I'm not doing compassion but simply being compassion.

I can't ask for any promises that if enough of us do this, it will save our world. It may or may not. But I have a feeling that if we do this, at some level we are safe. And I don't mean physically safe, or safe on earth. But the only place that—true safety is not even the best word—the only place where I can fully rest in love is that place beyond fight/flee/freeze. And that this catalyst is really pushing me there.

It's not really a question.

**Yeshua** (*via Colette*): Yes, and thank you, dear Barbara, for sharing that. If it had not been for this particular war, other things would occur as an opportunity to move beyond, just as you say, a human having compassion, to *being* compassion, or into that compassionate field.

Whether the earth will be safe, whether you will be safe as a human, I cannot say. But you are right—as more move into just being love, being compassion—whatever happens to the planet or the human in the long term is simply a temporary event. All things heal. All things come into unity. I'm not saying that to minimize it; I'm just saying this is a catalyst right now to move into that place of simply being love and being compassion.

When the human can access that space more and more, the options of choosing what to do actually become simpler, because in that loving space there is not the option of pushing against, or fighting against, of sanctioning because there's only one being.

This is not something that the majority of those on this planet are ready to move into yet. Those on the planet may choose to continue war, in some way. I cannot say; I hope that is not the case.

But as each of you and others move into this place of *being* compassion—rather than a human *having* compassion—it shifts the energetic field. When those of you come into this space of love and compassion, it is an energetic invitation to those humans who as yet do not yet really understand unity and non-duality—that we are each the other, we are all one and that what we do to one we do to the other. Your invitation to those just on the edge of understanding may help them begin to move into that space of love and compassion.

How it will unfold, I do not know. But do not discount the power of the work that you are doing.

I pause. I am Yeshua.

**Barbara:** Thank you, Yeshua.

**Yeshua (via Colette):** Are there more questions for me? If not, I will release the body to Colette and pass this on. My love to you. I am Yeshua.