



March 15, 2022 Tuesday Evening with Aaron

Why is This Happening? What Has It Come to Teach Me? How Can I Use What I Learn to Reduce Suffering?

Barbara: Welcome to our monthly Aaron night. Mostly familiar faces out there. I see a few new people. If you've not been with us before, we're very glad to have you. This program has been going on since 1989, Evenings with Aaron. That's a long time! We did not much imagine that we'd still be going in 2022, back when we started.

But Aaron has so much love and deep wisdom to share. And it seems we never really get enough of that from Aaron or from anyone.

Tonight, it will be Aaron and friends—other entities will also be speaking with Aaron; with gratitude to Colette and Julian who will also be channeling the entities that speak through them. We're blessed to have this added wisdom and perspective.

It's been a tough month for everybody. We're finally easing out of the height of Covid and easing into war and the enormous suffering we're seeing from Ukraine.

It's not just from Ukraine. We must remember that there are refugees of war in many countries. We're aware of Ukraine; it's closer to home for us.

I read a very sad article about a young man from, I'm not sure where, somewhere in Africa, who was studying medicine in Ukraine, in Kyiv, when this started. Like many people, he wanted to escape. But because he was not Ukrainian and had a different skin color, he was not welcome across the border. I don't know what's happened to him since the article was written. But he was hiding out in freezing woods with people who wanted to shoot him or capture him and take him back to prison in Ukraine.

We're all refugees. Where did you come from? Where did your great-grandparents come from? Actually, my great-grandparents came from Ukraine.

We're also refugees—where do we come from? Ancestors from so many countries, and also we each may have lived on other planes in the universe. What does it mean to be native life on earth, a tiny life form, evolving here through millennia. Probably some of you have awareness of having lived on other planes. We're refugees here on earth. The earth has welcomed us in, and yet we're all managing to destroy the earth.

I think the real question is, how do we live this life with love. I find myself repeatedly asking Aaron: with all this suffering, what can I do to help? And with my heart breaking for all the suffering, how do I hold this pain in my heart? Is there really anything that we, as humans, can do to help?

Also, why is this happening? Why is it happening now? Of course, he doesn't have any exact answers for me. He does have the answers to how can I help and what we can learn and can teach. He doesn't have answers to why is it happening, except everything is arising from conditions and passing away. If the conditions are present, something like this war, and all these people in danger and fleeing their homes, this will happen.

We've all participated in various ways in co-creating these conditions. It's a wake-up call. In what ways am I carrying any seeds of hatred, of prejudice, of fear? In what ways is my heart closed to myself and other people and therefore co-creating the conditions out of which this much negativity can arise?

So I've been talking at length with Aaron about it, of course. He'll share some with you tonight, with Colette and Julian. Tavis Taylor is a medical doctor and working tonight and unable to be with us, but the four of us channeling spirit, are finding the conversations very helpful.

Why is this happening? How can I help? Aaron, Yeshua, Mary, A'ton, this is what we're asking.

I'm going to pass this to Aaron to get things started. They will talk for about an hour, and then open the floor to questions and answers.

Aaron reminds me that there are some new people here tonight and I have not introduced myself. I am Barbara Brodsky. I'm the founding and guiding teacher of Deep Spring Center, since 1989, and we're glad you're here with us.

Aaron: My blessings and love to you. I am Aaron. You are human, and you are also spirit. You have come into the incarnation to practice bringing these aspects of the self together.

For the spirit it's easy to hold the big perspective. But it is part of your commitment to come down into this earth form, this human expression and for the human out of touch with spirit, the work is harder. The body bleeds, the heart bleeds. There is fear. There is physical and emotional pain. There can be hatred and re-activity.

You were not dragged here unwillingly. You committed at some level to this incarnation. As has happened countless times in earth history, there was a lot of negativity coming into the earth plane at the same time that you arrived. You were never promised 100% positive loving surroundings.

You have heard me say many times that such challenges awaken the heart of compassion in you. And you are here as human to deepen in compassion and to deepen in wisdom.

You are not here to save the world. You are not here to save anything. You are here to be present with the outflow of conditions that are on the earth right now, and to use the wisdom and compassion within yourself to ask how to bring balance to the negativity that surrounds you. You have that capacity. You came with that capacity.

For decades I have taught that when something comes along and pushes you, stop and say, “Thank you, teacher. What have you come to teach me?” So perhaps we can start with this present push.

Be clear: this fighting in Ukraine, the suffering, did not come just so it could teach; it came as an outflow of many conditions. But here it is in your present experience.

Useful questions are, “What have you come to teach me?” and “How can I use what I learn, how can I offer it out and use it to support a reduction of suffering at least, if not an end of suffering?”

Long ago, in a lifetime in which I was human, I lived in a world where people had very diverse views and attachment to those views. Each side strongly believed that they were right. Each side was willing to defend their rightness by killing anybody who did not agree with them.

Before this blew up into huge conflict there were two, I suppose you could call them neighboring nations, but perhaps that’s too strong a distinction. Two neighboring people living on one side and the other side of a river. The river curled in such a way—if I can try to demonstrate this, it snaked a long distance through one country and then came out to touch the second country. So, this was all one country, with the river snaking through, and then it came out and became the border with another country.

There was some drought. The people in the northern country where the river snaked through began to dig channels to draw off water, to store abundance of water for their crops. The people in the south then were suffering some lack of water.

When I say two nations, that’s a bit extreme of a statement, because many people living south of the river and north of the river were literally brothers grown from one family. Some moved south a bit where the land was very fertile; others stayed more north where there was a bit more water but less fertile land. But fertile land does one no good if there’s not water.

The people from the southern side of the river began to cross the river and attack, breaking down the dams and other structures. I don’t mean big dams; small dams that blocked off the water and made it flow into the farmland. Breaking these down so the

water would return to the main flow, and they would have adequate water in the south. Those in the north attacked and killed, sometimes literally killed, their brothers.

There was such an easy solution: that they remember that they were one family. That they begin to pool the water and their food, to share it equally. To each do everything they could to create enough food for everyone. If they had done that, there would have been enough food.

But instead, there was famine and terrible suffering because of the killing. It only ended when both sides were close to being wiped out, lacking food, diminished water, people in ill health. Each side claimed the moral power of being “right.” Finally, they came together and said, “Let us end this.”

It could have been avoided if people had not gotten caught up in “We are right. You are wrong” and strived to hear each other. That self-righteousness is so deeply embedded in the human ego.

I am not suggesting that the Russian army and military and leadership has any legitimate claim to go in and kill people in Ukraine. But I can’t believe that the Russian people themselves would want this, if they had access to knowing what was happening, because the people in Ukraine are brothers and sisters to the people in Russia. Ukrainians do not want it. They are one people.

When you get a group of people, any group of people, who are driven by ego and lust for power, claiming ownership of that power they can create enormous distortion and suffering.

The argument is not with the people. The argument, if there be one, is with that which is ego-driven and in service to self, which is my definition of negative polarity.

The fight is not between Russia and Ukraine. The fight, if I use that word, and I would rather not; the distortion is between—let me not use distortion, it’s not the best word either; the violent discussion is between positive and negative polarity, between those leaders who hold strongly to negative polarity, service to self and disregard for the well-being of anything beyond the self, on one side, those who respond to such pressure from negativity, and those trying to understand the best way to say no, on the other.

But the ego is part of the human experience. We cannot try to get rid of the ego but to understand how people get caught up and driven by the ego. How people get caught up in their own habitual patterns, wherein they so badly want to be in control, to be powerful, to have more than other people. It has been my experience to see such people are suffering terribly. They more they suffer, the more they think, “If only I can have more, I’ll finally be safe.” They have not yet learned that no one can be safe until



there is love, until there is compassion, until there is knowing that every being is a brother and sister.

This has been the story of your earth—such beings or groups of beings coming up and trying to take, regardless of the suffering. And for millennia the response to that has been engaging back with hatred and desire to destroy. To take control back. And it hasn't worked.

Each of you, if you will reflect on your own life, or what you have seen if you have seen into any past lives, you'll see the enormity of destruction and suffering that comes when there is lack of knowing, "We are part of each other," and opening the heart to each other.

But then, how do we relate to those, to the Hitlers? And, if I may drop him into the same category, the Putins, and others throughout your history who have sought personal gain, brought people in promising them personal gain if they would destroy others? How do we deal with them?

I know my brother Yeshua will be speaking here soon. Yeshua's answer was very simple: Love them. I won't expand on that because I believe he will. But how do we love one another when we are threatened?

It comes with growing wisdom into the truth of who you are, that you are spirit here in a human body; not human and, oh, a little bit of spirit thrown in, but essentially are spirit! You are the representative of Love on earth, an expression of Love.

You are love. You are spirit. And so is Putin. And so was Hitler. But that which was grounded in love within him was so armored that it could not be seen, could not be accessed.

I'm not in charge of the armies of the earth, thank goodness. But how much I would love to see an army of a hundred thousand grandmothers and grandfathers from every country on the earth approach the Ukraine borders, approach the Russian borders. Walk in without guns. Maybe walk in with soup and speak to the mass of people who are not so armored and are capable of loving. How many of those tanks, do you think, could roll over grandmothers and grandfathers, some of them with wheelchairs, walkers, or crutches. How many do you think they could mow down before they needed to stop?

Now, I do understand that there are now missiles being launched from a great distance away, so we don't have face to face contact. What if an army of this sort marched on Moscow, demanding to see Mr. Putin, to speak to him? Certainly, they'd be killed, and more would take their place, and more.

This is hard work. I'm not suggesting that any of you try to go out and do this. But perhaps the time is coming for the earth to understand that armies are no longer the answer. That only love is the answer. And the question, how to connect with that love, how to change the whole approach on earth from one of "I need this, I claim that," to "What do you need? How can I help?"

Your consciousness is reaching this point of awakening where so many of you throughout the earth are no longer deeply caught up in service to self; maybe not fully service to other, but at least much more neutral.

This is the work you have come to do in this lifetime, to help the earth shift from a neutral polarity into a positive polarity. To help each being in the earth awaken to the fact that they are not their brother's keeper, they are their brother.

What does it mean to be your brother, to be your sister? To live with compassion? To awaken, knowing the wholeness of what you are, the true self, rather than being so self-identified with the aggregates of physical body, emotions, mental body, and so forth?

Who are you when you move past total identification with those aggregates? Who are you in meditation when you're a bit more connected to the awakened self?

It's no longer enough to rest in meditation in the awakened self, have beautiful experiences, and then come out into a world where there is so much devastation.

It is time for those who truly love and ground themselves in compassion to speak.

It will take courage. But yes, you are ready.

I could talk to you for the full two hours, but that's not our plan tonight, so I'm going to move on here and invite Yeshua, Mary, or A'ton, whoever would like to pick this up, to speak next. And we'll pass it around.

I love you. I cherish you. I love your radiance and your courage. Thank you for choosing to be alive in these times. I am Aaron.

Colette: Yeshua will speak...

Yeshua (*via Colette*): Ah, my Beloved Ones, I am Yeshua. My heart is so full of love to join with you tonight and to share the conversation with my cherished brother, Aaron, and all of you, and Mary and A'ton – whomever may speak tonight.

There is no separation here. I am speaking to you through Colette's body because at the moment it's probably a little awkward to materialize (smiling) and you're all in

different places so we use this way to communicate. But there's no difference. Yes, you are in a third density body moving into a fourth density consciousness as I've said so often, but we are not different. We are each of us love and light. We are each of us an individuated spark of Source, if you would call it that.

We are each of us able to use that love and light to transform the creation. Not just to transform yourself as a human being—to work on whatever you consider your challenges are, or heal wounds, or traumas—that is all valuable, but you are more than your history. You are more than this body. You are more than your history of other incarnations. You are Brothers and Sisters of Light.

And as Brother and Sisters of Light, you have the ability to co-create in many ways. Tonight we have been speaking of the war and the devastation, the suffering, and the potential for great tragedy should nuclear arms be used at some point.

Yet how do you go about co-creation in relationship to the current challenges? I am so often asked, "But, Yeshua, what do I do? What do I do?"

It's important to have two perspectives here. One is what I would call the relative or mundane perspective related to this physical incarnation on Earth. Each of you in your individual circumstances may choose ways to help. Perhaps you send money. Perhaps you send love. Perhaps you work in other ways to get aid to those who are suffering.

But do not discount the totality of yourself as mind/body/spirit and the power that you have as a being of love and light. Sometimes people will say, "Well, Yeshua, that's so theoretical. Like, OK, that's fine. I get it. But it doesn't really help me here and it doesn't help anybody else," and I say, "Ah, you are not seeing with an open heart and eyes that can see beyond the mundane/relative world."

You are so used to being encapsulated in a body that you do not always understand or remember that you exist in an energetic field. All creation exists in an energetic field. You came purposely to Earth at this time. As Aaron sometimes says, nobody forced you to come here. Although on certain days I'm sure some of you think, "Well, I am not sure why I agreed. I would like to change my mind. Is there a ticket to go back home? Where ever home is..." (soft laugh)

Yet remember that you came here for a purpose—and that purpose was not necessarily to extend your physical life by four or five thousand years (although in some cases that's possible). What I mean is that your purpose was not just to come as human and walk through your days on this Earth. Your purpose was to seed the Earth with the love and light that creates a field of potentiation for change. I have said that many times but how do you actually do that?

As Aaron was saying, throughout the history of this Earth, and many other planets and creations, there have been those beings that cause destruction because they simply are not aware that we are each one and the other as there is only one being. And then there are others who have purposely chosen the path of negative polarity of service to self and power over others. The Creator offers free will choice and some will choose that path. Yet there are many beings, such as yourselves, who have the propensity to follow the path of love and light—what you call positive polarity.

So how you interact on the global stage—or at work, at the grocery store, or in your home—is all very important. But it all comes down to one key thing: To be aware in every moment of the day what you are putting into the energy field.

In making that statement, I am not saying that if you're sad, don't be sad—or if you're angry, don't be angry—or if you have some other dark, contracted emotion, to get rid of it. Those emotions may be very relevant to what you are experiencing. Yet you can transmute those emotions and make choices about how you act in the world.

So ask yourself, “What am I bringing to the world? What am I adding to the energy field?”

Do you bring contracted, dark energies or do you bring love and light energies? And this doesn't necessarily have anything to do with the type of interaction you are engaged in—what you are doing doesn't really matter.

I would like to give you a concrete example. I don't think Colette would mind my sharing it with you.

She has a cat who I would say is on its way to third density experience. This cat knows what it wants, when it wants it and how it wants it. And if Colette is not cued in, the cat will knock things off any surface it can and scratch everything it knows it's not supposed to scratch. So sometimes Colette will lose her temper.

The other day, at 3 in the morning, she started yelling at this cat who was wreaking havoc because it wanted to eat. She suddenly stopped and started crying as she realized this being was just doing what a little cat does. Colette realized that while it wasn't wrong to be angry or frustrated, what she had just spilled into the universe was contracted angry energy.

Now I am not saying that this is a sin or that it is bad. What I am saying is to have awareness of what you are energetically putting into the energy field. You may be looking perfectly calm and interacting perfectly fine. But if in your heart you are contracted in fear, judgment or anger that you aren't able to release and allow to move



through you, then that is your opportunity to open. Let the energy of those emotions move through and out, and choose to radiate love and light.

Imagine if two billion people on the Earth just centered and radiated and became a flame of peace—a star of peace, the awakened heart of peace. Everything can move through the awakened heart and be transmuted. If in all your interactions you just brought peace—even if you got in an argument with someone or your partner is on your last nerve—whatever is going on, can you come together? Can you have a conversation, release the anger, and just be at peace?

That is what you can do in every moment of your day. It is simple, but it is exponential. So, I leave you with that at this moment. We may have time for questions later, but I will release the body to Colette. My love to you. I am Yeshua.

Julian: A'ton would be happy to join the conversation and offer some perspective...

A'ton (*via Julian*): Hello, I am A'ton, and we greet you in the love and light of the One Infinite Creator.

The theme being offered today involves encouragement to open and broaden the perspectives of the thinking mind and the feeling heart. In our density of perspective, we experience the concept of separation or duality very differently than you do.

So we ask you to play with your imagination for a few moments. Consider that there are no higher densities and lower densities. Consider that there is a flow, and there is a process of awakening, and then further awakening, and then further awakening as an ever expanding experience.

You might think of it as a shedding of skins and an enlarging of the awareness. The old skin is confining as awareness increases, so it is shed and then a new skin forms to allow for the larger expression.

Imagine that you wake up one day and suddenly on earth there are no last names. Everyone has only a first name—at most; many people don't even identify with a name. Imagine that there are no countries, no names for places. No names for mountains or oceans. No names for different types of animals. Imagine. Allow your imagining mind to continue to conjure this world without separation, as you know it as this time.

Imagine that there is the physical body, the landscapes and the seascapes, the conditions of the weather, and the goings-on of the people creating environments in which to live and collaborate with each other.

Imagine that there is no inclination to infringe upon the energy of another, which you would call competition, because it's motivated by fear. I won't have enough; I need more; you're going to take what I want or I have—none of that exists.

Imagine that there is no fear, there is only awareness and the sense of being able to communicate with each other in a fullness of images that are shared from one mind to another, from one manner of insight with another.

You encounter another person, make visual contact with each other, and suddenly in a moment's flash, become aware of each other's life story up to the present. You are aware that the other is looking for some water to fill a container. Your awareness extends to the other, "Ah, I know where water is." You delight in sharing the experience of going to the water and enjoying each other's presence in the process.

Allow yourself to imagine such an expression of incarnate experience and conditions. Imagine, how the familiar preoccupation with the idea of separation, ownership, and control encourages the energy of fear. Dividing and assigning is a design for comparing, disagreement and conflict.

Imagine how Putin is afraid, and how he's expressing his fear in a large-scale arena because he has worked himself up through the ranks of separation so that he has his hands on very large-scale instruments to express his fear with.

Imagine, how in response to Putin's expression of fear, you you feel fear, think fear, and experience fear, in the course of your daily lives. You are co-occupying a space that is without loving-kindness.

Imagine a world with different conditions, a world without a game of separation about who's winning and who's losing. Picture a world of inclusion, collaboration and cooperation, where everything is exposed and available. Nothing is hidden. Nothing is secret. There is no shame, no fear, and no worry. There is only consideration for and with each other.

Now imagine that these worlds are simultaneously occurring—one of separation and the other of inclusion. Consider that you are a native of the world of inclusion visiting the world of separation. You remember that your purpose is to think, speak, and act today as offering of loving-kindness in the world that is struggling with separation and fear. Imagine in the moments and hours of the day how that expression with yourself can come forth.

We leave you with that. Thank you.

Barbara: Thank you, A'ton and Yeshua, I really have appreciated what you've said. Aaron will speak...

Aaron: I am Aaron. It is a joy to collaborate in this way. Millennia ago, coming into the earth plane, some of you as first or second density beings, some of you advancing to third density, some of you already highly conscious beings with intention to carry your compassion and love into this heavy density planet; for all there was an intention to deepen in compassion, and therefore, willingness to call forth the catalyst that would support that deepening.

Thus, the earth that you needed millennia ago was one that would serve up the catalyst to draw forth compassion, to help you grow in wisdom. For this intention to be fulfilled, there needed to be the idea of the self, which you did not have before coming into this plane, in order to grow past self-identification with such a self.

So many throughout the world are older souls now who have, as you've said, been there, done that. Yes, there are many younger souls. And as the earth transforms into a higher density—or, as A'ton put it, just moves gradually through; not this level, that level, that level, but shaking off the old skin—those who still need to hold to a lower density, still have those lessons to learn, will find other planets on which they can do that learning.

For those of you who, let's say, have shed the skin and are growing into your new larger skin, and new one, and new one—we spoke a few weeks ago about the imaginal cells and A'ton spoke about imagination. There's that beautiful Beatles song, *Imagine*. Imagine an earth in which there no longer needs to be conflict, because you have moved past any need for conflict. In which the present intention is to learn how to grow together and to hold a heavy density planet with enormous light and love. A whole new intention for earth; not what you started with as the intention for earth. But now, you're ready for it.

Imagine... if you were able to drop off the self-identity with the personality self and start to truly know your interconnection with every sentient being, including the earth itself as a sentient being, and to hold the power of love. Imagine...

If enough of you could imagine in that way, you would transform the earth.

There was some discussion between me and Mary as to who would speak. And I know she would like to speak, but I said I had something I wanted to say. So, I'm going to pass the body over to Mary, at this point.

Let me only add: You know, as Aaron, and as Nathaniel in Yeshua's lifetime, and as many different beings throughout my human history I have had to move through these

stages within myself. My awakening 600 and more years ago was simply the shedding of one more skin, opening to knowing my interconnection with everything and everyone.

Then I had to ask myself: what role do I play now? Many of you look up to me as somebody with wisdom, and I suppose that's part of what I am.

But the heart of what I am is, I am light, and I am love. I think the most important role I can play now is to remind you that you are also light and love. And that it's possible to drop off identification with the ego. It becomes a useful tool, to be used and put aside. To drop off the identification with opinions and beliefs, with this specific form, or as A'ton said, with this name, with this nationality. What does it mean—can you imagine just knowing yourself as love and as light?

I am Aaron, and there's a pause here, Mary asking is she to come through Barbara or Colette. I am saying it's fine either way. Colette?

Colette: Yes, I am happy to bring Mary through. I defer to you...

Aaron: (*smiling*) Knowing Mary, she will go where she wants to go! I'm going to release the body to Barbara. You bring through Mary. And if she has more to say through Barbara, she will say it. I am Aaron.

Mary (*via Colette*): My dear ones, I am Mary. You are so beautiful. You *are* beings of love and light. You have yet to see yourself in that way.

And I don't mean to see with physical eyes—but to know truly deep within the essence of you—that's all you are, all you have ever been, all you ever will be. You are just traveling through time, if you wish to think of it that way. Traveling through time. Taking on different experiences. Wearing different costumes—human costumes, animal costumes, sea creature costumes, bird costumes, balls of energy and color costumes. But none of those are who you are, they're just ways that you have played in the illusion.

That does not mean that as you play in the illusion, this experience here on Earth is not serious, that it is not important, or that you did not come here for specific reasons. Only to say, as A'ton was speaking, that you move into greater, greater awakening.

And yet, in a sense you *do not move*, because you've never been anything else but awakened. But in your choosing to come into incarnation and to move into different planes to learn and to grow, you totally forget that. So you experience that as moving. You experience that as shedding skin. And that is truly all you are doing.

If you think of your lifetime now, and your spiritual journey over the last few years, most certainly you have noticed how you have changed—how you have opened, how you have been able to be with reactivity without shutting down—and how you are able to re-open when you do.

So in experiencing the process of time—the process of cycles of evolution on this planet and cycles of evolution through densities—you perceive that you are moving on a path to awakening. Yet in essence you are already fully love, light, and awakened. You come into incarnation to experience what you call moving through time and returning to Source. Yet you are always home, always connected and resting in Source.

In many different ways that is the trajectory, if you will, of everything that you see, every being. The flower is not just the flower. It is a spark of the Creator. The cockroach crawling across your basement floor, that you would certainly prefer was not there, is a spark of the Creator. The tax man is a spark of the Creator. The policeman. Your president, Biden. Hitler was a spark of the Creator.

This is very hard for the human to consider, especially when you see such destruction occurring across the globe from those who do not know that they are a spark of the Creator. They want the power that they sense is what it feels like to be fully alive and awakened, but they have no concept of it. They have chosen with free will this path of negative polarity, and through free will they will explore it until they're ready to leave it.

Now, that does not mean you do not say no with compassion or that there are no consequences for their actions in this world. That is one of the things you are here to do, is to stand up and say no with compassion.

But when you do that, it is not to say, “No. You are bad. You are evil. You are terrible.” It is not to say it with judgment and hatred. Because then, in what way is that contracted energy any different from the contracted energy, let us say, that Putin is causing?

Yes, I agree, it's different; you are not setting off a bomb. But in the energetic realm, energy is energy. Contracted energy of judgment, whether against yourself or someone else, is seeding the energetic field of potential with more negativity.

So, as Yeshua was saying, as you learn to experience your own awareness and have love and compassion for yourself, you learn to open again when you notice that you have contracted. I'm thinking of those pictures of sea urchins in the water. They open and they take in food and water, and then they close, and they open and they close. It's a flow. That's what you do.

The closing is really, in one sense, no different than the opening; it's just a point in the process.

So have love and compassion for yourself. Have love and compassion for those that are still in darkness, that do not know who they are.

And yet, come together with friends, come together with your family, your community, with the world. Stand up and say, “Ah...No, Putin.” —or whoever else it may be; Putin is just one example. There are many in power on this earth whose names you may not ever know, who have the same agenda. But if you fight against them, you simply reinforce the field of negativity.

I know it sounds simple, but it’s a most powerful thing to be in awareness in every moment of your day, and to choose whether to open or close. And you can choose to be open in the face of darkness and to radiate light, and to say no. I cannot tell you how you should do that in difficult situations, and it certainly is not easy. Yet trust that you have the capacity to do it, and to do it with love.

When Yeshua and I walked this earth, Aaron was there with us. Many others saw that we came to be love and light, and yet the society at the time could not tolerate it. It frightened them. They wanted to put it out. And many of us experienced difficult events such as Yeshua’s crucifixion. Others as well were crucified. Others were stoned. These things did not just happen to members of our Essene community, but in many other places around the world where those who brought the light could not be tolerated.

Those who are in fear are afraid of the light. Isn’t there a myth in your culture that vampires are afraid of the light? They don’t want to be in the sun. I’m not equating anything or anyone with being a vampire, but only to say that the light is frightening to those who are in darkness.

So, in your heart have compassion for yourself. Have compassion for others. Understand who those who are wanting power and control really are—meaning they’ve chosen a path to have the most power and control they can—and this desire comes from their own fear, their own darkness and from their own lack of awareness—and *yet they are you*.

So how do you hold the power of your love and light and with compassion bring it into this world, but yet not fall into the negativity of the world?

I will leave you with that to contemplate, my dear ones. I am Mary. I will release this body and pass this on to whoever wishes to speak next. I embrace you. I hold you in my heart.

Mary (*via Barbara*): I am Mary, speaking to you now from another instrument. I love the fact that both humans are so happy to allow me a voice. I just want to add something here.

I'm laughing because yes, of course, I could have said this through Colette. But I had been discussing it with Barbara earlier, so I'm now speaking through Barbara.

I was already awake when I was born into that lifetime two thousand years ago. I had no idea how hard it was going to be to keep my heart open, to stay present in this form of human. There is the physical sensation. There are the emotions. There is the pain. There is the illusion of separation. It's hard to stay present and remember the truth of your being, that you are light and love.

One of the best ways to do this is to see it in each other, because when you look at this screen of faces, looking in each other's eyes, you recognize, ah, this person, she is light, and he is light, and she is love. You know that with certainty.

And then you look at yourself. Look at yourself now, on the screen. Can you look at yourself and say, "Yes, she or he is also light or love."?

"I'm not so sure. I know it about the rest of you, but me? I'm not so sure..."

It starts with imagination, as we have spoken. Imagining that right there with the anger, with any self-centeredness, with fear, with greed, is that which is love.

What if you truly are the love and light that we say you are? Would it be possible? What if you *are* that?

What if you commit to trying your best to live that? Noting, yes, it's hard, but still, I am light, I am love, and I will remember. I *will* remember the truth of what I am.

Once you master that step and start to live from that place, it's easier to remember that those who are abusive, who are terrified and therefore have become abusive, that they are also light and love.

When you reflect that back, it's very powerful.

When Yeshua moved through the crucifixion, of course I was there. And I was filled with grief and anger because I was in a human body. And yet I was also filled with compassion because I knew that I was spirit as well as human. And I knew the power of love.

He needed that love as energetic support to move through his process. Others of you were there and held that love too, and some of you may remember that.

We could say, in a sense, that the people of Ukraine are presently being crucified. Your love and your light can help them move through into their rebirth on a human level, help them to hold the power of light and love that is within them. To stand up to the armies not just with their weapons but with their light.

And because it is not your light or their light but THE light—the light you hold forth in response to this destruction; the compassion and the light is not just yours but THE light—it can help make it accessible to all who need it.

When you ask what can you do, remember: You are the light. You are the love. You are this portion, that portion, but it's not divided into portions anymore, it is light, love. And it is the most powerful force in the universe. You have access to it.

I will release this body.

Barbara: Thank you, Mary. So, it's 8:20pm. Let me ask A'ton and Yeshua if you have anything right now you wish to say, or should we take questions? (*Yeshua and A'ton have nothing further to say right now.*)

Q: I would like to offer something. I will be brief. I had a sudden fantasy this morning that Putin all of a sudden had an awakening and said, "Oh, this is silly. Oh—soldiers, stop, come home."

It caused me to think about the way that we create the sense of, you get rewarded for doing good and punished for doing bad, according to whoever decides what is good and what is bad. And we have the judicial system and the prison system, and people are sent to prison. And prison is allegedly, by some people's standards, a place of reeducation and renewal, and to learn how to be beneficial to self and society rather than difficult with self and society.

So I was wondering, if we were to begin to be curious about—aside from saying no to Putin and that darkness, is there also an option to say yes? "Yes, Putin, what is it that you need? And what is it that would bring you into some sense of fulfillment, that would be other than this type of destruction?", as though we were talking to an eight year old child throwing a fit or a tantrum, and sitting down with the child and saying, "What is it that you need?"

If we were to look at the human condition of struggle now in Europe and the Western world, and begin to explore how to say no with compassion, and also what to say yes to—how to make an offering of love and light. Thank you.

Barbara: Thank you, Q. So let's open the floor to questions...

Q: I simply wanted to bring to people's attention, and I'm sure most of us have already considered this, but I'd like to underscore it: the observation that there are light centers and light workers all over the world, in all societies. In the opening of our hearts to the Ukrainians, that we should also consider bringing the light down as well to the Russian people and to the Belorussian people, that they can do the work they need to do to evolve their societies. Thank you, that is all.

Barbara: Thank you... If no questions, is there anybody who would simply like to share, how are you doing with what is going on in the world right now? What's happening within you?

Q: This morning, in my meditation, I was very aware of all of the pain. I asked for help to free my body, these aggregates, from the pain. And one by one, the elements offered. The wind came and said, "I can blow this pain away." And the sun came and said, "I can shine this pain away." And the water came and said, "I can wash this pain away." The fire burned.

It was very interesting. I've never had that experience with the elements. It wasn't something I decided to do; it was something the elements themselves offered. I just felt my whole aggregate conglomeration being relieved of the angst of holding all this. It was really quite wonderful. Thank you, that's all.

Q: I think while we're all fixated on Ukraine and what's happening there, I'm also thinking about other places in the world, and even in our own country, where those who have power, political power or economic power, really assert that to the point that it's really harmful to others.

It's easy to see in the Ukrainian situation that Putin's a bad guy. But then all of a sudden the United States is the good guy. But we're not that good. We do a lot of horrible things also in the world, and we act very much according to how we want to throw around our power.

So I'm really thinking that—talking about imagining, really imagining a place on this planet where people really want to be together as one, want to work together as one. And with that intention, there's still tremendous opposition.

And the question is, how do we act with that opposition, when people are so intent on doing things that hurt other people? Especially when you know that even if we shine our lights, it's going to take a long time to resolve this. I'm going to be 74; I probably won't see the results in my time. And I don't know when I will see those results.

That's just my take on everything.

Barbara: In terms of what Q has just said, I find myself getting into a kind of negative attitude of, as Q said, "It's not gonna happen, or maybe a thousand years from now." But each moment is precious. And one moment of light and presence and love, each one contributes.

It's like cleaning up a river that's so filled with dirt. You think, "What good can it do to pull this bottle out, or to use this filter to pull out some toxins, when the river is so polluted?" But each time we take a little bit out, the clear water can re-express itself.

Others?

John: Given a situation, for example in Ukraine, what is it that we can do? I think it was Aaron or Yeshua, spoke of offering money, and Mary spoke of remembering the light within ourselves and offering that light to others. Are there other suggestions about how we can attend to this particular situation in Ukraine, knowing that there are many places in the world where there's war, where there's starvation, displacement, death? As Q was saying, this can feel somewhat overwhelming and hopeless at times, the condition of the earth as it is. So does spirit or does anyone here in the room have any suggestions about how to attend to the condition in the world right now?

Barbara: Thank you, John. Aaron will say something here...

Aaron: I am Aaron. We're talking here about balancing on the bridge. It's important to go out and do things, donate, help in actual world terms; that's valuable. It's also a way, when you give, of looking at any resistance to giving. Not just giving of material goods but giving of compassion and love, and any resistance to that. So, this is both of service to others and path for your own growth.

It's equally important to just rest in the Dharmakaya. To hold that space, that, "taking that one seat"—love, light, presence, emptiness of self, non-duality.

When you do that, there's a shift in the energy that emanates from you and is accessible to others.

I would simply suggest approaching it in both ways.

One practice that I have suggested to Barbara that she do, and she has found it very helpful, is when there are scenes with one Ukrainian person talking, especially, somebody where there's just been bombing, for example, looking at that person.

Holding that person in her heart. And then shutting off the TV and coming in and doing tonglen with that person.

Receiving that pain and releasing it. Finding that love and compassion and light within herself and expanding it outward; not *giving* it so much as *expanding* it. Helping it to be accessible to that person who was speaking and was suffering but accessible to all.

I think if a lot of people did this it would truly be helpful energetically.

I pause. I offer this to Yeshua, Mary, or A'ton, if they would like to add anything, or if any human would like to add.

Colette: Yeshua would like to add something briefly...

Yeshua (*via Colette*): My beloved ones, I am Yeshua. The catalyst of the Ukraine is powerful in that it is bringing awareness on a global scale—not just to what is happening in Ukraine—but to the incredible suffering on the whole planet that does not need to be.

You have asked me about what you can do in this situation, and we've talked in various ways about that today. But I ask you to consider that where you are right now, meaning the physical location that you live in on the planet, is not a mistake. You are here right where you are for a reason.

So, when you think of what can you offer to the Ukraine, search your heart and do what you can do, whatever that is. But remember, the peace that will come to this world is not just related to the assistance that is given at times of large cataclysmic situations such as natural disasters or war. Ask yourself: right here, right now, in this house, on this street, in this neighborhood, where is there suffering where I can be of help? Do I have a neighbor who is old and lonely, and no one comes to visit her? Is there a mother on my block or in my condominium complex who has a child with disabilities and struggles day and night? What gift could I bring to her? Perhaps just a conversation, a cup of tea. Perhaps to watch her child for an hour.

I am not saying that there is any specific thing that you need to do. I am just asking you to open your hearts to your local environment and notice if there is anything you can do that you feel your heart drawn to. There is so much suffering there. Perhaps you can't change the situation for your neighbor, but you can bring a little bit of love that may open their heart to hope.

Consider that if each being on this earth did that with one being, or two beings, or ten beings, and then other beings reached out—perhaps all the beings on the earth would begin to open their hearts—not just in relation to the big things that are happening, although that is important—but to their neighbor... to their neighbor... to their neighbor.

Then it's your city. Then it's your state. It's your country. It's one country to another country. That's how change will come.

Yes, some things can happen instantaneously. And in the concept of human time, these tragedies may not end in your lifetime. But they can end, and it starts right where you are.

My love to you. I pause. I will return the body to Colette. I am Yeshua.

Barbara: Any other responses from human or spirit, before we go on? (No.)

Q: My questions and the answers that I had been expecting are partially covered by Aaron and Yeshua. Nevertheless, let me formulate the questions; let's see if anybody has anything to add.

My first question is, there's this ongoing situation in Ukraine and Russia that people have been talking about. In the country where I'm from, there are a lot of discussions on social media which <>. It looks like people are extremely divided over that topic, although does not seem directly to relate to their daily life. There's a large group of people who are extremely pro-Russia and, similarly, a large group of people who are pro-Ukraine. On top of that, there's this ongoing trade dispute between the U.S. and China and potentially more sanctions to come.

I read the news, and it gives me the impression that the politicians do not seem to understand each other. The people from different countries don't seem to understand each other.

Now, if you look at the views and perspectives of the U.S. politicians, it looks like they don't really understand the country they are dealing with, and vice versa—the Chinese politicians don't really seem to know the U.S. people that well.

So it gives me the impression that with the ongoing geopolitical situation, trade disputes, Covid-19, it's my personal perception that we are getting—the human consciousness is getting more divided and negative, instead of seeing hope of getting more positive.

So my question is, is this a very shallow, superficial observation of my own? Or should we be more pessimistic?

My second question is, I'm practicing tonglen (I learned that from you guys) on a daily basis in hope of offering some help to Ukraine and Russia. I want to know if that's a good way to do it, or is there any other thing we can do to make our contributions. Sorry about being wordy! These are my two questions.

Aaron: Thank you, Q. For others who don't know you, please can you tell them where you're from?

Q: I am from China. I'm currently attending the Zoom conference in Beijing.

Aaron: Thank you. And when you say that there's a lot of pro-Russia/pro-Ukraine, is that what you're seeing there in Beijing, or are you getting that from the news in the U.S. also?

Q: It's mainly the Chinese continent news. There's a lot of social media where people can join discussions and people can quickly divide themselves into different groups. The two largest groups are pro-Russian, seeing justice in the war, or pro-Ukrainian or pro-democracy.

Barbara: It's very hard to know facts. I do know a little bit, because one of my sons has spent a year in Ukraine two different times; once maybe ten years ago when he did a photojournalism report for his Fulbright on Chernobyl and the effects of the power plant disaster on people there. He spent a year living in a small town, Ivankiv, between Kyiv and Chernobyl. Four or five years ago he spent a year with a group called Organization for Security and Cooperating in Europe, which is basically a peacekeeping group that is non-political, and tries to help maintain peace. His work with OSCE was as a journalist and photographer in Donesk for a year. I'm basing a lot of what I know on his response, having spent two years around the country as a photojournalist.

He says that the Ukrainian people are not so political. It's not about democracy versus communism. It's more about being able to live their lives in peace, rather than be commanded, "Do this; do that," a powerful ruler trying to rule them.

He says that he feels the Ukrainian people are genuinely not anti-Russia, that many of them have families in Russia. Many of them speak Russian, have even come from Russia.

He's appalled because what he saw of so many of these people in parts of Ukraine who were living in peace, and suddenly an oppressor is coming in and not just fighting with armed forces, but bombing hospitals and schools and just killing.

When I hear him talk, it feels to me like so much of what this is about, in terms of positive and negative polarity, is negative polarity saying, "I have the right to kill, to destroy, to do harm to take whatever I want for myself." Positive polarity saying, "No, you do not have the right to hurt other people in that way."

Two armies, if the people have agreed to join those armies and they're fighting, that's up to them. But all the everyday people who are nonmilitary, who are being killed and whose homes are being destroyed...

So, when you ask this question and say there are two views, I have the feeling that many people—I know this is true in Russia, but many people in China, perhaps, are also not getting the full view of what the Russian military is doing, the way they're destroying Ukraine and taking life. This is conjecture on my part. I don't know.

I pause and invite anybody else, human or spirit, to speak.

Q, it's very valuable for us here in the United States to hear what it's like there for you and what you're hearing and experiencing.

Q: I just want to thank you for sending out the transcript that you sent out this morning. I think it's an excellent one for every one of us here to read and read again, considering the points of view, particularly about the subject we're talking about right now, about the polarities around Ukraine, our political response, and the wisdom of being very careful. Thank you.

Barbara: Thank you, Q. Is there any further response to Q's statement, question, from human or spirit?

John: There is so much information, and so much, shall we say disinformation, so much views and opinions. Just as Q revealed within his country, yeah, it's divided amongst those who feel that, for example, Russia is justified or those who feel that they want to defend Ukraine and that position.

However, given that there are always going to be different views and opinions about things, I see the problem, in part at least, being attachment—being attached to a view and opinion about things. And I think that it's when we get attached to a certain view or opinion about whatever it might be that's going on around us, that that really contributes to the sense of separation. that attachment, clinging to how I think/feel things are.

Even within my own experience, I can feel that when I have a certain view or opinion about something and there's some attachment to it that the sense of self/I/me and separation arises with that attachment to the view and the opinion.

And there's been a lot of talk this evening, offered by the entities, especially, about non-separation. I feel that in order for us to experience more deeply and more fully that sense of non-separation and interconnectedness, that each of us, and of course myself included, has to become aware of when I am attached or clinging to my view and

opinion, not just about the war in Ukraine but anything. Because that is contributing to this illusion of separation. That is what I just wanted to offer. Thank you.

Barbara: Thank you, John. I really understand what you're saying about non-attachment to views and the suffering it brings to everyone. I find it very hard not to be attached to my views when I see missiles hitting hospitals and schools and just the general populace and indiscriminate killing.

I have this view it's not wholesome to be killing people. Can we find a way to stop that? How do I not be attached to that view? I don't know.

I want to move on, here. I want others who are waiting to have a turn.

Q: I'm appreciating what Q has been describing from your vantage point in China. The question of the two teams, the pro-Russian and the pro-Ukrainian.

I just want to honor and recognize that we humans on this planet are obsessed with separation into teams and win and lose. It is a practice in duality, but practice in non-duality does not have to engage in suffering.

However, on this planet we have become involved with practicing duality as an expression of suffering and conflict, of win and lose.

So we have this expression currently going on with Russia and Ukraine, and all of the countries that are supporting Ukraine. And China allegedly trying to vacillate back and forth on whether it's going to support Russia overtly.

I just offer that there is no resolution. We are constantly dividing into teams and creating conflict, because that's what we know how to do. And if we don't do that, it's as if our economies will collapse and we'll be bored, because there will be no football games, no soccer games, Olympics, no win/lose, fail/pass. It's a very interesting condition on this planet. I don't think there are any answers. It's like, who's right, who's wrong—there is no right or wrong, there's just this expression of conflict. Thank you.

Q: First of all I want to say it's so nice having Q be part of this discussion, having someone from Beijing included here. It's just really wonderful. I wish that there were more opportunities that we could speak to people from China, Americans and Chinese speak to each other as friends and just really share our ideas with each other.

I think what Q said is really true. The Chinese leaders and the American leaders just have no understanding of each other. Americans have very little knowledge of Chinese culture or Chinese history. And I think maybe Chinese, mostly what they see of America is from TV and movies. So I think this communication is really great. I'm so happy that

you're here. Invite your friends, so that they can come too! Because I think that would just be wonderful. Maybe we could even have a session on just Chinese/American relationship. Because we're all human beings. I wasn't born American, I was born a human being. I'm a being of light and you're a being of light, and it would be great to have a session with you all.

That being said, just wanted to mention something Q said about winning, and so forth, and he doesn't see a solution. Well, I lived in an ashram for 18 years. It was a hierarchical structure. There was a spiritual leader who made the rules. It wasn't democratic. But it was kind of like Plato's "philosopher king", where we respected the wisdom of the leader. And because there was so much love generated there, people of all sorts really belonged together and worked together, and overcame a lot of what would be natural opposition. I made a lot of friends there, got along very well with people who I wouldn't normally have gotten along with.

So I know that this can work. I know that if people are gathered together in a situation where they're really dedicated to a higher principle, a principle of love, a principle of community, of non-separation and of service to each other, that it actually can work.

This was on a very small scale, but I know that it can work. So I'm just hoping that—what A'ton said, imagine this group of people who want to live that way together on this planet, imagine that happening, that this is the seed for that happening. And maybe it won't be for me or even for my kids. But maybe eventually it will happen on this planet.

Barbara: Thank you, everybody. I see it's after 9pm. Q, I know you're with us most Aaron nights. It's been a delight to get to know you through these years. If you have any friends who might welcome a—it doesn't have to be a "spiritual" discussion—a human, love-based discussion, where we can get to know each other in some ways and understand each other better, that's something I would very much welcome. Email me and let me know and we'll figure out how to pull that together... *(3/19 we are working on this now)*

That's all. Much love to you. Good night. No question of who's right or who's wrong, just bring in the light and the love. Hold it all in the loving heart, as you can. Putin, Zelensky, Russians, Ukrainians, Chinese, US, Europe, Poland—one world, one love. Good night.