

## **October 19, 2022 Wednesday Evening with Aaron and Friends**

*(This session has been reviewed by Barbara and Julian but not by Colette/Yeshua)*

The Earth Has A Virus of Fear: Offering Love to Fear; the Power of Intention; Imagining the Buffet of Choice; Anna Speaks on Initiation; Q&A on Bodhisattva vs. Arahant, How Anna Taught Yeshua, Working with Grief Over Yeshua's Crucifixion, the Sun

**Barbara:** Good evening...Welcome to "Evenings with Aaron and Friends". Most of you will have read what was posted on the Deep Spring website. But I want to read you something, for those who did not read it or hear it, to set the stage for tonight.

Two weeks ago, Aaron—in conversation with me, not channeling for others, just in our private dialogue—said to me:

The whole earth and beings upon her seem to have a virus these days, with a fever that continues to rise. As the fever rises, the earth totality becomes weaker, less able to resist the virus. This is a pattern that has been observed before in worlds breaking free of third density. It would be helpful for us, your spirit friends, to talk with you about the pattern and what may help earth to cool the fever and release the virus.

What I see as your work, my work, Deep Spring's work, is to learn the tools that cool the fever, that bring a sense of not just compassion, but compassion deeply grounded in wisdom. And this is what we have been doing for thirty years.

How can each of you who have worked with me, worked with each other—and so many communities like you also, on earth—how can you bring this to bear to cool the fever? To help the earth settle down into a more balanced place? What do you do about the multiple viruses? About the nuclear threats? About narrow-minded hatred that is so grounded in service to self?

After Aaron said this to me, we had a beautiful discussion together, with Yeshua, Mary and A'ton and felt it would be helpful for all our spirit friends to share with you. We've actually had two discussions, one a week ago and another one last night.

It was brought out that we can work with the fever to let it help us not to get rid of the fever, but also to channel the energy of the fever.

Yeshua, Mary, A'ton, and Anna all had some very—I don't have the right adjective—amazing things to say. They really caught my attention.

Colette will be channeling, Julian will be channeling, and I will be channeling. We'll leave spirit to put together whatever order this discussion flows in. They will talk for a little more than an hour, creating whatever is the body of information they wish to share, and then we'll open the floor to questions.

Now, last night we thought we had a plan, and Aaron was going to start it. But I spent a lot of time with Anna yesterday and today. I don't know how many of you have read the book, *Anna, Grandmother of Jesus*. She's someone I've only recently begun to hang out with. I loved her in the book, but I had never considered channeling her. Actually, it was Colette's channeling of her to me that really reconnected my heart to her, and since then she's been talking my ear off!

So, she requested to start, briefly, tonight, speaking through me. If you're not familiar with Anna, she is simply a very old soul and grandmother of Jesus. I have never channeled her, never incorporated her in my body before. I have no idea how that's going to go. She says it will be fine.

**Anna (B):** I am Anna, mother of Mary, grandmother of Jesus, of Yeshua.

But do not think of me only as part of that Christian tradition, for I am far beyond any religious tradition. I am old, I am ancient. And that one expression of the essence that I am that came forth as Anna, that's only one part of who I am. I am old. I am vast.

The Mother who speaks to you is part of me, and I am part of her. I am part of Love, that entity Love that speaks through Barbara. We are siblings. I am old.

In the time before time, some of us elders joined together.

*(Adjusts screen to see everyone's faces.)*

Some of you have heard Ariel speak through Barbara. The essence that I am is as old as Ariel, but Ariel has never given forth his essence into human form on this earth. I was part of that planning, back so long ago in the time before time, the planning for a lower density planet to emerge into a high density. The planning for the co-creation of a beautiful life form, the human.

(I'm needing to center myself deeper in this body...)

A life form, the human, with physical, emotional, mental, and spirit bodies, all of which would come in at a lower vibration and gain in vibration through so many centuries.

Because, of course, the essence of each of those humans is one of... I am searching for the right word—Aaron?; he is suggesting 'infinite'; that's not what I want to impart... extremely blessed and beautiful essence. You are all, each of you, that essence, that divine, awakened essence. You may call it the Christ consciousness or the Buddha consciousness or many other names. The beautiful, awakened essence that is you.

And the opportunity to move through this human form and... again, struggling with vocabulary. I communicate in thoughts, not in words. Words are a little bit harder...

You look at my grandson, Yeshua. You think he is a divine being, made of light. Why not include yourselves in that circle of blessedness? You are light, and you are love. And in this circle, you are all old souls, here with a deep intention to help bring the Earth through into a higher vibration.

Why a higher vibration? Because in that higher vibration, negative polarity does not flourish. “Well,” you say, “are we then set against negative polarity, when there is no duality?”

Not against; only asking negative polarity to consider its polarity and the way it wants to pull everything into contraction; into hatred, fear, greed and other forms of negativity that cause so much suffering and support and support service to self. But of course, that’s not for the highest good for any being.

Now, someone who is extremely negative, a higher negative being, will say negativity is perfect.

Negativity does not honor free will. If we are to honor the highest in every being, it is important that we honor the free will in every being, which is the will to choose each for itself.

Yet, this means we must honor free will in negativity. We cannot say no to negativity in a way that would intend to destroy negativity, only to hold it in a container of love and invite it to change its polarity. To shift into positive polarity that does honor free will and grounds itself in love.

The whole of the work to help birth Yeshua was involved in this direction: to honor free will grounded in love.

Negative polarity would say, why should it be grounded in love? Why not fear and hatred?

Simply because fear and hatred cannot honor free will. They must be service to self.

Only that which is service to all beings can truly honor free will. So positive polarity and free will must come together, just as negative polarity must be the antithesis of free will—service to self.

Far separate from all your stories and myths about Christianity and the Christian religion, Yeshua’s birth was intended as an invitation to all beings who honored love and service to all beings, non-harm to any being; to support those beings so that this Earth could become a realm of positive polarity, not negative, a realm of love. In his words, “Love one another.” So simple, just that teaching: Love one another. What else do you need?

There were many hundreds of years of planning before I took incarnation as Anna and then gave birth to Mary, who gave birth to Yeshua. These did not have to be the specific beings, certainly not the specific names; that was not set in stone. But I chose Mary's name, and Mary and Yeshua's father chose his name. Not set in stone.

The entity, the being, that *light* that each was, they worked so hard to come through as that light through so many lifetimes of development. The courage to come into human incarnation, again and again, because pure spirit could not do this; it had to be done through the human.

These teachings, then, are the teachings of love, and the perpetuation of love, the power of love, the *heart* of love, that each of you carries in your deepest soul. You are love, or you would not be here with me tonight.

I am Anna. I have asked Barbara for this opportunity to simply give this bit of background to all we are discussing. Aaron speaks of Earth with the virus these days, and I know Yeshua, Mary, A'ton, all have some very wise things to say about it, and Aaron, too. I don't know if he will choose to come in, but Love has some things to say about it, and maybe he will join us also.

The question here is, given how much negativity there is on the earth—the power of that negativity that is in a sense creating a virus, a fever, a fever of fear—how do you as the blessed old souls that you are respond to this negativity and fear in ways that do not escalate the negativity, but instead begin to tamp it down and allow those negatively polarized beings who are suffering, a way to reverse their polarity—of their own free will, of course—and come through instead as positive polarity when they are ready?

The answer always is love. That is the only answer. But what does it mean to offer love to fear?

That's enough words from me right now. I'm going to offer the microphone here to either Colette or Julian and whichever entity would like to speak; several, including myself, perhaps, coming through Colette; A'ton coming through Julian. We have had some wonderful discussions and I think you will enjoy what comes forth.

I thank you. I am Anna, and I love you very, very much. And I thank you for your courage to take incarnation in these times—your courage and love.

I'm going to release the body to Barbara.

**Barbara:** Thank you, Anna... *(requests a sound check after each entity incorporates)*

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

**Yeshua (C):** My beloved ones, I am Yeshua. Such a joy to be with you this evening. We of spirit in working with our human friends have had several conversations. I'm hoping

that after we of spirit have spoken, that you also will join the conversation with your questions or comments.

So, I am supposed to do a sound check. Is the sound okay? Sound is good? Okay! So that means that we are on. Or as Colette, says, ready to rock and roll.

So as we of spirit were speaking about the virus, this virus that seems to be in a sense of a shadowing and taking over much of the world. Not just a literal virus, such as you have thought of as the Covid-19 virus, but also a virus of fear. A virus of despair.

And there is some truth to that. There is great despair and great fear enshrouding the world, if you will. Envision a black cloud enshrouding the Earth. That is not the only thing enshrouding the Earth; I'm just saying for discussion of considering this virus.

So many are what I call entrained into this energy of fear, into this energy of despair, because it seems that throughout every day you are exposed constantly in one way or another to the news, <> your social media, all the ways where you can know what is going on in the world.

And it is true there is great conflict—the wars, the destruction of the environment. I won't list more; you know all of what I would say. And so it is natural to be aware of that, to have fear; to think, "How will I make it through the rest of this life? What will happen to the world? Will the Earth even exist?"

There is no judgment for feeling judgment or despair, anger or fear. Whatever emotions are there, those arise from the conditions that are there. And because you have an open, loving heart, you attune to that. You don't go around simply ignoring it as if there is no suffering on the Earth.

But I would ask you to consider that, while you have awareness of this virus, if you will, this virus of despair, that is not all that there is.

Underneath the conflict that you see, the destruction, the disturbance, the conflict of polarities, a new world is being birthed. This transition into fourth density is being birthed.

But that is not normally the things that your media will show to you. But it is there, all around, from the most, if you would call it, obscure moments of daily life of one being loving another to <those> star seeds coming forward with great inventions that can heal the whole Earth and change all the social structures. They are so much coming up.

And even though you may not have awareness of some of this, you can attune to the new vision of the Earth. Not to say ignore what you see, because certainly there is great suffering.

I've talked to you before about the field of potentiation. What do you sow into that field? What do you sow into the energy field of the Earth with your thoughts, your actions, your intentions?

And I've also talked to you before about the power of the now moment. It's that that I wish to talk about again right now. I will talk briefly; there are others who wish to speak.

But I wish to bring this one point to you: You are a powerful being of love and light. What would you do with that power? And what IS your power? Your power lies in your thoughts, your intentions, how you act.

And how does that come about within the third dimensional world that you live in? That comes about in how you intentionally direct your energy.

I am not just talking about the energy that one being may feel through another. I am talking about the energy of your thoughts, the energy of your words, the energy of your actions.

So when one is not attuned to that with intention, then one is simply reactive to what impinges upon one. One reads the news; one goes into fear or despair. That is fine. Let that be. Honor that for a moment.

But then come back to center and, say, be aware that there is no past or future in the ultimate sense; there is only the now. And every now is what seeds the next now, and the next now.

So I ask you, what are you seeding into this now? So, when you have had a moment of despair or anger or grief, terror about what you see in the world—so that energy went out into the field; that is fine. But that is simply a reactive energy. Intentional energy has power.

So come back to the center. Breathe. Invite spirit, invite your open heart. And then say, intentionally: What will I do, just for this moment? Will I just breathe and exude love? That is powerful. Will I go wash the dish so my <son> can have a clean cup for tea later, and then view that mug with love and the tea with love? That is powerful. Do I choose what words I may say to someone who I will next meet in the next moment with intentionality and love? That is powerful. Big things are powerful, small things are powerful. It's intention.

So, when you are fearful of what you see, terrorized by the virus and entrained in the dark cloud—ah, come to center. Envision the dark cloud dissipating. See the radiant love and light. Center yourself in that. And then <> with intentionality, in your next breath, in your next action, whether it's petting the cat or cleaning the counter or making a phone call—you be that love and light. In that way, you seed the field of potentiation for yourself, for all, for the Earth.

And this is what I wish to leave you with right now. My love to you. You are all great powerful beings of love and light. I pass this on to whoever wants to speak next. My love to you my friends. I am Yeshua.

**Barbara:** Thank you, Yeshua. Aaron would like to speak...

**Aaron:** I take delight in sharing this discussion with Anna, with my beloved friend, Yeshua, with A'ton and others, and with all of you. I am Aaron.

We have worked in class, year after year, to give the answer and the technique to, what do you do when you feel yourself overcome, overwhelmed by fear?

My friends, just note it, "Here is the experience of fear." Just because fear is there does not mean you have to act out that fear, any more than you would need to act out hunger or cold. If you are cold, you don't go and grab a blanket from someone else in the house. You note that you are cold, and then you find an appropriate unused blanket.

Note that the fear itself may not be predominant, but the feeling of "overwhelmed". What does that feel like in your body? In your mind? That which is aware of the experience of being overwhelmed is not overwhelmed, but you cannot use that truth to deny the human experience how is it embraced, a part of being human?

When fear, greed, hatred, any kind of negativity arise within you, the important thing is simply to note, "Experiencing fear." How does that fear feel within you? The body contracts, the energy field contracts, and you move into the small self and out of reach of the divine self. But as soon as you note, "Feeling fear," that which is aware of fear is not afraid. That which is aware of anger is not angry.

Fear and its expressions, like anger, hatred and greed, are not ultimate experiences, they arise out of conditions, as Yeshua reminded us. And when the conditions cease, they pass away.

And what replaces them? You don't have to get something. You come back into the true self, the divine, awakened self, the heart of love. It's there. It has always been there. You cannot lose it.

As Anna said, you *are* love. It's really the work of overcoming the old habit of becoming the fear—which you cannot truly become, but you believe that you are the fear.

When you know that the fear has arisen and will pass away, who are you? What remains? You are love.

Here is where those imaginal cells become important. Right there with fear, imagine what it means to be love, what it means literally to be the seed of a new universe—not just a new world, a new universe—grounded in love and in light.

How can you do it if you can't imagine it? What blocks your imagining it? To imagine it is to control how it will grow, opening to light, opening to love.

Thus, when we see the negative virus taking hold, instead of saying, "Be gone!", and then thinking of it as something evil, can you look into that negativity as that which is aware both of the negativity that it is expressing and of light and love?

Turning right to the negativity, to the places of hatred and fear in the world, look at them and ask, "Right here, where is love?"

I have been moved recently by what I have seen in the news of the women in Iran who are saying no to negativity in a clear way. This is just one small example on the earth. There are thousands of examples of people, large groups and small, who are learning how to say no without hatred, but to say no from that clear place of love in their hearts.

Perhaps I will speak more later. I want to pass this on to others for now. I am Aaron. I love you.

**Julian:** After listening to the fullness of these beautiful presentations today, I am wondering if there could be anything further to offer? Well, the collective entity we know as A'ton is eagerly waiting in the wings, so I will step aside and give voice to the expanded perspective.

**A'ton:** We greet you in the love and light of the one Infinite Creator. I am A'ton, and I speak in the plural, because we are a very large, what you may consider to be vast association of consciousness.

We speak with you through the communicator, Julian, and our process is to put into words concepts and images that for us are like a vast flowing awareness. We select pieces of this awareness with which we find relevance to share. We put a package around it that you call a word, which moves into a phrase, which moves into a sentence, which moves into a concept and unfolds as a conversation.

We wish we could simply send you the images so that you could directly experience the concepts and see the perspective from which we share. But that is not readily available to the third density mind.

We remind you that third density is a realm designed to play with the condition of choice. It is a realm into which one takes form from spirit into body in order to play in the arena of choice. Topics that have been presented in today's sharing have been about choice and being aware of options that are available in any given moment.

We encourage that you consider the experience in third density as exciting, as intriguing, as wonderful opportunity to play with choice and develop skill with that which is being offered, that which is being received, and that which is then being offered by the receiver.



Imagine that right now you are receiving through the audio system the spoken word through the voice of Julian. How you relate to receiving the concepts that are embodied in these words is your responsibility. The speaker is offering, and your momentary choice determines how your attention selects to focus.

There is a shared responsibility. The speaker has opportunity to present the speaking with grace and skill. Your responsibility is with paying careful attention with listening—and watching what your thinking does with the listening. Are you listening to the words? Are you watching visual input with your eyes more than you are listening to the words? Are your thoughts meandering off to another sensory system, like the temperature of the air on the skin, a taste in the mouth, being thirsty for a drink of water, or changing the thought channel to checking the time of day and something to anticipate at a later time? Oh, you pause! Now you observe the sensory input distractions and bring the attention back to what the Julian is saying.

Yeshua was speaking of how in every moment one is responsible in third density and in all densities. You have the ability to experience a flow of awareness that provides a continuing opportunity to practice being artful, passionate, and moving with delight and enthusiasm in the ever present. As you express enthusiasm and compassion as an offering of self toward others, they receive and experience your offering. This in turn encourages the receivers of your expression practice doing the same. This is how evolution occurs.

I believe it was Yeshua who spoke of how wonderful it would be if the media were continually talking about the emergence of fourth density and the excitement of the planet for the new energies. While not ignoring the un-pleasantries of the day, they could also be presenting enthusiasm for what fourth density can be like, how it is being imagined and brought into manifestation.

Barbara and Aaron were speaking of the imaginal cells. So if you can, for a moment, pause and do your own imagining, that all media is continually featuring conversations, visual presentations, documentaries, and news items, all related to the changes occurring with positively polarized fourth density emergence.

Imagine what this world could be like! There would be a very different energy supporting the evolutionary aspect of fourth density emerging and taking shape with energetic expression, voice, visuals, and feeling in moment-to-moment experience amongst human beings, animals, plants and trees, the body of water, the body of air—all would be participating in this newly forming of expression. We invite you to imagine that.

Consider that in every moment—as Yeshua speaks of the moment of now, of presence—that you are presented with a buffet of choice. You can choose to take in through the five senses that which is unpleasant, perhaps frightening, that which is attuned with disturbance. And imagine that in this buffet there are other choices—some

that are perhaps more positive than negative and some that are more neutral without a strong polarity.

Imagine that each of you has this capacity that may be previously unrealized but is very present within each of you, that you can imagine all of the choices in the buffet simultaneously. You're not struggling over which to choose, but rather you're observing the buffet and you're seeing all of these variables in the offering, in the moment.

Because every thought is an imagining, every input through the sensory system of the body offers for thinking to imagine. The body receives it through any one or combination of the five senses and then the thinking mind creates realization that the sensation is occurring. Thinking then begins to imagine association with the sensation. In that imagining comes things from the archival library system of the mind, every individual conjures a unique interpretation of and response to the sensation.

So, begin to allow yourselves to imagine, to have the fantasy that you're constantly being presented with a buffet of choice from which you can choose this, that, or those. And you can also choose to be aware of all that is in the buffet simultaneously. So you're not struggling over, or in a sense, having a competition with this or that, them or those, but rather, "Oh, I see it all."

And in that seeing, in that sensing, in that awareness, you are enthused with being able to see it all and being able to be in the immediate presence of this third density symphony. Then, you allow your awareness to flow like water around rocks in the river, and along the shore and over roots in the river, to flow in a very natural way that is a way that generates grace, that generates gratitude, and that generates enthusiasm in the moment. This then becomes your opportunity to experience choice as an offering rather than a habitual pattern of predictable reaction. You evolve beyond the limitations of third density to the expansive opportunities of emerging fourth density.

We encourage that this becomes a practice. There's no specific instruction on how to do this; no A, B, C, and D, step-by-step procedure or discipline. This is an opportunity to experience all simultaneously, and being in a flow with enthusiasm, compassion and grace. Imagine that everyone on the planet is beginning to experience this.

We leave you with these images. Jai Ram.

**Barbara:** Thank you, A'ton. Aaron would like to say something very brief, here...

**Aaron:** I am Aaron. I always enjoy hearing my beloved friends from all over the universe, the multiverses. A'ton, it's such a joy to share this with you.

I do have one tool. A'ton says no method, but there is one thing that helps: mindfulness, presence.

When coming to the buffet, this looks delicious. You put it in your mouth, and ugh! It's bitter or too spicy, and you contract.

The mind that then notes "contracting, contracting" does not get caught up in the ground for that contraction. It simply sees that it arose, this bit of conflict in the world, or hatred, this pocket of fear or war. Seeing it; "I don't want that"; contracting.

Ahh, I open myself. Instead of pushing it away, I am willing to step into this place of fear, of pain, of sorrow, just to hold space, and, using the imaginal cells, to imagine where there is sorrow, there can be joy. Where there is pain, there can be freedom from pain. Where there is hatred, there can be love.

You're not trying to make others do that. You're simply holding out the possibility, so it becomes more accessible.

And this, for many of you, has been the heart of what I have been teaching you these thirty years, and John and Barbara also: this mindful presence with things as they are. Watching contraction and knowing right there with contraction there is spaciousness. *That* is the choice—to perpetuate the contraction or to reopen to the inherent spaciousness. Ahh... and again and again, spaciousness. With spaciousness you have the opportunity to enter the loving heart, to remember the essence of love which is your birthright.

I want to pass this on to others, perhaps. I know Yeshua has spoken, may like to say more, or Mary, or even Anna to continue.

This is Aaron. I'll release the body to Barbara...

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

**Anna (C):** My friends, I am Anna. I call you my friends deliberately, because we *are* friends. Many of us belong to the same soul resonance group. We may not have shared incarnations together on this earth, or worked together on other planes, but we are friends because we are all here with the same intention. And that intention is what has been called the bodhisattva or the Christ Magdalene. In many traditions there are other terms for that.

Each one of you here has that intention deep in your heart. And so, as we are talking about this transition, the shift, I would offer to you that this is also initiation. It is initiation for each one of you, as well as initiation for the Earth, for Gaia, of raising into new consciousness.

And what is initiation? Basically, it is a shift from one level of consciousness and awakenedness to another level of consciousness and awakenedness.

I liken it to birth. The baby forms, but it needs to come into existence outside of the mother's womb, and it needs to go through a narrow passage to do so. That narrow passage is the initiation.

Some would speak of initiation is to becoming a warrior for the light, if you will. And if that image serves you, that is fine.

But I would offer a somewhat different take on initiation. In the world of third density there is duality. It is the density of choice. Choice requires duality, because if there are not two things to choose from, there's no choice at all.

So, on this planet you see playing out in great extremes right now the polarities of choice, if you want to call them positive polarity or negative polarity.

In initiation, in this small tunnel of transformation, if you will, that is often dark and confusing and feels contracted or frightening, you are facing a choice: what will you be when you come out on the other side?

I will say something here that may seem radical or not comfortable. But just looking at the world in general, what you know of the world and the history of the world, I would say to you there is no victim and there is no perpetrator.

And you may say, "Anna, how can you say that? Just read the news."

Well, I can tell you from my own experience just as Anna that we faced that interaction with polarities, and you see how that played out within the political systems of that time, Yeshua's crucifixion. On the surface it looks like there was a victim and perpetrator. In the ultimate there never is, because there are no accidents. But I will not go into that any further right at this moment. I'm happy to speak about it later. But where I'd like to come back to is the idea of initiation.

You are moving from the density of choice and polarity into initiation of awakenedness, understanding there's no victim, there's no perpetrator, there's no self, no other. There's only one being. It's the Creator. You are being offered the opportunity to move into non-duality, the awakenedness, the level of consciousness that is non-dual.

Now you say, what do you do with that? You are individuated in this particular body and this particular time. Yes, that is so. But you can act from that individuated spark as if you were in the world of other, or you can act as if there is only one being. This is what initiation is calling you to.

And it is a complex topic, and I hope that I can talk to you more about it at other times. But view, if you wish, the trials and tribulations of all that you see—the struggles of the birth, of initiation into not only a new world for all that are on it, but a new self view, because you're still individuated.

And when you see yourself as going through initiation, in that one sense you have power. Not in the sense of power over, but you have power and responsibility, both—or, I would say, honor and responsibility. Because once you know it is all non-dual, that everything is one, then you are also responsible for what you do with that.

And, as was mentioned earlier, Yeshua mentioned energy. What do you do with your energy?

I would say to you, going back to Yeshua's concept of coming into the now, let us say you are sitting having breakfast. Minding your own business, if you will. Not distressed, not elated, just in the neutral zone. Things are filtering through your mind—maybe a discussion you had with someone that didn't go well, or a financial strain, whatever it is. So you can see those things go by. You can see the stories that go by with those things, such as maybe with the friend, "Well, no one's ever really liked me," or whatever; I'm just making this up.

So, within that, as A'ton was speaking about, in the moment where everything is there, the buffet of choice is there, where is your choice of where you focus your energy?

Energy first manifests coming from intention. If there's no intention, then it just disperses willy-nilly. It follows that story, it follows that impulse. It's an unconscious use of energy.

But as an initiate, when you cross that threshold and you know all is non-dual, you have the responsibility, then, to manage your energy with intention.

And that may seem like a huge burden, actually. But let's take it back to the moment. Let's take it to something simple. You're having your morning coffee, as I say. All these things are filtering through your mind, and you're drawn this way and that way.

An initiate notices and says, "Ah. So, this is all there. Here is my smorgasbord; here is my buffet. I can run off on this story about how this relationship isn't good, or whatever, or I can come back to the moment, I can say, where will I set my intention in this moment?" And perhaps it is nothing more than to pay the bills, clean the kitty litter. I can tell you that's a chore Colette has difficulty being mindful about. But this applies to big things and little things.

So go and clean the kitty litter—with presence. Pay your bills, knowing perhaps there's not enough now, but how grateful you are for what you have. And you can take this into every aspect of life.

But I say to you, look at what is going on as a threshold of initiation, of entering into the womb. You're now into the birth canal. When an initiate comes out of the birth canal, the next step is to become the adept.

And what is an adept? An adept is not some perfect being. The adept is one who has conscious awareness of choice of where they place their thought, their emotions, their energies, and how they act. And you can only do that in the moment.

So whatever faces you, do not look at yourself as a victim. Yeshua was impacted by circumstances. All beings are on earth, where there are many things going on.

But I encourage you to shift your viewpoint, to reframe your circumstances, to reframe your view of who you are. You are a powerful being of love and light. You are each here, ready to step into that next level of awakenedness, of consciousness, and that next level of responsibility.

What will you do with that? That is your choice. And I am confident that each one of you who is here has at some level made a choice to be a being of love and light.

So now this is the discovery; how will you enact that in the moment you have now? I will leave you with that, my friends. I am Anna.

**Barbara:** I am enjoying this very much. Of course, I'm long familiar with Yeshua and with Aaron, more recently with A'ton. Anna is newer to me, although I read the book almost 20 years ago. But she did not enter my consciousness so much. So I'm really enjoying getting to know Anna as well.

Let's at this point open the floor to questions or sharing...

I'm going to say something here as Barbara. In the past month, I made a decision this summer that I needed to spend—that I chose to spend more time in meditation. And I've been doing both my vipassana and pure awareness practices, but also just sitting and resting in spaciousness, and aware of all the gifts that were given. How I've been put on this earth at this time of transition, able to choose to be a force of power toward healing on the earth and to love.

And as soon as I come into that reflection, I feel loving energy gathered around me, this loving circle. As Anna said, we're a soul group. We are the bodhisattvas, or the Christ Magdalenes, or whatever thousands of possible names. The actual name does not matter; we are those who are gathered with love.

And I'm so grateful for this sangha gathered with love and with the intention to help co-create increasing love on earth. I just want to express my gratitude to all of you.

Questions or sharing?

**Q:** That's a very wonderful sharing tonight. I learned a lot about positive/negative polarity. I used to think of negative polarity outside of me, but now I see the negative polarity itself inside of me and how the whole awareness(Zoom distortion).

So my question is, the bodhisattva was mentioned earlier. So, there are two different understandings of bodhisattva in Buddhist tradition. In early Buddhism, it's said a bodhisattva is a pure being working toward arahant, whereas in the Mahayana tradition, the later Buddhism, it is said a bodhisattva is an enlightened being who comes back again and again to benefit all beings. I'm guessing a bodhisattva is a sixth density positively polarized being who takes rebirth to benefit all beings. So I was just wondering which is more accurate explanation of the word 'bodhisattva'.

And also, lastly, is an arahant considered a buddha? Is there a difference at all? Is there a different mode of practice between an arahant and a bodhisattva, because we are told that an arahant, they don't return to benefit all beings anymore in that way, as I understand. Thank you.

**Aaron:** I am Aaron. Thank you for your question. In the broader sense of the word, and in the Mahayana tradition, a bodhisattva is one who is learning, gradually but increasingly, to watch the arisings of contraction and fear, the arising of the small self, and to choose from that buffet not to engage in the stories of the small self but to come back to the awakened self to whatever degree that awakening is there. To come back with the commitment to service to all beings.

The different traditions offer different specific examples. These are examples are seen through their own lens. It doesn't have to be one or the other. The arahant is a bodhisattva in its own way, no longer coming into human incarnation but still deeply committed to the highest good of all beings. Although there is no longer any sense of a personality self or any kind of self, the energy that it is still exists and is there and supportive to the highest good of all beings.

The one who is still not yet an arahant but in sixth density is no less committed. The being who is still coming into an incarnation is no less committed.

The question is, are you past the point where you are swept away by the personal ego stories and fears? Are you at the point where you are deeply open to this present moment, committed to the highest good of all beings and the release of suffering, whatever plane you are on?

To become an arahant or to continue in incarnation, one is not better than the other; each is simply a different form of service. Remember that different traditions will frame the language and the teaching each in the way they see it because those who are writing it down are not yet awake.

But it's all beautiful. Barbara's dog here, he's not in the room, but he's a very loving being. I've never seen him respond aggressively. He's a kind of bodhisattva. In the years before Covid, Barbara would take him to the dog park. Whenever he was aware of dogs becoming aggressive to each other, he would walk in and put himself between them. That's one form of being a bodhisattva.

Thank you. I hope I have spoken to your question.

**Q:** I don't really have an exact question; I just have a sharing of how much joy it is to see all of you here. I have really missed you all, and seeing you touches me. I feel you all— those of you who I know more so, of course. I'm so grateful to be in this sangha. I'm not active in our time a lot, but my heart is here, and I just really am grateful for the reminders.

And the one takeaway, one other thing I want to say is that it's wonderful to hear the reminder about intention, where the intention of your thoughts can be distracted at times by a passing whatever, and we'll come back to the intention. But anyways, it's really wonderful to be reminded of the love and the light that we all are. Thank you.

**Q:** Anna was saying that for many, many years before Yeshua took birth there was preparation, and he had to be reborn many, many times, because for the change to happen on earth, it had to happen through a human form. So, I assume from that that two thousand years later this change still has to happen through the agency of those of us with human bodies. It's implied that that's us, and that there's not going to be someone like Yeshua. It's not going to be one figure like Yeshua was two thousand years ago. But that somehow collectively people like me and all of you are going to be the ones who really usher in this light that comes into the planet. So, am I correct in assuming this?

**Barbara:** Thank you, Q. I think it was Thich Nhat Hanh who said the next Buddha will be a sangha. And I think that's relevant here. I'm speaking, but I invite spirit to come in. But let me just say one thing here.

Yeshua as a single being came in two thousand years ago. But all of us now have increased awareness of this light within us, this, call it Christ consciousness or Buddha consciousness. We've always had it. The difference is that we're increasingly aware of it.

My take on this is that we don't need to have an incarnate Buddha or Yeshua. That we're all carrying that energy. And the more aware we become that we're carrying that energy, the more we can bring it out in the world. Again, the next Buddha is a sangha.

I want to open this and see if spirit wants to speak to this.

**Colette:** Anna will speak...

**Anna (C):** My friends, I am Anna. And thank you for that question because it is very important. All throughout human history, and I'm only talking about this particular planet in this galaxy in this universe, there have always been beings such as Yeshua. You may call them bodhisattvas. You may call them avatars. There are so many names for one who comes into the incarnation already awake and knowing they are awake.



And yet, when a being takes incarnation into human form, they must adapt to being human. So, as Yeshua had to grow, he had to grow in awareness, he had to grow into knowing how to live with intentionality. He already had the knowledge of why he came, but he still chose to come in as a child and grow into that, which is also what you are doing.

And throughout the history of this planet—which very little of the history of this planet is actually known to humanity. You've heard of Atlantis. You've heard of Lemuria. There have been other civilizations. And within each civilizations, great ones such as Yeshua and Buddha, Babaji, others, have come into incarnation in various times and lived on the earth. So Yeshua just happens to be the most, I would say recent example that you in the world are familiar with, within the culture.

So there have always been many examples. The difference now is that because of this transition—the initiation that I spoke to you about, your awareness of who you are, you awakenedness, your understanding of non-duality—as many across this beautiful earth come to that awakenedness, you are each the Christ. You are each the Buddha. You are each the bodhisattva. You are each the avatar.

Yes, as a human growing through stages and practicing and learning, and expanding how you will live that out, at least in this incarnation, but Yeshua came to show you that it is possible.

And yet, as Yeshua has spoken to you at other times, he was still human. He still got hungry. He was still tired. He still had fear. He still had pain. But he knew how to, not push it way that it did not exist, but to move beyond it. To encompass it. To hold it with spaciousness. To not be contracted and trapped in it, and to move beyond it. In the end, as Yeshua did, you can do also.

In your Bible, though highly distorted, it did say, “Anything I can do, you can do also. And you will.”

So thank you for that question, that comment. I am Anna. I will leave this body unless there are further questions for me.

**Barbara:** Anna, please stay in the body for a moment. I have a question for you. Of course, Yeshua coming into a human body experienced fear and pain. As a boy, he had to learn how to deal with that. And I'm guessing that you, as a very awake human in his early life, helped him a lot with that.

Well, we're all children in some ways. What would you tell us, and what did you tell Yeshua, about how we can best deal with our fear and pain and confusion?

**Anna (C):** Thank you for that question, Barbara. And lest you think that Yeshua was some perfect child that popped out of the womb, totally even-tempered, never had a

disappointment, never lost his temper—well, I would have to say: Please let go of that notion. He learned as you did.

And because he was a very sensitive being, as many of you are who are here in this circle, he was very attuned to what went on around him, energetically and in every way. And sometimes as a child he was overwhelmed with emotion. He did not know how to deal with it, how to be with it.

And so my teaching was no different than what we talked about tonight. I would take him aside. I would hold him—depending on his age of course; things change. But I would comfort him. I would ask him to breathe and to center, to come back to the moment, to connect to his highest essence and his open, spacious heart.

And then from that place, to settle in, look at whatever the situation was, and make decisions about it. There is no magic here. Even Yeshua learned the same way, learned as you are learning. How we've talked about in different ways tonight—how A'ton has spoken, Aaron has spoken, Yeshua has spoken, I have spoken. It all comes back to being aware, conscious, awake in the present moment. Not dissociated. Not pushing away. Not stamping your feet, wishing it was different. Well, you can do that for two seconds if you want. It's just the condition.

But when you are in reactivity, reactivity owns you. How do you not be owned by reactivity? You come to the present moment. You remember who you are. You open your heart in spaciousness. You see the stories. You let them float away. But then, with intentionality, you choose.

So, it is very simple, but not easy. I am Anna. Thank you for that question.

**Barbara:** Thank you, Anna. Are there others who have questions or sharing?

**Q:** This is more of a statement than a question. We've talked here about washing dishes with intention. And I do have the intention, in terms of the ecology kind of thing, to not use the dishwasher. But what I heard today was, turn the TV off. Wash the dishes with intention. I appreciate that. Thank you.

**Barbara:** Thank you, Q. When we wash the dishes while inviting distraction by the TV, we're not really washing the dishes. We're avoiding washing the dishes while we wash the dishes. So, for me the question always is, in that moment when I want to do something else, what resistance is there to being just right here and doing what's in front of me and then doing the next thing? I begin to see how much of it is habit. That's just me.

**Q:** Thank you, Anna, for showing up. I have a question about, over the last little while I've come to the awareness that during the life of Yeshua, when it was clear he was going to be crucified, I became very angry. And I believe a number of other people were

also very angry at the others who were creating this environment where he had to be crucified.

I've also become aware that in this lifetime and maybe others, I get very triggered by things that I think are unjust. I do wonder, Anna, how can I move through this? Because I'm so aware that karmically I carried something into this lifetime from that lifetime, so very overwhelmed and grief-stricken at Yeshua's being crucified.

**Anna (C):** I am Anna. I can answer that question. I can also transfer my energy and consciousness to Barbara, if she would wish to channel this response.

**Anna (B):** I am Anna, and I greet you again in love. The ability to feel anger and grief is a vital part of the human experience, part of the initiation. If you were not able to feel anger and grief, to feel judgment, to feel fear and pain, how could you learn to move through these experiences?

There is no duality. As Aaron puts it, that which is aware of fear is not afraid. That which is aware of grief is not grieving. But for the human, the self-identity is with the emotion, with the heavier body, because you are right now as third density human engulfed in these minds and bodies.

That birth canal experience is one of moving through from the place of contraction—the womb squeezing you, the birth canal squeezing you, and becoming aware of the spaciousness, joy and light that are also there. And then the smorgasbord. “Ah, I see fear, I see grief, I see judgment. And I have enacted that millions of times. That's enough. I choose to come into the heart of light that I am and express that light and love.”

It takes you as long as it takes, throughout many incarnations. Many of you were literally there at the crucifixion or at that time. Some in other parts of the world but feeling the energetic reverberations of it. Some of you literally there and grieving, and angry.

I know the one Barbara was, was angry, the young man, Mark, that she was, Aaron/Nathaniel's son. He was furious at those who crucified and at Yeshua for allowing himself to be crucified, for abandoning Mark, as he felt it to be. That anger is a teacher. It is part of what helps to open your heart of compassion, the heart of compassion that has always been there, but which was not yet accessible until it was softened by pain. Pain does that. It either hardens you further or it serves as a softener.

For those who are still experiencing some kind of anger about what happened two thousand years ago, some kind of pain about it, can you find the compassion in your heart for all of those who were there, both those who were crucified and those who were crucifying? Not only Yeshua but many beings; for those who are being not literally but figuratively crucified today. How do you stop the cycle of hate by finding the place of compassion in your heart through this initiation, this human initiation?

Thank you. I'd be happy to answer other questions.

**Q:** I'm making a statement...

**Anna (B):** Let me leave the body so Barbara can hear your statement. Thank you, and I love you all. I am Anna.

**Q:** As Karl and others have said, I so appreciate Anna coming and listening to her. I have read both books, especially did I enjoy the first one. It's just wonderful to know that you have joined us. I appreciate who you are and the way you share. Thanks so very much. Thank you.

**Barbara:** She says thank you, and she's always been here, but she's preferred to just be quiet and watch. Now she's happy to have been invited to speak. She reminds us that Mary Magdalene has been speaking a lot recently and she and Mary are soul sisters. Mary also says much of what Anna would say.

Other questions? Is there anything that A'ton, or Yeshua, or Anna, or Mary would wish to say?

**Q:** My question is, in this density, when we gaze upon the sun, we have to turn our heads because we simply cannot gaze upon it in all its essence. I'm curious when that day will come. Will it be in the next density? And also, how can we deepen our relationship with the sun disk so that we can help stay in the moment and help polarize more positively? That is all.

**Barbara:** Thank you, Q. Anybody who wants to answer that?

**Colette:** Yeshua will speak to that, and perhaps others will wish to speak as well. He will be brief...

**Yeshua (C):** My beloved ones, I am Yeshua, and thank you for that very, very interesting question.

For those of you who are familiar with the Ra material, the Law of One, you may have read that in sixth density beings can merge in the sun and can, if you will, procreate in the sun, create progeny in the sun. That is quite a detailed topic and I won't go into it now; our time is limited.

Think of the sun, if you will, not as individuated necessarily but as a great focal point of creative energy. The sun is your energy source around which your solar system was created. It sustains the solar system.

If you want to think of the earth, Mother Gaia, as the feminine principle, as the sun is the masculine principle, this is very general. But you are part of both. The physical being that exists on this earth has things that are needed for it to live and thrive on the earth.

You as a physical human cannot go to the sun and be with the sun in any way. In sixth density you can do that.

But what you *can* do, as a third density human moving into fourth density human, is that you can look at the sun in the way you can look at all creation as non-dual. You can attune as you attune to the energies of Mother Earth. You can attune to the energy of the sun, instead of simply taking it for granted as some source of heat and light.

Understand it as a being of consciousness beyond imagining. And that may sound strange to many. For those for whom that sounds outlandish, so to speak, I encourage you to investigate the Ra material. On the new Law of One website you can do searches. I would suggest you search the sun. And search sixth density fusion. It may give you some expanded awareness of what possibilities are in this universe.

I don't know if that answers your question fully. I will pass this on to any other who would like to respond to that. I am Yeshua.

**Aaron:** Thank you, Yeshua. I am Aaron. I'd also like to speak to that question.

Your densities are not cut off—this and this and this. There's a gradation to them. There are things that lower density can do that you as third density cannot do.

Think of a crystal lying on the ground with the sun directly shining upon it. It looks directly at the sun. It is not afraid of the sun. It is part of the sun. It has not yet moved into second and third density.

And yet every being, no matter what density, has a sixth density level. The crystal is mineral, first density, and it is sixth density. The beautiful spruces off Barbara's deck here, they bask in the sun, enjoying that sun's energy. It helps them to photosynthesize, and all of the wonderful things they do on earth. They absorb the sun, the sun's energy. They look right into the sun!

So, step beyond the idea that *you* cannot absorb the sun. Your eyes cannot look into the sun because that's how human eyes are. But go outside with a cloth over your eyes to protect them, and sunscreen because your skin cannot absorb too much sun, and just bask in the sun's warmth and feel the gratitude for the sun, which is essential to this planet. Thank you.

*(A link was posted to the chat for the Ra material.)*

We have five more minutes. I'm going to give the body back to Barbara.

**Barbara:** Thank you, Aaron. So, any last questions here, or sharing? I don't see any. Do A'ton or any of the entities through Colette want to say anything in closing?

**Q:** I'm just curious. Speaking about the sun, in a lot of mystic traditions they say that the whole human body from the subtle to the gross is like a microcosm of the whole universe. So, is it possible to experience that sun inwardly rather than outwardly?

**Barbara:** Aaron says, Absolutely.

**Aaron:** I am Aaron, not incorporating, just conscious channeling. Many of you in meditation have come to a place where the ego and body seem to dissolve, and there is nothing but light. It's not light out there; it's light that is both inner and outer. Is this any different than the sun? I pause.

**Barbara:** Okay, it's two minutes to 9pm. I would like to remind you all that on Saturday, October 29th (10am), to Saturday, November 5th there is a Deep Spring meditation retreat. John, Aaron, and I are leading the retreat. I focus here on vipassana and pure awareness meditation more than metaphysical questions. But wherever your practice takes you is fine. But focusing more on deepening in meditation. Finding the sun within yourself, and yourself within the sun.

There's still space. Please look on the Deep Spring site. And if you have interest to register, please do so soon, because I want to make up the final schedule...

John and Aaron and I so deeply value a long silent retreat and a chance to move into a really deep place; to begin to watch thoughts and impulses and all of it arising, see the space from which they arise, see them dissolve, rest in the spaciousness that's there after they dissolve. And we can't get that in a weekend. We really can get it in a longer retreat. There will be group sittings, but they'll be optional. We want full-time people to come to the instructional periods, the small groups, and to dharma talks. Hopefully people will do a lot of sitting either quietly in their own homes or with the group on the screen. But we realize that Zoom weariness can settle in, and sometimes you just want to sit outside in your yard and meditate and that's fine.

But the days for the most part will go from 9am optional morning sitting, 10am instruction or whatever and 7pm dharma talk. Then optional 8pm walking and final meditation. Optional for those for whom it will be too late at night.

I want to say one more thing about the retreat. We talked with Aaron at length last spring about a live retreat versus Zoom retreat. People are getting weary of Zoom retreats; people want live retreats. And yet it's not yet safe to have live retreats. And also, for a lot of people it's a huge expense.

Aaron made a very strong statement that it's time for us to make a shift, to move into this present world that we're living in, which offers Zoom and various media. To take responsibility for the retreat in our own homes. Of course, we can't hug each other. But with Covid we probably wouldn't be hugging each other at a retreat center, either.

Take responsibility to set up your meditation space. Provide your food. Make sure you've put aside your work and other commitments to the degree that you can. And also to integrate it into your life.

So, if you have a child who needs you to come in and read a story at night, or needs you to help them get dressed and off to school, well, this is part of the reality of our lives. How can we cease to separate retreat and daily life but bring retreat literally into our lives, and our lives into retreat? So, I'm hoping that this will be a very valuable aspect of the retreat for many people.

One more point. You can register for a full retreat, which means you'll be part of a small group, or you can register as an auditor, which means you have no commitment to be there at any time. You will receive the recordings. You can listen in live or not. And we hope you'll meditate as much as you're able, but you may have to go off to work for eight hours a day. We understand that.

So those two possibilities are there. But for those who can do a full retreat, it's an amazing experience.

Thank you. A big thanks to Colette and Julian, and to all our spirit friends. It's been wonderful to just hang out together and share all of this. I hope it was good for you having not just Aaron but a number of spirit friends together. Thank you to Debra for being our host. Good night, everyone.