

January 21, 2023 Saturday Morning, Healing and the Ever-Healed Week

(This talk not yet reviewed by Barbara and Aaron)

Aaron and Father John, Opening Remarks

Aaron: Welcome to you all. What a joy to be with you, to see your faces. I hold you in my heart.

Barbara started to write a letter once or twice a month to the Deep Spring sangha. Yesterday, she started writing a letter essentially about the non-duality of the relative and ultimate. That she was having various relative life experiences during the day that were challenging.

We use that image of the bridge. Most of you are, or have been, in the classes, in which we are talking about the nirmanakaya (the mundane realm), the Dharmakaya (the ultimate realm), and the sambhogakaya (the bridge).

Sometimes you can be far off into the relative and yet still in touch with the ultimate. Sometimes you can be far off at the ultimate end of the bridge yet still in touch with the relative. If someone screams for help, you don't dodge into the ultimate, you go and help. You learn how to balance on the bridge.

This is one of my primary intentions this week, to help each of you look at the nirmanakaya, challenging life expressions, and sometimes the beautiful life expressions also; at the periods of joy and spaciousness and sense of being awake when you're deep in meditation, and how you can bring that into the daily experiences, especially those that are presenting physical and emotional and spiritual challenges.

So, in terms of our workshop, nobody here is going to zap you and say, "Ah, you're fixed!" because you have not been broken. But yes, you have experienced distortion. We can touch those distortions with love and allow the film of distortion that's over the ever-perfect to dissolve so the ever-perfect is revealed.

That's perhaps the closest I can come to what we're doing. To burn away the mist so that the ever-perfect—the ever-perfect kidneys, or heart, or whatever organ in the body, neck—the ever-perfect love in your heart, so that the ever-perfect is revealed. And to support the expression of that. You can't get to it unless you allow it to reveal itself.

What are Barbara's ever-perfect ears? Getting through any fog to touch the nerves, to bring life to the nerves. To bring life to the nerves in this eye that still has very poor vision. How can you get to it if it's armored? Opening the heart, releasing armor. Allowing whatever it is—the body, the depression, the grief, the fear, we enter it. It's part of what we call the path of sacred darkness.

We find we can enter that darkness much more easily with friends, with support. That's part of why we have the small groups—to give you a regular chance to speak within your group and share what's happening and find support there.

We have so much beautiful support. Of course, some of the entities, like Ariel and Love, the Mother, and especially those beautiful spirit doctors. I welcome them all.

We hold this circle in love. Right now, we consecrate this circle to the work of awakening, of healing, of opening to the ever-healed, of love, that all within this circle may feel cherished and protected and safe to explore deeply into areas of darkness.

Negative attachment, entities that are more service to self that are attached, this is common for every human. I hereby challenge any negative entities that are attached to any in this group: You may listen, but you may not push or pull or do harm in any way. You may not be active. We close this circle, that it becomes a supportive group of love and light for the highest good of all beings. With free will, anyone, anything may listen, but they may not do harm.

We hold you in a circle of love. And a great many entities here are holding this circle around you now and supporting you.

I am Aaron. I love you all dearly, and I thank you for being here and for your courage to participate, to grow, to open. To heal yourselves and the Earth, and to open to the ever-healed in yourselves and the Earth.

I want to bring into this circle Ukraine and other areas of the world where there is terrible fighting, where children are dying, where people are starving. We hold them intimately in our circle, seeing the ever-healed, seeing the love and the light in these places that are currently in darkness.

Through our work here, may all beings find love, light, and know themselves to be part of that realm of love. May all find themselves awakening.

I am Aaron. Thank you. Father John would like to say hello...

Father John: You have called me Father John. I greet you in love. On the one hand you think of me as a healer. And certainly, I am that, because I am a physician and have studied the body intimately. I can see the distortions in the body and what is needed to balance the distortions.

But I am not here to fix you. I do not balance the distortions; I only assist you to balance the distortions. You must be an active participant. Balancing the distortions does not mean fixing; it means going to the place where there was no distortion and bringing it back to reflect the perfection to the relative distortion.

So many years ago, when I worked at the Casa on Barbara's eyes, she had a mask on over her eyes to keep them in darkness. After the surgery, people brought her back to her posada and she lay in bed, with a towel dipped in Casa water over her eyes. She had almost no vision.

I asked her to spend those first few days imagining a rainbow, truly seeing a rainbow. Seeing the beautiful colors and rejoicing, until the grasping for it went away and in her inner eye, she could see it.

I remember this clearly, that at the end of the first seven days, when I told her, “You may take the towel off”—off course, she had it off a few times to shower and so forth—but, “You may take the towel off. You may go outside.” She had been seeing the rainbow all week. And what do you think she saw, when she first walked out the door? A living rainbow! The first thing these eyes saw after that loss of vision, was a rainbow.

You have to know it in yourself, how it feels to really see it, hear it, walk, move your head freely, whatever is disturbing you. Not be caught in depression but remember joy. You have to see it clearly, know it and invite it. And then you can move back into it.

And then we can support you completely, to assist in any medical interventions, spiritual interventions, karmic, that are useful to support this reopening into the ever-healed.

I look forward to this week with you. I know you have a deep commitment to this work.

I am Father John. I greet you with love.