

## **January 21, 2023 Saturday PM, Healing and the Ever-Healed Workshop, Part 2**

(This talk not yet reviewed by Barbara, Yeshua and Ariel)

Yeshua on Taking Time When Releasing Distortions; Ariel on Transforming the Earth by Being Love; Setting Boundaries Around Negativity; Universal Law of Free Will; What Leads Us Into Awakening?

**Yeshua** (via Barbara): *(recording begins while Yeshua is reading poem)....*

Cast All Your Votes For Dancing. (Hafiz)

I know the voice of depression  
Still calls to you.  
I know those habits that can ruin your life  
Still send their invitations.  
But you are with the Friend now  
And look so much stronger.  
You can stay that way  
And even bloom!  
Keep squeezing drops of the Sun  
From your prayers and work and music  
And from your companions' beautiful laughter.  
Keep squeezing drops of the Sun  
From the sacred hands and glance of your Beloved  
And, my dear,  
From the most insignificant movements  
Of your own holy body.  
Learn to recognize the counterfeit coins  
That may buy you just a moment of pleasure,  
But then drag you for days  
Like a broken man  
Behind a farting camel.  
You are with the Friend now.  
Learn what actions of yours delight Him,  
What actions of yours bring freedom  
And Love.  
Whenever you say God's name, dear pilgrim,  
My ears wish my head was missing  
So they could finally kiss each other  
And applaud all your nourishing wisdom!  
O keep squeezing drops of the Sun  
From your prayers and work and music  
And from your companions' beautiful laughter  
And from the most insignificant movements  
Of your own holy body.  
Now, sweet one,  
Be wise.  
Cast all your votes for Dancing!

~ Hafiz ~

I love that poem. “Your own holy body. Your own holy spirit. It’s time to treat it that way, to cherish yourself. Because unless you cherish yourself, how can I help you? You cut me out. I am Yeshua, and I have much love and power and skill. But I will not violate your free will intention, even at the most subtle level, to hold onto your distortions. So, the first step is to affirm for yourself, “I am ready,” and then we can help.

You sometimes look to me and think of me as someone with great power. But I am no different than you. I came into a human incarnation. Yes, I came in free of karma. But in previous incarnations there was karma, and I had to work through that karma and resolve it.

Do not put me on a pedestal and think, “Well, he’s Yeshua, he can do anything.” YOU are magnificent, and you can do anything.

You have been given this wonderful human experience with free will to make the choice for love.

With love, I would not put it as “everything is healing” in a linear way; but knowing, everything is healed.

You are the one who gets up from his crutches and walks. I did not make such a man walk. He was ready, and he chose to walk. Energetically I just confirmed for him, “Yes, you are ready.”

There is no hurry here, in terms of the ultimate. But I understand that for each of you there is hurry. You want to be free of the uncomfortable distortions. I understand that; I’ve been human.

But please, take your time with this. Like building a building, the foundation must be firm, each stone placed skillfully on the previous one so there’s a firm foundation for the structure. The ever-perfect that you are needs that firm foundation of knowing who and what you are.

Please do as much reflection this week on the radiant and beautiful being you are, as on the distortions you wish to release.

I am Yeshua. I will be with you through the week. I come to you with much love. You are my brothers and sisters, and we walk together on this Earth with love.

Thank you. I believe there is one more who would speak...

**Ariel:** My love to you. I am Ariel. Some of you may know me as Aaron’s teacher. I am very, very old. Was here with the conception of this earth plane, part of those who dreamed up the co-creation of this earth plane.

Many of you have heard me say this before. You, as human, are a magnificent combination of spirit and matter—solid form and matter of thought, the mental body, too. But especially heavy density matter—the earth, the seas, the plants, the animals, all the creatures that bleed, with hearts that beat.

There was the question then, so long ago, when there was a perceived division between matter and spirit; can they be combined?

It's easy to love without the heavier vibration of matter. It's much harder when you are bearing this heavy form that is more finite, coming and going, and coming again.

Your heightening vibration feeds back into the Earth and is transforming the Earth, helping the Earth move into a higher vibration, a higher density, to become fourth and even fifth and sixth density Earth.

Each of you is participating of your own free will in that transmutation of the Earth. You do it through yourselves. Each time you explore within your own mind and body the seeming distortions and see through those distortions, choose to ascend into a higher vibration that is freed from that distortion, that seeds back into the Earth.

So, what's the point, you might ask. There are so many beings on so many different planes looking to Earth to see if it can really be successful that matter can hold an ascended consciousness stably. Because if matter can hold it, it's grounded into that matter and goes deeper and wider, extends out, changes everything.

Every loving, generous, beautiful thought changes everything. But if the whole Earth moves into a positive polarity and grounds that light and energy, it has ability not just to change the Earth, but everything around the Earth, gradually extending through this solar system and out into the universe.

This is the beauty of positively polarized high vibrational energy; you are that. I hold this out to you, that it may become woven with your personal intentions this week, the commitment to service to all beings throughout this vast multiverse—not just this universe, but all beings everywhere may learn the power of giving and receiving and resting in love and holding that love in front of them as a tool that paves the way forward.

This is really the core of that bodhisattva vow that many of you hold dear: to BE the love that you seek through healing the idea, releasing the idea that there is part of you that is not love or lovable.

I hold this out to you as a reminder: you are love. And what a joy it is to sit here with you and help you remember that truth and bring it into manifestation through your actions, your speech, and your body.

I love you. I will release the body now to Barbara...

**Barbara:** I'll need a minute, please... My body feels a bit like it will float away... I see that one of them read Hafiz' poem, "Cast All Your Votes for Dancing"...

Let's open a discussion, here. Aaron is asking, especially Tavis and John, but others are also welcomed to speak...

**Aaron:** I am Aaron, not incorporated. I think it would help those who are newer to this work to hear from some of you about the process of waking up, which involves releasing old distortion as well as opening more to the ever-perfect. I'm keeping it a broad topic, whatever you might wish to say that would be informative or inspiring or simply personal sharing. So, I'm especially inviting Tavis and John, but inviting all of you, anyone who wishes to speak.

**Reviewed to here. Tavis' and John's portions not reviewed 1/27**

**Tavis:** I can speak a little bit to some of the processes I used. One of the issues that I had early on learning to work with helpers and such was fear—fear of working with unseen entities, and whether they were positive or negative.

I worked with humans initially that have that expertise. One of them was a Northern Cheyenne Medicine Woman who has since passed. They're very strict and very traditional, and so they had a very strong structure about how to do things, when to do them, why to do them. Actually, not so much why; you're just expected to follow what they teach without a lot of explanation.

But I found being in that structure was very helpful because I knew at some level that I was protected, and if I used the techniques that they showed me, that I would be protected.

So, getting past that fear was the first issue for me. Barbara and Aaron and John and I all have provided tools in the past to help with that trust, and to help learning discern positive and negative.

That said, when you first start opening up to working with your helpers, you might find some, what I call mischievous energies trying to interfere. As we've taught in the past, it's just like hanging up the phone, "Wrong phone number. No, you're not who I want to talk to." Close it out. You don't have to have any explanation. You don't have to feel bad about it. You just say, "Oh, that didn't work. Wrong number." Hang up. And then, when you're ready, to try again.

The more often you practice, it's easier. You learn to understand the energies you're working with. You get more finesse with the techniques that you're using. And that helps build your confidence.

So for me, it was getting past that fear initially, and then, going forward, it was the practice of working with them and becoming more confident with that. And all of that required some kind of structure.

So, when we're saying meditation, meditation takes a lot of different forms. People equate it with just sitting in a corner on a pad, trying to empty your mind for a long period of time. That is one form, but there are other forms.

The form I use is a questioning. Because one of the concepts is the universal law of free will. If you want information, you have to ask for it. They just often drop it in your lap; you have to ask for it.

So for me, going into meditation with a concept or set of questions, which allowed me to set the framework for our discussion at that particular time, was important.

And you can only do that, again, with practice. Recognizing that initially, like any new skill you have, it might be difficult. For some, it might be very easy. If you keep trying, it gets easier and easier as you go along.

So I think those three things are good initial steps: addressing your fear and becoming confident, having a structure and a way to approach this, and practice.

Any questions about that?

**Q:** I have a question. Could you describe a little bit more that universal... something you were talking about—could you describe that a little bit more? What does that look like?

**Tavis:** Universal law of free will. Each spirit is imbued in this universe by our Creator with free will. That free will takes a number of forms. You have choice—choice to do the things that you want to do, whether they're good for you or not. *[unclear—Now, I understand that component.]*

Now, I also extend that into—some of you have work with me, and we create a <> of your body, a <> of your spirit. You claim this body as yours, and by your free will you allow who and what interacts with it. That can be on a human and physical level; that can be on a spiritual level.

Barbara and Aaron have talked about loving boundaries. It's part of that loving boundary. In the universal law of free will, you are deciding who and what interacts with you.

We aren't taught that on this level. And so many of us are open, and a variety of challenges come our way that we don't need to allow in. We come here looking for certain challenges to learn. But we don't have to be exposed to all of them, especially not all at once. You can choose.

So, remembering that loving boundary and the universal law of free will. And part of that universal law of free will is positive entities cannot impart to you information that you aren't seeking. They're pretty much bound by you have to ask. You have to ask what you want to know. They can't just give you a <> buffet of information. Because that's part of your free will: do you want to know something, or do you not want to know something? They don't know until you ask. Does that make sense?

**Q:** Thank you.

**Barbara:** I'd like to share something that feels somewhat relevant here, because Tavis was talking about positive and negative entities. I don't know what the entities spoke about; I don't hear it when they're incorporated.

But we have free will. So at the Casa, in the middle of the night one night I woke up feeling something negative around me. I went through my usual process of saying no to this negativity, asking it to leave. But it still was lingering.

I looked and saw that the light was on in Tavis's room across the hall. I knocked on his door. We came into my room and we meditated together for a while and asked it to leave. Felt that it had gone. He went back to his room. I got back in bed.

I kept my belongings on shelves in my room—my toothpaste, books, clothes. As I got back in bed, it felt like a gust of wind blew and everything came off the shelf onto the floor!

So I went back to Tavis. We really had to set firm boundaries. We said, "You may not be in this posada at all." Not just in this room—anywhere. And we set boundaries for it.

It's not just something that Tavis and I are capable of doing, or John—all of us are capable of doing this. This is part of your free will. If something is picking on you a bit, you say no. Not with anger; very lovingly but clearly: "No. You may not do this."

And once we set that boundary, we never felt that negative energy again that <crept> in the posada. But it was like a two year old having a temper tantrum—just, everything off the shelf!

Aaron is saying here, if you had a two year old in your home, you would not permit that two year old to dominate the house.

**Tavis:** Setting that firm boundary, it's what your will is, not, "Hey, please go away, don't bother me—if you want." Because they want to be there. They've already established that they want to be there. So you set your own boundary firmly, lovingly: "This is my space, and you are not welcome at this time."

**Barbara:** Let me just add, such negative visitation is very often a part of our physical and emotional distortions. When we set firm boundaries, then there's space for the

healing to happen. It's not just releasing, but then the body moving back into its expression of wholeness.

**John:** What we've been talking about essentially is negative spirits, negatively polarized spirits and the distortion that happens in relationship to them in terms of how we relate to them.

But I have a situation here in our home where one of my partner's sons, who is an alcoholic, has been very verbally abusive and can get violent. On Christmas Day he came here inebriated and tore up my partner's altar, smashed the Mother Mary, almost got into a fight with one of our guests, on Christmas Day.

The day before yesterday L and I were in court getting a restraining order for him for one year, that he can't come within a thousand feet of L for one year.

This is an example of being in the presence of the human who is really struggling, in a lot of pain, and recognizing that we needed to form strict boundaries here in relationship to him. So we took out this restraining order about a month ago. But if you need to continue it, you have to go back to court, and that's what we did on Thursday.

A strict boundary: You cannot come here and do this. You cannot come here in this state and act in this way.

However, the challenge that I find within myself is, this is not the first time he's done something like this, especially verbal abuse directed at my partner. But it's brought up a lot of anger and fear inside of myself. One of the questions that was posed to me in the court was, do I feel physically threatened? Yes, I feel physically threatened. I feel my partner is physically threatened.

And so, for me the work here is not just setting the boundary; that's kind of the easy part. The difficult part is how to keep my heart open to this person, my partner's son. How to keep my heart open in the face of pain. How to keep my heart open in the darkness of very strong fear and negativity.

Because when you're in the presence of that kind of fear and negativity, that's right *there*, and you can feel the energy of it as it's happening and the kind of effect that has upon you. And afterwards there's an echoing of that fear and negativity.

How to keep one's heart open in love and compassion, when one enters more deeply into the darkness—the darkness inside of myself; the darkness that's happening in the family, the darkness that is happening within this person in his life right now. He's not willing to admit the problem. He's not willing to get any kind of help. So, it's very, very difficult.

So, as far as distortion is concerned, that's kind of the distortion that I'm presently working with, is how can I keep my heart open in kindness and compassion, set these boundaries but be able to stay open. It's a real challenge. Thank you.

**Barbara:** John, thank you so much for sharing that. It's a profound statement of what we're doing here. And I know we all appreciate how hard it is to share that kind of pain in such an honest way. Thank you.

*(personal sharing)*

**Q:** I think Aaron had asked us to share with some of the newer people some advice about how to awaken. And the session has really kind of gone on to a lot of different things since then.

For me, I kind of think that everyone has within them this desire to love, to be loved, to feel wholeness, to feel complete, to feel connected with other people. And then with our experience in the world, we feel that this isn't happening.

So, I think that the motivating force for awakening is this feeling really to burst through, to break through. What we intuitively know is something that we can break through, some limiting force, so that we can really open up to the light.

I've found that if our intentions are purer, then that leads us in a direction that we need to go. And if our intentions are colored by things like, say a need to prove ourselves, or kind of a selfishness like that, then it kind of draws us off-track and we draw situations which are kind of painful. And they're painful because they're painful to our egos.

So, I'm not sure how we got into the discussion about drawing negative entities towards us, because I think that for the most part people here have, from the purity of our hearts, drawn this experience to ourselves, which is an experience with really good teachers—Aaron, Barbara, and John—and also really great support from spirit, from beautiful, divine energies that come down.

So, all I can say is, I think Tavis said this and I'm saying this in another way: Ask. Ask. If you want to awaken, if you want to be more free in your heart, if you want to open yourself up to more and more love, ask for it. Allow yourself to ask for it. You don't really need to know who you're asking. But when you ask for it, something happens and it comes.

**Q:** Thank you all for sharing. Tavis, when you were talking at the end, it seemed to me you sort of summarized by saying: 1. Address fear; 2. Structure; 3. Process. And I'm wanting a little clarity on addressing fear without getting caught up in it or spiritually bypassing it. I understand your structure with your teachers, but what would that look like for us? So if you could clarify, "Address fear" and "Structure."



**Tavis:** We can add those topics specifically to the week topics, the presentations, because it takes more than a few minutes to address that.

**Q:** In thinking about negative entities attaching to people, I probably have never worried too much about it. But I guess I'm worried that maybe I wouldn't be able to discern, or, you know, wonder if it's just my everyday neurosis, or this perception of what someone has said or done to me... How do I know that it's a negative entity? Is there a degree of difference?

**Barbara:** Just know that we're really watching, spirit is watching, the teachers are watching, are very aware of having set very clear boundaries around everybody that's here participating—just like at the Casa, where we're very, very watchful for any negative attachment.

*(A question about previous Q's personal mantra)*

**Barbara:** It's 4:20pm. We're going to move into groups... Aaron says he would like you to share what came up in those two earlier meditations. He says, what is your intention? What is your fear? What is your power? How do you connect with that power?

He says most of you have worked with him long enough that you understand these questions. Just explore them together. What is my highest intention, and what supports me really manifesting that intention this week? What might block it? Just sharing with each other.

And then we'll come back *(and each group report back)*...