

January 23, 2023 Monday Morning, Healing and Ever-Healed Retreat Part 1
Anna on Light Conception

Barbara: Good morning... We're moving on. This is the third workshop day. These two days Tavis' has to be at the hospital. He'll be working so he won't be with us today and tomorrow. Colette is joining me today. It makes a dialogue between two entities much easier when they don't have to keep hopping out of just my body, but they can really talk to each other through the two of us. So, thank you, Colette, for joining in and being a clear medium through whom they can speak.

Somewhere around 3am I woke up to use the bathroom. Got back in bed and said, "Who's going to speak first? What are you going to focus on?" And Aaron said, "We'll decide when we get there."

Now me, I like to have a little control—what are you going to talk about? "We'll figure it out."

That said, I'm just going to move out of the way. Would you tell me who is going to incorporate? Anna is going to incorporate first. Many of you have probably read the book *Anna, Grandmother of Jesus*. This is the Anna of that book. I've been getting to know her the past six months. She's a very beautiful and wise being, very old, clear, loving and wise.. So, we'll let her open things up here.

Aaron, of course, is my personal guide and a wise teacher that all of you love. When I see him stepping back in respect and deference to someone, I know—wow, they must really be even wise!

Aaron is simply saying good morning, his blessings and love to you. And he has the deepest love and respect for Anna. He thinks she will enrich us this morning with what she shares.

Anna (via Barbara): Good morning. My love to you. I have been of many names through so many periods on Earth. But in my last human lifetime here I was known as Anna.

I did not specifically incarnate on Earth, but was a walk-in. In other words, came into a body that was dying. Did not in any way cause the death of that body, but when the body became available in the right place at the right time, my spirit moved into it, through prior agreement.

It was a hard body to move into; it was badly injured and traumatized. But I came here at that point without any karma and was able to heal that body and use it to do the work that I came in to do, well over two thousand years ago. Because the ground had to be set, preparing for Yeshua, who would bring in light, and for those who would be learning light conception. Some of you were there, in those days.

Light conception—when I say those words, you think of the story of Mary, Yeshua’s mother. But many beings in our Essene community and in similar communities around the world were learning how to use light as energy to bring forth life.

It is not much different, only in scale, to what you do if you plant a seed and you shine light and love upon it—light literally from the sunlight, but also light from your heart. The seed is already conceived, but you are supporting the growth of that seed into seedling.

Likewise, what is there before the idea—let’s say you’ve been searching for a way to resolve some challenge. Your mind is blank. And then, the idea comes.

If you have been mired in darkness and anger, it may be a more negatively polarized idea.

If you have been holding love in your heart, and the intention for the highest good, for service to all beings, then this idea was conceived in the light of your heart and blossoms.

Right now, many throughout your world live in different forms of slavery, controlled by others to suit those others’ needs and without much attention to the personal needs of those who are enslaved, literally or figuratively.

Some hundreds of years ago, as your Gettysburg Address phrases it... Aaron, I’m sorry; can you give me the words? (*“Four score and seven years ago our fathers brought forth, upon this continent, a new nation, conceived in liberty...”*)

Here was an idea, an idea that beings could live for the highest good of all and not just for the few at the top. There was an idea that no man should be a slave to any other man in this country. That idea was light-conceived.

We look at Ukraine today, and there is the idea that no people in a country should be enslaved by another country.

I’m not talking about politics, here, but about personal freedom to pursue your life as shaped by your karma, for your own and all beings’ highest good. The ground for this is light.

Two months ago, when Barbara sat down with Aaron and several of us to begin to create the schedule for this workshop, the first thing we did was to gather together in an intensely-packed field of light and to consecrate this workshop. Born of light and expressing light for the highest good of all. This is light conception.

I am ancient; not as Anna; that was a most recent expression of this essence that I am. But the essence is ancient. I was here at the formation of the Earth, not so much one of the planners, like Ariel, who may speak to you today, but more part of the energy of love

and light that was holding together the akashic field out of which the elements of Earth could grow and express. This Earth was co-created through light conception.

The different elements were invited in through a field of powerfully loving beings who sat together and imagined a heavy density planet with beautiful skies filled with stars, clear air, fresh water, rich earth, rocks, minerals—everything that was needed for there to be life, ever expanding.

We held that image and intention with the idea that it was important at this time in the—I use the phrase multiverse, because of course there are many universes—it was important at this time in the multiverse that there be some marriage of matter and spirit.

Spirit, of course, existed. At that point, I was the predecessor to Anna—*predecessor* is not the best word; my English is not perfect, Aaron coaches me—the *essence* that would take birth and move into the form of Anna. That which I was at that earlier time was simply energy, awareness, light, and love, and intelligence, wisdom, compassion, and kindness.

But I had no material form, had never at that point had a material form, nor had any of my beloved colleagues. There was spirit and there was matter.

There were attempts to create just first density, very simple life forms that would have some intelligence. When I say to create, to invite, to co-create by imagining and supporting the emergence of.

So many of us had supported the emergence of heavier density matter that was capable increasingly of wisdom and compassion. But in all the multiverse there was no planet, no solid mass that contained in itself and supported upon itself—I don't want to use the word *intelligence*; more that mix of wisdom and compassion, of awareness, not just consciousness but awareness.

We thus came to co-create this. Your Bible tells the story in a very simplistic way: God said, "Let there be light!" and there was light. Let us not imagine an all-powerful, divine being pointing his finger and saying, (zap!) "Let there be light!", but rather a cohesive body of loving awareness, bound together by the unconditioned light and love that was the essence of all of them, and was necessary to all of them. You can call it God or Goddess; it doesn't matter what you call it.

But this collective of loving beings—again, I get into misuse of language. They were not *beings*. I was not a *being*. I had no material form, no outer limits. These loving *expressions* of awareness of the One—I think that says it best. I was one expression of the One, expressing as loving awareness.

And we came together, these Brothers and Sisters of Light, to consider how best to co-create a heavy density mass that was capable of receiving that light, storing that light, and expressing that light.

It was very gradual. It did not take seven days but seven eons. Gradually life forms were established on this now heavy density planet, made of the elements and the growing ability to awareness, of this new mass—there were masses elsewhere, too—but none of those masses were aware. What we gave to this mass was awareness. Through our co-creation, we imparted and implanted our loving awareness into this now solid form called Earth.

Second density forms emerged—first, the simplest plants, the simplest one-celled animals, then multiple-celled beings. And then, finally, gradually, the shift from second density into third density. It grew gradually. Second density grew gradually into the ability to present itself as third density.

Vital to this process was free will. So many of your Bible stories are half-truths. Let us consider the Garden of Eden to be the ever-perfect template for this new Earth.

But if the human was to learn about free will so that it could choose positive or negative, it had to practice that. Thus, it had to leave that ever-perfect Garden and move out into a place where unwholesome choices were possible, and then experience the results of those choices. Thus, karma was created. I don't mean created in an ultimate sense; karma was created on this Earth. Karma is only possible where there is free will.

I don't want to go into too much detail, here. If we had hours, I would be happy to entertain you with the ongoing story of co-creation, of light creation.

Let us simply come to the point where because so many beings were unclear about the process in which they were involved, because beings were prey to negative energy that had come in from other places and pushed them into dark corners, so to speak, the Earth energy began to devolve.

Given enough time, I fully trust that it would have worked its way out of that darkness and back into light. But there was a major meeting of the Brother/Sisterhood of Light in which it was discussed that light may be needed—could *benefit by*, not *needed*—could benefit by a bit of assistance, a reminder of the presence, of the prevalence of light, and the importance of honoring and cherishing that light.

The one you know as Yeshua, who was at that point a fully awakened being, came in literally to plant, I think of it as a pole of light and love, into the Earth. To restore, to reawaken Earth to its own true positive polarity.

The elements of the Earth, they are not neutral. They have the ability for positive or negative polarity, and they were being pulled down. The whole Earth was being pulled down, and then the living things upon the Earth. The intention was to turn the spiral around, and uplift into more positive polarity.

This was done through what you think of as light creation. And yes, we'll take questions about that later in the morning.

But essentially, by light creation we mean what you did yesterday with your friend Q, holding that circle of love around him. Not to make him go in one direction or the other; he has free will. But to hold the circle of love, saying to Q, "We support for you what is for your own highest good at this time. We cherish you, and we hold space for you as you walk your own direction, that it be for healing, whether that healing is physical or not. May you find the healing that you seek." This is a beautiful expression of light creation.

So now you are here, millions of you scattered across the Earth, some living more in positive polarity, in spaciousness and with the intention of service to all beings; some more in negative polarity, contracted and with the intention more of service to self beyond all others.

This must always be the case on a growing planet, in any growing system. If there is free will, beings must have the opportunity to see how negative polarity feels, and to choose not to go further with it. Each one is assisting that light creation from the light in their own hearts.

Thus, two thousand years ago, Yeshua—and Mary very much with him, Mary Magdalene, the two of them awakened old souls—came to the Earth to plant this seed of light and nurture it to help reawaken the Earth to light, and to help to remind all of you that you have the choice of love, spaciousness, and joy, or of fear, negation, enclosure.

This brings us up to you, the courageous warriors. You came into the incarnation knowing that this was a very tumultuous time on Earth. Yes, there had always been wars and hatred and pockets of violence on the Earth. But now, as the Earth grew figuratively smaller and everything bounced more off everything else, things were coming to some degree of closure and turning point, either closure back into more darkness or opening into the true, high awake state, the high vibration, for sentient beings and the Earth.

You came saying, as has been said the past few days, "Yes, I can do that." And I honor you deeply for that commitment. You can do that.

And along the way, of course, you brought your own personal karma, which heals along with the healing of the Earth.

This is where you stand, then—on a threshold, literally; the Earth opening into vast fields of love and light and becoming a powerful force among the whole multiverse. A light shining forth, proclaiming, "Love is possible. Love can be the guiding force."

And no, it is not easy. But there are so many of you, like this small group here and so many groups like you throughout the Earth, with a strong intention to co-create with light

and love for all beings everywhere and those endless planets throughout the multiverse. Love and light shall not fail.

This is the commitment that brought me forth several hundred years before Yeshua's birth: to help set the ground and, eventually, to give life to Yeshua's mother, who gave life to him. And to teach many other beings, including some of you, back in those days, what light creation really means and how you are able to command it.

I love you, and I honor you so deeply. So, I speak to you from the time before time, and also as simply Grandmother Anna, perhaps grandmother to many of you, because I love you.

I feel several beings eager to speak, and I'm just going to pass this to Colette, and whoever will come forth will introduce him- or herself.

I will be back. I love you. I am Anna.