

January 23, 2023 Monday Morning, Healing and the Ever-Healed Retreat, Part 2

This talk reviewed by Barbara and Yeshua.

Reviewed by Colette and Mary on 3/10/23.

Light Creation: Finding the Healing Within the Light and the Open Heart; Guided Meditation

(Colette's channeling was taken and edited from Otter, checking against the audio, which had some distortion)

Mary *(via Colette)*: My friends I am Mary. I suppose Barbara and I could go back and forth. That would be quite a lot of work, but amusing, no doubt. But we are delighted just to be here with you, as Yeshua always says.

When something like this is planned—a gathering such as these here in Deep Spring, this healing workshop week—we look forward to it. Even though we exist outside of time, we look forward to it. We add our energy and our enthusiasm and our love, and, in a way, we co-create with you this experience.

You will hear that word so often, 'co-create', because, as Yeshua says, everything is co-creation; the only difference is whether it is intentional or not, and what your intention is.

And in my knowing of each of you, I know that your intention is to bring love and to bring light. Yeshua and I will speak more in detail about how to go about co-creation. There are all levels of co-creation, from the light conception of bringing a being through from spirit realms into incarnation, to what you cook in a day, or how you relate.

In a sense, at the most ultimate level, everything IS light conception because light is the only thing that creates anything—light, and energy coming from light, and then being transformed or utilized to create all that is.

We hope in this week, and especially in these conversations over these next two days, that you will begin to look at yourselves as light creators.

There's much more I could say, but I think it would be useful and interesting to invite Yeshua now and for us to dialogue together about light conception and light creation. Yeshua, I invite you...

Yeshua *(via Barbara)*: I am Yeshua. My love to you all. Mary, what a joy to share this platform with you and have the opportunity for us to discuss this back and forth.

As Mary has said, there is only light and then the relative absence of light. Each of you is as artist in a painting class with a palette of colors. It's very clear red is red and blue is blue, yellow is yellow. But when you mix these together, putting the red and blue together, you get a whole new color: purple. The yellow and blue together, and there is green, and so forth.

So, through your many incarnations, you are learning what brings out the vividness of the color, the clarity of the color, and what diminishes it. That diminishment of course comes when you do not honestly address the places of fear and hesitation in yourself.

The issue is not that there is fear; it's the denial of fear or trying to control and push away the fear that clouds the scene. Then the true radiance cannot come through. This applies in a very direct way to your own personal growth and opening and to the healing of the earth.

When you know your intention, and you are very honestly and lovingly present with any areas of fear, of pain, of anger or confusion, not enacting them but holding space in your heart for them—they arose out of conditions, as Aaron would tell you, and they will pass away. And what remains?

The light creation comes from that “what remains”. Right there with anger is that which is not angry. Right there with fear is that which is not afraid. I'm quoting my friend Aaron, here, Nathaniel. Learning to rest in that which is clear in yourself, spacious, open.

Then you are able to watch these movements of the heart and mind arise, have no power, dissolve, and to come back to the clarity, knowing your wholeness and the wholeness of all else. Then the light that has always been there, shining on this beautiful endeavor, that light will shine forth and support the co-creation.

As I see our primary work here this week, it is to remind you that you do not have to be afraid of the various emotions and thoughts, not to be afraid of your power.

People thought that I was very powerful as Yeshua. You are all equally powerful. Did it ever scare me, that power? Yes, at times it scared me, and I needed to rest in a spacious light, which my parents and Anna taught me to do as a child. As a child, I would sometimes become enraged and terrified of the power of that rage. And my mother would say to me, “Come and sit, Yeshua. Sit on my lap and let us breathe together. Find the light in your heart that breaks up the rage so that the light can transform the situation.”

We'll talk a bit now about how you can use that light to transform whatever it is—physical, emotional, mental, spiritual—that is coming as a challenging catalyst for you. I pass this back to Mary.

Mary (*via Colette*): Thank you, my beloved one. So as Yeshua mentioned, you are coming to that point of learning how to work with light creation.

I would like to offer something that may seem somewhat practical in that regard, but it is a very clear marker of when your intentions and your energies are aligned. So, I will speak to you of the open heart, the heart chakra.

The heart chakra opens and closes constantly in response to conditions and there is no judgment in this. All of you have had experiences when the heart chakra opens wide and you experience that spaciousness—whatever term you may wish to use that describes your particular knowing of that. You have a knowing of when your heart chakra is open and a knowing of when it is closed—not just intellectually, but in your perception of the actual flow of energy through the heart chakra and whether it is contracted or hard, closed or defended.

You eventually become very aware of the finest shifts in the degree of opening. This awareness is your touchpoint of tuning into your readiness, if you will. Not readiness just in a global sense, but your readiness in the moment to be in intentional co-creation.

So, the first thing is to spend time attuning and centering in the open and undefended heart chakra. By that I do not mean you are vulnerable to anything that comes by. But rather that you are undefended in that you put no limits on the ability of that energy to flow through. And as it flows, it impacts you as well as those around you, the energies around you, and the physical environment.

The heart chakra is your instrument. That is where your intentions for co-creation and your skills come into potentiation. But unless they move through the open heart with a free flowing energy, then they are blocked as when a hose is crimped and impeding the flow of the water.

So, the conscious intention must meet with the flow of the energy through the open heart. And that is a place for you to work not only in meditation, but in coming into the now moments frequently during the day and just sensing, what is up with my heart chakra? What does it feel like right now? Is it closed? Is it open? Is it going in and out and in and out? Am I opening it and then getting scared and shutting it? Only you will know that. It's individual.

So in co-creation—your intention, the energy coming from Source, and your own love energy—all come together and move through the heart chakra and out into the energy field. Tuning into that flow is your gauge, if you will. Not only a gauge of your readiness to co-create because you think you are ready—but a gauge to determine if you are primed for effectiveness mentally, spiritually, and physically—which then all flows together and expresses energetically.

So, I leave you with that. I pause and I invite Yeshua, my be loved one, to follow up.

Yeshua (*via Barbara*) Thank you, Mary. I am Yeshua. Listening to Mary, she's using relative reality terms because you live in relative reality. To your relative reality, the heart chakra sometimes opens and sometimes closes. On the ultimate level the heart chakra is never closed. You cannot live in the human body for any length of time staying in that ultimate reality, so you have the seeming experience of the heart chakra closing. But it is never closed.

I want to use myself as an example. Leading up to the crucifixion, I was afraid at times. “Take this from me.” I could also come to that “Thy will be done.” But yes, there was fear. I did not know for certain as a human how it would be. As a spirit, I knew, but not as the human.

This next piece is important. As I was placed on that cross, nails put through my hands and feet, there was agonizing pain. I could not deny that pain nor could I live in that realm only of knowing pain. I needed to be able to move between the pain, holding the pain with the open heart, and moving into the infinite space free of pain, the heart chakra fully opening. Moving through that whole experience and into what you call the resurrection could only come from the place of the open heart. With that open heart, I was able to take the energy of Love and literally consecrate love, though the wounded hands, the nails, the horizontal beam of the cross, into the vertical beam, and deep into the earth; to offer very high, love-based energy deep into the earth’s core.

The healing that each of you seek is in essence your own personal resurrection—moving from what you see as the limited and perhaps distorted human in body and in emotions, in spirit, to knowing and resting in your innate perfection. And this is where the light creation can come through.

We’re going to walk you through a simple exercise. I would like each of you to find a place that is comfortable. Eyes may be open or closed.

I would ask you to bring your attention to some area of distortion on any level that you have chosen to address in this workshop. (In this lifetime, also, but coming to a point in this workshop.)

See the place where the distortion exists. Feel perhaps that pain in your body, or the emotional pain—fear, sadness.

See deeply that this has arisen out of conditions and is not your permanent state.

I’m going to be quiet for a minute while you get to that point...

Now, recognize that this particular distortion is really an illusion, a very solid illusion of the present incarnation and yet an illusion, because you can open to a place where it does not exist.

This next step must be done carefully, without moving to any preference, “I want to be rid of this pain or this anger or this limitation.” Yes, acknowledge you would like to be rid of it, to be free of it. You cannot hide out in the Dharmakaya, ignoring the fact of the existence of this distortion in the nirmanakaya. And you cannot get sucked into this distortion in the nirmanakaya to the point that you forget that there is a place where it has no substance. This is your balance on the bridge.

Now, here is what Yeshua did, that being that I was, that you call Yeshua. First, I knew the proximity of death of that body. I knew the agonizing pain. I knew the preference, that wish,, “Go away.” I knew the fear that I would not be sufficient to do this work. And I opened my heart and asked for help from the Father/Mother, from all the entities, spirit and human, that supported me. I invited light and love.

What would happen next? Would this Yeshua body die and the whole experiment fail? I invited light and love to fill me. I invited it with gratitude. “Thank you for this opportunity to teach and learn, to serve, to love.”

Looking with an inner eye at these hands pierced with nails, bleeding, broken. Offering light. Seeing the ever-healed right there in the hands, with no denial of the pain. It’s a hard balance to come to, because the human wants to be rid of the pain.

“I offer love and light and the highest healing. I invite for the highest good, if it be the highest will.” And then opening into my very open, heart chakra. Feeling the light coming in through the crown. Feeling it come up from the earth into the base chakra. Feeling light flooding me. In that moment of light flooding me, it was not a very slow, days-long healing; it was almost immediate. The wounds closed up. The energy began to flow through my body again.

It was now a transformed body. It was no longer really prey to conditions of the nirmanakaya. In a sense, one might say I had overcome belief in the conditioned realm of the nirmanakaya to control the essence of it. That doesn’t mean I couldn’t be killed. If it were in today’s world, somebody with a bomb that blew me apart, the body would be demolished. My love could not stop that. But in a sense, it could, because the power of that love would expand such a broad energy field that the bomb couldn’t reach me. It is a mixture of light and of love.

Going into the place that seeks healing, number one. Number two, recognizing the existence of the ever-healed already there. Number three, asking is there anything that blocks the fullest expression of that ever-healed. And if so, I am willing to hold it in my hands, to welcome it, to be present with it. And four, to use the power of light and love to permeate every cell of the physical being, every space of the emotional and mental being. And because and through the open heart, to release any karma that would drag me back.

It works. You will not do it perfectly. You will need to practice. But this is the path not only to wholeness but to awakening.

I’m going to pass this back to Mary to see if she has anything she wants to add, and then we’ll spend fifteen minutes or so with the meditation so you can practice this. And then some time for sharing and questions. I am Yeshua.

Mary (via *Colette*): Thank you, my beloved one. The ever-healed is always present. The ever-whole, not only of the whole creation but of your individuated expression in it, that is inviolate. It never changes.

What changes is the expression when you come into incarnation, whether on this plane or others. You go from ultimate reality, and the wholeness and integrity and balance of that unity, into a projected aspect of that, such as, as you come into this earth plane for many purposes—to serve, to balance karma, many purposes. And when you go from ultimate reality into relative, that things are always perfect, unified, is something that one does not remember. And part of this journey and coming into knowing how to co-create with light is to begin to remember that at the ultimate level everything is whole. That is a process. That is a journey.

But one thing I would like to add to this is that as you begin doing this work, this remembering your wholeness, remembering unity, the ever-healed, the ever-perfect, if you will, within your relative experience in your daily life there will be many times where you do not sense it or you do not observe it in the world around you. It's so easy to think that it does not exist.

And I would ask you, as you work with this, to hold lightly that you as the third density human are not tuned in to the fullest wisdom and knowing of your higher self. That's part of coming into third density under the veil—although you are learning now to remember that. But you as the third density human cannot really make an assessment of whether the work you're doing is effective or not.

There needs to come a degree of trust, that knowing that no matter what you see, the current and the relative expressions of incarnation, that that is not the proof that co-creation is or isn't working.

On the energetic planes, all is working. But you live within time, and within time and space you may not always see the results of what you are co-creating immediately because you are limited in a body that goes through a 24-hour cycle, that is only aware of what is in its immediate environment.

You cannot judge your own spiritual development, if you will, with full awareness, because you are limited, nor can you judge that of others. You may observe and make assessments, but you as a third density human cannot see the full picture. But you can learn to know and trust it, and share your gifts.

Keep connecting to the ever-healed for yourself. Keep co-creating light for the Earth. It will unfold in time.

So, I simply offer to you to remember to rest in that place of wholeness, that place of the ever-healed. To do what you have come to do, with as much love as you can. And yet do not despair if you do not see instant results, whether it is in your own personal health or the state of the world. Many things are in play. Trust that it is so.

I will leave you with that. We will speak more later. I am Mary. My love to you I will release the body to Colette.

Yeshua (via Barbara): Thank you, Mary. I am Yeshua. Mary, what a joy it is to co-teach in this way; not so much teach as share from our hearts, building on each other's love.

Mary mentioned love. You may not always see the results of what you are co-creating. You have allowed to come into the incarnation with this heavy veil of incarnation. If it were not so, then each step would be just pushing forward, gritting your teeth, determination.

But you are here in this third density earth specifically—more than anything else—to learn compassion. We cannot close this discussion without mention of compassion.

At the point where trust feels hard and the veil is heavy, you feel like you are floundering, you don't know what to do, can your attention turn to compassion for yourself and all humans?

There may be some anger. "It's not fair! I don't want this." Well, remember you did volunteer to come in. You ARE learning what you came to learn and are offering out what you came to offer. And it's very beautiful.

As you rest in that field of compassion, it allows the heart chakra more fully to open, which reveals not only the possibilities in the linear sense but the immediate ever-healed.

In her deeper meditations, Barbara often finds herself walking through a darkened space, often with mud under her feet and frightening sounds and objects on either side of the path. Aaron, her higher self, and her other spirit friends remind her, "It is safe. Keep going."

Gradually, as she stays with it, present with the fear, present with discomfort, not pushing them aside and yet not sinking into them, she begins to see ahead of her light., just radiance. It is often harder for her to walk deeper into that field of radiance; it's so powerful. All sense of any personal self dissolves in that radiance. She does not push; she invites herself to move into it. She asks for her guides to be present with her.

Sometimes it is more coming from her decisions; more often it seems to just be happening.

The hill in front of her begins to climb, and at the top she sees brilliant light. She goes as far as she is able, not using any force. At the point where the light becomes so intense that it begins to feel too uncomfortable, she finds a place to sit. She asks for help, and often Aaron or I, Yeshua, or Mary, or some other beloved friend, she'll find us there with her. Aaron reassures her with his love and reminds her "She has to do this, not me." To

allow herself to dissolve into that light. To bring forth her intention to release certain distortion in the body, in the mind, in the karma. To let the light literally burn it away, and just to rest in that light.

Sometimes she will stay there in that light, heart open, energy moving through, a feeling of, it's not really bliss—joy, love, gratitude, no one name for it. But there is no self experiencing it. Awareness feels her connection to everything. Awareness feels love. And Barbara consciousness knows in that moment, “I am ready to release whatever old fear, anger, sorrow, body distortion, karma, I am ready to release it. I invite help to release it.” Then she lets the light literally burn it all away, which is a bit hard, because the human is afraid it will be destroyed by the light, it's so intense.

Now, I'm not suggesting that this will be your path. But it is a common kind of path for humans and you may experience it, so it may help you to know that people have walked it before you.

If you come to that place where it has become very hard, and you invite, and then you feel the light burning away all the dross, have courage and love and know, “I choose to be the light that I am. I trust the light. I trust the love.” And let yourself go.

I am Yeshua. Mary, is there anything you wish to add before we move into the meditation?

Mary (*via Colette*): I am Mary. There is nothing further I wish to add, my beloved one.

Yeshua (*via Barbara*): Mary calls me “beloved one”. We are indeed “beloved ones,” but you are also beloved ones to us. This is not just between Mary and me; you are beloved ones.

I'm going to release the body to Barbara, and she'll figure out the details of how this will work.

I am Yeshua. Know that I am with you through this meditation that comes, and I am always available to help you, as is Mary—as is Aaron, for that matter. You are loved.

And a reminder: do not force yourself; invite yourself. If it becomes too hard, it's okay to say, “That's as far as I'm able to go right now.” And then, the next time you try it, perhaps you'll be able to go a little bit further co-creating with light and with love the reality that you most deeply wish to co-create for yourself and the world. I am Yeshua.

Barbara: Thank you, Yeshua...

(break)

Yeshua (*via Barbara*): It would be easier if I just incorporate and speak for a few minutes. Bring to your attention some area that feels distorted, painful, for which you

seek release, for which you seek to know the wholeness in any of the bodies—physical, emotional, mental, spiritual, karma.

We'll start by bringing that to your attention. I'm not going to do this as a guided meditation, just give brief instructions and then let you work at your own pace.

When you feel ready, when you have identified some area that you wish to invite to release and open into wholeness, then find yourself in whatever scenario works for you. For Barbara, it has often been that ascending, wooded path by a long waterfall, the Light at the top. But you may find yourself on a vast prairie or climbing a mountain or walking on the seashore.

Wherever you are, look ahead of you and up a bit, eyes closed, seeing the light and acknowledging, "I choose to move into the light." And then, at your own pace, let yourself move forward. Pause whenever you need to and bring awareness to the place of physical or emotional pain.

Again, repeat: "I choose to move as high into the light as possible, and to find the healing within that light. To open to the ever-healed. I give thanks for this possibility." And, as Mary spoke, feel the joy and light in your heart, the opening of the heart.

Some of this, you will have to use your imagination. That's fine. Your imagination opens the doorway into a deeper experience. No problem there. Use those imaginal cells. Imagining, knowing yourself transformed, quite literally.

We'll work with it for about half an hour. Barbara will ring a bell at that point.

Thank you, and I'm going to give the body to Barbara now. I'm being purposely spacious and vague in these instructions because I don't want to ask you to take *one* particular pattern, but to allow it to open to what suits you. You are each unique.

Just keep in mind you are inviting yourself into the light, into the love, that brings you into the realm of the ever-healed. As you open to that ever-healed, the healing goes down into the physical or heavier bodies—physical, emotional, and so forth. It's already there. There's no *doing*; it's already there. You are opening to it.

May your process be one of joy and wonder, along with whatever pain there may be. You may find times when you have to pause and consciously release something. "I choose to let this go, this burden or armor I've been carrying for so long. I choose to release it."

Take your time with this...I am Yeshua; I'm going to release the body to Barbara for (further) planning. Know that (my) love is with you always.

Barbara: Thank you, Yeshua...

Moving, then, into this visualization. Bring yourself into whatever scene best suits you. For me, as Aaron said, I'm on this path through a somewhat darkened woods. Ahead of me, I see light. Then I often come, as I walk, to a beautiful, clear pool, a waterfall pouring into it from above. I see it as a transition. I disrobe and lower myself into the pool and let the waters wash anything away that I don't want to carry further into the light. I feel myself then coming out of the pool, given beautiful, clean robes, and spirit walking with me as far as I'm able to go without pushing.

I kind of create this scenario, but it's more I see it and invite it; I allow it. It has a certain reality that goes beyond my imagination. I begin a gentle climb that has many resting places. by the water. I climb again. And then I see what I find there, as I approach the light, ask for what I need.

I'll be quiet now. I'll ring the bell in half an hour.