

**January 26, 2023 Thursday Afternoon, Healing and the Ever-Healed Workshop**  
Guided Healing Circle

**Yeshua** (*via Barbara*): I am Yeshua. See me before you. I know you feel me and see me as a being of great light, but no more so than you. It is very valuable to establish this knowing of light in yourself.

Make a statement to yourself: “I am here in service to the light, and for the highest good of all beings. Anything within me that is not fully in service to the light, I invite it to leave.” And feel your hands open, letting it go.

Old places of judgment, of fear, of pain. Old regrets. Old envy. Old distrust. Old confusion. Letting it go.

Feel the light coming ever more strongly into you...

What if you truly are this light that I suggest you are? What if you have always been that? What if you have never been un-whole or unholy? Imagine it.

Imagine us walking together, all of this group, out of a dark forest and into a sunny glade atop a hill. Before us is a beautiful vista—mountains in the distance covered with radiant white snow, and down at the base of the hill, a flowing river, so blue and clear. Our whole group sitting there atop this hill...

Descending the hill, you see beings walking up from the river, many of them, coming to each of you in groups of two or three or four. Let your heart thank them. Put yourself in their care. Feel their love around you. They are all part of this family of love.

Let them embrace you, hold your hands, look into your eyes. Make contact with them and feel their love and their deep intention to support you in any and every way.

There are those who simply hold love, which is not simple, like the Mother.

There are those who are very well-trained physicians.

There are those who have worked deeply with some of the most painful emotions, moved through them, and learned to assist others.

There are those who have the power to literally remove and release old karma.

At this point, I want you to ask for what you need. We'll spend a few minutes in silence. Ask for the help you need. State your intentions. And feel the energy moving around you.

I said a few minutes; it may be five minutes; it may be twenty minutes.

Dom Inacio, Father John, Father Kindness, and so many others are all moving amongst you with all those who may have trained, each coming to you to support your own highest intentions opening. And your personal guides, they are holding you and loving you.

I'm going to be quiet now. I am Yeshua, and I am holding this whole circle in love and in light, embracing you all...

*(sitting)*

Gently regard your bodies—the physical, the emotional, the spirit, all—as if you were looking in a river that was flowing, beautifully flowing. But here and there, are obstructions. Just by bringing your gaze to the obstruction, you have the power to allow it to break apart and dissolve, if you so choose. You do not have to know the substance or history of the obstruction, only to recognize right here is something that limits the free flowing of energy, of light. Right here is something perhaps very old—old fear, old anger, deep sorrow, old confusion—or just lump it together as old karma.

Let me stand beside you, each of you, as we look into this river of life and see places where there have been obstructions. I'll hold your hand, but I do not remove the obstruction; you release it. It is not *removing*, just letting it go. It is a return to the place where there never was obstruction!

So it's like a lump of sand that's been there, held together by energy. As you let it go, it just breaks apart, and there's nothing left of it. It just dissolves.

Ask yourself, what is there that asks to be released?

"I choose to allow the release of it, for my own highest good and that of all beings. I do not need to hold this obstruction anymore. And I ask spirit to help me learn how, remember how to release it, and if it feels frightening to release it, to embrace me and support me while I do the work."

We cannot release it for you, but we hold you with love and encouragement.

I am not and never was a god. I sit with you as a brother, as one who moved through a painful dissolution of the body and learned, with support, how to bring the body back into the intactness and radiance of the light body.

I serve you, I hope, as an example, and with my high energy embrace you, along with these very experienced and skillful physicians, to work with each of you, only for what you choose for your highest good.

If you relate to me as an example, know that whatever I did, you can do. You are in charge of this body; not just the physical but the emotional, the mental, and the karmic bodies.

If a manifestation does not serve you, release it. Choose the highest light that you can find, to live in that plane of very high vibration, for yourself and all beings. There is so much love pouring through this circle.

I'm going to be quiet again for a few minutes while you go deeper...

*(sitting)*

I am Yeshua. I am now walking amongst you with a very large basket. Anything you have found that does not serve you and you want to release in a safe way—old anger, old grief, old pain, old karma of any sort, anything—my basket is here. It does not burden me; I can carry this easily no matter how full it becomes.

So, as you feel me passing by, give me anything that asks release. Fill the space where it was with my love and my light and energy.

Toss it out to me. You don't need good aim; the basket will catch it. Just toss it out to me. And then feel my energy filling that space with love.

Think of me as the collector of sorrows, which I can then easily convert into a different, more high vibrational energy.

*(sitting)*

As we draw this circle to a close, remember that the energy work continues for 24 hours. All these beautiful helpers, the Brothers and Sisters of Light, will be with you through this 24 hours.

Use this time, cherishing yourself enough to stay quiet. And continue to ask for what you need.

If the help they offer feels like it's hard to take into you, be soft with yourself, no force. Ask for help to receive, if that is what is needed.

When you have had armor around yourself for a long time, you cannot expect it just to fall away. But allow it gradually to crumble apart so that the fullness of light, love and healing may fill you, and you will emerge more fully knowing yourself as the angel that you are, and with the physical body, the emotional body, all the bodies having released some of what was holding you from fully expressing that radiant angel.

I love each of you very much. Father John says to me that they are finished for now. Each of you has been surrounded with love and given what you asked for and will have help opening that gift.

Perhaps it sits in front of you, and you say, “How do I open it?” Or, “What if it’s not safe to open it?” This is why we have 24 hours—to continue to work, to receive, and to light up the universe from your beautiful selves.

I am Yeshua and I offer my blessings to each of you. And I am constantly with you, if you need me.

May this working go deep to the healing of every being.

For those of more darkness that release themselves from you, we have a special band of helpers helping those to find their way back into the light. You need not worry about them.

All shall be well. All is well.

I am love, and you are love, and I hold you all in my heart. You also shall ascend into the light and express the fullness of your being. It is such an honor to me to help you.

I love you. We are done. I am Yeshua. The circle is closed. Releasing... Come back into this moment of time, and find your way to your beds and your rest.

I release the body to Barbara...