

January 28, 2023 Saturday AM, Healing and the Ever-Healed Workshop, Part 1
(This talk not yet reviewed by Barbara and Aaron)
Being Peace and Calming the Web of Being

Aaron: My blessings and love to you all. I am Aaron. We will want to hear from you—not just the normal kind of sharing and gratitude and so forth, but what you experienced a bit, and any questions, especially if there’s any pain or discomfort. Any questions about how to maintain yourself through this week. We’ll take our time with this. We have all the time we need.

I’m going to share a bit with you and tell you that I will be giving an expanded talk on this on the Open Aaron night on Wednesday, February 8th. The ideas are bouncing off what I observed you experiencing in the workshop.

Peace and healing in our world begins with you. Please visualize a delicate yet strong, enormous spiderweb, with radiant strands glittering. At each juncture is a beautiful diamond, or some other crystal, the web attached to each, and attached, and attached, expanding. There are billions of these crystals. It is an elaborate web—not just flat but multi-dimensional. Try to picture this now.

Everything is connected. If you pull on this strand, you can see something will happen to the strands that are attached immediately to it. I know you can see that.

Now enlarge the whole picture. If you pull here and something happens to these strands, these strands pull and something happens to the strands they’re attached to, and miles away, across the web, there is a reaction.

There are always going to be pulls. If you pull with fierce tension (*demonstrating*), it’s going to give a very different reaction to everything to which it’s attached than if you pull gently, allowing everything to ease into spaciousness, stretch itself out and hold that pull and then gently come back. Opening gently and responding, and responding again, versus tearing (*demonstrating*). When you pull with force and all of these react, everything to which they’re attached reacts.

You are the peace, the wholeness, the radiance that you wish to see in the world. You have come into the incarnation with the readiness to learn these things.

You can’t do it with fear—“I have to be careful, or I’ll throw everything off”. The contraction pulls everything around you.

Instead, you may note, “Ah, here is something challenging. I can breathe, hold space for it, attend to it.” Ask for help from the neighboring crystals or beings. Tell them, “This is hard, and I may react. Please be ready to hold space for that reaction.”

Gradually, we calm everything down in the world. And this is not just the political dictators and the policemen who beat young men; this is everything.

We calm down the lava under the earth so it's less likely to erupt. We calm down the layers of the earth so there's less likelihood of an earthquake or tsunami.

We quiet down the agitation of various second density beings—the plants, the animals—so gradually the animals are less aggressive. Killing to eat, yes; but some animals will kill only to eat, and other animals will kill just to dominate. We calm it down through our own energy.

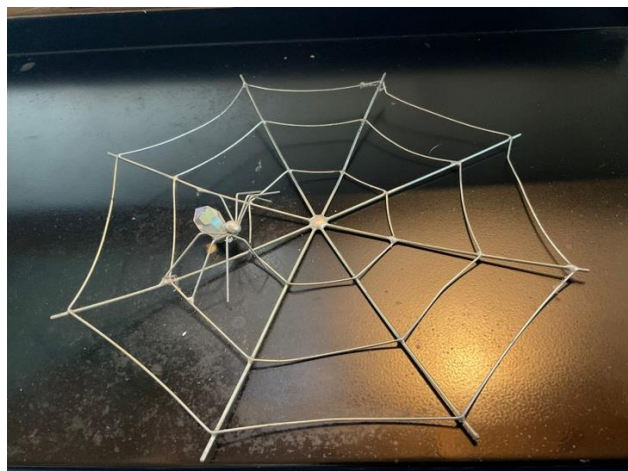
The plants that are dying because of climate conditions, we help them to reenergize themselves.

Imagine this, that you, you, that radiant crystal in the center of this large web, you can see how you touch everything, and you have the capacity to help bring everything to completion, to high vibration, to readiness to move into a higher density. Or you have the capacity to continue to be reactive.

Your vipassana practice is one of the most helpful tools I know. So, when you feel this beautiful crystal that you are... *(pause to look for a visual; returns with a delicate silver sculptured spider web with a crystal spider)* Just to help you visualize...

You are the jewel in the center, connected to everything. You are the lovely spider there, weaving its web. You can see how one pull here will pull everything there. Tension in the center will pull everything in. Spaciousness in the center will allow everything to relax.

You can't see the web so clearly against the background, but it's a beautiful little spider and web sculpture.



When something is challenging, and your intention is to invite healing—by ‘healing’, I would say, invite return to the still center, return to balance, return to joy. If you note the contraction that’s coming into you, noting with your vipassana practice, and pause, holding the intention not to be reactive to that catalyst but to hold space for it, then your portion of the web relaxes back into spaciousness. And it reminds the portions around you—and these connected to a million more—it reminds them to relax.

This practice goes back a long time for Barbara. I’m sharing Barbara’s memory here. Wanting to bring horses into the barn, and some of them were a bit skittish. If she tried to approach them in the field, they’d run.

But there was one very dear horse, who, when Barbara called her name—“Good morning, Ginger!”—Ginger would perk up her ears and come happily trotting up to Barbara. As soon as Ginger approached Barbara, then the others would approach. It only takes one. Ginger’s energy helped relax the second and third horse. Their energy then helped others relax; they came together. She’d give them a handful of whatever treats she had for them. Barbara would swing up on Ginger and then, like the Pied Piper, they would all follow her into the barn.

Otherwise, she could spend hours out there in the field trying to catch these horses. She doesn’t swing a lasso. Excited energy, chasing them—Oh, they run! Calm loving energy, and one centered being, Ginger. Barbara and Ginger had more of a Barbara/Banner relationship, a very loving friendship. One loving being.



Barbara and Ginger, 1971

So, Barbara here was the catalyst and Ginger was the loving being who was still. The catalyst didn’t really alarm them; they weren’t afraid of her, they just wanted to stay outside. They didn’t want to be brought in and have to work. “Ah, come, come. Of your own free will, come.”

This is what we are doing this week and in your vipassana and pure awareness classes and practice: just watching catalyst, any reactivity to catalyst that pulls and vibrates the web, calming it, for the highest good of all beings.

If I am at peace when something feels threatening, I create a space where other beings and elements can be at peace. Then I don't have to chase after a helpless young man and beat him to death; or those who would do that are more receptive of the energy of calmness. It's certainly not going to be instant. But if people react to an incident like that by tension and yelling, then everything in the web tightens and contracts.

If people react to it with a very clear, "No, you cannot do that," while still holding love in our hearts for those who have not yet learned appropriate boundaries in their relationship to other beings and to the Earth, gradually we transform this Earth, and we help it move into a higher vibration. As it moves into a higher vibration, of course it becomes easier for you, who have a much more peaceful energy around you.

I hope to inspire you a bit here. Your life is full of different kinds of challenges—small discomforts, big discomforts. The more you are able, not with force but by invitation to yourself, to live in spaciousness and greet these challenges with loving kindness, the better for all. As you do that, please think of this image of the web. Right here, you, as one of the billions, just here in this portion of the web, are not creating new friction and reaction within the web but helping it to calm down; helping all beings everywhere to touch on your calmness.

You're not going to do it perfectly. In getting upset and saying, "Aagh! I didn't do that right!", you're pulling on the web again. Okay, you didn't do it perfectly. "Ahhh, I hold the intention to see where the contractions arose and what stimulated them, how I was unable to hold space for them, and to try to do it better next time." You just keep moving with that.

This is not just about transition into fourth density but is literally about your bodhisattva vow to help all beings find freedom from suffering. Agitation and reactivity create suffering and, on the web, contracts everything.

Some of you saw this very sad short video last night of a man literally being beaten to death. Many of you were not watching TV but were being quiet. But some of you probably saw this.

If all the ones who saw this everywhere in the world were able to just stop, breathe, send prayers both to the young man and to the policemen who beat him and killed him: "May you find peace. May you be happy. May you cease to react in the world in ways that do harm. May you come to know your deepest interconnection with all beings so that you cannot beat another. May the whole tangle of energy around you gracefully release." So instead of pulling everywhere, it just becomes a small area of contraction that resolves itself.

If this happens in a million places throughout the world, the whole web is going to find much more stability, and from that stability, be able to move into a higher vibration in

which such negative reactivity is not so possible, not so easy to just slip into it, and really, it becomes impossible.

You can do this. You are learning how to do this through your practice. You are learning through what we did this week: co-creating with spirit to know your own wholeness, to live your own wholeness, and to know the wholeness of the world that seems external to you, even though nothing is really external or internal, it's all one. But to hold the space.

And when there is a disturbance in that space, to invite spirit to help, and bring in that loving energy that can allow healing, rather than the "AHHH!" contraction that creates more conflict.

I know you can do it. And I cherish you and so am so grateful for your willingness to try, because trying is what does it. There has to be an intention. We start with, "I will try."

That makes you more observant to the reactivity. "Oh, I'm going to not do that. Let's be present with the stimulus rather than reactive to it. Ahhh..." Breathe. And feel how there then are less ripples of disturbance. It's wonderful.

That's all from me. I want to hear from you, anything you want to share about this week. What happened for you during the intervention. What special things did you open to this week? What was hard for you? What supported you? Any questions that remain.

I'll leave the body to Barbara now and we'll simply pass this around... Of course, you are free not to speak, but I hope most of you will, because we have so much to learn from each other and teach each other.

I am Aaron, and I love you, and I thank you so much for being part of this week.